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THOUGHT OF THE MONTH:

“Happy Halloween and Happy Birthday Shay, We Love You!”

Tis the Season: Pumpkin Safety

By The VHN Writing Team



It's officially pumpkin season again, which means doorsteps will be filled with carved creations throughout the spooky month of October. There will also be plenty of yummy recipes floating around filled with mashed pumpkin and pumpkin seeds, like cookies and pies.

During this festive fall time, you might be wondering if your horse can partake in the pumpkin goodness too.

The answer is yes, they can! But – it should be done with caution.

Our horses can definitely enjoy the delight that is pumpkin, both in flavored treat form and in pumpkin chunks. There are a few things that horse owners should keep in mind before just tossing in a pumpkin to your horse and calling it good.

First, not every kind of squash is going to be good for your horse. If you've ever gone to the store during pumpkin season or to a pumpkin patch for picking, there are other types of squash available to buy and to carve. The safest bet is to stick with your standard orange pumpkin, like the kind you carve or even use for baking.

Second, stick to fresh pumpkin. You might be tempted to recycle your carved pumpkins by giving them to your horses as a treat. This isn't a good idea. As the carved pumpkin has sat, it's very likely that it will have spoiled and even contain mold.

This could make your horse ill. If you carved your pumpkins during the day and then later that same evening gave them to your horses, it could be fine. But weeks later is not such a good idea. Besides, the fresh pumpkin will taste much better, making it a more satisfying treat for your equine. You should also cut up the pumpkin into safe size chunks, so your horse doesn't choke while chewing. The seeds will be safe for him to ingest, but the size of the bits of pumpkin shouldn't be too big.

You can also make a pumpkin mash for them to enjoy. This can be mixed with supplements or other bits of treat to make it really yummy.

As for pumpkin flavored treats, those are safe too. You can bake them yourself or buy them from a feed store. Just pay attention to the individual ingredients on the label and only use them as a treat, not a diet staple. Too much of certain minerals or vitamins can be a bad thing for your horse if over fed.

Lastly, don't go overboard with the pumpkin giving. Your horse will obviously chow down on whatever yummy things you give him, but there is such a thing as too much. Eating too much pumpkin this holiday could give your horse a tummy ache for Halloween and nobody wants that.

Stick to fresh orange pumpkins, cut into chunks, and fed only as a treat, and your horse will enjoy this spooky holiday right alongside you.

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Safely Switching Your Horse to New Hay, Step by Step

By The VHN Writing Team



For equine enthusiasts and horse owners, ensuring the health and well-being of our four-legged companions is a top priority. One crucial aspect of horse care is their diet, particularly their forage intake. When it's time to transition your horse to a new batch of hay, it's essential to do so gradually and safely to prevent digestive upset and maintain their overall health.

Read on for a guide on the process of safely switching your horse to new hay.

Why Switch Hay?

There are various reasons you might need to switch your horse's hay, even if your horse has been consuming the same forage for years and years. It could be due to changes in your supplier and the sudden closure of businesses or even pricing variations, the seasonality of hay availability from year to year, or the desire to provide your horse with a more nutritionally balanced diet. If your horse has been ill or dealing with a new ailment, your vet may have even recommended a different type of hay in conjunction with other remedies.

Regardless of the reason, the key is to make the transition as smooth as possible so your horse's system has enough time to adapt and get used to the change without causing any systemic upset or other bad reactions.

1. Assess the New Hay

Before making any changes to your horse's diet, it's essential to assess the quality of the new hay.

Look for the following:

a. Smell: Fresh hay should have a sweet, grassy aroma. Moldy or musty smells are signs of poor-quality hay that should be avoided. If the smell doesn't seem right, bring it to the seller's attention.

b. Color: Good-quality hay should have a greenish color. Yellow or brownish hay may be aged or be lower in nutritional value. Depending on the type of hay, the color can vary, but excessively darkened hay is a bad sign.

c. Texture: Feel the hay for excessive dust, sharp or spiky stems, or foreign objects like rocks. High-quality hay should have a soft, leafy texture. All kinds of things can happen in the baling process, so keep an eye out for anything that doesn't seem right.

2. Introduce Gradually

Switching hay abruptly can disrupt your horse's digestive system, leading to colic or other health issues. To avoid this, gradually introduce the new hay over a period of 7-10 days. Start by mixing a small amount of the new hay with the old hay and increase the proportion of new hay each day. Make sure your horse is offered plenty of water during this process as well.

3. Monitor Your Horse

Throughout the transition, closely monitor your horse's behavior, appetite, and manure. Keep an eye out for any signs of discomfort, such as reduced feed intake, changes in behavior, or loose stools. If you notice any issues, slow down the transition process or consult your veterinarian. Also be aware of any allergic reaction signs, like welts or mouth issues. There could be something in the hay causing this distress.

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4. Maintain Consistency

Horses thrive on routine, and changes to their diet can be stressful. Try to keep other aspects of their care consistent during the hay switch, such as feeding times, exercise routines, and turnout schedules. Do not introduce other new dietary things to them at this time, only focus on the hay and wait on different supplementation or treats.

5. Adjust for Nutritional Needs

Different types of hay have varying nutritional profiles. Consider the specific dietary needs of your horse when selecting new hay. If your horse has special dietary requirements or health issues, consult with a veterinarian or equine nutritionist for guidance on choosing the right hay. Perhaps your horse needs a mix of two different hays, needs more of one hay and less of another, or even needs their hay to be soaked or treated in some way. Finding the best hay for these needs will prevent any headaches in the process.

6. Hydration is Key

As you switch hay, pay extra attention to your horse's water intake. Changes in diet can sometimes lead to dehydration, so ensure your horse has access to clean, fresh water at all times. Encourage them to drink by adding a salt block or offering water that's slightly warmed in colder weather.

If your horse likes to dunk their hay, pay attention to how this behavior changes with the new forage, and take the steps to clean their water buckets and provide fresh water as often as possible.

7. Be Mindful of Allergies

Just like humans, horses can have allergies too. If your horse has a known allergy to a particular type of hay or if they develop allergy-like symptoms during the transition, consult your vet for allergy testing and guidance on suitable hay alternatives. When it comes to hay baling and delivery, there is always the chance of cross contamination with another hay or substance. Discuss with your vet and even your hay supplier on how to prevent this from happening.

Switching your horse to new hay is a task that requires careful planning and patience. By following these steps and taking the time to gradually introduce the new hay, you can minimize the risk of digestive issues and ensure your horse continues to thrive on their well-balanced diet.

