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The Pesky Outlaws



This nasty gang of irritating, disease-spreading pests is on a mission. For flies, mosquitoes and ticks, the sole mission is survival. Unfortunately, the battleground is your horse's turf. It's time to draw the line.

Go ahead, Pesky Outlaws, give it your best shot, but your days are numbered. Farnam's arsenal of pest-fighting weapons is just too tough for the likes of you.

Freda McFly

Blanche Buzz

Sticky Stan





NO FLY ZONE: DEFENSE

I love crawling around your horse's face and ears. Yum, such tasty areas! That dreaded SuperMask® ruins all my plans.



A physical barrier keeps **bloodsucking, biting flies** and **pests** off your horse's face and ears.



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Trusted by millions of horse owners since 1986! SuperMask® II Horse Fly Mask protects against insects, glaring sunlight, dust and debris. Available in five sizes to fit any horse, and the customizable Double-Latch Closure keeps it in place. For extra protection, use SuperMask® with mesh ears.

65

The number of diseases and infections house flies are known to transmit.



Protect against ticks:

- Limit your horse's access to wooded sections and boundary areas around woods
- Keep pasture grass mowed
- Apply anti-tick repellent to your horse and yourself
- Do full body checks after riding

Exhaled carbon dioxide and to me. Your big sweaty horse



12

The average number of flies that bite a horse each day



I'm blind, but that doesn't matter. I'm just looking for a meal. Given the chance, I'll hitch a ride on your horse — or you.



Like an invisible fly swatter, SWAT® Clear Fly Repellent Ointment keeps flies off wounds, sores, scratches and abrasions. Just as effective as the original pink formula, this version goes on white and turns clear. Great for dogs as well!



When you're not there to spray, Equi-Spot® Spot-On Protection for Horses is the ideal pest control for pastured horses including mares and foals. One application delivers two weeks of protection against biting flies, gnats, mosquitoes and ticks that can carry Lyme disease.

DEFENSE IN 3 EASY STEPS —

body temperature are oh so attractive
horse makes quite a tempting target.



They may be tiny, but mosquitoes carry a variety of dangerous diseases and are associated with more deaths than any other insect on earth.

er of eggs a female
house fly lays at a time



Most adult female mosquitoes

live for two to three weeks

and it's only females that bite...they need that blood meal to reproduce.

Use products that **repel/kill flies** and **pests** on your horse and also in his environment.



Ugh, bright sun and dry places aren't my thing. I prefer hanging out in thick, shady, brushy areas waiting to latch onto your horse, your dog, or you.



REPEL



For lasting protection, nothing works better. **Endure® Sweat-Resistant Fly Spray for Horses** won't sweat off and works for up to two weeks. The unique formulation binds to hair for enduring protection against nuisance flies, gnats, mosquitoes, deer ticks and more.



360°
Even sprays upside down!

Peace-of-mind pest protection. **Dual Defense® Insect Repellent for Horse & Rider** protects you and your horse for up to 12 hours against mosquitoes that may transmit West Nile Virus, and dangerous ticks that can carry Lyme disease.

The power is in your hands to **end the mission of the Pesky Outlaws.** Visit **Farnam.com/noflyzone** to save on these problem-solving products and learn more about Farnam's complete arsenal of pest control management.

BLOCK, REPEL, REDUCE.

Oh no, foiled again! When these horses are on SimpliFly®, all my eqq-laying is wasted effort. My precious larvae just can't develop in treated manure.



Flies play a key role in the development of "summer sores" — those nasty, weeping skin lesions. A rigorous fly control and manure removal program, along with proper deworming protocols, can significantly reduce the risk of horses developing summer sores.



REDUCE



Decrease the fly population in the barn and on the whole farm by using feed-through fly control.

Break the fly life cycle. SimpliFly® Feed-Thru Fly Control with LarvaStop™ insect growth regulator prevents larvae from developing into mature adults. When horses are continually treated, stable and house fly larvae can't develop in their manure, so you'll see a significant reduction in the fly population.



BUILD YOUR **NO FLY ZONE** SAVE!

There's no single Silver Bullet powerful enough to take out this gang on its own. It takes a multi-zone approach.



BLOCK



REPEL



REDUCE



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COVER PHOTO OF DANA WETHERELL AND MAGNUMS CHIC DREAM BY NICHOLE CHIRICO

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*Claim is based on speeds published on company websites as of 11/25/2019 for the following 52"-54" zero-turn models: Gravely Pro-Turn ZX, Scag Patriot, Exmark Radius S Series, Toro Titan HD 2000 Series, Hustler Fastrak SDX.

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Horse&Rider

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Spalding Has All Your Fly Predators® To Stop Flies Before They Emerge

The Ounce of Prevention Worth Pounds of Cure

Fly Predators stop flies before they emerge and reproduce, so you're not continuing to battle each subsequent and very prolific generation. They're the easy-to-use natural alternative to spraying gallons of pesticides, only to have the flies keep coming back.

And flies will keep coming back because sprays (even ours), traps and bait only affect the adult fly stage, ignoring the other 85% yet to emerge. By comparison, Fly Predators stop those future flies, really fixing your fly problem. There's no downside as Fly Predators do not bother people or animals.

Quick and Easy-To-Use

During warm months you'll get a Fly Predator shipment every three to four weeks. Simply sprinkle them where flies reproduce, such as manure areas that are still moist. In a few minutes you've done your month's fly control.



5,000 Fly Predators Just Sprinkle Out

Just reading a pesticide warning label is perhaps the best advertisement for natural, organic Fly Predators. By contrast, there is no warning label for Fly Predators.

Optimum Start Is Just Before Flies Emerge

The optimum time to start for your area is shown on the map. This is when the daytime highs get into the 60s. It's always before the flies



"If my horse could talk he would thank Spalding Fly Predators."

— Hope Thompson WPRA World Champion Breakaway Roper

Read **Thousands** of customer comments at spalding-labs.com/p3nhn

No Pesticides, No Larvicides, No Worries

Using Fly Predators avoids any potential side effects from pesticides or feed thru larvicides.



Optimum Starting Time For Fly Predators:
February (Red) March (Purple)
April (Blue) May (Green)

are a problem. By starting prior to the first fly hatch, there will be relatively few viable fly pupae that survived the winter, so the ratio of Fly Predators to fly pupae (cocoons) is high.

This allows the Fly Predators to reduce the initial fly breeding population to a very low level, which can mean fewer flies all summer. Then continue with Fly Predator shipments, stopping a month before the daytime temps drop down into the low 60s.

If you start after the pest flies have built up to high levels, an initial shipment of 2 to 3 times the normal quantity will be needed, but you can still catch up in a month or two.

A Great Value

The pouch shown at the left is enough for up to five horses for one month and costs just \$22.95 delivered plus sales tax. Larger pouches for more animals are available (we have customers with thousands of animals).

For most situations, the amount per horse at right provides excellent control. Fly Predators are great for other animals, too. Varying climates, starting late, neighboring animals or manure management can affect quantities required.

Horses	Fly Predators per Month	Cost Delivered + sales tax
1-5	5,000	\$ 22.95
6-10	10,000	\$ 33.95
11-15	15,000	\$ 44.95
16-20	20,000	\$ 56.95
21-25	25,000	\$ 67.95
26-49	\$2.33/head./mo.+shipping	
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Fly Control Needs

OUR
44th
YEAR

The Best New Fly Spray To Keep Adult Flies Away Bye Bye Insects™

Spalding's newest product is Bye Bye Insects. This is a principally Essential Oil based Fly Repellent that, for the first time, is comparable to the performance of Pyrethroid synthetic chemical products.



Our goal was to create the best fly repellent of any kind. In the past, Essential Oils never kept up with synthetic chemicals in performance.

Smells Great

Besides great performance, Bye Bye Insects also smells and feels terrific. Pyrethroid fly sprays warn against use on human skin, and few people like the smell of them. By comparison, Bye Bye Insects has a pleasant scent and can be used on yourself, your family and your horses.

Bye Bye Insects active ingredients are primarily Essential Oils, including Geraniol, Rosemary, Citronella, Peppermint and Lemongrass. All ingredients meet EPA's 25(b) Minimum Risk requirements and for Rosemary, Peppermint, Vanillin and Lemongrass, we use food grade quality.

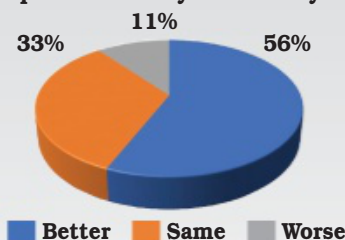
Bye Bye Insects Is A Concentrate And Super Deal

You can adjust its performance to what you need. You can use it full strength, but 63% of users reporting said diluted

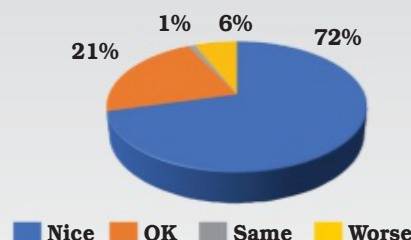
Bye Bye Insects 2019 Customer Survey

Below are the impressions from the nearly 1,100 Bye Bye Insects customers that responded to our survey.

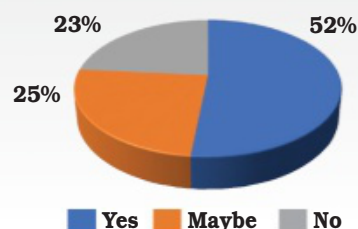
How effective was Bye Bye Insects compared to what you normally use?



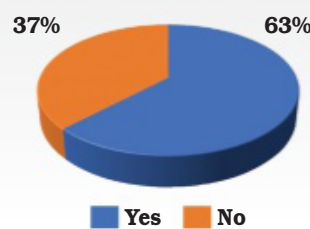
What do you think of the smell?



Would you replace your favorite fly spray with Bye Bye Insects?



Did the diluted Bye Bye Insects work good enough?



worked fine. After you use up your first quart spray bottle, don't throw it away. Instead refill it from the 3 quart EZ refill pouch.

The economical and stay fresh 3 quart pouch costs \$49.99. That's like buying 2 quarts and getting the third one free.

Thus, each full strength refilled quart is only \$16.67. Diluted to 50% it's \$8.33 per quart delivered. That's one of the best buys in fly spray.

Have We Made The Perfect Fly Spray?

Getting close, but not yet. One issue is a yellow staining on white and grey hair. If used lightly, the staining is minimal and wears off. Other than on white and grey hair, it's not noticeable. More at:

spalding-labs.com/qa5vb



1 Quart \$24.⁹⁹ + tax
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The Black Horse



“What do you think your parents would think about a black horse?”

That’s what my horse trainer, Ginny Bowman, asked an 11-year-old me driving down the road one day 21 years ago. Like any good saleswoman, she knew her buyer. She’d been horse shopping on my parents’ behalf for a few months at that point, and so far she hadn’t had any luck. But it turns out she’d stumbled across a jet-black granddaughter of Three Bars hanging out in one of her other clients’ pastures after a failed career in Western pleasure. The horse didn’t know much about any single discipline, but she was broke and she was pretty,

and Ginny figured that might get her sold to my not-so-horsey mom and dad, who’d seen a “Black Beauty” film or two.

Ginny was right, and we picked Onyx up in the fall of 1999. I remember like it was yesterday. My cousin, a teenage boy, was with us. Onyx arrived in tall shipping boots that we needed to return, so Ginny told him to take them off of her. When he leaned over and unvelcroed one, she promptly jumped on his head, sending the boot flying and causing quite a wreck. You know, all these years later, I’m pretty sure she’d still do the same thing.

I’ve barely known a life without Onyx—from the days when we discovered just how nice of a barrel horse she’d make, to All American Quarter Horse Congress placings and rodeo wins. Imagine being a hot-shot kid with

the shiniest black horse anyone had ever seen, decked out in the coolest polo wraps and gear my parents’ school-teacher salaries could afford, winning nearly every weekend. I bet I was pretty hard to be around, really.

I came of age on that black mare, who gave me the confidence that convinced me I could do anything, ride anything, win anything—and be anyone I wanted to be. She came to college with me, stood around while I traveled the world, and then didn’t miss a beat when I moved from the East Coast to Colorado’s Rocky Mountains, making me look and feel like I belonged anywhere I went.

I owe most of who I am to that old black horse, the one who hobbles to the feeder in my pasture these days, turned out with my daughter’s 20-something pony on a hundred acres with free-choice alfalfa. I owe her the mashing up of the medicine to keep her feeling good, the supplements I pour in her grain, and the buckets of Equine Senior she eats. She deserves the special shoeing that helps alleviate the arthritis in nearly every joint, and she deserves the cookies I give her when I have a chance to stop and rub her neck. Funny—she’s still as flighty as ever and doesn’t require a ton of hugs. But I try to sneak one in every now and then, like I always did when life got hard, through breakups and tough classes and lost loved ones. I can only hope this winter isn’t too hard on her at 27, and I’ll be doing my best to make sure she stays comfortable.

I’m sure you all have senior-horse stories of your own silver-muzzled friends that you love. Watching them age is a blessing and a curse, and one I won’t regret, even if it breaks my heart. This issue, then, is for you. It’s for you and it’s for them, with our best advice on taking care of them when they need us the very most. ★



You can reach Chelsea Shaffer at HorseandRider@aimmedia.com.



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As Boo got older, so did his immune system. To help him live his best life, Purina® Equine Senior® horse feed was added to his diet. It has ActivAge®, a proprietary prebiotic proven through years of research to support a senior horse's aging immune system. So, now at 33, Boo shows how **animals speak louder than words.**

Your Purina retailer could tell you more than this ad ever could, or visit purinamills.com/equinesenior to learn more.

Ten Years

ON JANUARY 1, 2010, I got up early to participate in the Tournament of Roses Parade in Pasadena, California. RFD-TV had sponsored a float with the national Future Farmers of America. As the Utah state FFA president, I was invited to walk behind the float. I was also chosen from all 50 states to ride on the float rather than walk, so for the 5-mile parade, I had my own little place to sit and be part of the world-renowned parade.

At that point in my life, I had a plan. After graduating from high school, I was taking a year off before college to serve in my FFA role and buy my Women's Pro Rodeo permit.

What I didn't know at the time was that nine days later my life would completely change.

On January 10 of that year, while on my way from Utah to Denver, Colorado, for the National Western Stock Show, I was involved in a rollover truck accident. Thrown from my window, I hit a fence post and was paralyzed from the waist down. All my plans? They were changed in an instant.

The first day of therapy, my nurse asked me to set goals. I replied, "Walk. Ride. Rodeo." That was all I cared about. Those three words would come to carry so much purpose as my life continued.

Two months later, I wheeled onto a stage in Cedar City, Utah, to give a retiring speech to FFA members. I'd written my speech—on overcoming obstacles—in December of 2009, right before my accident. But those words had now gained much deeper meaning, as I'd been living that speech for two months and would continue to live it the rest of my life.

Eighteen months after my accident, I returned to competing in rodeo on my horse Power. It wasn't the same as it had been before, but still: I could do what I'd always loved. My public speaking career had begun as well, with small schools and groups. For a few years I continued striving to improve myself in both riding and speaking, working my way to 2015.

March 1 of that year was also life altering. That day, I was able to run with Power in RFD-TV's The American Rodeo barrel-racing event in AT&T Stadium, my entry granted by fan voting. This experience was one I could only have dreamed of. I'd worked so hard to be back in that arena and was able to prove to myself that we could earn our spot to be there. This moment would become the ending to a movie that was in my future.

Speaking and rodeo continued to develop as I earned my Women's Pro Rodeo card and began traveling around the nation as well as sharing my story internationally. In 2017, my new horse Legacy and I had a fall, which resulted in a broken femur and down time for the summer. I decided to write a kids' book, titled *Walk Ride Rodeo*, to share my story with children.

In the summer of 2018, Netflix made a movie about my life. Power and I were our own stunt doubles in the film; my little sister and Power were our pre-accident doubles. Released in March of 2019, the movie was titled "Walk. Ride. Rodeo".

Then RFD-TV invited me to run in Rodeo New York in June 2020...in Madison Square Garden! And with this agreement came the idea for another float in the Tournament of Roses Parade.

So on January 1 of this year, the "Walk Ride Rodeo" float debuted to the world. The figure of Power led the way at the front, with my "flowery" self riding him. So once more I was able to sit in my own spot on a Rose Parade float, this time alongside a few of the world champions who'll be competing in Rodeo New York this summer.

Wow. 10 years. When someone asks you the question, "Where do you see yourself 10 years from now?" don't sell yourself short. I couldn't have foreseen how these past 10 years would go when I was in that hospital bed, being asked for my physical-therapy goals.

Each of you reading this article: Take a moment to realize how far you've



Amberley Snyder and the front section of the "Walk Ride Rodeo" float that was part of the 2020 Tournament of Roses Parade.

come in the past 10 years. Recall your challenges, embrace the strength you found, celebrate your accomplishments. God has and always will have a plan for you. I can't guarantee it'll always make sense or be easy. I can guarantee you'll handle it. You're stronger than you think.

I challenge you to keep moving forward. We have 10 more years ahead of us, and I can't wait to see what we do next. ★



Amberley Snyder, Elkridge, Utah, is a barrel racer and inspirational speaker. The story of her triumphant return to the saddle after an accident that left her without the use of her legs has encouraged riders across the country. Learn more at amberleysnyder.org.

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PHOTO BY JOHN BRASSEAU COURTESY OF METALLIC CAT

Ready for His Close-Up

Quarter Horse super sire Metallic Cat will appear in a future episode of the television drama “Yellowstone,” starring Kevin Costner. Bobby Patton of Fort Worth, Texas, owner of the National Cutting Horse Association 2008 Futurity open champion, bought the rights for his stallion to be written into the script of “Yellowstone” at a benefit auction at last year’s NCHA Futurity. The unusual auction item was donated by series creator Taylor Sheridan.

Ladies, Listen Up!

Have you listened to *The Ride* podcast yet? Here’s a featured episode we think you’ll enjoy. Host Michaela Jaycox interviews three women who run the Facebook group Aging Horsewomen Intl.—a community with more than 50,000 horse-loving members who recently had their group become part of an ad campaign for Facebook. Listen to learn more about the group and the inspiring things they’re doing (bit.ly/AgingHorsewomen).



Wear a Helmet, Get Paid

In 2019, Troxel kicked off a new partnership with the Women’s Professional Rodeo Association by sponsoring a \$500-added helmet incentive to competitors who chose to ride in a helmet during the all-girls 5D barrel race at the WPRA World Finals. This year, Troxel is continuing to reward riders by offering added money to helmet side pots at various barrel racing events, including the NBHA Youth World Finals and the West Coast Barrel Racing Finals.

Another Million Coming

The richest event in reining will return in 2020, hosted again by the South Point Arena and Equestrian Center in Las Vegas, Nevada. At last year's Run for a Million, Cade McCutcheon—at 18 the youngest rider in the lineup—and Custom Made Gun were the open co-champions with Craig Schmursal and No Smoking Required; previously, McCutcheon and Custom had earned the highest score in the team reining at the 2018 FEI World Equestrian Games (at right). At the 2020 Run for a Million, set for July 29 to August 1, 15 reiners will compete for a purse of \$1,000,000. However, new to the 2020 lineup will be the addition of the \$100,000 cow horse invitational (trfam.com).



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Find more
information
on page 111!



Hang Out with Brad Barkemeyer!

Miss the chance to enter to win a day with Horse&Rider OnDemand expert Brad Barkemeyer? Well, you're in luck! This year H&R is partnering with Equimax and Weaver Leather to give you the chance to win a full-day clinic for you and nine of your riding buddies. The best part, Brad comes to you! Enter at [HorseandRider.com/win-a-day](https://horseandrider.com/win-a-day).



PHOTO BY NICHOLE CHIRICO

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Cowboy Dressage Clinic

Eitan Beth-Halachmy, invited performer at the 2010 World Equestrian Games in Lexington, Kentucky, will be one of three featured clinicians at Cowboy Dressage World's retreat and clinic April 17-19 at the LS Ranch in Porterville, California. Auditors are welcome (cowboydressageworld.com).



Leading Sire Dies

Corona Cartel, one of Quarter Horse racing's leading sires, was euthanized last December due to infirmities of old age. Laid to rest at the Lazy E Ranch in Guthrie, Oklahoma, where he'd stood at stud since 1997, the syndicated stallion had earners of over \$62 million, putting him second behind only his paternal grandsire, First Down Dash. Corona Cartel was also the sire of outstanding rodeo mounts, especially barrel horses.

GALLOP POLL | C

52%

of H&R poll respondents said apple or carrot pieces are their horses' favorite treat. (Horse cookie: 24%. Other: 19%. Don't feed treats: 5%.) To participate in future polls, "like" *Horse&Rider* on Facebook.

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We want to hear about *your* Western horse life! Visit our Facebook page, and join our private Facebook groups; "Your Western Horse Life," "Parents of Horse-Crazy Kids," "Baby Boomers Horse Lovers' Central," "Trail Riding Resources," and "Horse&Rider OnDemand."

Heartfelt Senior Stories

→ Aging Senior

Western Editorial Director Chelsea Shaffer tells her story of watching her senior horse age day-by-day.

→ When's My Horse Too Old?

Barb Crabbe, DVM, explains why just because your horse is getting older doesn't mean it's time to quit.

→ They Still Have It

Learn about six senior horses that are still enjoying their jobs and staying busy as they head into their golden years.



The Thinking Rider

On tap for March: What's up with horse soccer? Are you playing it? For alerts on new posts to Jennifer Forsberg Meyer's blog, follow *Horse&Rider* on Facebook, or sign up for *The Ride* newsletter (it's free!) at bit.ly/theridenewsletter.

'Don't be quick to judge a horse off the track, a horse is a horse.'

"Former Racehorse Competes at Wrangler National Finals Rodeo," online this month.

