



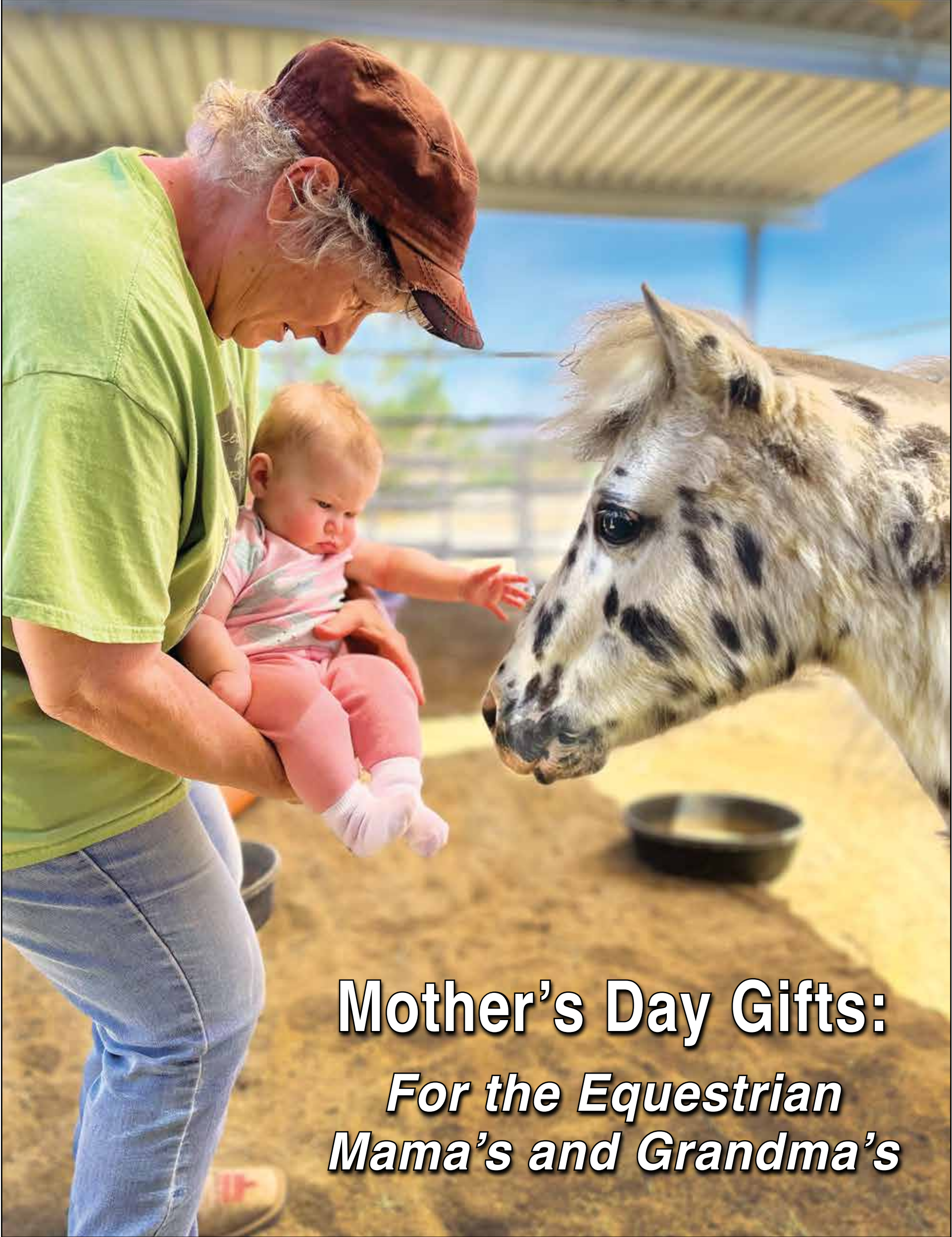
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THOUGHT OF THE MONTH:

Happy Mother's Day!