Remember that each horse is unique, so it's essential to adapt the process to their individual needs. Some horses will be pickier or more stubborn in the process. A horse may need time to understand that even though this isn't the same hay, they will have to get used to it when nothing else is available for them.

When in doubt, consult with your veterinarian or an equine nutritionist for expert guidance. Your horse's health and happiness depend on it.



• Happy Trails Monthly Recipe •

Created by Chef Sharon Hauht

“Mushroom Parmesan Shrimp Risotto”

Prep Time: 15 minutes Cook Time: 40 minutes

Servings: 4-6 servings

Ingredients:

5 ½ - 6 ½ cups homemade or store-bought seafood/shrimp or chicken stock (see notes)

8 ounces mushrooms, sliced (baby bella or porcini)

Olive oil

12 ounces shrimp, peeled and deveined

⅛- ¼ teaspoon red pepper flakes

½ cup white onion, minced

2 - 4 cloves garlic, minced

1 ¼ cup arborio rice

2 tablespoons butter

¾ cup freshly grated parmesan cheese

salt and pepper to taste

2 tablespoons parsley, chopped (plus more)

Directions:

MUSHROOM: In a medium saucepan, heat the stock over medium heat when it starts to simmer, reduce the heat to the lowest setting and let it hang out there. In a large sauté pan, add a small drizzle of olive oil to the skillet, along with the mushrooms and sauté them over medium-high until they start to develop some color, about 3-4 minutes. Season them with a big pinch of salt and pepper, remove to a plate.

SHRIMP: Add another small drizzle of olive oil to the skillet along with the shrimp. Season them with a big pinch of salt, pepper, and red pepper flakes. Stir and let them cook for just a minute or until they start to curl up like a ‘c’ shape. Remove to the same plate as the mushrooms, set aside.

RISOTTO: Drizzle 2 tablespoons of olive oil in the same sauté pan set over medium heat and add the onions to the pan and season them with a big pinch of salt and let them cook for 3-4 minutes then add the garlic and let cook 30 seconds before stirring in the arborio rice. Allow the rice to toast for just 1 minute, then add a 1 cup of the warmed stock and push the mixture around in the pan with a wooden spoon. Set a timer for 20 minutes as soon as you add the broth. When most of the liquid has evaporated from the pan, add another ½ cup of stock, stir, and continue this process until the timer goes off. Test the rice at this point and see if it needs to be cooked longer, you can let it go for another 5 minutes or until the arborio rice has cooked and is soft and creamy. You may not end up using all the broth, it just depends on how much the rice soaks up! I needed about 6 cups.

FINISH: Stir in the butter along with the grated parmesan cheese, add the sautéed mushrooms, the shrimp, and the parsley. Cover and let the risotto hang out for about 5 minutes so the flavors have a chance to blend. Serve topped with additional parsley and with lemon wedges.

Notes:

Homemade stock: Combine the peels of 2 lbs. of shrimp, 8 cups water, 1 chicken bouillon cube (or the equivalent of better than bouillon in teaspoons) a few sprigs of parsley, 1 teaspoon peppercorns, 2 cloves garlic along with a big pinch of salt in a medium saucepan. Allow the stock to come to a gentle boil, then lower the heat and let simmer for 30 minutes. Strain the stock through a strainer and place back in the saucepan over low heat.

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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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What to Do When a Horse Eats Something It Shouldn't

By The VHN Writing Team



Horses are curious creatures that sometimes make unfortunate dietary choices, such as nibbling on plants, objects, or substances that can be harmful to their health. We do our best to clear our horses areas of any harmful substances, but sometimes things are missed. Maybe your horse was even given something to eat by a stranger that was meant as a treat but is actually a food that horses shouldn't have at all. As responsible horse owners, it's crucial to know how to respond when your horse eats something it shouldn't. In the event that your horse ingests something he wasn't supposed to, here is what you can do:

Assess the Situation:

The first and most crucial step is to assess the situation calmly and quickly. Identify what your horse has ingested, as this will determine the severity of the problem. Common culprits include toxic plants, foreign objects, or potentially harmful substances. Look for remained pieces as clues in his water bucket, hay trough, turn out or run, in a buddies pen, just outside of his dwelling, etc. If you're not sure what he ate or how much he ate, always err on the side of caution and make an emergency call.

Contact Your Veterinarian:

If you suspect your horse has ingested something toxic or potentially dangerous, immediately contact your veterinarian. Provide them with as much information as possible, including the type and quantity of the ingested substance, the time of ingestion, and any observed symptoms or behavior changes in your horse. If you aren't sure that he has eaten something bad but you think he might have, your vet can still give you things to watch for and what to do in the interim.

Isolate Your Horse:

If the situation permits, isolate the affected horse from other horses to prevent the spread of any potential contagious diseases or to protect other horses from consuming the same harmful substance. This is imperative if the substance could have spread, like toxic leaves that can blow around.

Monitor Vital Signs:

While awaiting the veterinarian's arrival, monitor your horse's vital signs, including heart rate, respiratory rate, and temperature. Note any abnormal behavior, such as excessive salivation, restlessness, or signs of discomfort.

Do Not Induce Vomiting:

Contrary to some common beliefs, it's not advisable to induce vomiting in horses. Their digestive system is not designed for it, and attempting to force vomiting can cause more harm than good. If you can see some of the substance in his mouth, remove it to the best of your ability.

Provide Fresh Water:

Offer your horse access to fresh, clean water. This can help dilute any ingested toxins and promote flushing of the digestive system. However, do not force your horse to drink.

Avoid Overreacting:

It's essential to remain calm and composed during the crisis. Overreacting or panicking can stress your horse further. Stay focused on observing your horse's condition and following the advice of your veterinarian.

Follow Veterinarian's Recommendations:

Once your veterinarian arrives, they will assess your horse's condition and provide specific recommendations for treatment.

This may include administering medications, providing supportive care, or recommending hospitalization depending on the severity of the situation. If your horse needs to be evaluated for a potential ingested material, imaging or other forms of testing may be necessary.

Gastric Lavage or Surgery:

In cases where a foreign object is stuck in the digestive tract, your veterinarian may recommend gastric lavage (stomach pumping) or surgery to remove the obstruction. Follow your veterinarian's advice closely in these situations. Be sure to have a means of transport ready in case of this outcome.