"THE THINKING RIDER" PHOTO BY SHERI SCOTT

They hate the flies but can't get revenge.
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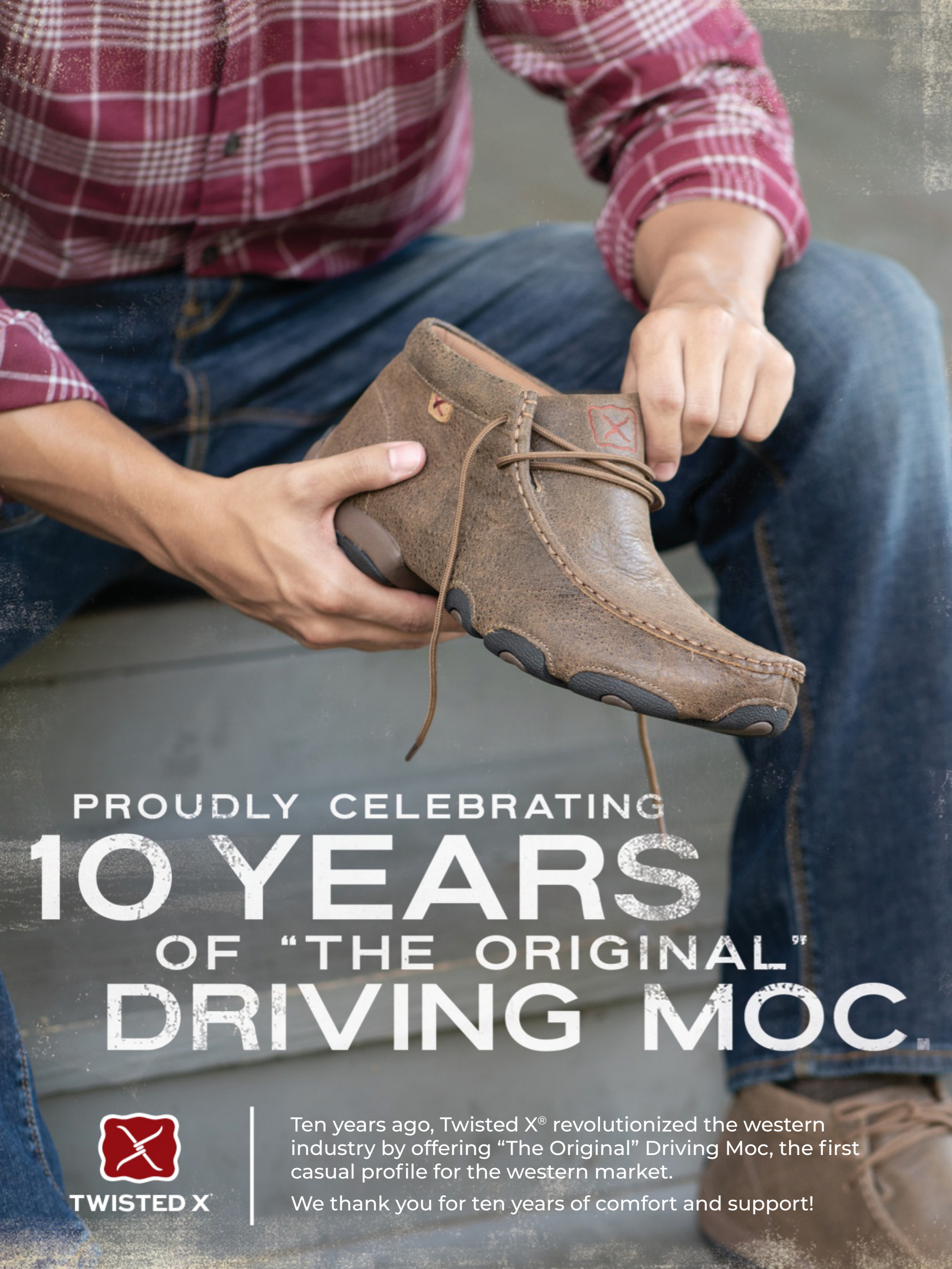
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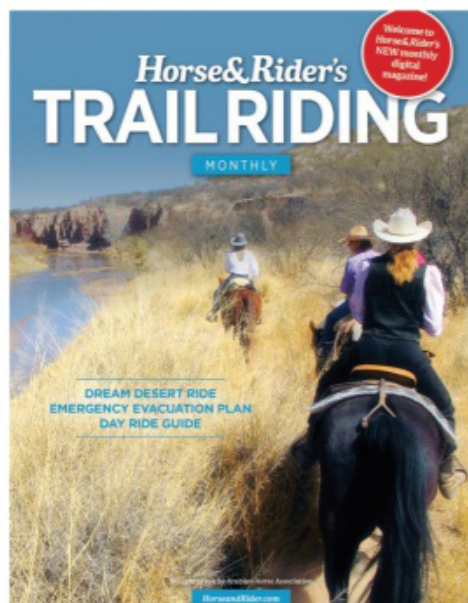
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'Just as horses can read our minds, it's our job to try to understand precisely what they're telling us.'

"Eyes on the Prize," Laurel Denton, online this month.

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Grass and Gastric Distress

As the grass turns green this spring and you start to mow your lawn, don't be tempted to feed your horse bulk grass clippings. If you don't want your grass clippings to go to waste, Joe Stricklin, DVM, offers tips for feeding clippings in "STOP! Why Feeding Horses Bulk Grass Clippings Causes Gastric Distress" online.

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Tag your Instagram photos #HorseLifeIRL (In Real Life) for a chance to see your post here!

FUN ON FACEBOOK |

We shared the article, “Buy a Horse, They Said,” and asked if there were any funny challenges of horse ownership that we missed. Here’s what a few of our fans had to say.

Annabel Young

Keeping a gray mare clean. We have a reputation to always be clean and it’s so difficult in the winter with the mud, and in the summer when she decides her manure is a comfy pillow.

Tanya Sophia Langkopf

You’ll end up with the strangest things in your car, purse, trunk, etc. Like when your purse sets off metal detectors and you have to pull out your hoof pick.

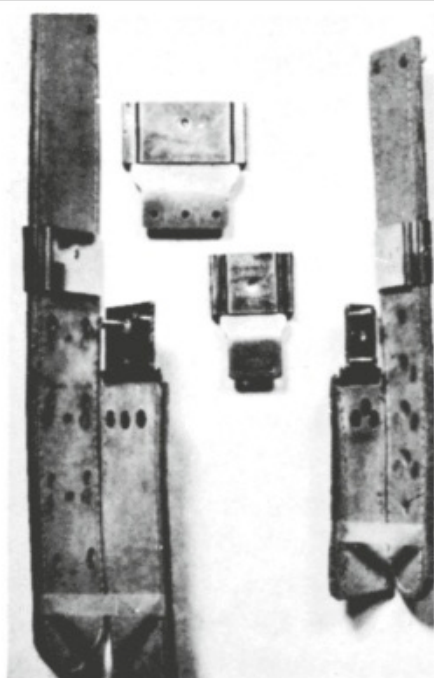
Nikiz Colorz

Getting your non-horse husband to understand that, yes, I do need another horse. It’s a need not a want.

Gaylene Haveman Brown

Very few people are even a little interested in hearing the details of my horse life. And, since I only have time to work out, do horse stuff, work, and see family, I no longer have much to talk about with non-horse folks. Politics? I’m uninformed. Current events? Nope. TV shows or movies? No idea.

Join Us! Answer more questions like this and share stories and photos in our Facebook groups: “Your Western Horse Life,” “Parents of Horse-Crazy Kids,” “Baby Boomers Horse Lovers’ Central,” “Trail Riding Resources,” and “Horse&Rider OnDemand.”

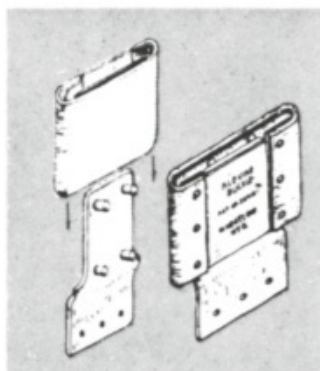


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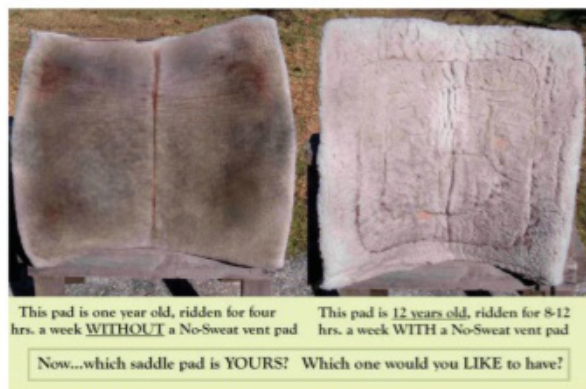
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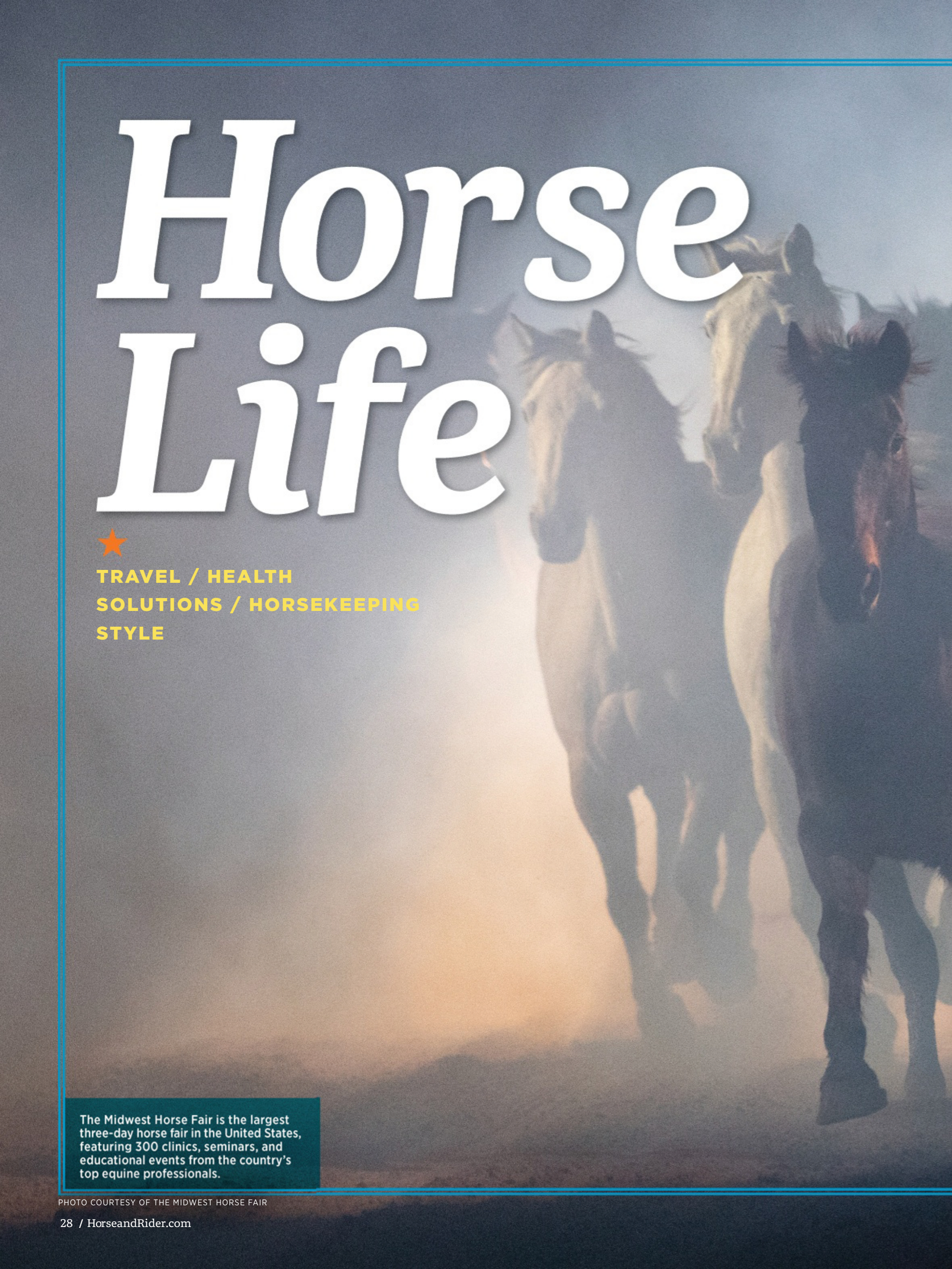


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Horse Life

A photograph of three horses running through a cloud of dust or sand. The horses are in motion, with their legs and bodies partially obscured by the kicked-up dust. The lighting is warm, suggesting a sunset or sunrise, with a golden glow on the dust cloud. The horses are of different colors: a light-colored horse on the left, a white horse in the middle, and a dark brown horse on the right.

**TRAVEL / HEALTH
SOLUTIONS / HORSEKEEPING
STYLE**

The Midwest Horse Fair is the largest three-day horse fair in the United States, featuring 300 clinics, seminars, and educational events from the country's top equine professionals.

PHOTO COURTESY OF THE MIDWEST HORSE FAIR

TRAVEL

Wisconsin

WHERE

Madison



WHAT

Midwest Horse Fair

WHEN

April 17-19, 2020

Midwest's Best

☀ In its 41st year in existence, the Midwest Horse Fair (midwesthorsefair.com) is a three-day equine extravaganza in the center of America's heartland, with clinics, lectures, horse judging, a Professional Rodeo Cowboys Association two-day rodeo, and more. Its breed and discipline demonstrations allow visitors to expand their equine horizons, and its Stallion Avenue showcases leading producers across all breeds. If learning more about the horse is your top priority, this is the trip for you. One-day passes are \$15, and three-day passes are \$35, available through the event's website.





TRAVEL

Wisconsin



Clinicians like Chris Cox (chris-cox.com) and Julie Goodnight (juliegoodnight.com), National Finals Rodeo barrel racer Tammy Fischer (tammyfischerbarrelhorses.com), and AQHA trainer Clint Ainsworth will provide eye-opening lessons in horsemanship, while two evening PRCA rodeos totaling 8,000 attendees each night sell out.

New in 2020, in partnership with the International Mountain Trail Challenge Association (imtca.org), the Midwest Horse Fair will host a Mountain Trail Challenge on Sunday, April 19. The competition will highlight 50 talented equestrians over three different levels, competing for \$15,000 in cash prizes. They will tackle extreme obstacles, such as suspension bridges, teeter totters, balance beams, and more.



700

The Facts

The number of horses on the grounds for competitions and demonstrations.



Don't Miss This

shop.

Stock up on any of your equine- and ag-related supplies and apparel in the **1. Exhibition Hall**. If trailer shopping is on the agenda, shop a wide variety on **2. Trailer Avenue**.

watch.

For something different, check out the **3. World Champion Blacksmith** competition, which finishes with a live shoeing class. **4.** On Friday, Saturday, and Sunday, watch as horses

are turned loose in the Blain's Farm & Fleet Coliseum for the popular **Liberty Presentation**.

do.

Located in the front of Pavilion One, the **5. Kids Korral** is a place

to take kids to learn horse-care basics, and the first 1,000 there will receive a coloring book courtesy of Gary's Kids, a program in memory of a former member of the Midwest Horse Fair family.

Get Your Tickets!

The PRCA rodeo performance sells out each night, with bareback riding, steer wrestling, team roping, saddle bronc riding, tie-down roping, barrel racing, and bull riding. Tickets, which range from \$10 to \$35, are available on the event's website.



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Kevin Oliver (Reining and Trail)
Tik Maynard (Jumping and Eventing)
Kristin Weaver Brown (Barrel Racing)
Liz Austin (Dressage)
Heidi Potter (Centered Riding®)
Lynn Palm (Western Dressage)
Rick Christy (Hunter under Saddle,
Western Horsemanship)
Suzy Stafford (Driving)
Simon Coccozza (Core Strengthening & Yoga for Horses)
Gary Lane (Easy Gaited Horses)
Sarah Track (Saddleseat)
Jerry Paulsen (Equine Assisted Activities)
Paul Garrison (Mules)
Heidi McLaughlin (Overcoming Fear)
Young Guns Equestrian Drill Team (Drill)
6th Ohio Mounted Buglers &
2nd Cavalry Brigade (Mounted Cavalry)

...and more to be announced soon!

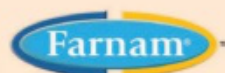
For all you need to know including the event schedule, information on tickets, host hotels, camping, or participating in clinics consult **equineaffaire.com** or call (740) 845-0085.

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- **The Versatile Horse & Rider Competition** — a fast-paced timed and judged race through an obstacle course with \$5,500 at stake!
- **The Fantasia** (sponsored by Absorbine®) — Equine Affaire's signature musical celebration of the horse on Thursday, Friday and Saturday nights.
- **Adoption Affaire** — find your right horse at Equine Affaire by visiting the Adoption Affaire! Meet healthy, trained, talented adoptable horses of many breeds, backgrounds and ages and apply to adopt on the spot.
- **Ride a Haflinger** for the first time! We're partnering with the Ohio Haflinger Association to give aspiring new riders an opportunity to enjoy their first ride at Equine Affaire.

New for 2020!

- **Equine Affaire Tickets go digital!** General admission and Fantasia tickets are now digital e-tickets. All types of tickets may be purchased online — all in one place with a single transaction — at **equineaffaire.com**.
- **International Liberty Horse Association (ILHA) Freestyle Invitational** — Select liberty trainers and horses of a variety of breeds and backgrounds will display their talents in a two-part liberty competition.
- **Mustang TIP Challenge** — trainers work to gentle untamed mustangs and show each animal's value and trainability in a competitive environment.
- **A Horse for Heroes** — Equine Affaire has partnered with Operation Horses and Heroes to offer veterans, active duty, and first responders the opportunity to interact with horses and experience the effects of equine-assisted activities & therapies.
- **Interscholastic Equestrian Association (IEA)** educational clinic from the judge's perspective covering English, western, and dressage tips for competing at IEA shows.

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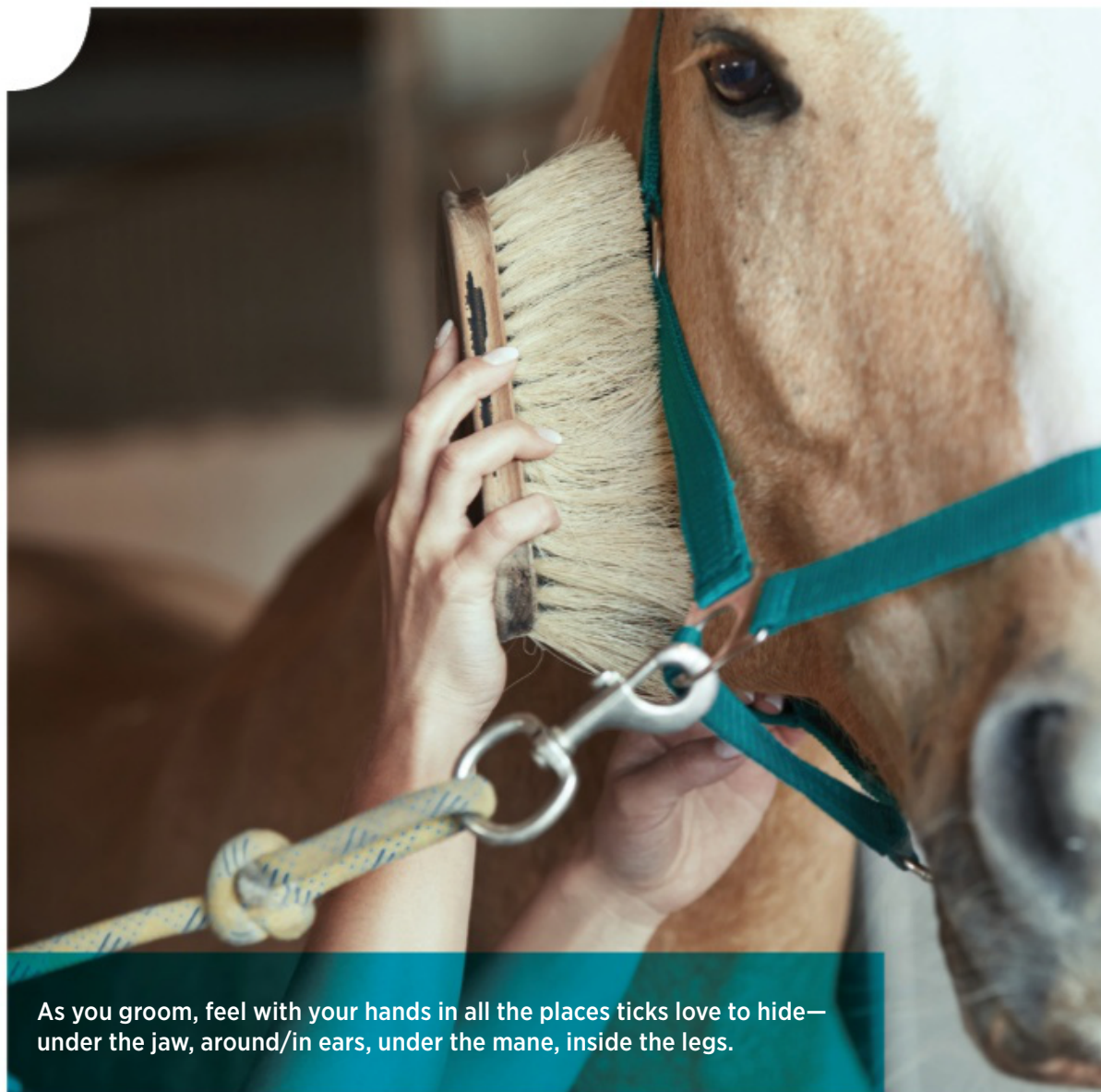


HEALTH

*Illness
Prevention*

Lyme Disease

★ This bacterial infection is the most prevalent vector-borne disease in North America. Caused by the bite of an infected blacklegged (deer) tick, Lyme disease also affects humans and other mammals. Lyme disease in horses is difficult to diagnose, as the disease can mimic many other conditions. Symptoms usually develop several months after infection, during the disease's chronic phase. Tissues affected include those of the nervous system, eye, and skin. Treatment often includes tetracyclines and other beta-lactam antibiotics. Though there's currently no equine vaccine available, a canine vaccine may provide some protection—ask your veterinarian if you're in a high-risk area (see box).



As you groom, feel with your hands in all the places ticks love to hide—under the jaw, around/in ears, under the mane, inside the legs.



HORSES HAVE HEART

Horses and animals have always had a significant bond, and their companionship is something that could be good for your heart. Studies have shown that having an animal companion can:



Increase Fitness Levels



Relieve Stress



Lower Blood Pressure & Cholesterol



Boost Overall Happiness

For more information on the 39th Annual American Heart Association Beach Ride November 4th-8th, 2020, visit www.ahabeachride.org.



Ticks Be Gone!

Your best strategy overall? Keep ticks off your horse. Use repellent products labeled specifically for ticks, applying especially around the ears, under the jaw, at the root of the mane, on the tail head, and on the chest and underbelly. Groom daily to find and remove any ticks, feeling with your hands for tiny lumps.

Key Cautions

Vague Symptoms

Clinical signs of Lyme disease can include chronic weight loss, sporadic lameness, low-grade fever, muscle tenderness, swollen joints, stiffness, and uveitis—all of which can be caused by other diseases as well.

Blood-Test Issues

Early diagnosis can help prevent the most serious effects of Lyme disease in horses, but diagnosis is problematic. Blood tests can tell whether a horse has been exposed to the Lyme-causing bacterium, but a positive result doesn't mean infection, just exposure. Your veterinarian should therefore also try to rule out other diseases that can cause similar symptoms.

Range Increasing

Although Lyme disease is most prevalent in the Northeast and Upper Midwest, it also occurs in other locales, including on the West Coast, and its incidence appears to be on the rise. The range of the tick responsible for infection is also expanding.

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SOLUTIONS

Spring Cleaning

TIP: Add a coat of paint to spruce up the look of your new barn-tool organizer.

Do-it-Yourself Organizer

★ Organizing your barn can be easy if you reuse items that are already sitting around. If you have a leftover pallet you've been looking to toss, repurpose it to hold all of your barn essentials in one spot. To complete this DIY project, all you need are a few tools: a drill, screws, a hammer, and nails. Start by nailing a two-by-four board to the bottom of the pallet, so your rakes and shovels don't slip through. Then decide where you want to hang your finished organizer, and screw the pallet into a sturdy wall with your drill.

Easy Organization

Use these items to help tidy up your barn and trailer.

1. Saddle Stand



Stack your saddles on this upright, multi-tier saddle stand. For those who like to show, buy a second one to easily store in the trailer. Starting at \$169.99; www.sstack.com.

2. DIY Halter Rack



Don't throw out your broken rock rake. Instead, get crafty and use the tines of the rake to hang halters and bridles. Remove the rake handle and secure it to the wall with fencing staples.

3. Hanging Groom Case



Keep all of your favorite products organized and in one place that can easily be transferred from the barn to the trailer when it's time to travel. \$39.99; equibrand.com.



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HORSEKEEPING

Nutrition

With all the options available today, knowing what and how to feed your horse can be confusing. An equine nutritionist says, “Read manufacturers’ labels!”

PRODUCT PHOTOS COURTESY OF KENT NUTRITION GROUP

Feeding Misconceptions

An equine nutritionist clears up four common misconceptions owners have about horse feeds and how to provide them.