Fighting the Stink in Your Horse Barn

By The VHN Writing Team



Controlling odors on a horse farm is an important part of maintaining a clean and healthy environment for both horses and humans. Here are some tips for controlling odors on a horse farm:

1. **Clean regularly:** Regular cleaning is essential for keeping odors under control. This includes cleaning stalls, removing manure and soiled bedding, and regularly washing water and feed buckets. Use a disinfectant cleaner to ensure that all surfaces are thoroughly cleaned.
2. **Compost manure:** Composting manure can help control odors while also providing a valuable source of organic fertilizer. Make sure that the compost pile is located away from living areas and is properly ventilated.
3. **Proper manure management:** Proper manure management is essential for controlling odors on a horse farm. Make sure that manure is stored in a designated area away from living areas and is disposed of regularly.
4. **Use fly control methods:** Flies can contribute to odors on a horse farm, so using fly control methods can help reduce the overall odor level. This can include using fly sprays, fly traps, and fly predators.
5. **Maintain good ventilation:** Good ventilation is essential for controlling odors in horse barns and stables. Make sure that windows and doors are kept open to allow for good airflow, and consider using fans to improve ventilation.
6. **Use odor-absorbing materials:** There are a variety of products available that are designed to absorb odors. Consider using odor-absorbing materials such as activated charcoal or baking soda in areas where odors are particularly strong.
7. **Control moisture levels:** High moisture levels can contribute to odors on a horse farm, so it's important to control moisture levels wherever possible. This can include using fans and dehumidifiers in areas where moisture is particularly high, such as in wash stalls or feed rooms.
8. **Use natural remedies:** There are a variety of natural remedies that can help control odors on a horse farm. These can include using essential oils or herbal sachets to help absorb odors and provide a pleasant scent.

For barns with multiple boarders, it's also important that every owner is kept to the same standards of cleanliness for the health and safety of each member and animal.

The weather should also be monitored for particularly moist or warm days that can exacerbate these stinky conditions. And each horse's area should be maintained according to their unique messing habits, such as a horse with naturally runny stools, or excessive peeing.

Also be sure to stay dedicated to your dumpster pick up schedule for trash and muck disposal so you can make the most of clearing away waste during each week or month.

By implementing these strategies, horse farm owners can effectively control odors and create a clean and healthy environment for both horses and humans. Remember to regularly assess the odor level on your horse farm and adjust your cleaning and management practices as needed to keep odors under control.



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The Benefits of Steaming Your Horse's Hay

By The VHN Writing Team



Hay is a crucial component of every equine's diet, providing the bulk of fiber necessary for optimal and healthy digestion. However, not all hay is created equal, and the quality of hay can vary depending on a number of factors such as the growing conditions, harvesting practices, and storage methods as we have mentioned in previous articles.

One method that has gained popularity in recent years for improving the quality of hay for horses is steaming.

Steaming hay is a process that involves using a specialized hay steamer to expose the hay to high temperatures and moisture for a period of time, typically between 30 minutes to an hour.

The purpose of steaming is to eliminate harmful mold and bacteria that may be present in the hay, while also preserving its nutrient content and overall quality.

Mold and bacteria are common problems with hay and can pose a serious health risk to horses. These microorganisms can produce toxins that can lead to respiratory problems, allergic reactions, colic, and other health issues.

Additionally, moldy hay can be very unpalatable to horses, leading to a decrease in feed intake and subsequent weight loss. And moldy hay that has to be thrown out or used for a different purpose can be a serious money waste.

By steaming hay, these harmful microorganisms can be almost completely eliminated, resulting in a safer and healthier feed for horses. Steaming also has the added benefit of increasing the palatability of hay, making it more appealing to horses and encouraging them to eat more.

Another benefit of steaming hay is that it can help to preserve the nutrient content of the hay. Many owners will soak their horse's hay as a way of decreasing the sugar and also getting rid of dirt and debris. But by completely submerging hay, certain molds and allergens could be worsened, and the nutrition level of the hay could suffer.

Soaking may also lead to a different hay texture, causing horses to turn their noses up to it. Steaming, on the other hand, can help to preserve these nutrients, ensuring that horses receive the full benefit of the hay's nutritional value while also putting moisture back into it without causing sogginess.

Steaming hay is also an effective way to reduce dust and other airborne particles that can be present in hay. Dusty hay can be a major problem for horses with respiratory issues, such as asthma or allergies. Steaming can help to eliminate these particles, making the hay more suitable for horses with these conditions.

While there are many benefits to steaming hay, there are also some potential drawbacks to consider. One of the main drawbacks is the cost of purchasing a hay steamer. These machines can be expensive, ranging from a few hundred to several thousand dollars. Additionally, steaming hay can be a time-consuming process, requiring several hours of preparation and processing time, especially in comparison to soaking which takes little prep.