Prevention is Key:

While it's crucial to know how to respond when your horse eats something harmful, prevention is always better than cure. Regularly inspect your horse's pasture and feeding areas for potential hazards, such as toxic plants, loose objects, or substances that could be harmful if ingested. Ensure that your horse has access to appropriate forage and a well-balanced diet to reduce their temptation to eat non-food items. And always monitor your horse's interaction with strangers or other people so that accidents don't happen in the first place with a well intended snack.

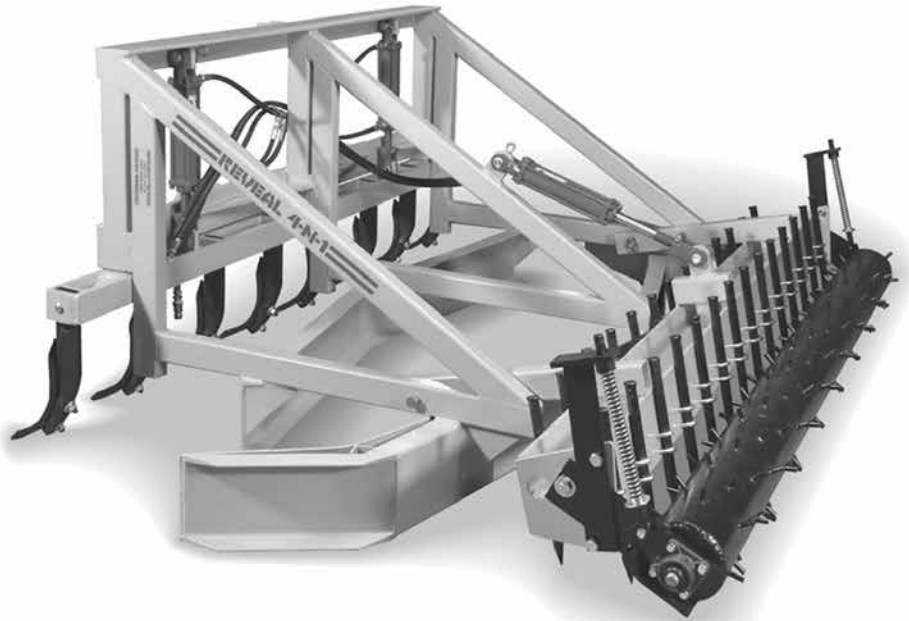
When your horse eats something it shouldn't, it can be a stressful and potentially life-threatening situation. The key to a positive outcome is swift and informed action. Contacting your veterinarian, monitoring vital signs, and providing appropriate care are essential steps. However, remember that prevention is the best approach to avoid such emergencies altogether. Regularly assess your horse's environment and nutrition to minimize the risks and keep your equine companion safe and healthy.



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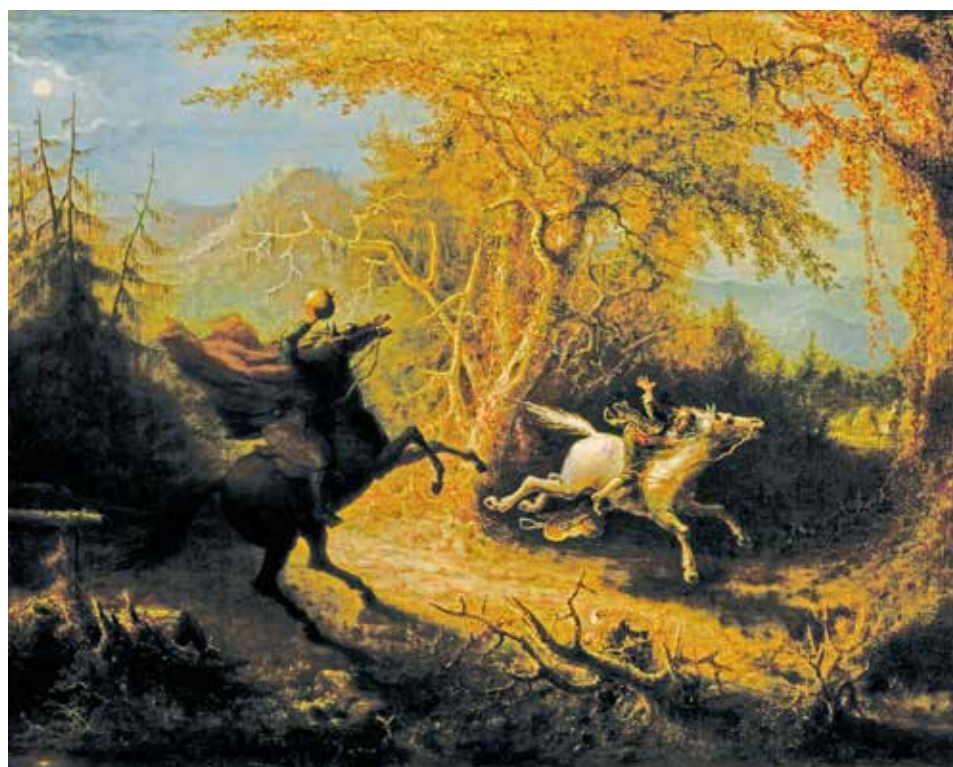
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Unveiling the Enigmatic History of the Headless Horseman

By The VHN Writing Team



The Headless Horseman, a spectral figure often associated with eerie tales and folklore, has captured the imaginations of generations. This iconic character has left an indelible mark on popular culture, thanks to the timeless story of “The Legend of Sleepy Hollow” by Washington Irving.

This story has been adapted and reworked into a favorite Halloween tale that has become a story and movie for adults and children alike. However, the history of the Headless Horseman extends far beyond Irving’s tale. Here, we will delve into the fascinating and enigmatic history of this ghostly figure.

Early Folklore and Origins

The concept of a headless horseman is not unique to American folklore; it can be traced back to various cultures and time periods. In European folklore, headless horsemen were often associated with omens of death or war. One prominent example is the Irish Dullahan, a headless rider who carried their own severed head and was believed to herald death. This concept served as a foundation for the later American legend.

The Legend of Sleepy Hollow

Washington Irving, an American author, brought the Headless Horseman into the mainstream with his short story, “The Legend of Sleepy Hollow,” published in 1820 as part of his collection, “The Sketch Book of Geoffrey Crayon, Gent.” Set in the Dutch settlement of Tarry Town (based on real-life Tarry Town, New York), the story features Ichabod Crane, a superstitious schoolteacher who encounters the terrifying Headless Horseman. This tale has been made into countless films and series, with spinoffs of the original tale becoming very popular in mainstream culture today.