★ Figuring out what to feed your horse can feel overwhelming. We asked equine nutritionist Clair Thunes, PhD, whose Summit Equine Nutrition (summit-equine.com) advises clients throughout the U.S. and Canada, to share some of the most common horse-feeding misconceptions that horse owners have.

Here's what she told us.

‘That’s too much!’ Owners often don’t follow the feeding instructions on commercial feeds, typically feeding less than the manufacturer recommends. If a product says to feed a certain amount per 100 pounds of the horse’s weight, and you feed less than that amount per day, your horse’s diet will likely have nutritional deficiencies.

If you feel that following the instructions is simply too much feed, consider instead a ration-balancer—a feed that delivers a higher percentage of protein and other nutrients in a smaller amount of feed. So instead of 6 pounds of a performance or complete feed, for example, you might feed just 1 or 2 pounds of the ration balancer, which would deliver a full complement of nutrients.

If you still prefer to feed the performance or complete feed but at a much lower amount than recommended, you would need to feed a small amount of ration balancer or other supplements to “fill in the blanks” of important nutrients. Otherwise, you may run into problems with hoof and coat quality, or topline issues, where your horse might have reasonably good rib coverage but is thin across his withers and croup because he’s not getting enough quality protein.

‘Just one more!’ Then again, don’t overdo the supplementation. Many owners add one here and another there indiscriminately, without paying enough attention to what they’re mixing together. In so doing, they wind up feeding too much of certain nutrients. It’s hard to know what the long-term health consequences of over-supplementation may be, but even if it doesn’t seriously harm your horse, it definitely harms your pocketbook.

‘Protein is dangerous!’ Because of research in other species that’s since been disproved, many people think young horses are at high risk for developmental orthopedic disease from protein. Feeding too many calories overall, yes, can increase the risk of DOD problems, but young horses especially need adequate protein—and the amino acid lysine in particular—for proper growth.

Protein also doesn’t affect horses’ temperament—even though many owners are sure that alfalfa, a relatively high-protein hay, makes their horses “hot.” Again, the overfeeding of calories—and nonstructural carbohydrates in particular (such as grain)—is more likely to amp up a horse’s energy levels.

‘Wet means molasses!’ The fat added to many commercial feeds is a good thing, but it can give the product a “wet” look, which many owners mistakenly attribute to molasses. Read ingredient lists! And whenever you have doubts, consult your equine nutritionist. ★



Don't Shortchange Your Horse

Follow manufacturers' recommended feeding amounts, and be sure to measure feeds by weight, not volume. That's because extruded feeds (such as the Kent product above) are designed for maximum breakdown through enhanced enzyme activity; this means they may weigh less per volume than pelleted feeds do. So don't “eyeball” feed amounts—weigh all products and follow directions carefully.



HL

STYLE

Denim

MAIN PHOTO BY NICHOLE CHIRICO

1

Cowgirl Denim

★ 1. When you're riding horses and working in the barn all day, you want a pair of jeans that look good but can withstand anything thrown their way. Ariat's R.E.A.L. mid-rise boot-cut jean, (right) uses a performance-stretch denim—making getting in the saddle a breeze. The rider-engineered technology of these jeans offer a gripping waistband that won't gap and innovative stitching so your seat won't sag (\$69.95; ariat.com). When you're done in the barn and ready to throw on a fresh pair of jeans for a night out, pair Ariat's mid-rise wide-leg jean, (left) with your favorite square-toe or dress boot. Like the look of wide-leg when you're working in the barn or in the saddle? This pair of jeans is made with comfort in mind thanks to the ultra-stretch denim (\$79.95).

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2

2. Denim Skirt

Pair this wrap-around denim skirt with a graphic t-shirt, concho belt, pointy-toe boots, and a Western hat, and you'll be ready for a night out. **\$59;** tashapolizzi.com.



3

3. Men's Jeans

With an all-new light stonewash finish, these jeans are made of performance-stretch denim—perfect for staying cool as the temperature rises. **\$79.99;** cinchjeans.com.



4

4. Button-down

Dress up the classic denim pearl-snap shirt with Southwest-inspired embroidery. Made from 100% cotton, you'll stay comfortable no matter where you are. **\$49.99;** wrangler.com.

5



5. At-the-Barn Style

These high-rise boot-cut jeans are made of durable, dark-wash denim, to help you be prepared to spend hours in the saddle. **\$150;** kimesranch.com.



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Ride & Train



PRIVATE LESSON | *Master the Pinwheel*

★ **WHEN DONE PROPERLY**, a pinwheel obstacle within a trail pattern should look effortless. The reality is that the pinwheel is one of the more challenging obstacles you'll see in a trail class. But it should only be done after you've gone through basic trail obstacles and have given your horse time to get comfortable navigating over multiple poles. ➡➡

Master the Pinwheel

→ To have success with this obstacle, you must be able to subtly guide your horse in a tight circle over multiple poles with cadence and rhythm from start to finish. Before attempting this, or any trail obstacle, at home I recommend taking time to learn your rulebook so you know the exact distances between each pole. If you're not familiar with the distances between each pole, it's going to be much harder to understand how many strides you have between each pole.

After you've taken time to read your rulebook, set up four poles and start on foot walking through the obstacle—a 3-foot stride on foot is the equivalent of an average Western horse's

trot stride. This helps you get familiar with how many steps your horse will take between each pole.

One

Once you've gone through the obstacle on foot, start by taking your horse through the pinwheel at a trot. Pay attention to how your horse is landing between each pole. Typically in a pinwheel you want to put three strides between the poles at the lope; at a trot, count six steps in between. Trotting through also gets you in the habit of counting every stride, which helps you develop a better eye for distances and keep a steady pace as you ride through an obstacle.

Two

Before you even get to the first pole you should be counting your strides to help gauge your approach to the pole so your horse doesn't hit the base of it or land too far away from the pole. Ideally his front foot should be within a foot of the pole before going over it. If you feel that you're not going to approach the pole correctly, stop before going over and back your horse up a few feet. Gather yourself and lope off again. Doing this keeps him from splitting the pole—where the pole ends up between his front or back legs—and also helps him learn how to rate himself. If your distances are



off when you hit the first pole, you'll have a hard time recovering throughout the entire obstacle.

Three

When you trot through the obstacle to find your strides, make note of what color poles you're going over to help with guiding. It's always a good rule of thumb to start at the three-quarter mark and adjust where you land

on the pole depending on how short or long your horse's lope stride is. The stripes on poles can also help you learn how to guide and gauge distances. However, you shouldn't only rely on a pole's markings because they'll vary from show to show. Use the stripes on the poles as an aid in finding your distances.

Four

As you're going through your



Mark Jensen and Keith McDonough started Willow Creek Farm in Washington more than 20 years ago. They currently own Palm Desert Quarter Horses in California, where they train all-around horses and coach non-pro riders for AQHA competition. Jensen is shown here riding multiple NSBA World and Congress champion Lope The Line, owned by Gracelyn Galyean.

Look the Part...



When you compete, presentation is key. Learn how McDonough and Jensen like to clean up their horses so they look their best in the ring by visiting HorseandRider.com.



pinwheel, let the poles come to you. If you start pushing your horse toward the pole, you're going to lose the rhythm you established earlier and cause him to rush. With a tight obstacle like this, it's hard to recover once you're rushing. If you feel you're rushing and can't keep a rhythm, stop where you are, exit the obstacle, and try again. It's better to get off the obstacle and start over than teach him it's OK to approach the pole wrong. If you're still have trouble with your distanc-

es, remove one or two poles from the mix while continuing to lope the same size circle. Gradually bring the poles back as you gain more confidence.

Five

When starting out, it's easy to want to square off each turn, but this obstacle is nothing more than a small circle. Instead of oversteering your horse trying to make harsh turns after every pole,

sit square in the saddle, look ahead at the next pole you're going toward, and softly guide him toward the next pole. If you look down at the ground or start to lean into your circle your horse is going to follow you to stay balanced, leaving you in the wrong spot.

Six

As you get more comfortable doing this obstacle, you can up the challenge by doing

two or three circles at a time before exiting. An added bonus to doing this is that your horse won't anticipate the exit as easily. However, when it comes time to exit, don't stop riding your horse, because the next obstacle in your pattern will come up fast. Look ahead, so you know where you want to go, stay centered in the saddle, keep counting your strides, and make sure your horse stays rounded and between your legs. ★

Start and Stop a Spin

Don't let your spin put you in the penalty box. Use my techniques to teach your horse how to properly start and stop a spin.



Bud Lyon, Tioga, Texas, has experienced great success at all levels in his horse-showing career, from youth to open. Along with training open horses, he takes pride in coaching amateur and youth riders to achieve their goals. His coaching and communication abilities make him a sought-after clinician for his areas of focus—reining and ranch riding. Learn more at budlyonperformancehorses.com.

BIO PHOTO BY MALLORY BEINBORN



I don't ask for a horse to increase speed in a spin until he's established cadence in his feet, and has his head and body in the correct position.

→ Being able to properly start and stop a spin will not only help improve your score in the show pen, it'll also help you with overall steering and control when you're in the saddle. While I adjust my riding to fit the horse I'm working with according to his ability or style, here are a few of the things I do when working on a spin.

The Start

Before I even ask for my horse's legs to move in the turn, I ensure he's wanting to look in the direction I want to spin. If he doesn't, I'll emphasize the neck rein. If my horse still ignores my cue and doesn't turn his head slightly in the direction

I'm turning, I'll take my direct rein (the rein closer to the direction I'm turning) and pull his head to the inside.

When he moves his head over, I relax my direct rein, but continue to have my neck rein against him. If he moves his head back to center, I'll go back to my direct rein to adjust his head. My horse should want to keep his head turned into

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the direction I want to turn as long as that neck rein is touching him. When I bring my hand back to the center of his neck, he can straighten his head back out.

Once I know my horse is listening to my rein cues, I ask him to start moving his feet. I'll cue for him to turn with my outside leg and release my inside leg, so he has somewhere to go.

If needed, I'll go to two hands and position his head in the direction of the spin.

The speed of your spin will be determined by how many times you turn. In ranch riding or horsemanship, you usually only do one or two turns at a time, which means you need to build speed faster than you would for a reining class where you turn four times.

If I know I'm going to be turning four times, I allow my horse a quarter of a turn to find cadence and rhythm in his feet before asking for more speed. Correctness is more important than speed, so if my horse starts tripping over himself or is no longer keeping his hindquarters in the same place, I'll slow down to reinforce the correctness and then ask to build his speed again.

The Stop

The shutoff in a spin is extremely important in the show pen because over

turning or having your horse completely ignore your shutoff cue results in a penalty.

When asking for a shutoff, the first thing I like to do is say whoa. While other trainers prefer to just use their hands and feet to stop a spin, I find it helpful to have my horse listen for a verbal cue, as well. By using my voice and not just a hand motion, I also find my horses are less likely to misread me, especially if I'm tight or my hand moves a little more when I'm in the show pen.

As I test my verbal cue out, I try not to change my feet or hand position at all and see if he makes a good attempt to try and shut off his spin. If he does, I praise him and let him settle for a few moments before asking him to turn once again.

If he doesn't stop when I say whoa, I go to my hand and use my neck rein as a second signal. If he continues to ignore my cue, I'll go to two hands and immediately steer him in the opposite direction to have him respect that neck rein a little more. It's OK if he gets confused, but don't rush and make it a scary experience. Let him find his rhythm. Confidence is important when you're performing a turn. Once I make a couple of turns the opposite direction, I'll ask for the stop again. If he



If I ask my horse to spin and he's not listening to my neck rein, I'll go to two hands and use my direct rein to pull his head to the inside.



If my horse ignores my "whoa" cue, I'll go to my hand to stop him using my neck rein. If he's still not listening to my cues, I'll immediately take him in the opposite direction.

continues to ignore my cue, I'll go back to turning the way I was originally going.

Once he respects my vocal command and neck rein cue, I stop and let him settle. ★

Senior Performance Horse

Your veteran show partner deserves a little special consideration. Here's what a senior performance horse needs to keep competing in top form.

→ Do you own a veteran show horse? Well-trained senior horses are among the most rewarding of all mounts when it comes to competitive success *and* the sheer enjoyment of riding. For that reason, they're worthy of special consideration in how you ride and manage them.

Here, I'll share the approach that's working well with a senior performance horse in my barn: Smart Like Steady, or "Oscar," a 16-year-old Quarter Horse. We acquired Oscar in 2017, and in 2018 my wife Robyn showed him successfully in the World Equestrian Games, where he was the oldest equine competitor. He was also the most senior horse in the non-pro division at the 2019 Run for a Million reining.

To learn how to apply Oscar's special-care plan to your good senior horse, read on.



PHOTO BY DEAD OR ALIVE, COURTESY OF WARWICK SCHILLER

Now 16, Oscar was a veteran when my wife and I acquired him in 2017. We've given him the special care and treatment a good senior deserves, and in return he continues to compete successfully at the highest levels.

1. If it ain't broke....

With a well-trained senior horse you've acquired, think in terms of adapting your riding to fit his program, rather than the other way around. If it's something that's simply a difference in, say, cueing (as in how you ask for a lead change), stick with what the horse already knows. Sometimes when you change "just that one thing," it can inadvertently change something else, and now you have an issue to deal with.

If he's been doing his job well, then *you* make the change to go along with *his* program.

2. Let him have his quirks.

Oscar is a cinchy sort of horse. If you were to draw up the cinch suddenly, he might even flip over backward. Or you'd think by looking at him that he was somehow "broken" and could no longer walk. So we accommodate that quirk of his by cinching him up extremely gradual-

ly, in tiny increments.

If he were a younger horse, maybe we'd try to resolve this issue. But in deference to his age and otherwise good behavior, we just go along with it and cinch him up the way he prefers. This degree of indulgence is what a senior performer deserves.

3. Work **with** him to fix problems.

Yes, I did say to accommodate a senior's "issues" to the extent possible. But if he has a problem

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- 7 LASTS up to
7 DAYS



Watch Warwick!



View the video of Warwick correcting Oscar's overbridling problem at HorseandRider.com.

PHOTO BY DEAD OR ALIVE, COURTESY OF WARWICK SCHILLER



Oscar knows his job and performs it well, so we avoid drilling him, and we let him live like a horse—with “freedom, forage, and friends.”

that does require fixing, go about it in a way that honors his experience and seniority.

For example, Oscar had the problem (not uncommon in reining horses) of overbridling—that is, over-flexing vertically when we picked up on the reins. Rather than focusing directly on his head carriage, we worked him in a variety of exercises, including zigzag leg-yielding, that naturally required him to maintain a correct degree of flexion through his neck. (For details on how we did it, see the

“Watch Warwick” note at the top of this page.)

4. Don't over-drill.

This caveat is true for any horse, but especially with a senior mount that knows his job well. Too much repetition can bring on resentment and sourness in a veteran. Instead, try working your veteran show horse in a different discipline to change things up and keep him fresh.

With Oscar, we did very little reining to prepare him for competition,

opting instead for a variety of dressage maneuvers to keep him tuned and responsive.

Trail rides and obstacle work are also beneficial—anything to keep your veteran active without drilling on him.

5. Provide ‘10-year-old-girl training.’

That’s what I call just hanging out with a horse without asking anything of him. Take him for a walk in hand, for example, and let him eat grass. Just be his good friend.

Typically with older horses, whenever we come for them, we’re going to ask something of them. So occasionally it’s good just to let your veteran relax and enjoy being with you.

6. ‘Forage, friends, freedom.’

Pamper your good senior horse by letting him live like a horse to the extent possible. Oscar was in a stall most of his life, but now he has the luxury of living outside, with our other reiner as a pasture-mate. Here in California we don’t

have year-round grass, but we use slow-feed hay nets to extend our horses’ “chew time”—which keeps them content *and* wards off ulcers.

Having access to forage, friends, and freedom encourages the socializing and other natural behaviors that can keep your older horse mentally sound and all-around happy. And that, as much as anything, will keep him performing at his best. ★



Australian clinician and reiner **Warwick Schiller** lives in Hollister, California. He’s an NRHA reserve world champion and represented Australia at the 2010 and 2018 FEI World Equestrian Games. He solves horse problems by changing the rider’s perspective. Learn more about Schiller and find his clinics, books, and videos at warwickschiller.com.

BIO PHOTO BY VICTORIA WESTPHAL



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Finding the First Horse

A child's relationship with his or her first horse can make or break the rest of their equine careers. Finding a safe, enjoyable mount that'll serve the needs of a young, inexperienced rider is a tall task, though. Just how broke does a kid's horse need to be, what type of training should he have, and what degree of soundness issues can you manage?

→ Charlie Cole, of Highpoint Performance Horses in Pilot Point, Texas, is an American Quarter Horse Association Professional Horseman. He's helped hundreds of riders get their start in the arena, and he knows a thing or two about gentle horses. Here are the elements he demands in a kid's first horse.

Safety First

When I'm looking for the first horse for a kid—whether that kid wants to eventually compete or not—I'm looking for safety first. A good, old gelding is really the best bet. I want a horse that's been there and done that and isn't easily excitable.

Whoa

Above all else, I want a kid's horse to stop. As long as he stops, we'll be fine. If a kid pulls or says whoa, he has to stop. That's a key safety issue.

Handle

I want a kid's horse to guide pretty well. I don't want him dragging a kid around the arena doing whatever he wants, but I'm also not looking for a horse that's too quick to respond to the reins, either.

On the Ground

You want a gentle gamer, so that means you want a horse that's gentle on the ground, too. Most importantly, a kid's horse can't be sensitive at all on his rear end or sensitive to the touch. I want to be able to grab his tail or hock without him reacting.

Soundness

There's a fine line when it comes to soundness issues in been-there, done-that horses for kids. I'm most concerned with whether or not the horse is sure-footed. You can



PHOTO BY JENNIFER PAULSON

The relationship that a child has with their first horse is critical to building confidence in his or her horsemanship skills.

have some soundness issues and have a really good horse for a kid. I want a horse I know or have a really good history on, preferably one that's been ridden by other kids. If the horse has a proven record as a safe kid's horse, I don't worry about what the x-rays say.

Where to Look

Because having a history on a kid's horse is so important, finding a horse through friends, family, or a trusted mentor is important. You don't want anyone to unload a bronc on you for your kid, and you really don't want

something from a stranger sight unseen. This could be the most important horse you ever buy, so be sure to buy from someone who understands what your kid means to you. ★

Charlie Cole, Pilot Point, Texas, owns Highpoint Performance Horses where he has trained more than 50 AQHA World Champions. He's also an AQHA, APHA, and NSBA Judge.

Looking for more horse-crazy kid help? Visit **HorseandRider.com** to find our new blog, "A Safe Start," for more in-the-saddle resources for parents.

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CAUTION: Federal law restricts this drug to use by or on the order of licensed veterinarian.

* Freedom of Information Summary, Original New Animal Drug Application, approved by FDA under NADA # 141-427, for OSPPOS. April 28, 2014.

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DESCRIPTION: Clodronate disodium is a non-amino, chloro-containing bisphosphonate. Chemically, clodronate disodium is (dichloromethylene) diphosphonic acid disodium salt and is manufactured from the tetrahydrate form.

INDICATION: For the control of clinical signs associated with navicular syndrome in horses.

CONTRAINDICATIONS: Horses with hypersensitivity to clodronate disodium should not receive OSPPOS. Do not use in horses with impaired renal function or with a history of renal disease.

WARNINGS: Do not use in horses intended for human consumption.

HUMAN WARNINGS: Not for human use. Keep this and all drugs out of the reach of children. Consult a physician in case of accidental human exposure.

PRECAUTIONS: OSPPOS has been associated with renal toxicity. Concurrent administration of other potentially nephrotoxic drugs should be approached with caution and renal function should be monitored. Use of bisphosphonates in patients with conditions or diseases affecting renal function is not recommended. Horses should be well-hydrated prior to and after the administration of OSPPOS due to the potential for adverse renal events. Water intake and urine output should be monitored for 3-5 days post-treatment and any changes from baseline should elicit further evaluation. As a class, bisphosphonates may be associated with gastrointestinal and renal toxicity. Sensitivity to drug associated adverse reactions varies with the individual patient. Renal and gastrointestinal adverse reactions may be associated with plasma concentrations of the drug. Bisphosphonates are excreted by the kidney; therefore, conditions causing renal impairment may increase plasma bisphosphonate concentrations resulting in an increased risk for adverse reactions. Concurrent administration of other potentially nephrotoxic drugs should be approached with caution and renal function should be monitored. Use of bisphosphonates in patients with conditions or diseases affecting renal function is not recommended. Administration of bisphosphonates has been associated with abdominal pain (colic), discomfort, and agitation in horses. Clinical signs usually occur shortly after drug administration and may be associated with alterations in intestinal motility. In horses treated with OSPPOS these clinical signs usually began within 2 hours of treatment. Horses should be monitored for at least 2 hours following administration of OSPPOS.

Bisphosphonates affect plasma concentrations of some minerals and electrolytes such as calcium, magnesium and potassium, immediately post-treatment, with effects lasting up to several hours. Caution should be used when administering bisphosphonates to horses with conditions affecting mineral or electrolyte homeostasis (e.g. hyperkalemic periodic paralysis, hypocalcemia, etc.). The safe use of OSPPOS has not been evaluated in horses less than 4 years of age. The effect of bisphosphonates on the skeleton of growing horses has not been studied; however, bisphosphonates inhibit osteoclast activity which impacts bone turnover and may affect bone growth.

Bisphosphonates should not be used in pregnant or lactating mares, or mares intended for breeding. The safe use of OSPPOS has not been evaluated in breeding horses or pregnant or lactating mares. Bisphosphonates are incorporated into the bone matrix, from where they are gradually released over periods of months to years. The extent of bisphosphonate incorporation into adult bone, and hence, the amount available for release back into the systemic circulation, is directly related to the total dose and duration of bisphosphonate use. Bisphosphonates have been shown to cause fetal developmental abnormalities in laboratory animals. The uptake of bisphosphonates into fetal bone may be greater than into maternal bone creating a possible risk for skeletal or other abnormalities in the fetus. Many drugs, including bisphosphonates, may be excreted in milk and may be absorbed by nursing animals.

Increased bone fragility has been observed in animals treated with bisphosphonates at high doses or for long periods of time. Bisphosphonates inhibit bone resorption and decrease bone turnover which may lead to an inability to repair micro damage within the bone. In humans, atypical femur fractures have been reported in patients on long term bisphosphonate therapy; however, a causal relationship has not been established.

ADVERSE REACTIONS: The most common adverse reactions reported in the field study were clinical signs of discomfort or nervousness, colic and/or pawing. Other signs reported were lip licking, yawning, head shaking, injection site swelling, and hives/pruritus.

POST-APPROVAL EXPERIENCE (December 2018): The following adverse events are based on post-approval adverse drug experience reporting. Not all adverse events are reported to FDA/CVM. It is not always possible to reliably estimate the adverse event frequency or establish a causal relationship to product exposure using these data.

The following adverse events are listed in decreasing order of reporting frequency: renal failure, polyuria, polydipsia, abdominal pain, anorexia, lethargy, hypercalcemia, behavioral disorder, discomfort, hyperkalemia, hyperactivity, recumbency, hyperthermia, injection site reactions, muscle tremor, urticaria, hyperglycemia, and fracture. In some cases, death has been reported as an outcome of the adverse events listed above.

INFORMATION FOR HORSE OWNERS: Owners should be advised to:

- NOT administer NSAIDs.
- Ensure horses have access to adequate water before and after administration of OSPPOS.
- Observe their horse for at least 2 hours post-treatment for signs of colic, agitation, and/or abnormal behavior.
- If a horse appears uncomfortable, nervous, or experiences cramping post-treatment, hand walk the horse for 15 minutes. If signs do not resolve contact the veterinarian.
- Monitor water intake and urine output for 3-5 days post-treatment.
- Contact their veterinarian if the horse displays abnormal clinical signs such as changes in drinking and urination, appetite, and attitude.