Another potential drawback is the need for a dedicated space to steam hay. The hay steamer itself requires a certain amount of space, and the hay must be stored in a way that allows for proper ventilation and drainage. This can be a challenge for some horse owners, especially those with limited space or resources.

Steaming hay can be an effective way to improve the quality and safety of hay for horses. And could be a great tool when it comes to your own horse. However, it is important to weigh the potential benefits against the cost and time commitment involved in steaming hay, and to ensure that the process is carried out in a safe and appropriate manner.



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Created by Chef Sharon Hauht

“Beef Yakisoba”

Prep Time: 10 minutes Cook Time: 15 minutes Servings: 4

Ingredients:

FOR THE NOODLES:

2 tablespoons cooking oil, divided
 ¾ pound thinly sliced beef
 8 ounces dried yakisoba or chuka soba noodles or 16 ounces fresh or frozen yakisoba noodles
 1 carrot, peeled and cut into matchsticks
 ¼ green cabbage, thinly sliced
 ½ onion, diced
 4 green onions, sliced
 6 shiitake mushrooms, stemmed and sliced
 Black and white sesame seeds (optional garnish)
 Red pickled ginger (optional garnish)

FOR THE SAUCE:

¼ cup soy sauce
 2 tablespoons Worcestershire sauce
 2 tablespoons oyster sauce
 2 tablespoons hoisin
 2 teaspoons chile paste
 1 tablespoon sugar

Directions:

Cook the noodles al dente in a pot of boiling water—about 2 minutes for dried chuka soba noodles or 1 minute for fresh noodles. Drain in a colander and rinse with cool water to stop the cooking. Leave in a colander in the sink to drain while you continue with the recipe.

In a bowl whisk together the soy sauce, Worcestershire sauce, oyster sauce, hoisin sauce, chile paste, and sugar.

Heat 1 tablespoon of the oil in a wok or large skillet over medium-high heat. Add the beef and cook, stirring frequently, until browned, 1 ½ to 4 minutes (this will depend on how thick the strips are.) transfer the meat to a plate or bowl.

Add another tablespoon of oil to the skillet along with the onion and carrot. Cook, stirring, until beginning to soften, about 4 minutes.

Add the mushrooms to the skillet, along with the remaining tablespoon of oil, if needed. Cook, stirring frequently, for another 2 to 3 minutes, until the mushrooms soften.

Add the cabbage and green onions along with the browned beef and the noodles. Cook, stirring to mix well, for about 2 minutes until everything is warmed through and the cabbage is beginning to wilt.

Add the sauce and cook, tossing to coat the noodles well with the sauce and mix everything together, for about 2 more minutes.

Serve hot, garnished with sesame seeds, scallions, and/or pickled ginger, if desired.

About Happy Trails Kitchen



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

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

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



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The Scoop on Vet Records: Which Ones You Should Have on File for Your Equine and Why

By The VHN Writing Team



As a horse owner, it is important to maintain accurate health records for your horse. These records can help you keep track of your horse's health history, monitor their health status over time, and provide important information to your veterinarian in the event of illness or injury. Here are some of the key health records that horse owners should maintain:

1. Vaccination records: Vaccinations are an important part of maintaining a horse's health, and keeping track of when your horse received specific vaccinations can help you ensure that they are up-to-date on their immunizations.

Your veterinarian can provide you with a copy of your horse's vaccination record, which should include the date of each vaccination, the type of vaccine administered, and the dose.

2. Deworming records: Regular deworming is essential for maintaining a horse's health, and keeping track of when your horse was last dewormed can help you ensure that they are protected against internal parasites.

Your veterinarian can provide you with a deworming schedule based on your horse's individual needs, and you should keep a record of each deworming treatment your horse receives.

3. Health history: Maintaining a record of your horse's health history can help you track their overall health status over time, as well as provide important information to your veterinarian in the event of illness or injury.

Your horse's health history should include information such as previous illnesses, surgeries, and injuries, as well as any medications or supplements they are currently taking.

4. Dental records: Regular dental care is important for maintaining a horse's overall health, and keeping track of your horse's dental health can help you identify potential issues before they become more serious.

Your horse's dental record should include information such as when they received their last dental exam, any issues identified during the exam, and any dental procedures or treatments they have received.

5. Farrier records: Proper hoof care is essential for maintaining a horse's overall health, and keeping track of your horse's hoof health can help you identify potential issues before they become more serious.