Irving’s tale weaves elements of folklore and legend into the story, creating an enduring and chilling narrative. The Headless Horseman is revealed to be the vengeful spirit of a Hessian soldier who lost his head in battle during the American Revolution. This soldier, believed to have made a pact with the devil, continues to roam the countryside seeking a head to replace his own.

Some variations on the story show the headless horseman carrying a pumpkin or fiery jack o’ lantern on his ride in place of a head. In some tales, he has a voice or menacingly evil laugh, in other’s he has no voice at all.

Influence on American Culture

Irving’s tale became an instant classic and has since become an integral part of American literary heritage. The Headless Horseman’s popularity has grown over the years, inspiring countless adaptations in literature, film, television, and even theme park attractions.

The story’s impact on Halloween traditions and imagery is undeniable, with the Headless Horseman often making appearances in parades and haunted attractions. He almost always rides a jet black horse that can be heard from far away, speedily cantering towards the Horseman’s next victim. In most parades or costumes, this is still the case.

Adaptations and Reinterpretations

Numerous adaptations and reinterpretations of the Headless Horseman story have emerged over the years, adding layers of complexity to the character. These adaptations often explore different origins and motives for the spectral rider, making him a symbol of fear, vengeance, or even justice. One notable adaptation is Tim Burton’s 1999 film “Sleepy Hollow,” which starred Johnny Depp as a reimagined Ichabod Crane investigating a series of gruesome murders in the village of Sleepy Hollow.

This adaptation blended elements of horror and supernatural thriller, emphasizing the violent aspects of the legend. This movie brought a new element of gore to the tale and a whole new audience to the thriller every Halloween season.

The Legacy Endures

The Headless Horseman remains a timeless and enduring figure in American folklore and popular culture. The character’s enduring appeal lies in its ability to evoke fear, mystery, and the supernatural, while also serving as a symbol of the unknown and the unexplained.

The history of the Headless Horseman is a testament to the enduring power of folklore and storytelling. From its early roots in European legends to Washington Irving’s iconic tale and its subsequent adaptations, the Headless Horseman has become an integral part of American culture and Halloween traditions. Whether portrayed as a harbinger of doom or a vengeful spirit, the Headless Horseman continues to captivate audiences and inspire new generations of storytellers, ensuring that this spectral rider will ride on in our collective imaginations for years to come.



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Horse vs. Human: Exploring the Palate Differences in Food Tastes

By The VHN Writing Team



Taste, a fundamental aspect of our sensory experience, varies widely across species due to differing physiological adaptations, dietary needs, and evolutionary histories. Horses and humans, two distinct beings with unique dietary requirements, exhibit intriguing disparities in their preferences for and perception of flavors. This article delves into the intriguing world of taste, comparing how horses and humans experience the culinary delights that surround them.

Taste Buds and Sensitivity: A Matter of Numbers

At the core of taste perception lie taste buds – clusters of specialized cells that detect different flavors. Remarkably, horses are thought to possess quite a number of taste buds. We humans have around 2,000 to 10,000 taste buds, horses are thought to have around 25,000 and potentially more. The actual number remains a mystery, but most sources agree that this is the ballpark figure.

This distinction between humans and horses influences the intensity with which different flavors are experienced. Horses are less sensitive to salty and sour tastes but more responsive to bitterness – a trait that aligns with their herbivorous nature. And many traits associated with a horse's eating habits seem to draw on their natural instincts and ability to survive, i.e. detecting spoiled or poisonous forage. It's also unclear just how all of the taste buds function on a horse's tongue and what they individually detect or their sensitivity. Humans may have less in number, but they may be more specialized or diversified in what they detect.

Think about the last time you had one of your favorite meals or even a few different courses in one evening. The different taste sensations and the evolving of flavors in a single dish has become so much apart of our human experience. Depending on just how fancy you get, some restaurants even offer palate cleansers between courses. This palate cleanser is typically a frozen gelato or sherbet like dish, with a lemon or mint taste meant to erase any flavor memory on your tongue so it doesn't interfere with the taste of the next course. That's quite the importance placed on flavor perception for our own enjoyment.

The Herbivore Diet's Influence

Horses are natural herbivores, and their taste preferences have evolved to align with their dietary needs. Their primary sustenance consists of forage – grasses, hay, and other plant materials. This is a far cry from the diverse human diet that encompasses a multitude of foods from various sources. Horses' taste perception may be honed to detect the nutritional content and freshness of different plants. Their inclination toward plant-based foods is a testament to their evolutionary history as grazers and browsers.

The Role of Smell and Texture

For humans, the sense of smell is deeply intertwined with taste, enhancing our perception of flavors. Horses, while possessing a sense of smell, place greater emphasis on texture and flavor due to their innate grazing behavior. This is a crucial survival mechanism for horses, enabling them to differentiate between various plants and judge their edibility.

Dietary Requirements and Social Learning

Horses, as herd animals, often learn about safe and nutritious foods from their peers. This social learning shapes their preferences and guides their choices in foraging.



Humans, on the other hand, have evolved complex culinary traditions that go beyond mere sustenance. Cultural influences, preparation methods, and regional specialties all contribute to the diversity of the human palate.

Common Ground: Basic Taste Sensations

Despite the differences, horses and humans share some basic taste sensations. Both species can detect sweet, salty, sour, bitter, and umami flavors. These fundamental taste qualities are integral to determining the palatability and nutritional value of foods across the animal kingdom.

An Ode to Gastronomic Diversity

The differences in taste perception between horses and humans remind us of the incredible diversity of life on Earth. From herbivorous grazers to omnivorous gourmands, each species' tastes reflect their evolutionary journeys and biological imperatives. While horses' taste buds have evolved to cater to their plant-centric diets and foraging behaviors, humans have forged intricate relationships with food through culinary arts, culture, and personal preferences.

We can say to a reasonable degree that great similarities exist between the way we taste food and the way horses do as well. And if humans were able to evolve a more in depth palate for everything flavor based, perhaps as horses continue to be domesticated, they too will have more variation in their tastes. Perhaps even, they already have developed such a change in the last century or longer existing alongside humans.

We are currently influencing our own individual horse's tastes and preferences for foods based on something as simple as the treats we decide to give, such as molasses flavored, apple, carrot, pumpkin, oat, etc. One horse may love apple, another may be stuck on everything carrot. And these two flavors aren't exactly something a wild horse would happen upon. Technically, it was humans who made these different flavors a larger part of the horse diet and palate. You may even have a horse that you've had for many, many years whose own tastes have changed. Over time, perhaps he discovered by accident that he enjoys the flavor of oranges or watermelon and now looks more intently for those foods.