Manufactured for: Dechra Veterinary Products
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Manage Your Emotions

Use an expert's formula to create the emotional state that will make you a more confident, effective rider.

→ Ever get the feeling your mind is running away with you? It happens to all of us at one time or another, and it can undermine your horsemanship. Getting to where you're consistently in charge of your emotions—and not vice versa—involves practice.

The goal to strive for is what I call a “transferable mindset”—that is, a mindset that's stable and calm no matter the outside influences.

My Emotional Formula will enable you to break the cycle of unhelpful thinking and acting, so you can make progress toward confidence in and out of the saddle.

How It Works

The Emotional Formula has three parts: your *focus*, or where you're directing your attention. Your *internal dialogue*, also known as your self-talk. And your *physiology*, or how you're using your breath and your body.

Together, these three components create your emotional state, or the perceived experience you're having at any given time. For example, if you're feeling anxious, we'd say you're in an anxious state. If you're feeling confident, you're in a confident state.

Let's consider how we'd use

knowledge of the Emotional Formula to make movements away from anxiety and towards confidence when riding or handling horses.

How To Use It

Here's how the Emotional Formula is working when you feel anxious.

Focus: It's in the future. You imagine a worst-case-scenario taking place (falling off, horse spooking, freezing up in the show pen).

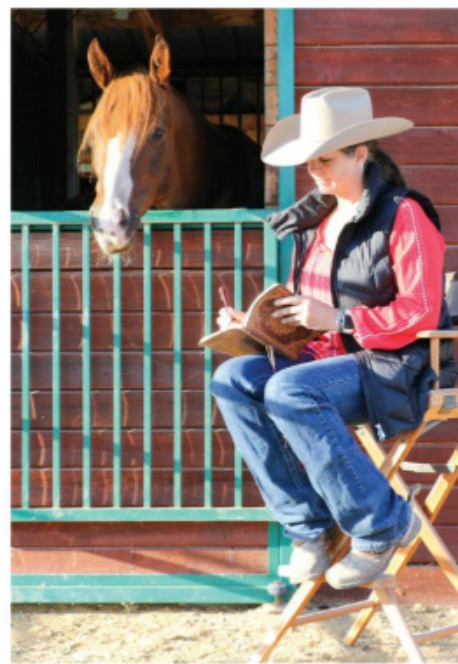
Self-talk: It supports your focus, with comments like, “I can't do it,” or “What if I get hurt?” or “I'm going to make a fool of myself!”

Physiology: Your body and breath mirror your mental focus. You feel unsettled, your joints are tight, your heart rate climbs, and your breath is short and shallow.

Now for the good news. Positively influencing any one of these three elements breaks the formula, automatically moving you toward a better-feeling space. All three work in what you might call a co-dependent way, such that changing up any one of them will have automatic flow-on effects to the other two.

Your best bet? Use each of these prompts in turn to speed the creation of a more confident mindset.

Prompt your focus. Concentrate on what you want, not what you're trying to avoid. Ultimately, what would you like to make happen with



Start your Emotional Formula practice in a low-stress environment; the skills you develop will transfer to when you're riding.

your horse right now? What actions do you need to take to get you there?

Prompt your self-talk. Ask yourself useful, encouraging questions. What should I do right now? What does my horse need from me to feel focused and confident?

Prompt your breath/body. Make each exhalation twice as long as each inhalation; this activates your parasympathetic nervous system to promote relaxation. Adjust your posture into an “I'm confident” frame (chin up, shoulders back, spine erect), then scan through your body, relaxing areas of tension.

Success Tips

If you find trying to change your focus or managing your self-talk difficult or abstract, then start simply with the part of you that's always

anchored in the present moment: your body and breath.

Begin your practice in a low-stress situation away from your horse. Over time, emotional self-management will become a skill transferable to time spent with your horse.

Best of all, know that the more you practice, the easier it'll be to execute this strategy when you're riding and the pressure is on. ★



Jane Pike of Dunedin, New Zealand, is an equestrian mindset coach who specializes in the skills needed to ride with confidence and the mental fitness needed to be focused and “in the zone” for competition (confidentrider.online).

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→ **THIS IS A MIXED CLASS** of nicely turned out ranch riding Quarter Horse and Paint geldings presented with the same background, lighting, and full left-side view, which helps with accurately analyzing their balance, structure, quality, and muscling. At a show, I'd also be able to see them from every angle, but I'll give my best assessment based on what I can see in these photos.

As a judge, I follow guidelines in breed-specific rule books, and even though this is a mixed class, these are all stock breed geldings who compete in the same discipline, so I'll be able to fairly assess them in comparison to each other. The first thing I look for is balance, starting at the horses' shoulders, and including their topline, hips, heads, necks, and legs. My eye is slanted toward practicality and performance ability with this class of three attractive geldings.

With geldings, some of the breed quality traits that would be musts in stallions and mares aren't as critical, as they won't breed to pass along their plainer type. However, as with any horse, form to function is of utmost importance. Geldings need strength and correct structure to not only survive but succeed in performance divisions. →

Holly Hover works with youth and amateur all-around riders from her Holly Hover Performance Horses in Cave Creek, Arizona. She's trained 18 World and Reserve World Champions and is the head coach of the Arizona State University Western Equestrian team. A judge with AQHA, APHA, NRHA, and NSBA, she's judged the AQHA World Show and All American Quarter Horse Congress, as well as the APHA and NSBA World Shows.



CONFORMATION CLINIC

1st



Gelding B

→ In this group, this gelding best meets the requirements I look for. He's nicely balanced, and I like the slope and muscling of his shoulders, the first place I look. He has the best, most level topline of these three geldings, with well-defined withers and a short back that's strong across the loin, and he's nicely turned over his croup. He also has adequate depth of heartgirth and good muscling overall.

His pretty head with small ears and large eyes shows good breed quality. If I were to fault him, it would be his neck. It's not a non-functional neck, but is somewhat short, quite thick through the throatlatch, and lacks the shapeliness and definition we want on the underside. His neck also ties in a little low to his chest, though that's not necessarily bad in a performance horse.

He appears to stand on four correct legs with no blemishes. His pasterns are short, but look strong, and his hocks are neither too straight nor too angled. He looks like a competent performance horse from his structure.

2nd



Gelding C

→ This colorful gelding is fairly well balanced and shows more refinement, especially through his neck, than Gelding B. However, his topline isn't as strong or as level, with less prominent withers that sit lower than his hip, and he lacks the strength across the loin of the first-place gelding. His depth of heartgirth suits his size and frame, but he lacks definition of muscling overall.

His attractive head and neck lend to his look of refinement, and though his neck ties into his chest high, it's more upright than I'd like to see. His shoulders are slightly steeper than Gelding B's, and don't have the volume of muscling.

His front legs are clean and straight with enough bone, while his front pasterns show adequate length and slope. He has low-set, well-angled hocks, but lacks definition of muscle through his stifles. With four solid, clean legs, an appealing head, adequate balance, and flashy coloring, he's a pretty and useful-looking horse, but his uneven topline and overall lack of strength and power place him behind Gelding B.

3rd



Gelding A

→ This gelding is also quite attractive and fit-looking overall, but places behind the other two because he shows the least strength in his topline, less muscling, and a structural issue in his legs. His withers are low and join a back that's also low making his topline uneven as it rounds up into a higher croup. His hip and tailset are some of his better features.

His head is a bit plain, lacking the breed quality of the other two, but he has a kind eye. His neck is a bit short and upright, but still probably viable in a performance arena. His shoulders have average slope and his depth of heartgirth is adequate for his size, as he's a slighter built horse than the other two.

His hocks appear to have a correct and functional angle, and his front legs are flat-kneed with adequate bone. However, his front pasterns are long, with his hooves out in front of the column of his leg, and his pastern angle doesn't match his shoulder angle. Long pasterns may stress tendons and lead to unsoundness. ★

To submit a photo of your horse to be evaluated in *Conformation Clinic*, send us a left-side profile photo of your horse (for digital photos: high-resolution, 300 dpi, in at least 3" x 5") to HorseandRider@aimmedia.com with your contact info and your horse's breed, age, gender, and height. (We welcome all breeds!) Visit HorseandRider.com for additional instructions.



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TRAIL-SOUND

Be sure your next trail horse is sound enough for his job with these tips.

BY **KEN MCNABB**, WITH **ALEXIS BENNETT**
PHOTOS BY **MALLORY BEINBORN**



To become the trustworthy, reliable, and dependable trail horse you count on in the backcountry, your horse has to be used. In the process, he'll rack up some scrapes, bumps, and cosmetic issues. A few cosmetic issues are OK, but when you're in the market to buy a trail horse, you need him to be more than reliable. You need him to be sound.

Here I'll explain common health-history, appearance, and movement issues that can indicate future soundness issues that could influence your horse's usability on the trail. With each soundness consideration, I'll give you the green light to go ahead, yellow to proceed with caution, and red light—which you know means don't go further with the horse purchase. These clues will help you buy with confidence, ensuring that your horse isn't just reliable, but trail-sound.

ISSUES IN HEALTH HISTORY

A horse's history demonstrates how much he's been used and how sound he's likely to be in the future. Though many great horses have issues as the result of being used and becoming a great horse in the process, some are too much to manage and become non-negotiable for a trail rider in the market to buy.

● **Arthritis:** Yellow light.

Proceed with caution and know how you'll primarily ride before you buy. Though arthritis can be managed with joint supplements, NSAIDs, and cold and heat therapy, it'll never go away. Heavier riders, such as large men; those interested in difficult backcountry riding; or a rider who'll use the horse more than five times per week will struggle to manage worsening arthritis. Even with the best management, a flare-up can stop a ride prematurely if your horse is in too much pain to go on. If, however, you're a physically light rider, such as a youth, smaller adult, or someone who only plans to ride lightly in easier terrain, you can look past mild arthritis.

● **Bowed and/or Strained Tendons and Ligaments:** Yellow light.

Proceed with caution unless you have the experience and patience to help your horse fully recover from this type of injury. Once a horse strains his tendon past what it's accustomed to, it doesn't just affect his ability to pack into the mountains; it also impacts his soundness in the arena. Proper recovery is key, and it's not unusual for injuries like this to take six to eight months to fully heal. Though the same exact location is unlikely to reinjure after it's correctly rehabbed, heavy, long backcountry travel is demanding on your horse's structure, especially if he's predisposed to this type of issue. Get a thorough veterinary exam before you purchase.

● **Navicular:** Red light.

In the past, navicular was a career-ending diagnosis for a horse. While it's more manageable now, it's not curable and will eventually cause unsoundness in your horse. A youth rider or someone who's interested in light riding may be able to manage pre-existing navicular with corrective shoeing and other therapies. If the case is severe or you're a serious trail rider, steer clear all together.

● **Stifle Injury:** Red light.

Injuries to the stifle joint are temperamental. If a prospect has a pre-existing issue that you know about, pass on him unless you're positive that he's been safely and slowly rehabilitated without subsequent flare-ups and issues. Know that he'll need to be more carefully conditioned for the rest of his life to avoid



A horse's feet are his base. Small chips, cracks, and other issues aren't deal-breakers. But, you have to know how much care is required to get his feet back to trail riding shape, and if you have the patience for it.

problems. If you don't know the sellers well and aren't sure about his rehabilitation success, it's best to pass. With this type of joint injury, it can worsen to the point that he's no longer sound to ride at all—not even for light riding.

● **Stringhalt:** Red light.

Any irregularity in a horse's gait in the hind end is a deal-breaker for me. It could be due to a neurological issue or caused by an injury. Often this occurs in a trail horse if he gets his leg stuck in deep mud and pulls it. This stretches the tendon farther than its natural range, causing this issue. Like a stifle issue, it

A horse doesn't have to have perfect conformation or be fully conditioned in order to be a great trail prospect. He does need to be generally structurally correct and sturdy enough for the demands of your riding.

can be rehabbed to some extent, but it's difficult to manage, even after it's healed and he's properly conditioned.

● **Stone Bruising and Sore Feet:**

Green light.

A horse with sore feet or stone bruising likely lives in an area with few rocks, so he has sore feet. Ride on soft ground and give him time to heal, and he'll be ready to go. If you plan to ride in difficult terrain where he's likely to re-bruise, his feet will need to become conditioned. Hard, rocky ground toughens feet, which results in fewer stone bruises on the trail. Let him get conditioned in his natural environment by not trying to protect him from hard ground, and then have him shod before your next rocky ride. To give him his best chance to avoid issues, al-

ways watch where you ride and choose the least harsh option.

● **Quarter Cracks:** Yellow light.

Cracks are fixable, and like poor feet, he needs feed, conditioning, farrier care, and patience to get his feet back into shape. This comes at a cost though, so consider your budget and timeframe before purchasing a foot project.

ISSUES IN APPEARANCE

A non-show horse doesn't need to be a showstopper if he has the experience and temperament for trail riding. But he does need to have attractive structure. Unappealing structure typically means abnormalities that cause inefficient movement. Over time, poor movement strains his body, and especially his joints, causing soundness issues. →



Know Your Why Before You Buy

When you're in the market to buy, the most dangerous approach to horse shopping is to have no approach—or plan—at all. Ask yourself these questions to help you determine the type of rider you are and what soundness issues you can overlook.

How much do I want to spend? Rehabbing an injury or conditioning and feeding a horse to fitness takes time and money. Work this into your buying budget so you don't overspend.

How much time do you have? A seasoned horse that's been there and done that is perfect for someone who doesn't have a lot of time to commit to training, rehab, and extensive care. It sometimes means you must compromise on budget if you expect your horse to be ready to go and sound.

How much experience do you have? Some pre-existing issues are more difficult to manage than others. Be sure you understand what you're facing before you take on a soundness issue or other problem.

How difficult are the trails you ride? A horse with a pre-existing condition won't be able to withstand many long, strenuous rides, and taking him on them will make him worse. Instead, look for a horse that's physically capable to ride the way you want to.

● **Poor Body Condition:** Green light. Don't shy away from a skinny, poorly conditioned horse just because he doesn't look attractive. He won't have a nice, sleek coat or appear muscled and ready to ride, but so long as he's structurally correct, doesn't have major soundness issues, and has the experience you need, he'll still be a great trail horse. With feed, exercise, and time, even a poorly conditioned horse is a great fit. *Caveat:* Be sure his condition isn't due to a chronic illness or disease.

● **Weak Muscular Structure:** Red light. Unlike poor body score, which indicates that he hasn't been well cared for, weak muscular structure is an issue with the base. A horse without a solid base won't be ready for difficult riding, even with the most expensive feeding program and rigorous riding schedule. This is because he either has a muscle disorder or simply is too slight in build to support the type of riding you plan to do.

● **Angular Irregularities:** Yellow light. While slight irregularities in pastern and hoof angle are manageable with shoeing, a horse with noticeable abnormalities, such as severe toe-out or toe-in, will inevitably experience issues. He'll develop bony processes and arthritis, which is manageable for a light, inactive rider, but non-negotiable for a serious trail rider.

If you don't plan to use him for high-level performance, slight structural angular issues aren't deal-breakers. A horse that's slightly toed-in or out, has too steep shoulders and hips, a long back, or sickle hocks will work for recreational and less strenuous trail riding. Seek out the help of a good farrier who'll shoe and trim to your horse's structure to manage the abnormalities, keeping him sound and staving off long-term issues, such as arthritis.

● **Poor Feet:** Green light. Shelly, soft feet intimidate riders because good feet are such a necessity for all riding, but especially if you ride outside of the arena. Don't let poor feet scare you away from a prospect though.

A good feeding program, supplements, conditioning, and regular trimming and farrier care will improve a horse's feet in time. Even if he never has great feet, they'll be strong enough and conditioned for trail terrain. You can also consider using hoof boots to help compensate for lack of hoof strength.

ISSUES IN MOVEMENT

If a horse doesn't move well and he doesn't have any apparent structural issues, it's either an undisclosed pre-existing issue or a sign that there's one on the way. Don't just look at a prospect and ask about his history; watch him go and look for indications of unsoundness.

● **Rough Gait:** Green light. If he stabs the ground with his toes or trips in his front end often, it's usually not a sign of injury. He either needs a trim or is lazy, which are both solvable issues. Tripping in an exposed area can mean serious injury, so you'll want to be sure to solve these problems at home before you head out on the trail. Have him trimmed or shod and encourage him to pick up his feet with drills and exercises. Work him over obstacles, such as trail poles in your arena. If he continues to walk lazily, know that he can be a safety hazard in the backcountry.

● **Head Bobbing:** Red light. Head bobbing is always a sign of lameness. If you see that he has a hitch in his gait and the seller hasn't shared any lameness, move on. He or she isn't being honest with you. If the lameness is new, work with the seller to enlist a veterinarian for a soundness check to discover the root cause before you invest in more vet care. If the owners balk at the suggestion, keep shopping. It's possible there are other undisclosed issues.

● **Stiff Flexion:** Yellow light. Before you invest in a vet check, do some pre-screening of your own with a flexion test. Hold him flexed at each joint, flexing his fetlocks, hocks, and shoulders, and then trot him off after each flexion test. If he comes off of the static hold stiff, he'll need a vet check to determine the root cause. The stiffness



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If a horse is stiff in his neck, shoulders, or elsewhere and it's not related to lack of training, it's an indication of an issue. Flexibility is just as important for a trail horse as a performance prospect, so bend and flex when you try him.

can be from an injury or the beginning of a long-term condition, such as arthritis. If he's an older horse that's been off for a while, it's possible that he's stiff from inactivity. Joint supplements and progressive conditioning should get him back in shape.

● **General Stiffness:** Yellow light.

If as you ride, or as you watch the horse go, you notice stiffness in his movement that's not related to training, beware. If he carries his head funny, is unable to stride out, or can't bend and flex his neck, it could be due to an injury that hasn't been well managed in his shoulders, back, or elsewhere. He'll need additional vet screening or body work before he's ready for you.

● **Hind-End Irregularity:** Red light. Funny, irregular, or weak movement in the back end often indicates a back issue. If he's out of shape, it might be

that he lacks the strength to properly carry himself. While the appearance of his topline will improve with conditioning, back issues themselves aren't solvable with exercise. Saddle fit and pad selection will also be more difficult for a horse like this. It's best to pass and keep looking.

● **Winging Out or Paddling:** Red light. A horse that flares his legs out when he moves has a joint deviation at his knees or fetlocks. This movement causes strain to the joint every time he moves and is exacerbated with difficult riding. If you're the type of trail rider who enjoys difficult trails, multi-day trips, or who rides frequently, know that even if a horse doesn't have visible issues now, he will later, and most likely it'll be arthritis. To check for the source of the winging or paddling, start with his knee. Fully bend his knee and look at his leg. If it flares out or in from his knee, rather than aligning straight, the knee is the abnormality. To check the fetlock, bend his fetlock and watch whether it arches straight or off to either side. If it doesn't align straight, his fetlock is the issue. ★

Read "Ranch Horse to Trail Horse" find out why Ken McNabb thinks ranch geldings can make the best trail prospects online at HorseandRider.com.



Trainer, clinician, and lifelong cowboy **Ken McNabb** hails from Lovell, Wyoming. He helps riders and horses build and enjoy partnerships working on the ranch and riding on the trail. His show, *Discovering the Horseman Within*, airs weekly on RFD-TV. Learn more about McNabb and find his clinic schedule at kenmcnabb.com.

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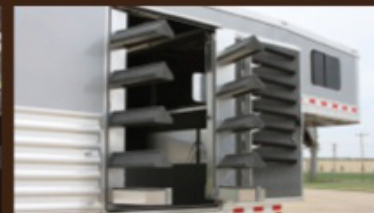


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Tooth-Care Trends

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PHOTO BY TIRC83/ISTOCKPHOTO.COM

BY BARB CRABBE, DVM

When it comes to over-floating, it's not the power tools that are a problem, it's the practitioner. In fact, in skilled hands, power tools allow the practitioner to make necessary corrections rapidly and efficiently.



PHOTO BY HARLEQUIN129/ISTOCKPHOTO.COM

How long have you owned a horse? Thirty years or more? You probably remember your veterinarian “floating your horse’s teeth” with a bucket of water and couple of hand files that he used to smooth down sharp points. Your vet kept your horse’s mouth open by pulling your horse’s tongue to the side. If that didn’t work, your vet might have slipped a small metal device between the molars on one side that prevented your horse from biting down. Most horses tolerated the procedure without sedation.

Twenty years? “Floating” rapidly became “dental balancing,” complete with power tools and a large metal speculum in your horse’s mouth to hold it open. Major adjustments were made to your horse’s bite that often involved cutting down the incisors (front teeth) to improve the contact of the molars (back teeth). This procedure was often necessary due to the amount of tooth removed from the surface of the molars. Sedation was almost always necessary. Because many vets weren’t comfortable with this type of dental care, “lay dentists” became popular and often traveled from town to

town or even state to state to perform dental work.

Ten years or less? The pendulum has swung back after veterinarians began to recognize the severe tooth damage that resulted from overly aggressive dental work. Power tools and a full-mouth speculum are still the norm—along with routine use of dental mirrors or even a specially designed oral endoscope that allow your vet to perform a thorough and detailed examination. Skilled dental practitioners avoid excessive tooth removal and damage. Sedation is still almost always necessary for a thorough dental exam and treatment—and dental expertise is a huge component of many veterinarians’ training.

So why all the changes? And how do you determine what’s right for your horse? After all, it’s hard to see what’s really going on inside his mouth.

Here, I’ll help you wade through dental-care facts. First, I’ll go over tooth anatomy. Then I’ll give you important information that will help you evaluate the pros and cons of today’s treatment trends. Finally, I’ll bust seven myths you might have heard about equine dental care.

Tooth Anatomy

Knowing how your horse’s teeth are put together will help you understand why some adjustments are essential, while others might be unnecessary or even damaging.

First, let’s go over tooth composition. Teeth are composed of three tissues: enamel, dentin, and cementum. Enamel, the hardest tissue in the body, is important to the teeth’s grinding function. Cementum, the softest of the dental tissues, acts as a protective covering and helps to anchor the tooth to the periodontal ligaments (tissue fibers that connect tooth to bone). The bone-like dentin makes up the tooth’s major bulk. At the center of the tooth is the pulp cavity, where blood vessels, nerves, and other soft tissues lie.

Now let’s move on to structure. Be aware that you and your horse have very differently structured teeth. You have brachydont teeth, composed of a low crown above the gums and a root below the gums. The crown is covered by enamel, and the root is surrounded by cementum. Dentin fills in the space below the enamel surface and surrounds the entire pulp cavity. →



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- Stacy Westfall, Cowgirl Hall of Fame Inductee & USDF Bronze Medal Rider

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Your horse has hypsodont teeth, which are composed of a high crown and multiple folds of enamel and dentin, with cementum filling in the gaps. Each tooth is divided into the clinical crown (the portion of the tooth that's visible above the gum line), reserve crown (the portion of the tooth contained within the jaw), and root.

Unlike the surface of the brachydont tooth, which is completely covered by enamel, the surface of the hypsodont tooth is made up of ridges of enamel, dentin, and even some cementum. Because of their varying hardness, uneven wear of these tissues results in an irregular occlusal surface (the part of the molar used for chewing or grinding), which helps your horse grind coarse materials, such as hay and pasture grass.

Human and equine teeth also differ in how they grow. To accommodate a grazing lifestyle, your horse's teeth continue to erupt (push up out of his jaw) throughout his lifetime, until no reserve crown remains. This eruption compensates for teeth he grinds away by chewing. It also contributes to the development of dental irregularities that might require dental treatment, such as sharp points on the molars' edges or tooth overgrowth on the opposite side of a missing tooth.

