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Hello Friends,

Where did our summer ago? The summer of 2019 goes down in my book as the wettest summer I can remember. I have been fortunate to be able to get some riding done which has been rewarding. I am taking my seven-year-old Meradas Money Talk mare, aka "Lena", and my six-year-old Wimpy's Little Step gelding, aka "Fred", and getting them ready to show again. Having fun seeing them progress and looking forward to this year's Sunflower Slide in Topeka.



Really looking forward to this year's Dream Ride In The Flint Hills. We really have had a great response and should have a good group for the three day event at Clover Cliff Ranch near Elmdale. Looking for any panels? I will have several left after the ride. They are 12-foot Priefert Utility panels and considered brand new. Call me at 785-418-6047 or email me at ernie@betterhorsesradio.com for a price and more information.

Our Better Horses Media continues to grow with our TV Show expanding to Oklahoma City and Springfield this Fall. If Better Horses TV has not yet made it to your market, you can catch it online at www.betterhorses.com. Our radio network has grown with the addition of KWLS 107.9 FM in Wichita. Our show airs every Sunday evening at 9:00 pm. This is a great station run by great people.

Mark your calendars for November 23, 2019, for this year's Horse Care 101 held during the day and the Kansas Horse Council's Annual meeting that evening. All of this will be held at the Stanley Stout Event Center in Manhattan. Also make sure you plan to attend the 2020 Equifest of Kansas to be held in Salina, KS, March 6-8, 2020. We are looking forward to all of these events. You will find out more in the upcoming issues of Better Horses.

I would like to talk about an exciting new website produced by the folks at LifeLearn.

This company is new to me and probably most of you. LifeLearn is an animal health education company focused on new products and innovative ideas. Their latest website is called equineclodronate.com. This website provides some awesome video content explaining the bisphosphonate drug class. You already know this class of drugs as we talk a lot about them here on Better Horses Radio with Osphos. They are used for treating Navicular Syndrome and ultimately bone loss. I want y'all to visit the website and watch some of the videos posted by the company LifeLearn. Again the website is equineclodronate.com. Check this website out because it is full of valuable information.

Looking to advertise or promote your business? Give Better Horses a try. We do print, radio, television, and digital, working to get you the best results. We are very excited to see where Better Horses is going to take us. I hope our paths cross this Fall and I see you at some of the events. Let me know if there is anything we can do for you.

God Bless & Ride For The Brand!

Ernie Rodina

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This is a CALL TO ACTION. Legislative action is needed to seek revisions to the Kansas Statute, K.S.A. 79-3603, which addresses sales tax collection on entry fees for recreational activities as well as fees and dues for various membership organizations. Revision requested is to exempt horse riding or any livestock expositions from the definition of "recreational activities".

SITUATION. Equine industry issues fall outside the radar and regulatory duties of our largest advocacy teams. Therefore, a grassroots movement is needed to obtain their assistance.

Contact your County Representatives of the Kansas Livestock Association and Kansas Farm Bureau and tell them what is happening to horse owners in Kansas!

FACTS. Recent years have been difficult for the equine industry in Kansas. To add to our challenges, beginning in February this year, horse show organizers were notified by Kansas Department of Revenue Special Agents who were dropping in on horse shows at Topeka's Dornier Arena and Hutchinson's State Fair Expo & Expo II Arenas stating sales tax remittance was required on all entry fees.

Upon investigation to determine if other species of livestock exhibitions are required to remit sales tax on entry fees, it was revealed that this is only applicable to horses, "because horses are not livestock, they are recreational animals."

Kansas Statutes Annotated 47-1001 Article 10 (b) defines that Livestock "includes cattle, bison, swine, sheep, goats, horses, mules, domesticated deer, camelids, domestic poultry, domestic waterfowl, all creatures of the ratite family that are not indigenous to this state, including, but not limited to, ostriches, emus and rheas, and any other animal as deemed necessary by the commissioner established through rules and regulations."