Next time you savor a meal, take a moment to ponder the intricate interplay between your taste buds, your cultural background, and the rich tapestry of flavors that surround you. And spare a thought for the noble horse, whose taste preferences reveal an unspoken appreciation for the subtle nuances of the natural world and their survival in it.



Local Spotlight: A New Horse Powered Reading Program for Kids

By The VHN Writing Team



Scientific research has proven that horses and their calm, steadfast nature tend to have a profound impact on us humans. Studies have shown that when working with horses, who are beings that have no way of speaking to us with actual words, we tend to respond in better and more focused ways. This invisible connection between us allows for a very natural, relaxed, and mindful interaction that benefits humans in both expected as well as unexpected ways.

One unexpected outcome of working with horses is being utilized locally in the Las Vegas area, and revolves around children and how they can benefit from this interaction with equine companions.

A program known as Horse Powered Reading® is a worldwide program that revolves around helping kids improve their reading skills not only outside of the classroom but in the company of horses.

According to the program’s website, “Since 2012, Horse Powered Reading has been giving hope to struggling readers by offering equine assisted services and training for students, teachers, and equine professionals around the world.”

The program states that they have trained “638 Horse Powered Reading facilitators in all 50 US states, and 20 additional countries, around the world!” This training aims to help children by increasing their confidence, promoting self-efficacy, fostering connections, learning valuable reading skills, and carrying new skills into the regular classroom. And with such a great mission, it’s exciting to see how this program works on a level that accommodates children of all kinds.

How does it all work on the ground?

That’s the best part, it really is a cultivated relationship from the ground, where children get together with horses and become educated in ways that allows them to truly learn.

Children that suffer from things like ADHD, anxiety, depression, difficulty learning in a traditional classroom setting, and other social-emotional issues or mental health difficulties can benefit from such a style of learning by removing the stressors of a classroom and replacing that pressure with an outside environment and an interesting animal with which they can grow a respectful and dependable relationship.



While learning from the ground, students can use different props and toys to analyze any learning obstacles and solve problems, as well as learn the five critical reading skills as noted on the program’s site – phonemic awareness, decoding, vocabulary, fluency, and comprehension.

This allows for any learning difficulties to be identified in the beginning and those specific problems that would typically compound in the classroom are addressed in real time instead with a horse to not only help students overcome their reading hurdles but also find the fun in learning again.

And the best part about the impressive reach of this program is that it’s now coming to a location right here in Las Vegas.

We spoke with Esther Hillner of Talisman Farm who will be heading the valley’s program location along with other dedicated individuals at the stable and in the horse community.

“It is located at the Talisman Farm/ Champagne Dreams stable, the program will be launching this month for kids to join. To start, the program will be available to students on weekends as well as after school sessions,” she says.

“The facilitators will be talking to families who are homeschooling, discussing with public schools, as well as tutoring and outside help. We also plan to get input too from teachers about what kids are currently struggling with as well as trying to fill any learning gaps that have happened. There has been an unfortunate gap created for students due to school shutting down during the COVID outbreak, which we hope the program will help to fix.”

One positive that Hillner mentioned about accepting kids is the beginning questionnaire they can fill out to let instructors know exactly what’s difficult for them, so the kids will have the chance to explain one on one what’s hard individually and what they need to focus on.

The program is currently open to anyone for signups, any child that needs it can contact for help. At this time, it is a paid tutorship as it gets up and running, but Hillner says the program has great hopes to become sponsored so that children from all backgrounds can take advantage of all that is offered, regardless of their financial situation.

And if the program can gain enough traction, along with hopes for sponsors, a second dream for the program would be to potentially spread to multiple locations so that children from all areas of the Vegas valley can be assisted.

When asked what the horse community can do to aid the program, Hillner stated that they are in need of volunteers to help in classroom settings as they take on more students, as well as the potential sponsorships that local individuals and businesses would be willing to give. Volunteers would have a special training session to be able to assist in the program, and for now the current horses being used are from the program owners.

If a parent, student, teacher, or school is looking to contact about this program locally, they can reach out at the following contacts:

Esther Hillner – 702-592-8381
Talismanfarmlv@yahoo.com
Facebook: Talisman Farm Horse Powered Reading Program
Talismanfarmlv.com

For more information about the program itself, go to HorsePoweredReading.com [Credited Material Quoted from Website*]



Degenerative Joint Disease in Horses: Understanding, Managing, and Preventing

By The VHN Writing Team



Degenerative Joint Disease (DJD), often referred to as osteoarthritis, is a common and debilitating condition affecting horses of all ages and disciplines. It results from the progressive deterioration of joint cartilage, leading to pain, lameness, and decreased mobility. Here we can explore the various aspects of DJD in horses, including its causes, symptoms, diagnosis, management, and prevention strategies.

Understanding DJD in Horses-

1. Causes of DJD: DJD can have various causes, including:

- Age-related wear and tear
- Trauma or injury to the joint
- Conformational issues that put excess stress on specific joints
- Overuse or excessive exercise
- Genetic predisposition
- Infections or inflammation of the joint

2. Joint Anatomy: Understanding the horse's joint anatomy is crucial to comprehend DJD. Horses have complex joints, such as the hock, stifle, fetlock, and knee, where bones meet and move in coordination. The cartilage acts as a cushion to prevent bone-on-bone contact. In DJD, this cartilage breaks down, leading to inflammation and pain.

Symptoms of DJD-

Recognizing the signs of DJD in horses is essential for early intervention and management. Common symptoms include:

- Lameness: One of the most prominent signs, which may vary in severity.
- Stiffness: Horses with DJD may show stiffness, especially when initially moving.
- Swelling: Affected joints may become swollen and warm to the touch.
- Reduced Range of Motion: Horses may be unwilling or unable to flex or extend the affected joint fully.
- Decreased Performance: Performance horses may exhibit decreased performance, reluctance to engage, or poor transitions.

Diagnosis and Veterinary Evaluation-

To diagnose DJD accurately, a veterinarian will perform a thorough evaluation, which may include:

- Physical Examination: The vet will assess the horse's gait, range of motion, and palpate the affected joint(s).
- Radiography (X-rays): X-rays can reveal joint space narrowing, bony changes, and osteophyte formation.
- Ultrasonography: This imaging technique helps evaluate soft tissues like ligaments and tendons in the joint.
- Joint Fluid Analysis: Examination of joint fluid can detect inflammation and rule out infections.
- Nuclear Scintigraphy (bone scan): This can help identify areas of increased bone activity and inflammation.