Horses have three usable types of teeth: incisors, premolars, and molars. They use six upper and lower incisors (front teeth) to grasp and tear food, and six upper and lower premolars and molars (cheek teeth) for grinding. Horses also might have rudimentary wolf teeth (first premolars), left over from a time when the horse's jaw was shaped more like a goat or deer.

Your horse's incisors and molars are separated by a large gap, called the "bar." Upper and lower canine teeth might be present in that gap. Canine teeth, often absent in mares, once served as "fighting teeth" to help a stallion protect his herd. Canine teeth have very little function today.

Tooth Facts

Keep in mind the following facts when considering the pros and cons of treat-

ment trends in equine dentistry.

- **Enamel can't repair itself.** The cells that form enamel (called ameloblasts) die when the tooth erupts through the jaw. This means that enamel is a "dead tissue" that can't repair itself when damaged.

- **Teeth lose enamel.** Overall enamel content decreases with time and wear. Horses over 25 years old might have no enamel left at all; their teeth are composed entirely of cementum and dentin.

- **Dentin can be sensitive.** Dentin at the teeth's occlusal surface is insensitive to allow your horse to chew without experiencing pain. However, dentin below the surface is sensitive.

- **All cheek teeth grind food.** Other than the wolf teeth (first premolars), all cheek teeth have a grinding function. If present, wolf teeth are often removed to avoid bit problems.

- **The pulp cavity can be near the surface.** The pulp cavity of the canine teeth can extend to a point within five millimeters of the occlusal surface.

- **The pulp cavity needs normal chewing pressure.** The pulp cavity—which is larger in young horses and becomes smaller over time—continuously fills with excess dentin in response to chewing pressure. If a tooth doesn't experience normal chewing pressure, it might not have a well-filled pulp cavity. A large hook or abnormal wear can negatively affect chewing pressure.

7 Myths: Busted

Armed with this knowledge about your horse's teeth, let's explore the most common myths you're likely to hear about equine dental care.

- **Myth #1:** Veterinarians don't know anything about dentistry. It's much better to have an equine dentist who only works on teeth.

Tooth truth: Although it's true that

dentistry was a neglected field of study in veterinary medicine for many years, current advancements have changed all of that—especially after severe problems with the teeth started showing up as a result of overly aggressive dental work in recent decades.

Today, vets who perform dental work are highly trained, educated about sedation, and able to perform dental extractions and surgery. Unlike an unlicensed dental practitioner, your vet has a license that requires a certain amount of schooling to obtain and continuing education to maintain. Your vet also carries liability insurance to protect both you and your horse should something go wrong.

- **Myth #2:** Power tools are a terrible thing. They make it easy for the dentist to remove way too much

tooth, and create a lot of heat that can cause severe damage.

Further, it's ridiculous to sedate a horse for dental work. A good dentist can do a great job with hand tools on a well-behaved horse.

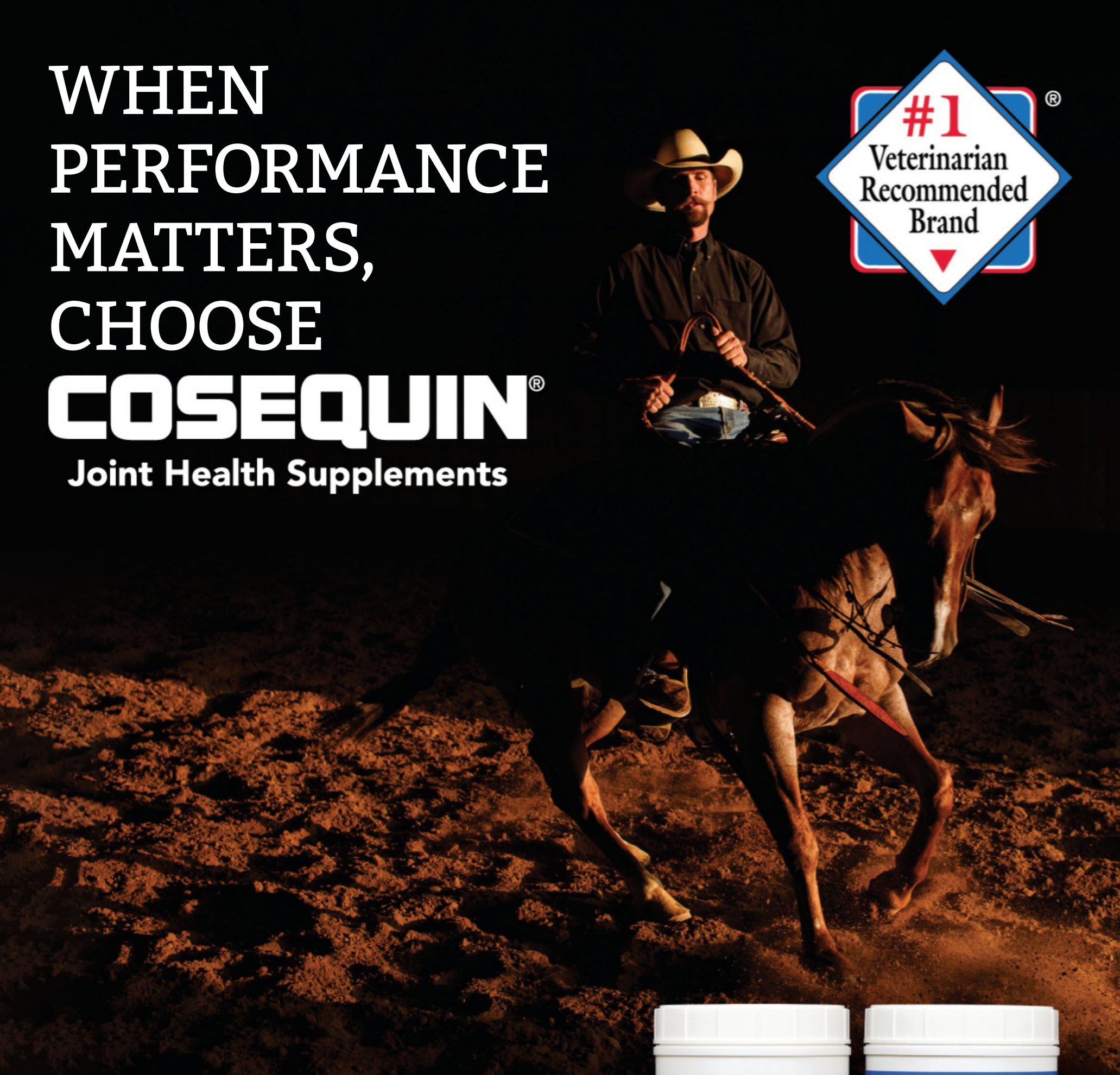
Tooth truth: When it comes to over-floating, it's not the power tools that

are a problem, it's the practitioner. In fact, in skilled hands, power tools allow the practitioner to make necessary corrections rapidly and efficiently—making things much easier for your horse (not to mention your vet!). A well-trained dental practitioner will use sharp, clean tools, and pay close attention to time spent grinding to minimize risk of heat damage. And it's just as possible for overly aggressive dentistry to be performed with hand tools as with power tools.

As far as sedation goes—while it may be possible to file down sharp points on an unsedated horse, there's just no way to perform a thorough dental exam safely without a speculum and sedation. Your vet will carefully

Your vet has a license that requires a certain amount of schooling to obtain and continuing education to maintain.

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examine every corner of your horse's mouth using a dental mirror or even an oral endoscope. Don't fool yourself. If you can't see what the practitioner is doing inside your horse's mouth, chances are, things are being missed.

Myth #3: Transverse ridges that develop side-to-side on the surface of the molars should all be filed down until they're smooth to allow the jaws to slide freely back and forth.

Tooth truth: The surface of your horse's teeth should be uneven with enamel ridges extending above the surrounding dentin in order for them to grind efficiently. And remember, enamel is a "dead tissue" that can't repair itself when damaged. If the enamel ridges are filed down "smooth," not only will your horse lose his ability to grind effectively, he'll lose precious enamel that can't be replaced. Finally, the ridges that develop from side to side along the

surface of the molars actually help direct food that's being chewed efficiently through the circular chewing cycle of your horse's jaws. In general, it's best to leave as much of the occlusal surface intact as possible.

Myth #4: If your horse gets very sore after dental work, it's because of pain in his temporomandibular joint (or TMJ, the joint connecting the lower jaw to the skull) from holding his mouth open for a long time.

Tooth truth: Although TMJ pain is possible, the more likely explanation for your horse becoming sore after dental work is over-floating. Remember that although the dentin at the occlusal surface of the teeth is insensitive, it becomes sensitive below the surface. If the occlusal surface is filed away excessively, this sensitive dentin will be exposed, causing your horse to experience pain when he chews that can last for days or even weeks.

Myth #5: If your veterinarian doesn't do a "performance float," he probably doesn't understand your show horse's needs. A performance horse should have a deep "bit seat" that gives the bit a comfortable place to rest in the mouth. Your vet should also file down your horse's canine teeth so they won't cut your hand when you put on the bridle.

Tooth truth: A performance horse should have the same type of dentistry that's done on any other horse. In fact, experts believe the term "performance float" is often no more than an excuse for excessive floating, which can be detrimental to a horse's tooth health.

Creating a bit seat refers to rounding off the front of the premolars on both the upper and lower jaws, in theory to provide a comfortable place for the bit to rest in the mouth. Studies show that a properly fitted bit will naturally rest in the bars of the mouth; the bit



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is only drawn up to the teeth by the horse's tongue as a form of resistance. A small amount of rounding can help minimize this resistance; however, an extreme bit seat requires removing an excessive amount of tooth, which can expose the pulp cavity and even lead to early tooth loss.

And while it might be "convenient" to have your horse's canine teeth filed down to nubs, remember that the pulp cavity can be as close as five millimeters from their tip, which can lead to painful and damaging exposure.

Myth #6: Dental irregularities, such as large hooks or "steps," develop when a horse's teeth don't come together properly. These irregularities can be due to abnormal jaw structure, missing teeth, or abnormal chewing patterns and should be completely corrected as soon as they're identified. Otherwise, they'll just get bigger over time.

Tooth truth: It's true that these irreg-

ularities commonly develop secondary to some kind of abnormal tooth alignment, but they might not be identified until they're very large. Remember that the pulp cavity fills with dentin in response to normal pressures during chewing, and that teeth that don't experience normal pressures might not have a healthy pulp cavity. This makes them especially sensitive, and rapid or excessive correction is likely to cause damage. If your horse has a very large hook, step, or other significant dental abnormality, your vet is likely to recommend a gradual adjustment. He might suggest sequential appointments as often as every three to four months to safely correct the problem without damaging the teeth.

Myth #7: There's a set of "correct" features of the horse's mouth that should be present in every horse. The occlusal surface should be at a 15-degree angle on both sides, and the

incisors should meet in a straight line. If the horse has an uneven bite, these angles should be corrected.

Tooth truth: While a 15-degree molar occlusal angle and straight incisors might be ideal—not every horse is perfect. And if these criteria aren't met because of a structural alteration of the skull or jaw, it might be best to leave your horse's teeth alone. Similar to how the farrier shouldn't always "correct" the feet of a horse with crooked legs, the dentist might be better off leaving the tooth angles alone in a horse with an asymmetrical skull or jaws. If corrections need to be made, they should be done gradually to minimize discomfort and preserve sensitive teeth.

The bottom line? Over the past three decades, the pendulum in equine dentistry has swung toward aggressive dental corrections—and back again—for good reason. When it comes to the care of your horse's teeth, less is often more. ★

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The Perfect Circle

Being able to walk a perfect circle is no easy task. Brad Barkemeyer breaks down the basics of this exercise and how it'll help your horse stay collected without losing any forward motion.

Adding this perfect-circle drill to your daily warm up will help your horse stay framed up and collected during the remainder of your training session.

BY **BRAD BARKEMEYER**, WITH **NICHOLE CHIRICO**
PHOTOS BY **NICHOLE CHIRICO**



If your horse likes to lean toward the gate to go back to the barn, try practicing this drill in front of it, so he learns that he has to work when he's near it.

As easy as it sounds, walking a perfect circle can actually be quite difficult. Especially if you're working with a green horse who has a different plan in mind. Regardless of a horse's age or level of riding experience, I like to include this perfect-circle exercise into my daily warmup to ensure my horse is listening to my cues and has forward motion in his feet when I ask him to stay framed up and collected during a training session.

Here I'll break down the steps I take so you can include this perfect-circle exercise to your daily warmup.

STEP 1

Find Your Circle

To begin this drill, I recommend riding your horse two-handed in a snaffle bit. As you advance this exercise, you can move up to a shank bit your horse is comfortable in, but when you do that, continue to ride two-handed to ensure you can get your horse framed up properly.

Find a spot in the arena and walk in a 10-foot circle. If your horse doesn't

like working in the middle of the arena, I recommend walking there. If he likes to lean toward the gate to go back to the barn, practice this drill in front of it so he learns that he has to work when he's near it.

If you struggle with distances, an easy way to help you stay on your circle is by riding in a freshly dragged arena. If you're not able to drag the arena or aren't riding in an area where you can see your tracks, place a barrel, cone, or anything you have sitting around as the center of your circle to help you better judge where the center of your circle is.

STEP 2

Ask for Collection

Once you're on your circle and walking, lift the reins with both hands to ask for your horse to break at the poll and round his body, and use your inside rein to slightly bend your horse's head to the inside. As you do this, you should just barely see his inside eye. The goal of this exercise is for your horse to stay in a

natural gait as you ask him to collect. If you pull your horse's head too far to the inside, he'll become over-bent and trapped, and his body will have nowhere to go.

When you use your hands to make contact with your horse to have him frame up, you must also use your feet to help maintain forward motion and keep him collected and traveling softly—whether you're going forward, backward, or making lateral movements.

As you're walking, keep your body relaxed. If you're tense and constantly gripping the reins, you're going to either make your horse nervous or frustrated. You need to have a release, so he knows when he's correct. If you reward him by putting your hand down after you ask for collection, he's going to be more willing in the future.

STEP 3

Check Yourself

Before you increase the difficulty, it's important to check in with yourself to make sure that you're staying correct in the saddle as far as

TOP: Lift your reins with both hands to ask your horse to break at the poll and round his body. Use your inside rein to slightly bend his head to the inside so you can just barely see his inside eye. As you do this, use your feet to maintain forward motion. BOTTOM: As you advance in this drill, try walking a circle with a drape rein using one hand. If your horse starts to veer off the circle, use your reins to guide him back on it and then go back to resting your hand on his neck.



horsemanship goes. Pay attention to how you sit as you're walking in your circle. Are you leaning? Do you like to put more weight in one stirrup than the other? If you're doing either of those things and are off balance in the saddle, chances are your horse isn't wanting to stay on the circle because he's too focused on trying to stay balanced underneath you.

Before moving on to the next step in this exercise, take time to correct your bad habit and work on staying in the middle of your saddle and in an athletic riding position at all times. (Visit HorseandRider.com to learn more about the athletic riding position.)

STEP 4

Use Your Feet

As you continue this drill, up the level of difficulty by not using

as much hand to guide your horse. Instead use your feet and see how your horse reacts to your hand being down. It's important to note that if your horse is new to you asking him to stay collected when you go to your hands





Once you can complete a circle at the walk, do a 180-degree turn and try backing your circle. This time when you go to your hands, your horse's head will be slightly to the outside of the circle.

and feet that it might take a little bit more time or even a few riding sessions before you move on to this step. He must be comfortable with the first couple of steps before you decide to increase the level of difficulty.

To begin, put both hands on your horse's neck, so you have no contact with his face and use the energy in your feet to keep forward motion. See where he goes. If he starts to move off of the circle you've established, softly go to your hand and put him back on the circle. It's important to stay soft in your hand because you don't want to be abrupt and scare him. This shouldn't be a punishment as it'll only cause him to lose confidence in himself.

Continue to walk on the circle and test how he guides when your hand is down. If he drifts, pick your hand up and put him back on the circle. You can even test this out by going to one hand.

Once you can go all the way around

your circle, stop your horse, back a step or two up, and let him settle.

STEP
5

Back Up

By now you should have a nice path to follow. Ask your horse to do a 180-degree turn and back the same circle you were just walking on. Don't try to rush the back; this doesn't have to be one fluid movement. As you make connection with your hands, you'll now have your horse's head tilted slightly to the outside. Continue using your feet to keep momentum.

Once your horse willingly moves all four feet and is backing softly with his chin down and in frame, go ahead and stop. After a minute of rest, you can ask your horse to try backing the circle once again; breaking this circle up into quarters can help you better manage how much you're backing.

If your horse doesn't want to stay on the circle and is veering to the inside or outside of it, try to redirect his body.

You can isolate those body parts to move his hindquarters or front end around to keep him back on the circle. Once your horse backs a circle in a relaxed manner, stop and let him rest.

STEP
6

Keep it Even

You want your horse to stay balanced when you're riding him, and **the only way to do that is to work both sides.** While he might be better going one direction over the other (we all have a dominant side), it's important to give yourself enough time to work both directions so you can ensure your horse is staying framed up and collected while he has forward motion, regardless of what you're asking him to do.

Once you've worked both ways and are happy with the way your horse is responding, reward him by walking him to a different part of the arena and letting him rest for a minute before going on with the rest of your training session. ★

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A Roper's Dream Day

When Jeremy Spivey submitted his entry for the Brad Barkemeyer Win-a-Day Contest presented by Absorbine and *Horse&Rider*, he wasn't only thinking about the things he would like to work on with his horse. Spivey was also hoping to surprise his local team roping group with a full-day clinic, to help his friends learn new horsemanship drills in the morning, and lots of roping drills in the afternoon.

Spivey and his nine roping buddies

had the opportunity to pick Barkemeyer's brain on everything from different training techniques to what kind of tack and gear Barkemeyer likes to use when he's roping. The group of ropers even had the chance get out of their comfort zone with some of the Barkemeyer's favorite warm-up drills, like this perfect-circle exercise. But by the end of the day, those horsemanship drills paid off and every rider found improvement each time they left the box.



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Brad Barkemeyer, Scottsdale, Arizona, grew up on a ranch in Montana, giving him an appreciation for versatile horses and the Western lifestyle. He now trains working cow horses and roping horses and coaches amateur riders of all competitive levels, focusing on AQHA and NRCHA events. Learn more on his Facebook page, Barkemeyer Performance Horses.

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Bringing Cattle to Your Barn

Keeping cows at home is a natural fit for riders interested in cattle events. Here are a few things to know before you bring cattle to your horse barn.

BY KATIE NAVARRA





Planning to compete in an event with cattle? Make practice at home easier by bringing cattle to your barn.



PHOTO BY MALLORY BEINBORN

Practicing for roping, sorting, working cow horse, or any cattle class is challenging without, well, *cattle*. That was one reason Bill Riel and fiancée Emma Reichert decided to introduce cows to their small horse farm in Mechanicville, New York. Riel team roped, Reichert competed in breakaway roping, and their one boarder was learning to box and sort cattle. So expanding the hobby farm to include about a dozen head of cattle just seemed to make sense, and as a bonus provided the opportunity for additional income through beef sales.

Success with cattle, as with any livestock, starts with planning. That includes breed selection, fencing, and developing an understanding of the basic needs of the species. Here, you'll find advice for choosing a breed suited for your goals, purchasing your animals, selecting fencing and housing, and providing care—all information that will help you in your plan to bring cattle to your horse barn.

What Type of Cattle?

There are more than 80 breeds of cattle readily available in the U.S., each developed for a different purpose. Most have their own registry and website, where you can research breed characteristics to see how they might fit your farm plans.

Ashley Wright of the Cochise County Cooperative Extension in Willcox, Arizona, says how you intend to use the cattle is the most important factor when deciding which breed to buy. The breeds most commonly used for beef, dairy, roping, or other cattle events differ significantly, she notes.

How you intend to use the cattle is the most important factor when deciding which breed to buy.

Ashley Wright

"If you're looking to raise your own beef, you'll want to consider breeds such as Angus, Hereford, Charolais, or Simmental," she recommends. "Corriente cattle are the most popular breed for roping steers, while breeds such as Holstein, Jersey, Brown Swiss, or Guernsey are common dairy breeds."

For working cow horse and cutting events, Brahma cross and Charolais are popular choices.

As to how many head to acquire,

There are more than 80 breeds of cattle readily available in the U.S., each developed for a different purpose. Before purchasing cattle, research breed characteristics to see how they might fit your farm plans.

Wright points out that cattle, like horses, are herd animals and do better in groups of at least two or three for companionship and social-behavior needs.

Riel and Reichert started with a few heifers that were a Holstein/beef-type cross. Then they purchased a black "baldy" bull (typically a crossbred between Hereford and a solid black breed, such as Angus) to produce calves that could be raised for beef.

A few months after their initial purchase, they bought at auction four purebred calves—three Jersey and a Holstein—to use for breakaway roping practice. Their earlier-purchased crossbred heifers produced a calf each and were easily sustained on grass and hay. But the purebred Jersey and Holstein calves struggled from the day they arrived—first from scours, then from failing to bulk up. Eventually, three of those calves died.

"The Jersey thing just didn't work for us," Riel says. "That's one thing you have to be prepared for—the animals that don't survive." He's since purchased a Hereford and an Angus, both breeds known for producing heavier weighted cattle.

Although he originally considered practicing roping with the calves produced on his farm, that's changed now that he sees the time and money invested in raising them.

"I'm a heeler, and I don't want to rope down on the back legs and risk an injury," he says, noting that you, too, may find your goals and the intended use for your cattle changing over time.

Where to Buy?

Once you decide on a breed, private sales and livestock auctions are the two main ways to acquire cattle. Private sales—purchasing directly from a cattlemen—allow you the opportunity to see how the cattle behave in their home environment, notes Wright.

"Cattle may act differently in the unfamiliar setting of a sale barn,

and the comingling of animals from different operations can promote disease transmission,” she says. “Buying directly from the breeder also lets you ask questions and get more complete information about the vaccinations the cattle have received.”

Auctions are nevertheless a common way to acquire cattle, despite the challenges in learning how the calves have been initially handled. Ideally, calves purchased at auction should have had at least two rounds of vaccinations prior to being sold, says Wright.

Vaccines should include a seven- or eight-way mixture that covers clostridial and viral respiratory diseases. The clostridial vaccine protects against tetanus, blackleg, and similar diseases. Other vaccines in the mixture protect against infectious bovine rhinotracheitis, bovine viral diarrhea, parainfluenza virus 3, and bovine respiratory syncytial virus.

“Calves that’ve been preconditioned—that is, weaned and vaccinated—at least 21 to 45 days before coming to the sale are less likely to become ill after being sold,” Wright says. “Many sale barns will announce the calf’s preconditioning status at sale time, or you can ask while looking at the animals before the sale.”

An additional layer of protection would include screening for carriers of bovine viral diarrhea persistent infection. Calves positive for BVD-PI

appear healthy but are actively shedding the BVD virus, which could infect other cattle they come into contact with, cautions Wright.

Fencing, Housing?

Cattle do well with minimal shelter in a variety of climates and temperatures, provided they have adequate feed and water, says Wright. During times of extreme heat and/or humidity, they may need access to shade trees or simple shade structures. Though extremely cold tolerant, they’ll likely also require access to a shelter during freezing rain or snow—and this is especially true for young calves.

“We’ve added a lean-to off our barn so that when a heifer is close to calving, we can separate her from the others,” says Riel, noting that the structure also provides needed protection from the weather when calves are born early in the spring.

As Wright points out, beef cattle kept in large range areas are commonly contained in fences constructed of four-strand barbed wire or multi-strand, smooth, high-tensile wire, sometimes electrified.