Your horse's farrier record should include information such as when they received their last shoeing or trimming, any issues identified during the exam, and any corrective measures taken.

6. Body condition score: Monitoring your horse's body condition score can help you ensure that they are maintaining a healthy weight and body condition.

Keeping track of your horse's body condition score over time can also help you identify any changes in their health status or nutritional needs.

Every horse owner should have multiple copies of these individual records handy, both at home and at the barn. They should be kept in a safe, clean, and moisture free container.

You could even have an electronic record saved on your phone that you regularly update, that way it's always on your person in case you should need it. Many of these records will be in paper format originally, so having a digital copy can prevent the loss or damage of the information over time.

You should also pay special attention to official or certified records with expirations, and keep reminders for when things should be renewed.

By maintaining accurate health records for your horse, you can help ensure that they receive the best possible care and treatment throughout their lifetime.

And you can be at ease in case of an equine disease outbreak where certain vaccines are required for safety. Be sure to keep your horse's health records in a safe and easily accessible location, and bring them with you to all veterinary appointments.



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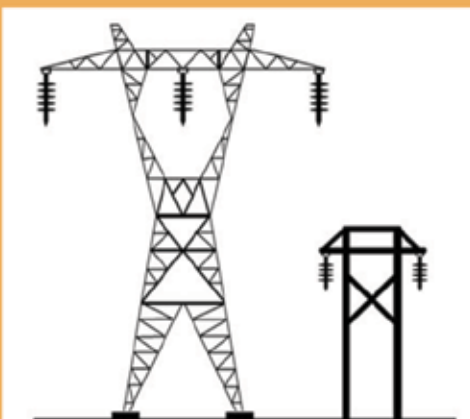
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How to Achieve Healthy Hoofs for Your Horse

By Brad Kloss



We have all heard the expression: no hoof, no horse. This year, that may be truer than most years. Due to the wet winter we just experienced across the West, I have been getting calls regarding increased hoof health issues.

Consistent wet conditions break down the composition of the hoof sole and wall. It is important to maintain bedding and make sure footing is dry after heavy rains. However, what's most important is the nutrition you provide your horse to help support hoof health and growth.

Personal experience with laminitis in horses has led me to be a big believer in these three components for optimal hoof health:

1. Biotin

Biotin is a B vitamin that is water soluble, so don't worry about overfeeding it. The National Research Council sites a recommended feeding rate of 20 mg/horse per day, which I have found to be minimal in field trials.

Biotin is essential for making and improving keratinized tissues, which are the composition and binding properties of the hoof. I compare feeding biotin to the mortar of a brick wall. In my field trials, I have fed varying levels of biotin and have found 40 mg/horse per day to be very effective.

When evaluating your feed, make sure the level of biotin is listed on the tag and that you calculate how much your horse is getting per day. For example, if the tag reads 20 mg/lb, and the feeding rate is 4 ounces, your actual level per horse per day is only 5 mg/hd/day — which is ineffective in my experience.

2. Zinc

Of all the trace minerals, zinc has the most significant impact on hoof growth and quality. Zinc is responsible for the cell replication that turns protein into hoof. Not all zinc minerals are created equal: For instance, there are sulfates and oxides, which have very low bioavailable levels.

One of the most highly researched and proven form of zinc is zinc methionine. Here, zinc is bound to an organic compound — in this case, the amino acid methionine — which makes it several times more bioavailable than many other forms of zinc.

Behind the scenes, copper plays a key role in forming the proteins that help zinc turn protein into hoof. As complicated as it sounds, most minerals have a dependent, interrelationship with each other.

I recommend 600 ppm of an organic zinc and 200 ppm of an organic copper per horse per day. Again, if you're looking at your feed tag, make sure you're calculating the amount of mineral per horse per day.

3. Yeasts

Connie Larson, retired equine nutritionist, stated it best: "Keeping hoof inflammation low and promoting good blood circulation in the foot is another component that is affected by what you feed your horses. As a result, low sugar and starch feeds are always a better option for horses who are at risk or with past laminitic or inflamed episodes."

I also personally recommend high-quality yeast, particularly during periods of stress.

These periods can include a change of forages, heat stress, excess exercise, and transporting. Yeast promotes good gut health and a higher gut pH, which drives the growth of healthy gut bacteria, and reduces cortisone levels.

Here is the take-home message for good hoof health: Include a high enough level of biotin that will make a difference, combined with an organic zinc and copper (your brick and mortar) to build and bind hoof composition. Then, top it off with a high-quality yeast to reduce inflammation and increase blood flow of the nutrients.