Managing DJD in Horses-

While DJD is not curable, various management strategies can help improve a horse's comfort and quality of life:

1. Medication and Supplements:

- Non-steroidal anti-inflammatory drugs (NSAIDs) can provide pain relief and reduce inflammation.
- Joint supplements containing glucosamine, chondroitin sulfate, and hyaluronic acid can support joint health.

- Adequan and Legend injections may be recommended to improve joint lubrication.

2. Physical Therapy:

- Controlled exercise, such as swimming or underwater treadmills, can help improve muscle strength and joint mobility.
- Passive range of motion exercises can maintain joint flexibility.

3. Weight Management:

- Maintaining a healthy body weight is crucial to reduce excess stress on the joints.

4. Farriery and Hoof Care:

- Proper hoof care and shoeing can help balance the horse's weight distribution and alleviate joint stress.

5. Nutrition:

- Providing a well-balanced diet with appropriate levels of vitamins and minerals supports overall joint health.

6. Environmental Modifications:

- Ensuring the horse's living environment is safe, comfortable, and free from hazards that could exacerbate joint issues.

7. Alternative Therapies:

- Some horse owners explore complementary therapies like acupuncture, chiropractic care, or laser therapy for pain relief.

Preventing DJD in Horses-

While DJD cannot always be prevented, several measures can reduce the risk:

1. Proper Conditioning: Gradually and consistently conditioning the horse for their intended activity helps build strong muscles and support the joints.

2. Regular Veterinary Check-ups: Regular check-ups can help identify early signs of DJD and allow for timely intervention.

3. Conformation Considerations: Selecting horses with suitable conformation for their intended use can help minimize the risk of DJD.

4. Appropriate Training: Ensure that horses are trained with correct techniques to avoid overexertion or excessive strain on the joints.

5. Balanced Diet: Feed a balanced diet rich in essential nutrients to support overall health and joint function.

6. Proper Foot Care: Routine farrier visits and hoof care can prevent imbalance and related joint issues.

Degenerative Joint Disease is a challenging condition that can significantly impact a horse's life. Everything from a horse's sport career to their simple daily routine can be affected by this condition. Early recognition, accurate diagnosis, and proper management are essential to maintaining a horse's comfort and performance. Remaining consistent in your efforts to manage all of these areas and finding what's right for your horse as he ages and progresses will be most important for his long term care.

By taking preventive measures and providing appropriate care, horse owners can help reduce the risk of DJD and ensure their equine companions enjoy long, healthy lives. Collaboration with a knowledgeable veterinarian is key to managing DJD effectively and providing the best possible care for affected horses.



Local Equine Assistance Network



If you're interested in giving a L.E.A.N horse a forever home, please contact Karin at 702-533-4656 or visit them at www.LEANhorses.org

www.LEANhorses.org

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Your \$250 donation helps offset our printing costs so we don't use any feed money. To claim your spot, simply donate \$250 at <https://www.leanhorses.org/donate/>, and email us your choice of month to allvegashorses@gmail.com.

Easy! Thank you for continuing to support our herd and mission.

23 Halloween Costumes for 2023

By The VHN Writing Team

It's that time of year again where we all decorate our houses, carve our pumpkins, pick out the best candy, and naturally, find the greatest costume of the season.

When it comes to picking a costume that our horses can be a part of, it can be a bit tricky, but that trickiness can also make it fun. While it takes some creativity, and some DIY innovation, making a costume that both you and your horse can trick or treat in or go to a show in can really be the highlight of the Halloween season.

Here are 23 Halloween costume ideas for the year 2023:

1. Cowgirl Barbie
2. Super Mario and Yoshi or Bowser
3. The Little Mermaid and Flounder
4. Jurassic Park Raptor and Scientist
5. Spongebob and Gary
6. Bob Ross and a Painted Horse
7. Forrest Gump and a Giant Box of Chocolates
8. Maverick and a Fighter Jet
9. Fred, Wilma, Pebbles or Bam Bam and Dino the Dinosaur
10. Ursula and Flotsum and Jetsam (Eels)
11. Queen of Hearts and a deck of cards
12. Baker and a cupcake
13. Little Bo Peep and a sheep
14. The Wicked Witch and a flying monkey
15. Edward Scissorhands and a "horse shaped bush"
16. Miss Frizzle and the Magic School Bus
17. Winnie the Pooh and a jar of honey
18. Cinderella and a Pumpkin
19. Aladdin/ Jasmine and the magic carpet
20. Ash and a giant pokemon (Pikachu, etc.)
21. Mad Hatter or Alice and the white rabbit
22. The Cat in the Hat and Green Eggs and Ham
23. Fisherman and a giant Bass

It may take some extra time to create one of these combos and you might be using quite a bit of tape or glue and paint, but it will be well worth it in the end when you have quite the eye catching, funny, and creative costume to show off.

Always remember to keep not only your comfort in mind, but your horse's as well. If you're planning on doing a costume that's on the big side or requires a lot of colors or pieces, or a lot of it will be attached to your horse, consider making your costume on the early side and practicing with your equine so he can get used to it before any shows or before Halloween.

This way, you both stay safe and can have fun after all of your hard work! Happy Halloween Everyone!



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• **1/4 Page:** 5w x 8
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- October 25- 29 Mongolian Equestrian Circus
- October 28-29 Silver State Western Dressage & Hope 4 Hooves- Silver Buckle Invitational

Are you interested in having an event at Horseman's Park in 2023? We are currently accepting reservations. Please email info@equineeventlv.com if you would like more information about the park, or are interested in making a reservation.

Thank you sponsors for your continued support!



A Halloween Ride

Anonymous

Beneath the harvest moon's soft, silver gleam,
In equestrian realms, a haunting dream,
Where horse and rider, a spectral pair,
Embark on a journey, a Halloween affair.

Their hooves, like thunder, strike the ground,
In the eerie silence of the night, they're bound,
With mane and tail a-twirl, like wisps of fog,
Through haunted woods and bogs, they'll slog.

In the saddle, a phantom with eyes aglow,
Guiding their mount where the shadows grow,
A pumpkin's grin, a lantern's fiery grace,
Illuminating the path in this spectral chase.

They gallop through the spectral veil,
Where ghosts and ghouls, they wail and wail,
But this equestrian duo fears them not,
For they're spirits too, on this eerie trot.