Betsy Greene, a professor and equine extension specialist for the University of Arizona, cautions that horses and barbed wire are obviously a bad combination. The t-posts commonly used with barbed wire can also be hazardous for horses (especially if not capped on

top), as can high-tensile wire.

“Horse people differ in their views of high-tensile wire for horses,” Greene observes. “One long-time horse-business owner I know had five- or six-strand high-tensile fencing. The top and middle strands were electrified in all paddocks and pastures. Still, one of her horses ran through it...and she referenced a wire cheese slicer when describing the injuries.”

Where available, snow fencing (multi-slatted barriers commonly seen along roadsides to minimize snowdrifts) can be used for cattle. Greene cautions, however, that cows, like horses, may lean on any fence that’s not electrified—or not “hot” enough. So having a strong fence is always key.

“Be aware, too, that cattle kept in smaller areas where they’re more likely to crowd fences may require some type of woven wire fence, similar to horse fence, or board/pipe fencing,” Wright adds.

The amount of land you need to run cattle depends on your management practices. Cattle kept in feeder lots and fed a grain diet need less space. Riel’s goal is to raise grass-fed beef, which requires more land for nutrition and rotation.

Riel’s original pasture for his first six cattle was a few acres in size. Over the course of the first year, he steadily expanded the pasture to 15 acres. Eventually, he plans to have 50 acres fenced off for grazing.

Notes on Basic Care

In many ways, cattle require less maintenance than horses. They live completely outside (no stall cleaning) and don’t need as much routine health care. But, as Riel and Reichert have learned, their herd is not at all what you’d call “hands-off.”

“Every animal adds almost double the work,” Riel says, “especially in the harsh winter conditions when temperatures drop below zero. I can’t simply count heads from the house. I’ve got to go out and make sure they’re all OK.” →

Though cattle require less maintenance than horses, they’ll still add a fair amount of work to your routine for feeding, vaccinating, and checking on animals and their enclosures.



PHOTO BY MICHELLE MILLER



As is true for horses, cattle require an adequate, reliable water source. They consume on average 1 to 2 gallons per hundred pounds of body weight per day, depending on environmental temperatures, says Wright.

Consumption will increase significantly in hotter weather, and lactating cows will have higher water requirements as well. Extension specialist

“Without that familiarity, horses may panic in a pasture or under saddle when they see cattle for the first time.”

Betsy Greene

Greene adds that, again as with horses, cattle that are worked will need more water, too.

Other ongoing health needs for cattle include regular vaccinations, parasite control (generally available as a pour-on topical product), and occasional hoof care.

“We’ve done all the shots on our own and haven’t had issues requiring a veterinarian,” Riel says. “We’ve done the pour-on wormer, but now we buy the block form so they can eat it.” (Note: Some blocks designed for cattle aren’t safe for horses, so be sure to check with your veterinarian first if your horses will also have access to the block.)

Other Considerations

The couple’s horses had already been exposed to cattle through rodeos and shows, and that was a benefit. Greene says without that familiarity, horses may panic in a pasture or under saddle when they see cattle for the first time.

“If the facility includes boarding and instruction, especially to children, improper handling of cattle introduction may result in liability,” she cautions. “A new cattle pen next to the arena where youth lessons are held is probably not the best choice.”

Because non-show cattle often aren’t halter broke, Wright advises you to consider the devices you may need to restrain them safely for husbandry and veterinary care. The best solution is a squeeze chute designed specifically for immobilizing cattle. Chutes can range in price depending on the model, and there are sizes for calves up to adult cows and bulls.

Something to consider when bringing cattle to your barn is how familiar your horses are to cattle. Having your horse exposed to cattle at horse shows or a different barn will help with the overall process.

“Alternatively, you could use a ‘head catch’ or locking head gate, such as what’s used on dairy operations, though this option is best for tame cattle only,” says Wright.

Livestock supply companies sell these products, but in areas where cattle are regularly used for jackpot ropings or sanctioned rodeo competitions, it’s often possible to purchase used equipment, which is more cost effective for smaller farms just getting started. Riel bought a squeeze chute from a friend who ran jackpot roping events.

Overall, “it’s certainly been a learning process,” he admits. “I spend a lot of time reading about managing the cattle and some of it has been learned through trial and error.

“But,” he adds, “it’s all been worth it.” ★

Making Introductions

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– Michael Stewart, DVM





is your horse DEPRESSED?

Researchers are learning more about horses' responses to stress. Here, we look at the factors that may lead to depression and how to counter them.

PHOTO BY ASHVA/STOCK.ADOBE.COM



DEPRESSED?

Certain behaviors indicate that horses can and do experience depression, which can compromise their health and performance. Learn some of the causes, symptoms to look for, and how you can help remedy depression in horses.

BY JUSTINE HARRISON, CHBC,
WITH JENNIFER VON GELDERN



PHOTO BY MARK/STOCK.ADOBE.COM

A depressed horse may have an unfocused gaze, immobile head and ears, a neck roughly level with the back, and disinterest in his surroundings.

We know humans experience depression, considered a major mood disorder, but do horses? Yes, evidence indicates that they can experience and suffer from depression. Domestic horses may live in a state of chronic stress, depending on their physical health, living arrangements, social interactions, type and duration of work, training methods used on them, and even their feeding schedule.

Here, we'll review the pioneering study that identified depression in horses. We'll examine some of the causes, list signs to watch for, and give tips on how to help alleviate equine depression.

Study Finds Evidence

A study in France evaluated domestic horses for signs of depression by comparing their behavior to that exhibited during depressive states in humans. For six months, researchers observed the spontaneous behavior of 59 working horses in their home environment, focusing on bouts of immobility in which the horses displayed atypical posture.

The study also evaluated the horses' responsiveness to their environment and their levels of anxiety, plus measured the amounts of the stress hormone cortisol in their blood.

A mix of breeds and sexes, the horses were from three riding schools; all had the same type of stabling, feed, and work parameters. The study focused on two elements—the spontaneous expression of “behavioral despair” and unresponsiveness to a variety of environmental stimuli (tactile/visual, human/non-human).

Researchers recorded all behaviors, giving special attention to immobile moments in which they recognized a particular posture, termed “withdrawn,” as distinctly different from other typical stances.

Horses exhibiting the unusual “withdrawn” posture stood immobile, with open eyes, stretched necks (open jaw-neck angle), and with the neck at about the same level as the back. That posture differs from that of a horse observant of his surroundings, whose neck is held higher and whose ears move inquisitively.

It also differs from the posture of a resting horse, who relaxes his muscles, often cocks/relaxes one hind leg, rotates ears laterally, allows eyelids and lips to droop, and holds his neck such that it slopes lower and rounder.

A depressed horse's open-eyed, dull, unfocused gaze and immobile head and ears suggest “behavioral despair.” Com-

pared to “non-withdrawn” horses from the same stable, the withdrawn horses in the study appeared more indifferent and unresponsive to stimuli in their home environment, yet reacted more emotionally to challenging situations.

All these characteristics are similar to some aspects of depressive states in humans and other animals.

Twenty-four percent of the 59 horses in the study presented, at least once, the withdrawn posture of stretched neck, dull open-eyed gaze, and immobile head and ears, up to four times each in 30 minutes. Mares were over-represented in the findings, with one-third of mares in the study presenting this depressive syndrome.

Causes of Depression

Unfortunately for domestic horses, many factors can lead to chronic stress, and long-term exposure to inescapable or repeated stressors can lead to depression. Any of the following circumstances, or a combination of them, may be at the root of a horse's stress and subsequent depression.

- **Pain.** An extremely common stressor, pain can dramatically affect a horse's emotional state. It may also have a carry-over effect, as it can lead to the imposition of stall rest. This re-

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Setting the Grooming Standard...

striction keeps horses from exercising, socializing, and grazing—which can then lead to further stress.

- **Social isolation.** According to Prof. Robert Sapolsky, a neuroscientist at Stanford University, one of the leading causes of stress to social animals (like horses) is social isolation. A horse living alone, isolated, or stabled for long periods, is likely to become chronically stressed and therefore highly susceptible to stress-related illnesses and depression.

- **Confinement.** Horses have evolved to travel up to 100 miles a day, so it's unnatural for them to be confined in a small area, unable to move about and

cold, poor ventilation, slippery floors, and poor drivers.

- **Boredom.** Horses are intelligent creatures that need mental stimulation. Bored horses easily become frustrated and stressed. Those stalled for long periods with nothing to do, or kept in a flat, boring paddock, or allowed little or no exercise can become stressed and depressed, potentially developing a range of behavioral issues.

- **Unpredictability.** It's important for horses, as prey animals, to feel safe; if their environment changes continuously, they may never feel safe enough to completely relax. For example, unfamiliar stables, new

Signs to Look For

You can spot depression in a horse if you look for the signs from the study described earlier: a level-neck “withdrawn” stance, dull stare, immobile head and ears, and reduced reactions to humans yet increased reactivity to new stimuli.

A withdrawn horse, uninterested in his environment, may also stand with his head toward the wall of his stall.

Other potential signs to watch for include:

- Stereotypies like cribbing or weaving.
- Unpredictable behaviors.
- Long periods of immobility.
- Decreased appetite/changes in weight.



Bored horses easily become frustrated and stressed.

graze. Thus it's no coincidence that when stabled for long periods, they may start performing stereotypic behaviors like windsucking or weaving in an attempt to cope with the frustration of being unable to move freely.

- **Harsh training.** Intense and/or overly prolonged exercise (whether in training or competition) can cause physical stress. Punishment and physical restraints also put enormous strain on horses both mentally and physically. Harsh or coercive training methods make horses fearful of trainers and their environment, which leads to stress

- **Transport.** Several studies have shown that being transported can even increase the risk of colic. In addition to being confined and unable to move, trailered horses may be exposed to extra-cramped spaces, excess heat/

horses coming and going, unexpected noise, changes to feeding schedules, varying handlers, and inconsistent training techniques can all leave horses restless and anxious as to what may happen next.

- **Stressed handlers or other horses.** The emotional state of surrounding people and equines can adversely affect a horse. For example, if one horse in a group is overly tense or aggressive, it can lead to problems within the herd and cause tension among other members of the group.

- **Feeding.** Horses have evolved to “trickle feed,” grazing as they roam for up to 18 hours a day. That means three large grain meals a day and one small hay net overnight is *not* an adequate feeding regimen, as it can leave horses hungry, stressed, and at risk of developing gastric ulcers.

- Unwillingness to work.
- Lack of sleep.
- Increased susceptibility to infection.
- Poor muscle development.
- Increased fear, anxiety, or spookiness.
- Avoiding other horses.

If you spot any alarming changes in your horse's attitude or behavior, schedule a thorough veterinary checkup to rule out physical problems. Horses are highly susceptible to a range of physical issues if their depression goes untreated and may develop gastric ulcers or colic if stressed even for only a short period of time.

Options to Alleviate Depression in Horses

If your horse is depressed, simple changes in management to reduce his stress and/or boredom can substantially improve his outlook on life. →



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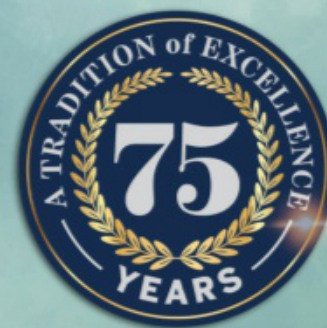
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To avoid loneliness, provide your horse with a pasture companion, whether it's another horse, a donkey, goat, or other barnyard animal.



Approach changing his lifestyle with the mindset of enabling him to lead a more natural life while also keeping to some firm routines.

If your horse now lives alone, provide him with a stable or pasture companion. If you can't afford to keep another horse, perhaps arrange for a horse

belonging to someone else to live with your horse. If you can't take on another horse, then a donkey, goat, or other barnyard animal can help keep your horse company.

If, on the other hand, your horse shows signs of stress because of an aggressive companion that prevents

him from relaxing or eating, take all necessary steps to separate them enough that your horse feels safe.

Providing turnout or increasing your horse's turnout time will also do wonders for depression. Analyze what it'll take to make this change—you may have to adjust your schedule, pay an employee, swap favors with a friend, or even move to another stable that offers turnout. This is such a critical component in a horse's life that it should be a top priority.

Access to forage at all times also goes a long way toward improving a horse's emotional state. If he can't be out on pasture all the time, adjust your feeding regimen (perhaps with slow-feed nets) so that he can be nibbling throughout the day, as nature intended. Any way you can enrich his environment and extend his "chew time" may improve his mood.

Finally, assess your riding and training program. Does it expose your horse to harsh methods, excessively long sessions, unrealistic expectations, or environmental challenges such as extreme heat or bad footing? Any of those factors—or combination of them—can discourage him, making him averse to performing or even being handled. ★



Justine Harrison, Certified Horse Behavior Consultant, is a UK-based equine behaviorist and trainer certified with the International Society of Animal Behaviour Consultants and accredited with the Animal Behaviour & Training Council. Using the science of behavior and learning, she helps horse owners and trainers solve behavior problems, including separation anxiety, aggression, and phobias (equinebehaviourist.co.uk).

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We often hear about the greatest horse a rider has had the opportunity to ride, but we don't always hear about the **BRAVEST HORSE** they've swung their leg over. We talk with five riders who tell us about the brave horses that changed their lives.

BEING BRAVE

What's not to say that the greatest horses become outstanding because they all share a common quality—bravery? Bravery is the act or willingness to do something despite being scared. Confronting fear as a human can be hard. Now imagine being a horse—a prey animal that's occasionally afraid of his own shadow. There are select horses that are born with unwavering confidence; meanwhile, others learn to be courageous with the help of their human counterpart. Whether it's having physical bravery to withstand the roar of a crowded stadium or mental bravery to give more effort when it doesn't seem possible, valiancy can come in all shapes and sizes.

Here's how five horses conquered fear and in turn helped their riders become confident trainers. →

BY **MICHAELA JAYCOX**



CUSTOM GALE

CRYSTAL MCNUTT

Discipline: Reining.

Bio: McNutt has been riding Arabians since she was 4 years old. She now trains Arabians and Half-Arabians for reining competition out of her barn in Scottsdale, Arizona.

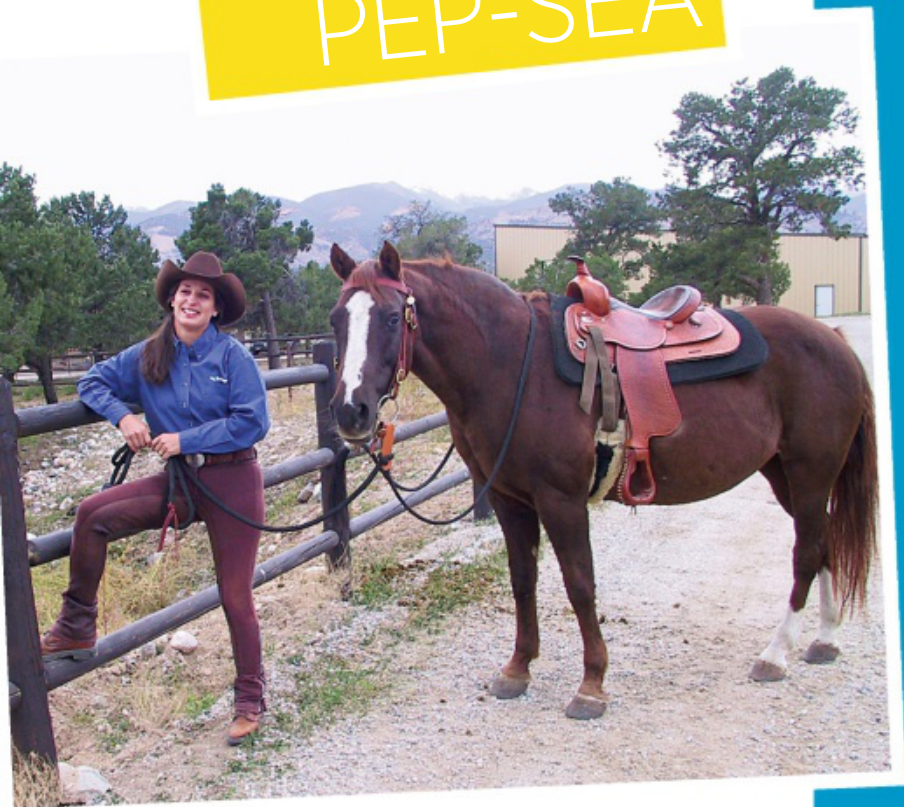
Bravest Horse: Custom Gale, also known as “Custom,” is a 12-year-old gelding by reining champion Custom Crome and out of an Arabian mare that competed in cutting. Custom won a large futurity in Scottsdale, Arizona, as a 5-year-old and has won the U.S. Half-Arabian Nationals three times. You can also find Custom Gale and McNutt of the cover of the December 2018 issue of *Horse&Rider*.

The Obstacle: “Custom was wild and afraid of everything. He would get worried over the oddest things and was always standing at the back of his stall because he didn’t like when people would walk by. Now he stands with his head over the stall door asking for cookies. He went from a horse that would try to buck you off in the middle of your fast circles, to being one of the most fun horses to circle. You don’t have to worry when you’re riding him; he just does, and he loves it.”

Proving Moxie: “Last year at Nationals, I didn’t show him hard in the prelims; we just kind of went through the pattern. I was sitting in fourth after that run, and they do a composite in the finals. The day of the finals, I pressed on him and he was like something I’ve never felt. Custom just said ‘OK’ and kept giving more. Everything I asked, he’d just go one step above. He’s really special that way. It was amazing to be sitting in fourth and then end up winning by six points.”

Advice: “Be patient with a horse because you can see glimpses of really cool things if you’re patient. As a horse’s confidence builds, his ability is there, and if you wait, he’ll get better.”

VICTORY’S PEP-SEA



JULIE GOODNIGHT

Discipline: Clinician.

Bio: Goodnight is a lifelong equestrian and student of the horse. She focuses on classical horsemanship and developing the horse and rider’s relationship.

Bravest Horse: Victory’s Pep-Sea was a Morgan mare by Saddleback Sea King and out of a daughter of Funquest Shazam. “Pepsea,” as Goodnight fondly called her, came into Goodnight’s life as a 5-year-old and passed away on Goodnight’s Salina, Colorado, ranch at the age of 29. Goodnight guided many trails on the back of Pepsea while ponying foals and difficult horses.

The Obstacle: “Pepsea was bucking riders off deliberately. She’d go so far with each rider based on his or her riding ability. Through poor handling she was taught bad habits, which didn’t work for a horse like her that was hot-as-a-pistol and highly sensitive.”

Proving Moxie: “I remember riding out from my ranch with a few friends. Pepsea was out front, not because she had to be out front, but rather because few horses could keep up with her. All of a sudden Pepsea stopped, picked her head up, and snorted. I pressed her forward, and we went on a little way until she stopped and snorted again. Pepsea wasn’t a young horse; she had a lot of miles under her belt. I kicked her forward again and we rode to the top of the ridge where she stopped again and saw a herd of bull elk. There were more than 100 of

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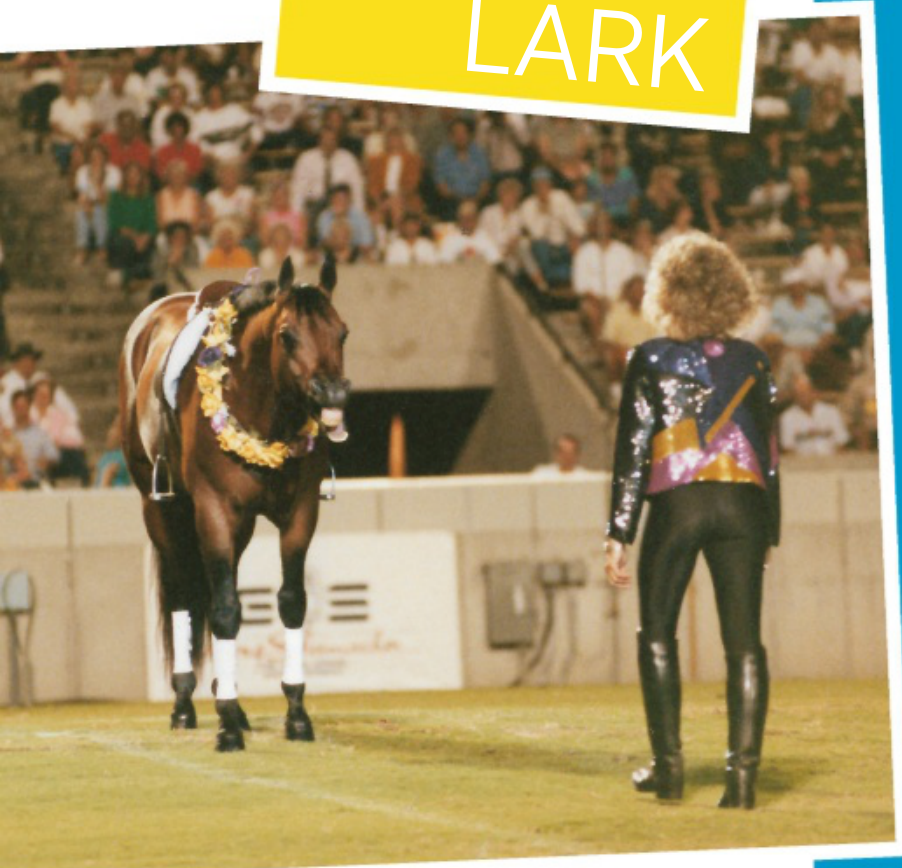
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COLONEL SMOKE



RUGGED LARK



them, and they were running through where we were heading on the trail. Horse and bull elk encounters aren't good, and she was trying to keep us out of the situation. None of the horses spooked or bolted, so nothing came of it, and everything was fine, but she proved she would do whatever I asked her to do. Even when it was wrong."

Advice: "I've known many brave horses in my career, and they aren't always easy horses. Ninety-eight percent of the time it's great that they aren't afraid of anything, but there are times when I wish that they might be a little more afraid of me, perhaps. They get into trouble easily and are strong willed. Being brave comes with other qualities that aren't always the best."

TED ROBINSON

Discipline: Reined cow horse.

Bio: Robinson found his interests in the reined cow horse events as a teenager. He worked construction during the day and rode horses at night until 1982, when he transitioned to full-time trainer.

Bravest Horse: Colonel Smoke was a Paint son of Colonel Freckles, out of a daughter of Mr. Gun Smoke. Ralph and Mickey Gragg purchased him as a 2-year-old, and Robinson was the only trainer ever to show him. As a team, Robinson and Colonel Smoke won more than 65 buckles, 17 saddles, and three trailers.

The Obstacle: "Colonel Smoke didn't have an obstacle to overcome to display his bravery. He was a brave horse from the start. When I got him in trouble, he got me out. He could get out of any situation I put him in. He always helped me; he never quit helping me."

Proving Moxie: "He was in the 1985 Snaffle Bit Futurity, which was my first really big win. Colonel Smoke won the gelding award and was fourth overall. This horse came to the party when we entered the finals, when I was probably scared to death. He kept showing like he was supposed to, all while I was accidentally asking him to go off course. He took charge of me. After that, he built my confidence—he made me brave. It takes a lot of confidence to win, and you have to win to gain confidence. He boosted my confidence early in my career, so I have to give him credit for his ability to bring me up and make me who I am today."

Advice: "You can't treat every horse the same. You have to train them in different ways. Your end result may be the same, but you have to approach each horse as an individual. We also don't tend to recognize the bravery in a horse until it's too late. These horses are gifts. I think the best thing I can tell anyone is to slow down and think about what you really have."

LYNN PALM

Discipline: Western dressage.

Bio: Palm grew up riding dressage horses, and her current goal with horses is to promote riding well and with simplicity.