As a bonus: Those tails and manes will look amazing, too!

Brad Kloss is an animal nutritionist with more than 38 years of experience. He's also the founder of Symphony — by A Horse of Course Nutrition.



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10 Gifts for the Equestrian Mom or Grandma on Mother's Day 2023

By The VHN Writing Team
Front Cover Photo Credit: Codi Kern



The month of May brings the month for celebrating our mothers and grandmothers and everything that they do for us. And here at Valley Horse News we have a special affinity for our very own unique, equestrian and horsey mamas and grandmas.

Equestrian moms of all generations are full of kindness, dedication, tenacity, and love, and this Mother's Day you can show your mom, grandma, great grandma, and more, just how much she means to you with the perfect horse gift that's sure to warm her heart and bring a giant smile to her face.

If you're looking for some great equestrian gifts to get, here's a list of some things that your horsey mom is sure to enjoy:

1. Epsom salt infused bath and spa gifts: Our hardworking equestrian moms can always use a little time for some rest and relaxation. A gift that facilitates this relaxation is sure to be a hit. Epsom salt is great for soothing aches and pains, and you can find a variety of bubble baths, bath bombs, soaps, and lotions with Epsom salt and they come in all kinds of scents.

If you're not sure what scent she'll like or what product she'd appreciate, try giving her a spa day gift card. This way, she can enjoy the experience and pick her own scents during her treatments.

2. A name plaque or custom stall sign: This one is twofold, as you could get a custom stall sign for her horse that uniquely represents her equine or you can get a name plaque if she has a job with an office/ desk. Make it equestrian themed of course, with some horsey flair thrown in. It can be a custom gift made by an artist or you can make it with fairly cheap supplies from your local craft store.

3. Horse themed comfy clothes or pajamas: Staying with the relaxing gift idea, another great relaxing gift that she can get plenty of use from is a set of horse themed comfy clothes or some pajamas. They can be her favorite color, super soft, feature a horse print or a funny saying, and we can bet they'll be her go to relaxing outfit while she's at home.



4. A gift card or credit for her favorite tack and feed store: This is a great gift for the mom who routinely shops at the same store. You know she'll be able to get something she wants or downright needs and you can pair it with a clever horse inspired card to top it off.

5. Reserved tickets to her favorite horse show or event: The key to this one is to find an event she might like or that you know she'll like and book it in advance, so she has time to make accommodations. It's like telling her she has to take a break for some me time and you're giving her the perfect thing to enjoy while on that break.

6. Create a trail riding to go bag and playlist: A peaceful Mother's Day trail ride would be perfect for the equestrian mom and to really make it fun, try making up a picnic with her favorite snacks and foods, and you can even put together a playlist of her favorite songs to listen to on the ride.

7. A handmade gift: For moms with younger children, anything that's handmade and horse inspired will be a great gift. A drawing of her horse, a beaded bracelet with her horse's name, pancakes in the shape of a horse-shoe, a decorated barn sign, and more!

8. A free day and a new book: If your equestrian mom is a reader, try finding a new horse themed book. It could be a training book, a book on her favorite breed, a famous horse, or even just a fiction book about horses. Give her the day to relax at the barn or at home so she can sit with a glass of wine and read to her heart's content without interruption.

9. Take a trip down memory lane: Every horse person loves getting a bit nostalgic about their first horse, their first ride, their first ribbon, and all of the firsts that come with the equestrian life. You can take her back to her childhood barn, where she had her first ride or first show, or any place or activity she once did in her equestrian past.

And if you want something you can wrap, make a scrapbook with all of her equestrian photos. You might have to get some printed from her phone or computer. Put these together in a photo book with some decorations and she'll be sure to look at it over and over again.

10. If you don't have any other good ideas there's always one thing an equestrian mom will appreciate: showing interest in what she enjoys. And she enjoys horses. So, take a trip to the barn with her. Help her bathe her horse, go on a trail ride with her, attend a horse event, and just have a horsey day with her.

It won't be something she can unwrap, but putting effort into the thing she enjoys most and enjoying it with her will mean more than anything you can readily buy at a store.



What is Uveitis?

By The VHN Writing Team



Uveitis, also known as Equine Recurrent Uveitis (ERU) or moon blindness, is a common and serious eye condition in horses that can lead to vision loss or blindness if left untreated.