The wind whispers secrets of the past,
As they ride on through shadows vast,
The night alive with a spectral ballet,
As they celebrate Halloween's display.

Through moonlit fields and haunted glen,
They'll roam until the witching hour ends,
In this equestrian Halloween delight,
A magical ride beneath the pale moonlight.

So, when you hear hooves in the dead of night,
Know it's the spectral rider, a ghostly sight,
A haunting tale of equestrian grace,
In the heart of Halloween, they find their place.

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10 Easy Daily Therapies You Can Do with Your Horse

By The VHN Writing Team

Horses, like humans, benefit from regular therapeutic activities to promote physical and mental well-being. If there's a form of therapy you enjoy, there may be a way for you to incorporate it into your horse's routine or even do it alongside your equine companion.

Utilizing simple daily therapy exercises in your horse's routine as often as you can, can help to strengthen your bond and contribute to their overall health.

Here are some easy therapeutic activities you can do with your horse:

1. Grooming: Daily grooming is a form of physical therapy for your horse. It not only keeps their coat clean but also stimulates blood circulation, relaxes muscles, and allows you to check for any abnormalities or injuries. Use gentle brushes and take your time to create a soothing experience for your horse.

2. Stretching Exercises: Just like people, horses benefit from stretching exercises. Gently encourage your horse to flex their neck, lift their legs, and reach their head toward their chest. These stretches can improve flexibility and reduce the risk of stiffness.

3. Massage: Learn basic equine massage techniques or hire a professional therapist to work on your horse's muscles. Massaging can relieve tension and improve circulation. It can also help with recovering from old injuries and softening scar tissue.

4. Groundwork: Engage in groundwork exercises like lunging, long-lining, or liberty work. These activities help improve your horse's balance, coordination, and responsiveness to cues.

5. Trail Walks: Take your horse for a leisurely walk on the trails. This provides mental stimulation and allows them to explore new environments, promoting relaxation and reducing stress.

6. Equine Yoga: Practice yoga-inspired exercises with your horse, such as gentle leg stretches and bending. These activities can improve your horse's balance and flexibility.

7. Mental Stimulation: Provide mental stimulation by introducing new toys or puzzles in the paddock or stall. This can help alleviate boredom and encourage problem-solving skills.

8. Breathing Exercises: Spend a few minutes practicing deep breathing exercises with your horse. Inhale slowly, counting to four, and then exhale slowly. You can listen or feel your horse's heartbeat and then feel yours too. This can help both you and your horse relax and connect on a deeper level.

9. Visualization: Spend quiet moments with your horse, visualizing a positive and harmonious partnership. This mental therapy can enhance your bond and improve your horse's demeanor.

10. Environment Enrichment: Create an enriching environment with varied terrain, natural obstacles, and safe play structures. This encourages your horse to move and explore, promoting physical and mental health.

Remember that every horse is unique, and it's essential to tailor your daily therapy activities to their individual needs and limitations. Consult with a veterinarian or equine therapist for guidance on specific therapeutic exercises that may benefit your horse. By incorporating these easy daily therapy practices into your routine, you can enhance your horse's overall well-being while strengthening the special connection between horse and rider.





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OCTOBER 2023 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 Southern Nevada Hunter Jumpers Association Horseman's Park snhja.com
8 Southern Nevada Hunter Jumpers Association Horseman's Park snhja.com	9 APACHE LAND APPALOOSA CLUB Meeting 7:00pm, Horse-shoe Restaurant, Benson AZ; Contact Fred @ 520-384-5332	10 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	18	19 BCH BRISTLECONE CHAPTER Meeting @ 6:00 pm Third Thursday of Every Month BCHNVB.com for details	20	21
22	23	24	25	26	27 LVGA Henderson Saddle Association www.lasvegasgymkhanaassociation.com	28 LVGA Henderson Saddle Association www.lasvegasgymkhanaassociation.com
29 LVGA Henderson Saddle Association www.lasvegasgymkhanaassociation.com	30 S. NV REGIONAL TRAILS 4701 N Torrey Pines Dr., LV Contact Ed @ 702-645-1791 editoredd@juno.com	31	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p>VALLEY HORSE NEWS DEADLINE 15th of EVERY MONTH valleyhorsenews@gmail.com</p> </div>			

NOVEMBER 2023 CALENDER OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	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 LVGA Henderson Saddle Association www.lasvegasgymkhanaassociation.com Southern Nevada Hunter Jumpers Association Horseman's Park snhja.com
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19	20	21 SSPHC MONTHLY MEETING 7pm IHop Cheyenne & Rainbow 702-373-2673 paintmee@aol.com	22	23	24	25
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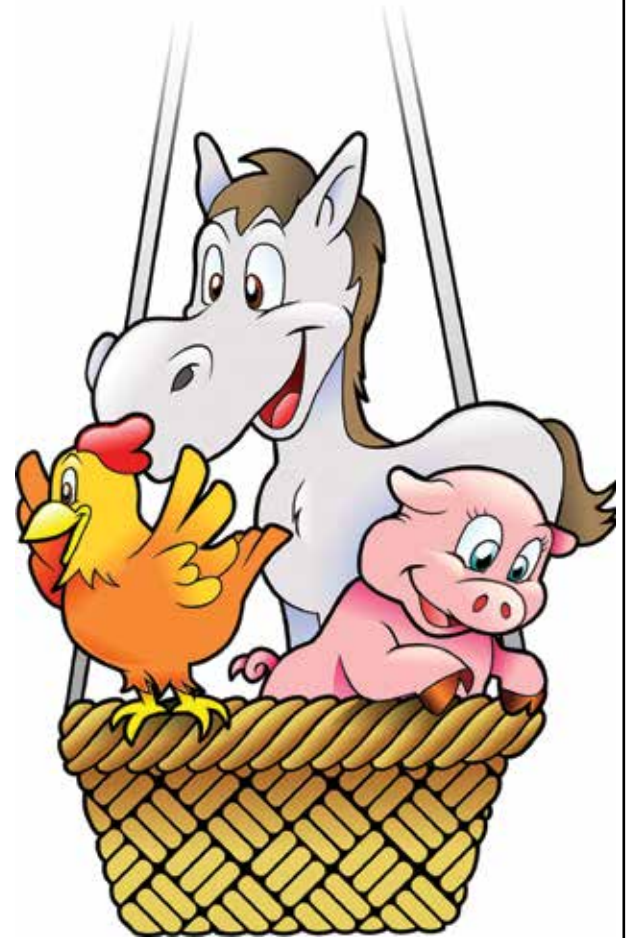
Mom and (palomino) gelding son mini horses. 18-20 years old. Rescued from a poor situation. The son had foundered where he lived previously, we believe we have it under control. We have hoof trims and a dental scheduled for both. The Mom is a butt to catch, but once haltered, she's a good girl. The son is an angel. Must go together. Donation to our nonprofit is tax deductible.
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NEW! NOW OPEN TO ALL ANIMALS!