Bravest Horse: Owned by Carol Harris, Rugged Lark, sired by Thoroughbred stallion Really Rugged and out of a Quarter Horse mare by Leolark, was foaled in 1981. He competed in various all-around events until he was 6 years old. After he retired from competition, Rugged Lark and Palm went on to present exhibition rides at major events for 10 more years. Rugged Lark also won the AQHA World Show Superhorse title in both 1985 and 1987. →

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MP METER
MY HAY

The Obstacle: “One thing that was really funny about Rugged Lark was that he would never go over the grates or metal caps in asphalt. He hated them! Typically, though, if you showed him something once, he was OK with it—he trusted the people who rode him.”

Proving Moxie: “We were invited to the very first opening ceremonies for the FEI World Cup in Tampa, Florida, to perform the classical dressage freestyle we’d choreographed. They had us do our musical freestyle on the Tampa football field. The 50-yard line marked the middle of my routine. After I did my one song with the bridle, my routine was dismounting, taking the bridle off, and walking over to hand it to Carol, who was on the sideline. Then I’d walk back to Rugged Lark, remount, and continue the exhibition without the bridle. Rugged Lark stood right on the 50-yard line square, with his ears forward, all by himself with a full stadium, while I walked away from him. He was brave with it all and just happy to be there.”

Advice: “Always respect that a horse is a prey animal; he’s always aware that he needs to protect himself. You have to understand that, because there may be things that arise because of his nature. You need to have patience and be able to spend time on a situation where a horse is insecure. If you do spend the time to let him get confident, then he’ll become braver as he gets more mature.”

SHERRY CERVI

Discipline: Barrel racing.

Bio: Cervi was born and raised in a rodeo family, where she developed her love for horses and barrel racing. She has qualified for the Wrangler National Finals Rodeo 19 times and is still competing.

Bravest Horse: MP Meter My Hay, better known as “Stingray,” is an 18-year-old mare sired by PC Frenchman’s Hayday, who’s owned by Cervi’s father, Mel Potter. Stingray has won two WPRA barrel racing world championships and two NFR barrel racing average championships, both of which helped Cervi reach career earnings of more than \$3 million.

The Obstacle: “Stingray is a really confident mare. I think her confidence is what makes her brave and why she excelled so much. It didn’t matter what I asked her to do, she was really confident in the execution of it. Her confidence gave *me* confidence as a rider to let her do her job.

Proving Moxie: “In 2013, I won the WPRA barrel racing world championship on her. In the 10th round of the NFR, I was going into it with a chance to win the average, a championship gold buckle, and the Ram truck Top Gun Award (most money won in a single event at the NFR). I had placed in all nine previous rounds. I sat in the alleyway and had a moment with Stingray that’s hard to describe. There was a lot of pressure going into that final round, and she handled that pressure unbelievably. I think that’s the one thing that defines a brave horse—when you put the pressure on them, they can handle it. I ended up placing in the round, winning the average, and taking home a truck and a championship gold buckle. She just finished what had already been a great year. Whenever I put Stingray in those high-pressure situations, she never failed me.”

Advice: “Appreciate these horses. Let them excel in whatever they do. That’s what helps create a brave horse. As a rider, you should feed off of your horse’s confidence and bravery.” ★

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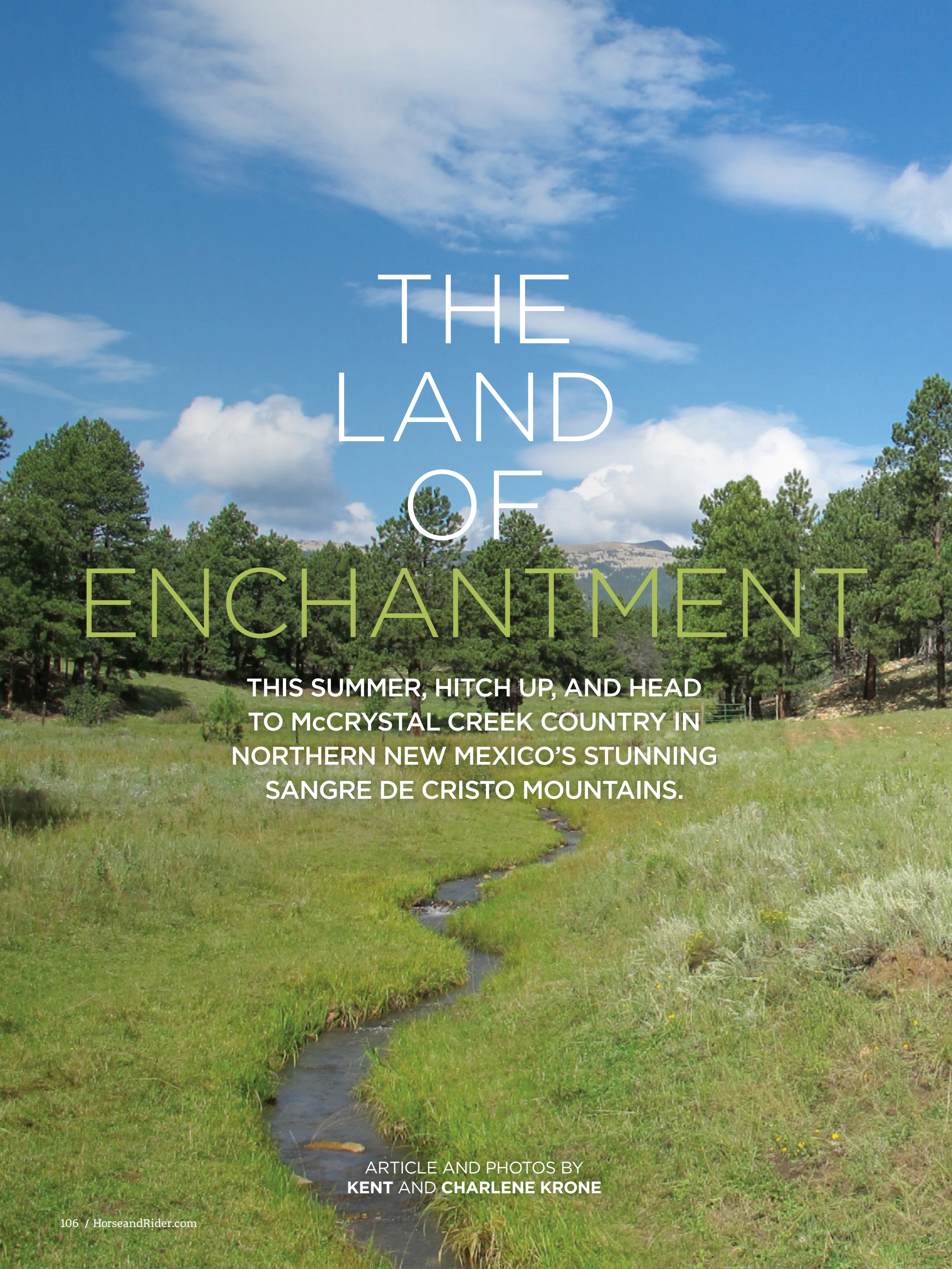
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Plan now for a summer adventure in McCrystal Creek country, a treasure for trail riders in northern New Mexico's beautiful Carson National Forest. Here, Kent Krone rides Cowboy at the start of the McCrystal Ranch Ride.

For awe-inspiring backcountry rides, plan now for a summer adventure in McCrystal Creek country, a treasure for trail riders in northern New Mexico's stunning Sangre de Cristo Mountains, the southernmost subrange of the Rocky Mountains.

On these mountain slopes, Carson National Forest (fs.usda.gov/carson/) offers equestrian adventurers 330 miles of trails on 1.5 million acres, 86,000 of which are a designated wilderness accessed only by trail riders and hikers. Elevation ranges from 6,000 feet to 13,161 feet atop Wheeler Peak, the highest point in New Mexico. Black bears, mountain lions, bobcats, elk, mule deer, antelope, bighorn sheep, eagles, hawks, and wild turkeys populate the area, as well as smaller mammals and songbirds.

The area's equestrian camp, McCrystal Campground, sits at 8,100 feet elevation in the heart of the national forest's 100,000-acre Valle Vidal Wildlife Management Unit. Plan for a rustic camp—you'll find water for your horse, feeders, corrals, tie racks, picnic tables, and fire rings, but there's no potable water, electricity, or services.

We explored the trails here in the summertime aboard our Missouri Fox Trotter geldings, Nate and Cowboy. Here, we'll share our from-the-saddle reports of rides we directly accessed from McCrystal Campground. Then we'll give you a rundown on more rides in the area, plus an inside look at a historic hotel in Cimarron perfect for pampering yourself after your rugged adventures. Finally, we'll tell you what you need to know before you go.

GETTING THERE

To reach McCrystal Campground from Cimarron (about 2 hours northeast of Santa Fe), take US Route 64 east for 5 miles, then turn left (north) onto Cerrososo Rd. You'll follow this gravel road for 21 miles to the boundary of the Valle Vidal Unit, then drive an additional 8 miles to the campground.

The gravel road to the campground is good in dry weather, but when it

rains, it can be slippery and possibly impassable. We drove in after a rainfall and had to use four-wheel drive in a few spots to get our rig through.

However, the drive is beautiful, beginning in a canyon with pinyon pines and running through grassy valleys into ponderosa pine country. We watched wild turkeys strutting near the road, like a feathered parade. The campground is a welcome sight after driving nearly 30 long dirt miles!

TOP RIDES

After setting up camp with our living-quarters trailer, we were eager to explore the trails. Here's a rundown of our top rides from McCrystal Campground.

North Ponil Creek-Seally Canyon Loop Ride. First, we rode to Ponil Park, a 12.5-mile loop ride that surpassed our expectations and left us with a tired glow after a day well spent on horseback. As late as 1910, Ponil Park was home to workers supplying the Cimarron & Northwestern Railroad. However, in 1921, the railroad track going into the mountains for timber was torn up and the little town of Ponil Park was abandoned.

We packed up lunch, strapped on rain gear (summer is monsoon season in New Mexico), and headed out of camp on a trail behind Unit #18. We followed McCrystal Creek eastward, staying on the left side and keeping an eye out for bogs. We soon came upon the remains of an old homestead.

Continuing southeast, we went through a gate, crossed the main road, and continued riding down the service road for the next 2 miles into a nonmotorized area. We rode through meadows sprinkled with flowers. Groves of leafy aspen trees shaded the banks of the North Ponil Creek as it meandered south.

When we reached the remains of an old bridge, we crossed the creek and explored a desolate 1880s-era cemetery. Three stone markers still stand; one is for a 19-year-old woman, and

another is for a 23-year-old man. Old, forgotten cemeteries inevitably cast a pensive spell on us. We wonder about the folks buried there, what their lives were like, and why they died so young.

Here, among relics and tatters of past history, the riding is easy, and the rides are surrounded by nature's beauty. If you're like us, you'll reflect on the lives of those who came before us as you ride past bits and flotsam of their lives, scar the landscape with rusty iron implements, decaying wood, and crumpling rock piles.

After exploring homestead ruins, we continued down the trail until it split. We turned right (west) to go up Seally Canyon, which continues about 4 miles. There, we found Seally Canyon Cemetery, more signs of old homesteads, and the remains of an old sawmill.

An interesting note about Seally Canyon Cemetery: our camp host found his great-grandfather's headstone lying down amid a tangle of weeds. He knew his great-grandfather had worked for the railroad in Ponil Park but had never expected to find his gravesite.

Near the end of the canyon, we arrived at an open gate that led us into a vast meadow with a lake on our right. As luck would have it, we got caught in a drenching shower. As we gaited across the meadow, stabs of lightning spurred us forward. Soaked, we found shelter in the trees and laughed at our impromptu adventure over hot coffee and hearty sandwiches.

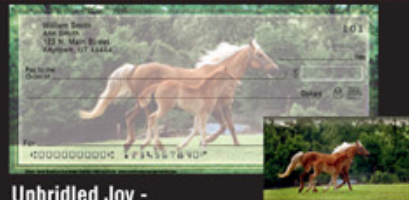
After lunch, we veered right and rode to another open gate. Here, the old Ring Ranch comes into view, but go straight across the meadow with the fence on your right until you come to another open gate. Go straight to the Ring Ranch—there's a trail and interpretive signs. (You'll be less than a mile from camp.) The Ring Ranch offers a glimpse into what farm life was like in the late 1800s and early 1900s.

A big claim to fame for the Ring Ranch was its inhabitants: Tim Ring and his wife, Catherine, had seven daughters! →

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1. The Ring Ranch offers a glimpse into what farm life was like in the late 1800s and early 1900s. Look for the ranch on the Ponil Creek-Seally Canyon Loop Ride.
2. Five-year-old Vera Johnson from Albuquerque, New Mexico, admiring Danny Horne's mare, Gracie, in McCrystal Campground.
3. The area's equestrian camp, McCrystal Campground, sits at 8,100 feet elevation in the heart of the national forest's 100,000-acre Valle Vidal Wildlife Management Unit.
4. Charlene Krone relaxes in the rustic McCrystal Campground with Missouri Fox Trotters Nate and Cowboy.
5. An 1880s cemetery at Ponil Park on the Ponil Creek-Seally Canyon Loop.
6. On the Whitman Vega Ride, the Krones discovered a trail that led out of a valley and up a ridge where it wound around giant boulders. "This entire area is a safe, relaxing place to ride with interesting artifacts," they note.

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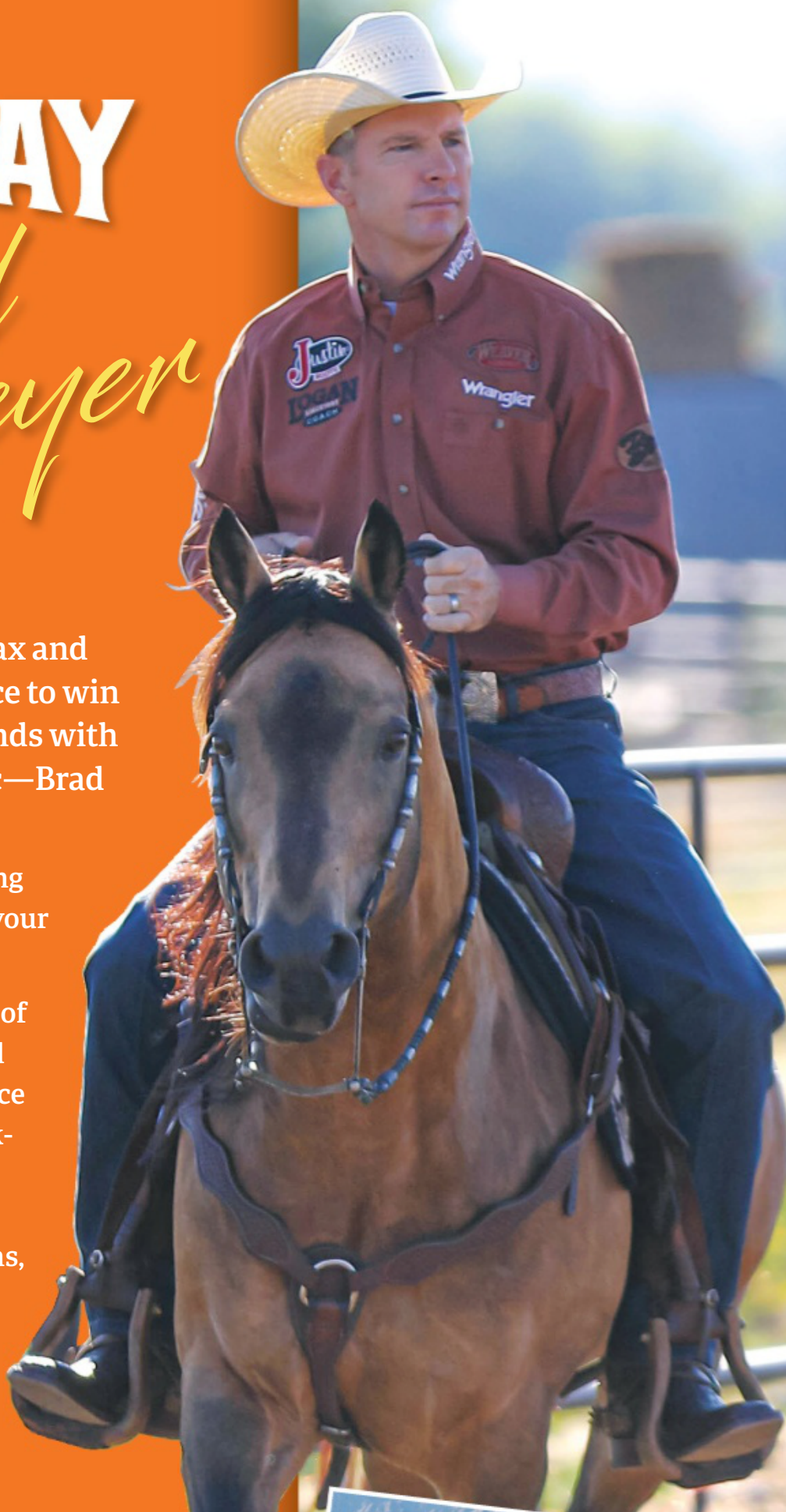
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ST. JAMES HOTEL

After riding the trails and camping, pamper yourself with an end-of-trail celebration at the historic St. James Hotel (extjames.com) in Cimarron, just 5 miles south of the intersection of the road to McCrystal Creek and US Route 64. You may keep your horses and trailer at the town's rodeo grounds. The St. James Hotel is the perfect place for dinner and an overnight stay. Henri Lambert built the hotel between 1870 and 1880. After the Civil War, he went west to find his fortune.

Cimarron was a vital outpost on the Old Santa Fe Trail. Famous Old West characters visited the hotel, such as Wyatt Earp, Buffalo Bill Cody, Zane Grey, and Jesse James. You can still see bullet holes in the dining room's pressed tin ceiling.

The St. James Hotel is also thought to be haunted with supernatural sightings. The Travel Channel sent the crew of "Ghost Adventures" here to film a show. The television show "Unsolved Mysteries" was also here on location. Look for the poster in the hotel listing rules for ghost hunters.



The lobby of the St. James Hotel is filled with original historic furnishings.



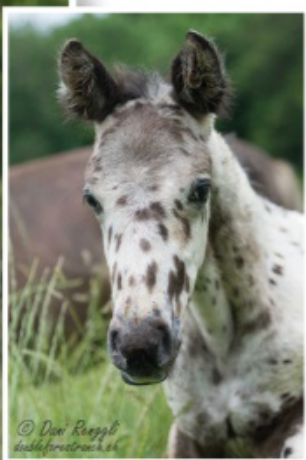
The historic St. James Hotel in Cimarron, New Mexico, is the perfect setting for an end-of-trail celebration after your riding and camping adventures.

McCrystal Ranch Ride. This was another easy ride out of camp. This ride will take you to the homestead of John McCrystal, one of the leaders of the Colfax County War in the 1880s and for whom the campground is named. McCrystal and others had built their homes on the Maxwell Land Grant believing it would become public domain. When it didn't, a bitter battle ensued; Maxwell Land Grant won. In 1890, McCrystal was forced to pay 960 dollars for 320 acres.

Begin by taking the old Forest Service road behind Unit 44, and ride down to McCrystal Creek. Turn left, and follow the creek north. We followed the creek the entire way to McCrystal's old homestead, roughly 3.5 miles. The creek winds through meadows tie-dyed with a profusion of wildflowers.

In the distance to our left, Little Costilla Peak towered 12,584 feet above sea level. At the meadow's edge,

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When you're about 2.3 miles from camp, the trail will come very close to the fence. Go up and around to the right, then back down into the meadow. The trail fades out; just continue following the creek. As you gain elevation, you'll notice mighty blue spruce replacing aspen groves.

When you're about 3.5 miles from camp, the old McCrystal place comes into view. John McCrystal and his wife, Annie, had six children; we wondered if they socialized with the Ring family and their seven girls. Today, there isn't a lot left of the old homestead. Axe marks can still be seen on faded-gray logs; some logs are dovetailed together. The skeleton of an old wagon sits behind where the house once stood.

We ate our lunch by the old homestead, then continued riding north on the left side of the creek. We passed a

lone stone chimney with an animal skull inside. Eventually, the trail led us into a series of hidden valleys surrounded by ponderosa pines and remnants of the rugged folks who lived in the area long ago. After we finished exploring, we backtracked our way to camp for refreshments. Overall, our ride was 10.3 miles, with a gain of 800 feet elevation on our way out.

Whitman Vega Ride. We began this ride as if we were riding to Ponil Park, but when we reached the Forest Service road after the old chimneys, we went left (north) instead of right (south). We followed a soft-dirt, two-track trail and came upon a Boy Scout camp. The Scouts' trail was a fun gaiting trail for our Fox Trotters! The trail led out of a valley and up a ridge where it wound around giant boulders. We ate lunch by a large flat rock with lovely valley views and warm sunshine. This entire

area is a safe, relaxing place to ride with interesting artifacts.

CAMPFIRE CHAT

At McCrystal Campground, we met vivacious horse folks. Pam and Danny Horne from Athens, Georgia, and their friends, Tommy and Sherry Nash from Munroe, Georgia, had trailered in to enjoy the backcountry setting of New Mexico. They told us they loved the openness of the area and the fact that they could ride in any direction. They also enjoyed the history of the region and lack of undergrowth. Pam missed electricity, but she said that the dry air and the area's natural beauty more than made up for the rustic conditions. Sherry especially enjoyed poking around the cemetery.

After being here for five days, the friends enthusiastically shared their impressions of the area. They saw elk, deer, turkey, and a badger. Tommy



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KNOW BEFORE YOU GO

PLAN WISELY. Summer and fall are the best seasons for riding McCrystal Creek country. Summer temperatures may rise to a comfortable 80 degrees, but drop to 40 degrees at night. Fall brings cooler weather and autumn colors.

CONDITION YOUR HORSE. All camping and riding is done at or above an elevation of 8,100 feet. Condition your horse in the months leading up to your trip; upon arrival, give him at least 24 hours to adjust to the altitude.

SCHEDULE THE FARRIER. About two weeks before you leave home, get new shoes for your horse so, if your horse throws a shoe, you won't have to drive the long gravel road from McCrystal Campground back to the nearest town in search of a farrier. Also, bring a set of hoof boots designed for trail riding. If your horse is barefoot, get him trimmed before you leave, and consult with your

farrier regarding the best hoof boots for your trip.

PACK WEED-FREE FEED. You'll be camping on United States Forest Service land; the Forest Service requires certified weed-free hay or cubes.

PACK WATER. The campground offers water troughs for horses, but no potable water—pack in drinking water for you and your camping buddies.

CONSIDER HORSE ACCOMMODATIONS. There are eight corrals, but not every unit has a corral. You're welcome to set up your own corral or electric fence.

PACK SUPPLIES. There are no services, and it's about 35 miles to the closest supply source in Cimarron—30 of which are on a dirt road. Bring enough supplies for the duration of your stay.

PACK RAINGEAR. Be prepared for afternoon showers, both in camp and on your rides.

CHECK FOR FIRES. Large-scale forest fires are now commonplace. Check with the Forest Service to see whether any recent fires have affected your destination areas.

DRIVE WITH CARE. You'll haul your rig on nearly 30 miles of gravel road from the highway to camp. This road can be slippery during and after a rainstorm.

STAY ORIENTED. There are generally no signs at trail intersections, so stay oriented. Invest in the official Forest Service map of the Carson National Forest Valle Vidal Unit (nationalforeststore.com). Bring a global positioning system unit and a compass. Be aware of orienting landmarks, such as Wheeler Peak and Little Costilla Peak. Note that the McCrystal Campground access road generally runs east-west. If you're lost and encounter this road, you can follow it to camp.