It is an inflammatory disease that affects the uveal tract of the eye, which includes the iris, ciliary body, and choroid.

The exact cause of uveitis is not fully understood by experts, but it is believed to be an autoimmune disorder in which the body's immune system mistakenly attacks the tissues of the eye leading to the damaging disease.

Uveitis can also be caused by infectious agents such as bacteria, viruses, or fungi, which means horse owners should be aware of its existence and how it makes itself known.

Symptoms of uveitis in horses can vary from animal to animal, but typically include one or more of the following:

1. Redness or swelling of the eye
2. Tearing or discharge from the eye
3. Squinting or sensitivity to light
4. Cloudiness or blurring of vision
5. Changes in the color of the iris

Uveitis can occur in just one or both eyes, and it can be acute (a sudden onset) or chronic (long-term). Chronic uveitis is more common in horses and can lead to recurring episodes of inflammation and damage to the eye tissues.

In severe cases, uveitis can lead to complications such as cataracts, glaucoma, or even complete blindness.

Diagnosis of uveitis in horses typically involves a comprehensive eye exam by a veterinarian, including an assessment of visual acuity, pupil size and response, and the use of special equipment to evaluate the internal structures of the eye.

Additional tests such as blood work or analysis of the eye fluid may also be performed to help identify the underlying cause of the uveitis.

Treatment for uveitis in horses typically involves a combination of medication and supportive care. Medications to combat uveitis may include anti-inflammatory drugs such as corticosteroids or nonsteroidal anti-inflammatory drugs (NSAIDs) to reduce inflammation and pain, as well as antibiotics or antiviral drugs if an infectious agent is suspected.

Supportive care may include protective eye wear, such as a fly mask or goggles, to help shield the eyes from environmental irritants. Adjustments in a horse's stall and his daily routine would be advantageous as well to prevent further damage or irritation after diagnosis.

Prevention of uveitis in horses can be challenging, especially for those that are more predisposed to it, but there are some steps that horse owners can take to reduce the risk of the condition.

1. Maintaining good hygiene and cleanliness in the stable environment to reduce the risk of exposure to infectious agents

2. Minimizing exposure to irritants such as dust or pollen by providing adequate ventilation and reducing the amount of hay in the horse's immediate environment

3. Vaccinating horses against common infectious diseases such as West Nile virus and herpes virus, which can be associated with uveitis

4. Regularly monitoring horses for signs of uveitis and seeking prompt veterinary care if any symptoms are observed

5. Maintaining good hygiene for the animal and employing the use of fly masks and other barriers to environmental triggers.

6. Understanding if your individual horse could be more predisposed to the condition

Uveitis can be a relatively common condition in horses, particularly in certain breeds such as Appaloosas, Warmbloods, and Quarter Horses. The prevalence of uveitis in horses can vary depending on the population being studied and the geographical location.

In some regions, the incidence of uveitis has been reported to be as high as 25% in certain horse populations, while in other areas it may be as low as 1-2%.

According to some studies, the overall prevalence of uveitis in horses in the United States is estimated to be around 8-10%.

In some cases, horses with uveitis may require surgical removal of the affected eye(s) if the condition cannot be successfully treated with medical management or if there is a risk of complications such as glaucoma or rupture of the eye.

However, removal of the eye is usually considered an absolute last resort and is typically only recommended if the horse is experiencing significant pain or discomfort, has a high risk of complications, or has no useful vision in the affected eye.

Depending on your horse's daily habits, his age, and how well he would thrive without the affected eye can be discussed with a vet should the condition reach this stage.

If caught and managed early enough, the loss of an eye is considered rare.

To combat this eye ailment and other problems, consider these eye care tips:

1. Regular check-ups: Schedule regular appointments with a veterinarian who can perform a thorough eye exam and check for any signs of problems.

2. Cleanliness: Keep your horse's eyes clean by wiping them with a clean, damp cloth to remove dirt, debris, and discharge. Avoid using harsh chemicals or solutions that could irritate the eyes.

3. Protection: Protect your horse's eyes from dust, debris, and insects by using fly masks, which can help prevent injuries and infections.

4. Diet: Ensure that your horse's diet includes sufficient amounts of vitamins A and E, which are essential for maintaining healthy eyesight.

5. Observation: Watch for any signs of eye problems, such as excessive tearing, redness, swelling, discharge, or squinting. If you notice any of these symptoms, contact your veterinarian as soon as possible.