Welcome all rescues, sanctuaries, non-profits, and individuals!

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

Valley Horse News will now have an adoptions section solely for animals at shelters, organizations, and individual homes 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 or place 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 the number of in need animals increasing and euthanizations on the rise, facilities are at max capacity.

We want to help! 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. First come, first serve, and animals are featured at Valley Horse News discretion.

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? Contact now! 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
REAL ESTATE AGENCY



#1 In Horse & Equestrian Properties



#1 In Acreage Properties

Cindy Parker
702-528-1048

Terri Gamboa
702-528-5473

~ LAS VEGAS, MOAPA ~



5709 Mossman Avenue

Great property with some nice upgrades, converted garage & new garage added, EXTRA LARGE LOT - 1/3 acre, large back yard & lawn, side yard, huge back patio, large chicken coop. 4 Bedroom plus casita = 5 Bedrooms total, 2 Bathrooms. A great family home or investor property with an excellent tenant willing to stay on. 24 hour notice to show. Text message for appointment. **\$419,000**

4185 W State Highway 168, Moapa

RARE! Ultimate 7 Acre self sustainable Horse Property, Farm & Ranch. Your dream homestead!! Live off the land with 3,270,000 gallons of water rights per year to plant your own food crops; fruits and vegetables. 4 Acres of pasture is already Irrigated! Private Well Pumps 70 Gallons per minute. White Fenced Pastures, Covered Hay Storage, Round Pen, Plenty of Extra Corral Panels. 40 minutes from Las Vegas on paved roads! Charming ranch style house is renovated with 3 Beds/ 2 baths. Great floor-plan and move in ready! Covered Patio with gorgeous views and in-ground spa! **\$949,000**



5000 Clouds Rest.

Investors Dream! Rare Fixer with Great Potential. 4 Bedroom and 2 Full Bath Single Family Home on Corner Lot with 2 Car Garage. Traditional floor plan with vaulted ceilings. Kitchen has all appliances, laminate flooring, countertop and pantry. Master Bedroom with dual vanity, soaking tub, separate shower and very large walk-in-closet. Needs carpet and paint. Ample room for RV parking. So much potential. **\$399,000**



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#: S.0066408





TERRI GAMBOA TEAM
REAL ESTATE AGENCY



#1 In Horse & Equestrian Properties



#1 In Luxury Homes on Acreage

Cindy Parker
702-528-1048

Terri Gamboa
702-528-5473

~ SE, HENDERSON ~



7080 S Pecos Rd

3.9 Acre Secluded Property in Very Popular Tomiyasu Area of Billionaires, Casino Owners, Celebrities, the Old Wayne Newton Ranch, Multi-Million Dollar Homes. Private Electric Gate Entry. Block Wall and Wrought Iron, Approx 10 Car Garage Converted Horse Barn, Small 2 BR, 2 BA House Perfect to Live In While Building Then Use as Guest House. Over 100 Tall Pine Trees. Fabulous Location, a Piece of Paradise Close to the Strip & Airport. **\$1,875,000**

3716 Greencrest Dr.

Gorgeous Home in Highly Sought after Paradise Crest. Lushly landscaped beautiful neighborhood. Truly a paradise in the desert! NO HOA. Single story w/ guest house. 5 bedrooms in main house. Guest House has full kitchen, private entry, fireplace, washer/dryer & sauna. 6 total bedrooms for this property + additional flex space for office/gaming etc! Incredible income producing potential here w/ guest house. Amazing floor plan w/ inclusive kitchen w/ double ovens and new dishwasher. Wood burning fireplaces. Tons of storage. Full RV hookups, parking. Huge pool w/ entertaining spaces & covered patio. 0.30 acre lot. Great location, easy access to airport, freeway, shopping & restaurants. **\$775K**



712 Fife St.

Incredible Equestrian Property with all Horse Amenities in Place. 3,097sq ft single story house. 3 bedrooms +Den & extra office space. Oversized 3 car garage. Massive 72' X 17' covered RV/Boat parking. Stamped concrete circular driveway. Gorgeous pool. 5 stalls, Large arena, 3 tack rooms, Covered hay storage and Wash rack. Multiple access gates with direct pull through. Trail riding right from the property! Beautiful strip & mountain views from most areas in the home and outdoor entertaining areas. This is an impeccably kept and welcoming property that instantly feels like home. **\$869,000**



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#1 In Acreage Properties



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~ NW LAS VEGAS ~



PENDING!



6265 N Fort Apache Road

Spectacular 1.94 Acre Ranch Estate Santa Fe style with large 4 BR Main House (Master downstairs) & 2,200 sf Guest House with HUGE Master Bedroom & Bathroom, could be connected to main house, Pool & Spa, 8 Car Garage, 5 Stall Barn w/ runs & tack room, 4 add. large shade stalls, Large Arena w/ lights excellent footing, beautiful mature landscaping surrounding property. Property is 2 separate parcels of .97 Acres each. Property being sold in As-is condition, no fix-ups will be done by seller, needs TLC and repairs so priced well to sell quickly. Great opportunity to purchase this incredible one-of-a-kind Estate!! Perfect for Car & Horse enthusiasts. **\$1,750,000**

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. **\$1,490,000**



LOG CABIN 2.27 ACRES!



NEW PRICE!



7295 N Torrey Pines Dr.

Remodeled Ranch Home on Over 1/2 Acre With Rare to Find 1,750 Sq Ft Basement for Lots of Bonus Space. Zoned for Horses! Charming 3 Bed, 2 Bath Custom Home in Quiet Cul-de-sac, Lots of Potential! Laminate Flooring Throughout. Ceiling Fans and Blinds. Vaulted Ceilings in Living Room with Wood-burning Fireplace. Custom Cabinets, Granite Countertops, Stainless Steel Appliances and Large Island With 2 Sinks. Unique RV Camping Area, Nicely Setup With Hookups, Fence, And Lawn. Easy Access to Shopping and the 215. Private Well & Septic. Large Open Backyard with Plenty of Space for Extra Amenities And/Or Horse Facilities **\$619,900**



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