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MORE McCRYSTAL RIDES

Here are more recommended rides in McCrystal Creek country.

Clayton Corral Loop Ride. From McCrystal Creek Campground, drive west on the Forest Service road for about 9 miles to Clayton Corral. From this point, you can do a loop that does involve some road riding. For about a 9.5-mile loop, ride south from the corrals to Vidal Creek. Follow the creek west between two small cliffs to Clayton Camp, an old cow camp. From here, follow the tracks of an old road that runs north along Comanche Creek. In about 2 miles, you'll reach a parking area at the main Forest Service road. Follow this east about 3.75 miles back to Clayton Corral.

La Belle Lodge Loop Ride. This is an almost-7-mile ride. Start from the same point where you came out to the parking space on the Forest Service road on the Clayton Corral ride. Start south, and retrace your route along Comanche Creek back to Clayton Camp. From the camp, steer right along Comanche Creek. After crossing the stream, you'll come around the corner of a grassy knoll; look for a faint intersection. The more defined trail goes left into a marshy area; follow the fainter road, which heads to the right, goes up a small drainage to a ridge, and eventually passes through a gate. You'll come to the abandoned La Belle Lodge, at one time a thriving gold mining town. From here, you can follow La Belle Creek down to Comanche Creek and go left back to the trailhead. Or, you can continue following the faint road, which crosses a ridge, drops

down to Gold Creek, and emerges across the road from the trailhead you started from.

Powderhouse Canyon Ride. From the parking area for the La Belle Lodge Loop Ride, drive west for about 4 or 5 miles until you reach Forest Road 1900. Turn right, and drive about 2.6 miles to a parking area. From here, ride up the old logging road, following it north along the creek. After about .75 miles, turn right on a faint road, and cross the creek. Here, the old road follows a fence line as it curves back to the southeast and heads up Powderhouse Canyon. Old logging roads branch off the main route, which makes for interesting riding. The main route stays close to Powderhouse Creek. Watch for beautiful views of aspen groves and Little Costilla Peak in the distance. ★

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Custom Horsehair Platters by Brightwater Pottery



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Prices start at \$150.00

FOR DETAILS ON PLACING AN ORDER

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Metabarol® Pellets

We've all known so-called "easy keepers"—those horses whose weight must be monitored as they get older, lest they become obese and possibly develop Equine Metabolic Syndrome, which can lead to laminitis and other issues. Like older humans, senior equines are also prone to increased stiffness in their joints as they age, which poses yet another management problem.

What to do? Metabarol® Pellets were developed by Equithrive to help maintain optimum health and wellness in both "easy keepers" and stiff seniors. These palatable pellets contain a proprietary, highly bioavailable resveratrol product, Resverasyn®, which is scientifically proven to support healthy metabolic function in horses, as well as a healthy inflammatory response. Metabarol® Pellets are available in a convenient 3.3-lb. size. Order now and receive a \$50 rebate for blood testing as part of the Metacare™ program from Equithrive. To learn more about both Metabarol and Metacare, visit the website or call (866) 721-1412. equithrive.com



Farnam Senior Health & Wellness

Science tell us that as horses age, their digestive systems become less efficient at absorbing the nutrients they need from their feed. It's an unfortunate reality that can lead to poor health or a senior horse that simply isn't thriving as he should.

Farnam® Senior Health & Wellness is a targeted, easy-to-digest supplement designed to help fill important nutritional gaps in senior horses that are either retired or in light work. A balanced protein-vitamin-mineral

formula, it provides essential nutrients that help maintain a healthy digestive tract, including vital antioxidants, a combination of



specific amino acids, fatty acids and a prebiotic yeast culture. The extruded nuggets work with any feed program. So whether your horse is on forage only or a diet consisting of both a fortified concentrate and forage, you can get him the nutrition he needs to look and feel his best. For more information, visit the Farnam website. www.farnam.com



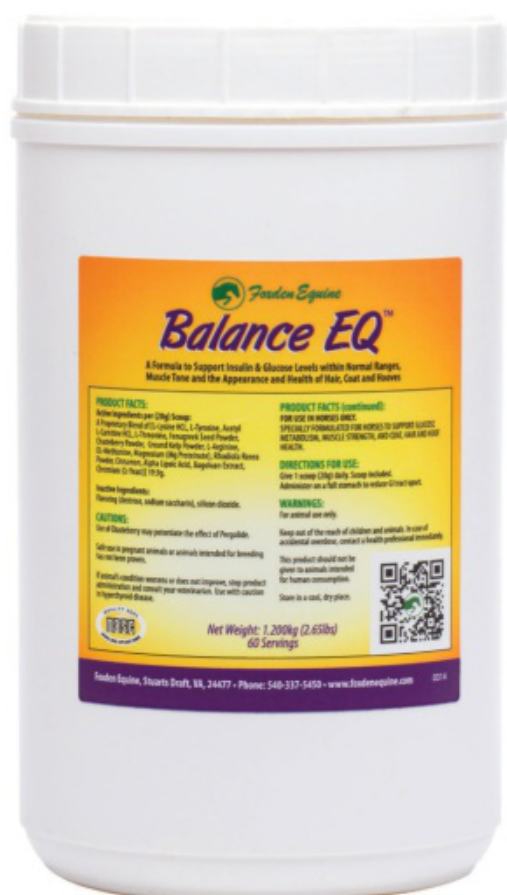
Foxden Equine offers two options of supplementation for your senior horse.

Quiescence® is a supplement containing Magnesium and Chromium. This product is designed to help reduce the crest in individual horses that are prone to becoming cresty-necked. In addition, it helps reduce the tendency many horses have to founder by supporting normal glucose metabolism.

Balance EQ™ is a proprietary mix of Amino Acids, Antioxidants and herbs that help maintain insulin and glucose levels within normal ranges, improves muscle tone and the overall appearance of a healthy coat and hooves.

Foxden Equine recommends being prepared for founder season by starting your horse on Quiescence® or Balance EQ™ before the spring grass appears.

*Visit our website or call
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www.foxdenequine.com*





Quiessence®

When it comes to age-related issues in equines, supplementation is a popular option to help promote overall health. After all, why not try to enrich your senior horse's life as much as he has enriched yours?

Foxden Equine's Quiessence® supplement contains a magnesium and chromium formula designed to support calm, balanced behavior in equines. While this is obviously a key benefit for horses of any age, Quiessence may also help reduce the crest in individuals that are prone to become cresty-necked. In addition, it could help reduce the tendency many such horses have to founder by supporting normal glucose metabolism. In other words, Quiessence can also be useful for elderly horses that are faced with metabolic conditions. Foxden Equine recommends being prepared this founder season by starting your horse on Quiessence before the spring grass appears. Visit the website or call (540) 337-5450 for a free sample. <https://www.foxdenequine.com>



InsulinWise

Insulin resistance (aka Equine Metabolic Syndrome) is characterized by weight gain, fat deposits, bouts of laminitis and unhealthy insulin levels. As horses age, the risk of developing insulin resistance increases. Those suffering from Cushing's disease (PPID) may also develop EMS.

InsulinWise, developed by Kentucky Performance Products, contains a proprietary blend of polyphenols and amino acids that support normal insulin regulation, which reduces the risk of unhealthy weight gain and laminitis in horses challenged by EMS. This supplement is research proven to sustain healthy metabolic function; support normal insulin levels; maintain healthy weight and fat distribution; and support normal structural integrity of the hoof laminae. InsulinWise can also be used to support normal insulin sensitivity in horses that are at risk for developing EMS. InsulinWise is sold only through licensed veterinarians, so ask your vet whether this product is right for your horse. For more information, visit the website or call (859) 873-2974. KPPVET.com



Alzoo Equine Herbal Horse Collar

Biting insects cause horses stress and can trigger skin diseases or infections, especially in warmer climates. Spray-on repellents have long been the traditional way to address such insects. But in order for these to be effective, they have to be reapplied constantly. In addition, they can irritate horses' skin.



The Alzoo Equine Herbal Collar is a 100 percent natural, non-invasive solution that is effective at repelling flies, mosquitoes, horseflies, gnats, gadflies and midges from horses, ponies, donkeys and miniatures. Using a patented polymer technology, a potent blend of natural essential oils is bound into each collar, allowing for a slow, controlled release. Over time, the formula migrates around your horse's entire body to form an evaporative, protective halo. The innovative formula in this collar includes melaleuca alternifolia leaf oil, lavender oil and geraniol—all effective insect repellents. The collar repels insects for three to five weeks; it is waterproof, sweatproof, comfortable and has no effect on social grooming. www.alzooequine.com



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Platinum Performance® GI

A healthy digestive system will help your horse as he ages, because, as medical research has determined with humans, gut health is about far more than just a tummy-ache. In fact, it is becoming increasingly clear that digestive well-being—particularly the health of the microflora that inhabit the equine gut—has far-reaching implications in the overall health of the horse. Therefore, it goes without saying that supporting gut health should be a consideration when developing your senior equine's regimen.

Platinum Performance® GI takes Platinum Performance® Equine one step further. Besides the ingredients for which Platinum Performance® Equine is known, it contains probiotics, prebiotics and glutamine for increased digestive

support. In short, it carefully combines nutrients to support overall equine wellness as well as normal inflammatory and immune responses, with an emphasis on gastrointestinal health. To learn more, ask your equine veterinarian about Platinum Performance® GI, visit the website or call (800) 553-2400. www.platinumperformance.com

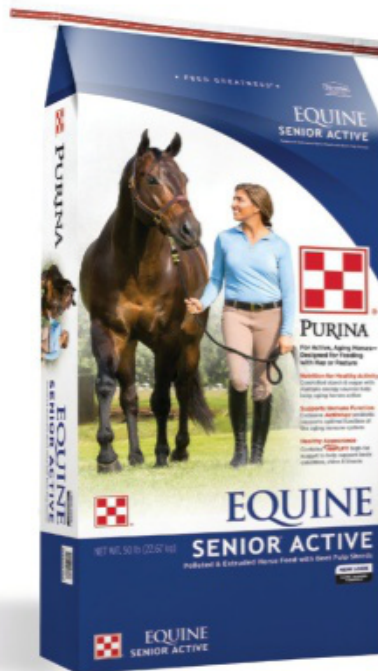


Purina Equine Senior® Feeds

Like their human counterparts, today's horses are living (and staying active) longer than ever. Many of the innovations and research conducted at the Purina Animal Nutrition Center have contributed to the optimal health of today's horses.

Purina® Equine Senior® horse feed is the original senior feed that was launched in 1993 and has been helping senior horses ever since. As horses

aged more gracefully, there became a need for a feed that could help meet the unique nutritional needs of the moderately active senior horse. That's when Purina developed Equine Senior® Active horse feed as a more calorie-dense option designed for horses that can still chew and digest forage effectively. Equine Senior® Active horse feed also includes such nutritional breakthroughs as Purina's Amplify® high-fat nugget for bloom and ActivAge™ prebiotic to support the optimal function of the aging immune system. To learn more, visit the website www.purinamills.com.



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The Tamaya Horse Rehab Program a non-profit 501 (c) (3) organization, has been rescuing abandoned and neglected horses in New Mexico since 2013. Help us help horses by supporting us during our 3rd annual fundraiser.

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APRIL 4
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Willow, healthy and happy
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Return to Freedom

Despite an early life of trauma and neglect, this mustang mare found a forever home and happy ending.

BY DARLENE KINDLE, FOUNDER OF CAROLINA EQUINE RESCUE AND ASSISTANCE

PHOTOS COURTESY CERA

November 2007

The young mustang filly—probably a yearling—was part of a round-up at the White Mountain Herd Management Area in Wyoming. Separated from her herd, she was moved to a small pen where she received her trademark mustang freeze brand, vaccinations, and a hoof trim. This would have been her first close encounter with humans, and it was probably a scary and confusing experience.

The little filly remained in captivity for nearly 1½ years. She was among new horses, all colors and ages, but had very little human contact.

April 2009

Humans loaded her into a trailer—another scary and confusing experience—and hauled her across the country to Asheville, North Carolina, where she was auctioned off and adopted. After a year of owning a Bureau of Land Man-

agement (BLM) horse, adopters have the option of receiving a title for their horse. In June 2010, the mare was titled. This meant she was now owned by her adopter, but also now out of reach from any BLM assistance and aid.

Summer 2009

The mare was boarded for approximately one year in a sub-par environment. Her owner had moved and was not checking in on the horse regularly. The mare ran wild in the pasture without farrier or vet care. Concerned neighbors fed her hay through the winter.

September 2010

The mare changed owners and was moved to another boarding facility.

March 2011

The mare was confined to a small round pen in the pasture so that she could be caught. She had to be sedated to get hal-

tered or receive veterinary care. Though the new owner cared about the mare, she had limited resources and wasn't getting the training help she needed.

May 2011

The mare's owner tried to find another home for the mare. If she couldn't, she would have the mare euthanized. Instead, the mare was given to one of the workers at the barn, who moved her to a different location.

June 2011

The little mustang was found abandoned in a trailer left on the side of the road in 90-plus-degree heat. She was near death. The vehicle identification number and plates had been removed so there was no way to track the owner. A crowd of bystanders had gathered, and animal control was called. Animal control let one of the bystanders take the mare on the con-

dition they kept her for 30 days in case someone claimed her. They did not know that the person who took her had very little horse knowledge.

The mare was in rough shape: her ribs and hip bones were prominent: rain rot and open wounds covered her body. Though the bystander who took her offered food and water, he had no idea how to care for an emaciated, injured horse. At Carolina Equine Rescue & Assistance (CERA), we received multiple calls from concerned individuals about the mare, but animal control insisted she stay where she was for 30 days.

July 2011

After 27 days, animal control agreed to let the mare come to CERA, three days short of the 30-day hold. When she arrived, she was nothing but skin and bones and had little interest in anything. Human kindness seemed foreign to her; had anyone ever offered her a gentle touch or caring voice? Still terrified of people, she would not look at anyone or let them approach her. She had to be sedated in order for the vet to examine her. Amazingly, she was in relatively good shape despite needing to gain a good deal of weight. The vet determined she was around 4 years old.

She needed a name. I chose Willow, as in the tree. They bend, but they rarely break.

August 2011

With ample food and water, Willow

physically blossomed at the farm. And though she eventually began to trust people enough to go into her stall, she was still very wary of being touched, especially around her face and head.

This beautiful creature had been through a lot at such a young age and despite being surrounded by food, comfort, patience, and love, I could tell she was not happy. Living in a stall was not a good life for a horse like her, but we were afraid if we turned her loose in a pen or pasture, she'd either jump the fence or refuse to be caught. After much consideration, we decided that she needed to be a wild mustang again.

I got in touch with Jackie Fleming of Cimarron Sky-Dog Reserve in Cerrillos, New Mexico. Willow's story touched her heart and she agreed to give Willow a forever home on 1,000 acres of open range that is part of her fenced-in property. Willow would finally be happy again, running and playing with the other mustangs at the sanctuary. I knew she would never go hungry again, nor would any human ever hurt her for the rest of her life.

November 2011—Today

Willow left CERA on November 14, 2011. Although we miss her dearly, Jackie continues to document her story and keeps us posted to this day. The photos need no words. Willow's return to freedom proved to be one of the best decisions we've ever made. ★



Left: Willow arrived to CERA emaciated and covered in rain rot. Right: After months of careful refeeding to improve her condition, Willow went to her new home at the Cimarron Sky-Dog Reserve in Cerrillos, New Mexico.



Learn More

Since 2008, Carolina Equine Rescue & Assistance has cared for abandoned, abused, and neglected equines. They also assist in natural disaster relief and hardship cases. Learn more at cera-inc.com.



A Home For Every Horse

This content was provided by A Home For Every Horse, a resource for nonprofit horse rescues, sanctuaries, and care facilities. Rescue organizations involved with A Home For Every Horse are eligible for many benefits from program sponsors. Learn more at ahomeforeveryhorse.com.

It's only thanks to our generous sponsors—Purina Horse Feed, Absorbine, WeatherBeeta, and Tractor Supply Co.—that A Home For Every Horse is able to provide necessary resources to more than 600 horse rescues per year.



Rescue Horses Rescuing Youth

At Charis Ranch, rescue horses are changing the lives of at-risk children.



BY JESSICA MORRIS

PHOTO COURTESY ANGEL MOUNTAIN MEDIA

Two things have defined Tracy Cookman since childhood: her drive to help those unable to help themselves and her love of horses. In 2009, those two passions came together when she organized the rescue of 11 PMU foals from slaughter—an act that would shape her life. Rescuing horses became her mission. From auctions to feedlots to neglect cases, Cookman took in horses deemed broken then cast aside, and provided them sanctuary.

Though working with horses was rewarding, Cookman felt a calling to save more than just equines. In 2010, she began Charis Youth Ranch, a nonprofit program in the foothills of Northern Colorado that utilizes equine-assisted learning to help at-risk youth.

Her herd of 28 rescue horses was key. “I felt like the Lord made it clear to me that these broken horses would heal broken children,” she says.

Based on their shared passage

through trauma, abuse, or neglect, a connection between youth and horse is forged.

Today, Charis Youth Ranch provides free programs for children who need support. They come from rehabilitation centers, the foster care system, and treatment facilities. Through working with horses and learning horsemanship skills, the program participants develop patience, kindness and respect. They gain self-confidence, start making positive behavior changes, and begin their road to healing.

One young girl, who was brought to the ranch after losing her brother, showed little interest in interacting—with humans or horses. However, she did love to paint, and horses provided the perfect canvas. So that’s what she did. Eventually, she graduated to feeding and grooming horses, and these simple joys provided the breakthrough she needed to smile once again.

In the summer, Charis Youth Ranch

A teenager in the Triumph Youth program paints words of affirmation on retired racehorse Memo Mon.

serves up to 200 children and teens through the Equine Adventure Youth and Triumph Youth programs. The Equine Adventure Youth program, for children ages 5 through 12, offers four weeks of horse activities, crafts, and games, all of which are designed to teach life skills and let kids be kids.

The Triumph Youth program for teens uses ranch work, horsemanship, and caring staff to change lives. Participants spend the first part of each session hauling hay, cleaning water troughs, and fixing fence, with the Charis Ranch staff working alongside them. Working together as equals breaks down barriers and enables the staff to form relationships with teens who don’t always trust adults. “Our main goal is to spend time with the kids and let them know that we love

them, that we value them, and that they matter to us,” says Cookman.

The second part of the session focuses on horsemanship activities that range from in-hand obstacle courses to riding. By the end of the summer, teens who had no previous horse experience are capable horse handlers. However, they have learned far more than equestrian skills. They’ve learned character building, relational skills, and the importance of service.

“They learn that there’s more to life than the small focus they’ve expe-

rienced so far,” says Cookman. “Our goal is to give them hope that life can be different and that they don’t have to be stuck in the lifestyle that they were before.”

One Triumph Youth participant—a young man who had been struggling with addiction—fell in love with a rescue horse named Romeo and was determined to ride him despite his total lack of horse experience. The teen worked toward his goal all summer and by the end of the program, he was joyfully loping around the arena on

Romeo. On the last day of the program, he spent quality time simply resting his forehead on the neck of the horse who had become his teacher and friend.

The ranch’s programs are uniquely effective because children who have been labeled as “lost causes” connect with horses who once had the same label placed on them. When the staff at Charis Youth Ranch tells them that no one is worthless or too broken to fix, they have proof in the shape of the ranch’s 28 rescue horses who have also been given a new lease on life. At Charis Youth Ranch, everyone—whether two-legged or four—has value, regardless of their circumstances or past. ★

TOP: Mostacolli Mort, a rescued racehorse who won more than \$240,000 before being retired due to injury, shares a special moment with a child in the Equine Adventure Program. BOTTOM: Learning horse care teaches life skills in a unique, fun environment.



At Charis Youth Ranch, “broken horses heal broken children.” Here, rescued and rehabilitated horses connect with at-risk children and families through individual and group equine interactive sessions. Learn more at charisyouthranch.org.

Charis Youth Ranch was a 2019 grant recipient from Feed it Forward™, Nutrena’s giving program that provides support for organizations promoting the life-changing bond between animals and people. Learn more at feeditforward.org.



This content is provided by Hope in the Saddle, a program dedicated to sharing some of the most meaningful and important stories to emerge from the equestrian world: stories of how our relationships with horses can help us overcome life’s toughest challenges. Read more stories of hope and healing through horses at hopeinthesaddle.com.

Hope in the Saddle would not be possible without the support of Nutrena Horse Feed and Tractor Supply Co. Thank you for helping our horses feel their best so they can help us feel our best.



TOP PHOTO BY TRACY COOKMAN; BOTTOM PHOTO COURTESY ANGEL MOUNTAIN MEDIA

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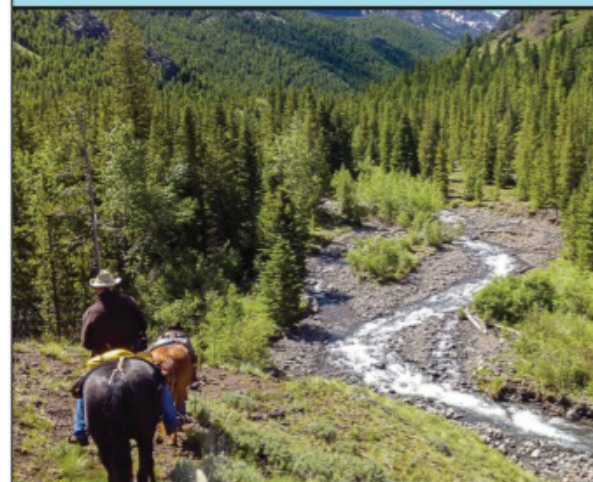
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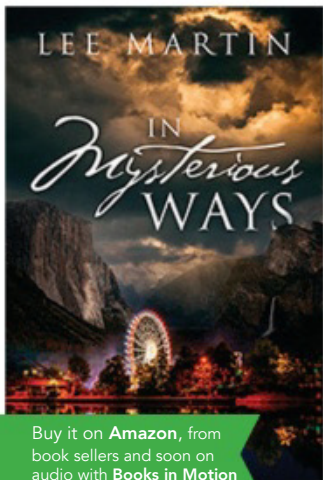
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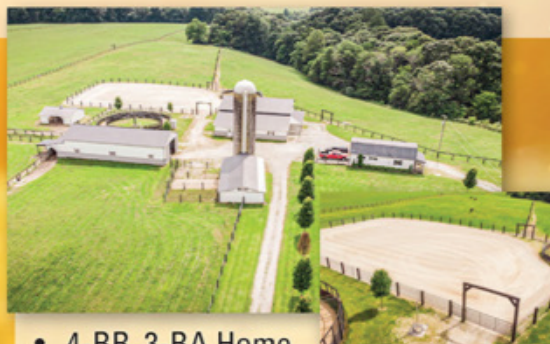
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The Collection:

ProRodeo Hall of Famers Jimmie and Bud Munroe have had storied careers in the arena and on the business end of the Western industry—and in the process, they’ve collected a lot of “stuff” commemorating their journey.

Both are world champions—Jimmie won her gold buckle

on her horse Robin Flit Bar in barrel racing in 1975, and Bud in saddle bronc riding in 1986.

Jimmie was the president of the Women’s Professional Rodeo Association for 13 years, and Bud served on various committees in the Professional Rodeo Cowboys Association

for decades.

“It’s all over our dining room, kitchen, and living room,” Jimmie said. “We just turned above the bookcases into where we put our National Finals Rodeo back numbers, and we figured out how to put the saddles there.”

Both of the Munroes’ world champi-

onship saddles sit in the center of the display, flanked by Jimmie’s three National Intercollegiate Rodeo Association saddles and Bud’s one.

The shelves are lined with buckles from as far back as Jimmie’s American Junior Rodeo Association wins as a child. ★

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