6. Handling: Be gentle when handling your horse's eyes, and avoid any sudden movements or rough handling that could cause injury or discomfort.

Uveitis is a serious and potentially sight-threatening condition in horses that requires prompt diagnosis and treatment by a veterinarian. By taking steps to reduce the risk of uveitis and promptly addressing any symptoms that do arise, horse owners can help protect their horses' vision and overall health.

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What is Sweet Itch?

By The VHN Writing Team



Sweet itch, also known as summer eczema, is a common skin condition that affects horses. It is caused by an allergic reaction to the saliva of biting midges, which are small, flying insects that are prevalent during the summer months.

Sweet itch can cause significant discomfort for horses, and if left untreated, can lead to serious skin damage and infection.

Symptoms of sweet itch in horses include intense itching, hair loss, skin irritation, and the development of scabs and sores. Horses with sweet itch may rub and bite at the affected areas, which can further exacerbate the condition and increase the risk of infection.

While sweet itch is most commonly seen in horses with a genetic predisposition to the condition, any horse can be affected. Certain breeds, such as Shetland ponies and Icelandic horses, are particularly susceptible to sweet itch. Horses that are turned out in areas with high concentrations of biting midges, such as near water sources or wooded areas, are also at increased risk.

There are several steps that horse owners can take to help prevent and manage sweet itch in their horses. The first step is to reduce exposure to biting midges by using insect repellents, fly sheets, and fans to discourage the insects from landing on the horse. Horses should be turned out during times of the day when midge activity is lowest, typically early in the morning and late in the evening.

Another important step in preventing and managing sweet itch is to maintain good skin hygiene. Horses should be bathed regularly with a mild shampoo, and any scabs or sores should be cleaned and treated with an antiseptic solution to prevent infection.

It is also important to keep the affected areas dry and clean, as moisture can exacerbate the itching and increase the risk of infection.

In addition to these preventative measures, there are several treatment options available for horses that already suffer from sweet itch. Topical creams and ointments, such as hydrocortisone or steroid creams, can help to relieve itching and reduce inflammation.

Antihistamines, such as diphenhydramine, may also be effective in managing the allergic reaction that causes sweet itch.

For more severe cases of sweet itch, oral medications such as corticosteroids or immunosuppressive drugs may be necessary. These medications can help to reduce the severity of the allergic reaction and prevent further damage to the skin. In rare cases, horses with sweet itch may require long-term medication to manage the condition. The level of treatment is best decided by your veterinarian and may require a trial and error approach before more intense therapies are utilized.

Sweet itch is a very common and often frustrating condition for horse owners to manage. While there is no cure for sweet itch, there are several preventative measures and treatment options available to help manage the condition and improve the quality of life for affected horses.

By reducing exposure to biting midges, maintaining good skin hygiene, and working closely with a veterinarian to develop an effective treatment plan, horse owners can help to minimize the impact of sweet itch and keep their equine buddies happy and itch free.



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By Anna Dunstone**

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Weight vs. Muscle: Which Does Your Horse Need?

By The VHN Writing Team



When it comes to horses, there is often confusion around the difference between gaining weight and building muscle. While both are important for a horse's health and performance, the timing of when a horse should focus on building weight versus muscle can vary depending on the individual horse's needs and goals.

Gaining weight is generally a priority for horses that are underweight or have a low body condition score. Horses that have been sick, injured, or are recovering from surgery may also need to gain weight to regain their strength and health and aid them as their body heals, especially during a long term recovery.

In these cases, the focus should be on providing the horse with a balanced diet that is high in calories and nutrients.

This may include increasing the amount of hay or forage the horse is given, adding a high-quality concentrate feed, or providing supplements such as oils or beet pulp.

Building muscle, on the other hand, is a priority for horses that are already at a healthy weight but may lack muscle tone or need to increase their strength and endurance.

Horses that are in training for performance events, such as racing or show jumping, may also need to build muscle to improve their success in these sports while also preventing injury.

In these cases, the focus should be on providing the horse with a balanced diet that is high in protein, as well as an appropriate exercise regimen to help develop the muscles. Exercise regimens should be constructed for the horses current level so that they can develop muscle over a safe span of time.

A horse that is just beginning a true exercise routine should start slow to prevent possible injury.

It is important to note that weight gain and muscle building are not mutually exclusive, and in some cases, a horse may need to do both simultaneously. For example, a horse that is underweight and lacks muscle tone may need to gain weight first before focusing on building muscle.

Additionally, it is important to work with a veterinarian or equine nutritionist to develop a personalized feeding plan for each horse. Factors such as the horse's age, breed, and activity level can all impact their nutritional needs and the best way to help them gain weight or build muscle.

Overall, the timing of when a horse should focus on gaining weight versus building muscle will depend on the individual and their current circumstances.

Whether a horse needs to gain weight or build muscle, it is important to provide them with a balanced diet, appropriate exercise, and regular veterinary care to support their overall health and well-being.

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MAY 2023 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
<div style="border: 1px solid black; padding: 10px; background-color: #e0e0e0;"> <p>VALLEY HORSE NEWS DEADLINE 15th of EVERY MONTH valleyhorsenews@gmail.com</p> </div>						
7	8 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horseshoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	9 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	10 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	11	12	13 SNGA Horsemen's Park http://www.snga.biz LVGA Henderson Saddle Association www.lasvegasmkhanaassociation.com
14 SNGA Horsemen's Park http://www.snga.biz	15	16 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	17	18 BCH BRISTLECONE CHAPTER Meeting @ 6:00 pm Parkway Tavern, 4930 W. Flamingo Road, 89103	19	20
21	22	23	24	25	26	27
28	29 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	30	31			

JUNE 2023 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horseshoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	13 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	14 HCON MONTHLY MEETING 7pm Doc's Saddlery 6185 Elkhorn RD LV, NV 702-361-5456 BCH of UTAH WASATCH FRONT CHAPTER 7:00pm American Legion 345 Depot st Clearfield, UT Info. 801-773-9419	15 BCH BRISTLECONE CHAPTER Meeting @ 6:00 pm Parkway Tavern, 4930 W. Flamingo Road, 89103	16	17
18	19	20 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	21	22	23	24
25	26 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	27	28	29	30	

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or email janice@windys.org and thank you for considering adoption, we have a great need for homes.

All you have to do:
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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!

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~ NW LAS VEGAS & COLD CREEK ~



7790 Scottie St.

Gorgeous 4,382 sq ft log built house on 2.27 acres. 4 Bed, 3 Bath + Huge loft. Incredible 360 degree views of surrounding mountains & elevated valley views. Private well w/ 3,500 gallon tank. Fully owned solar w/ battery bank. Inclusive kitchen, beautiful granite & walk-in pantry. Multiple large bedrooms + bathrooms downstairs. Contemporary heat, A/C for home plus commanding floor to ceiling stone hearth w/ rustic wood stove. Full outdoor kitchen, entertaining spaces. Storage shed. 55 x 30 RV garage/shop, 14' automatic roll up door. Fully fenced & gated. Plenty of room for horses, toys etc. Trail riding from property! 10 Min. to Las Vegas shopping & 25 min. to Mt Charleston. **\$1,574,000**

5313 Braemar Dr.

Luxury Home in Country Club Golf Community. Located in guard gated Los Prados. Spacious home w/ luxury finishes. Living room w/ beautiful arches, tall ceilings, wet bar, stone fireplace. Stunning kitchen w/ white floor to ceiling custom cabinets, marble countertops, backsplash, stainless steel appliances, breakfast nook w/ built-in bench, wood-like tile flooring. Master Suite w/ sitting area, tall ceilings, fireplace, walk-in-closet, separate built-in vanity and a beautiful modern bathroom with soaking tub. Private heated swimming pool/spa, covered patio, direct guest bathroom access, no rear neighbors. Community clubhouse, tennis courts, jogging paths, golf courses, RV parking and more! **\$670,000**



97 Hidden Lake Ave

Incredible cold creek property! Massive solar capacity, dual generators, propane & wood burning stoves - totally off grid w/ sacrificing conveniences. .81 acre lot, fully fenced w/ access gates. 2,406SQ ft / 3 bed + den / 3 baths. inclusive kitchen w/ wrap around windows. deck for entertaining. Two 24' x 24' horse corrals w/ enclosed shelters. Community well is culinary water source on aquifer, not associated with any water issues at lake mead! 360 views of mountains, valley, lake & ponds. 3 waterfalls, trail riding, wildlife. Only 40 mins from Las Vegas on aved roads! Seller contribution of \$5,000 offered! **\$619,000**



kww THE MARKETPLACE
KELLERWILLIAMS. REALTY

TERRI GAMBOA
call **(702) 528-5473**