Are horses now considered Pets and Companion Animals? Not according to Kansas Statutes Annotated 47-1701 to 1737- regarding Animal Pet Act. (d) (1) Pet Animals means "any live dog, cat, rabbit, rodent, non-human primate, bird or other warm-blooded vertebrate or any fish, snake, or other cold-blooded vertebrate. (2) In this statute it specifically states, "Animal" does not include horses, cattle, sheep, goats, swine, ratites, domesticated deer or domestic fowl.

Are horses kept as a household pet? While there may be specific programs and circumstances where the smallest of equines are like pets, they are not defined as "pets" in Kansas.

Hours have been spent in correspondence with Kansas Department of Revenue to identify the rules and look for misinterpretations pertaining

to the sales tax remittance of horse show entry fees. Summed up, KDOR explains, "It's in our regulatory guidelines", citing Kansas Administrative Regulations, # 92-19-22b. Charges for participation in recreational activities. (a) Definition. For the purposes of taxing the fees and charges received for participation in sports, games, and other recreational activities, the following definition shall apply:

(1) "Sports, games, and other recreational activities" shall mean diversions that restore or refresh strength and spirits by means of pastime, exercise or similar activities that involve strength, speed, dexterity, stamina, or training. These activities shall include golf, pool, billiards, skating, bowling, swimming, skiing, baseball, softball, basketball, volleyball, racquetball, handball, squash, tennis, carnival rides, motor sports, batting practices, skeet, trap, target showing, horse riding, pinball, darts, electronic games, physical fitness services, and all other similar activities. Exemptions from this rule include fees charged by political parties, municipal golf courses, league fees, and other fees charged by park and rec departments, organizations who are exempt from property taxation pursuant to K.S.A. 79-201, organizations that serve exclusively 18 years of age or younger and are 501c3, or nationally affiliated organizations who also charge an admission. (In that case it would require remittance of sales tax on the admissions rather than the entry fees, such as PRCA rodeo events.)

It is by virtue of horse riding that the entry fees become targeted for sales tax collection. However, in hand equine classes such as halter or showmanship, and even driving classes are also inclusive. Regardless of showing in hand, driving or under saddle equine show managers are required to remit sales tax on the entire entry fees. Additionally, in various locations, this also requires remittance of sales tax on stall rental too.

How does a horse show differ from showing cattle or pigs or sheep or goats? Entry fees are paid, stalls are rented... Difference, they are not named "horse" and you do not ride them.

SUMMARY. Regulations must follow the State Statutes and so the K.S.A. 79-3606 needs amended to exempt horse riding or any other livestock exposition from the definition of "recreational activities". This in turn will require the K.A.R. 92-19-22b to be revised.

Kansas Livestock Association and Kansas Farm Bureau are aware of ALL these issues. Kansas Horse Council has spoken to them as YOUR voice, but this is NOT ENOUGH. They need an all-out grass roots movement from every horse owner to show the concern is large enough to take action. We need YOU, horse owners, equine business folks, 4hers, etc. Even if you have not experienced any issues personally, I am hoping you care enough to carry the torch for your friends and neighbors. We are a community of horse owners who need to unite at this moment to speak out. This is a CALL TO

ACTION.

What does this mean?

- Call the Kansas Livestock Association leaders and members in your community and make them aware of your concern for the sales tax enforcement on horse show entry fees. Call the KLA Office at 785-273-5115 to obtain a contact information.

- Call the Kansas Farm Bureau District Director or County Leader where you reside and make them aware of your concern for the sales tax enforcement on horse show entry fees. Look up which district your county is in and find your contact. Go to <https://www.kfb.org/About/KFB-Board-of-Directors> or search Kansas Farm Bureau Board of Directors. The page brings up the District Directors and what counties fall under that district. Or you can call the Kansas Farm Bureau office 785-587-6000, to inquire who is the contact in your county.

TELL THEM- Equine Horse Shows are targeted for sales tax remittance and legislative action is needed to change this. **TELL THEM-** Property taxes are unjustly higher on horse related property and this needs attention. **TELL THEM-** Equine businesses are being targeted for audits, and there needs to be a review on which industries are under scrutiny. What is your story? Tell them! KFB and KLA are advocacy leaders who have more strength in the public forum than just KHC alone.

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Kansas State University

Manhattan, KS

NOVEMBER 23, 2019

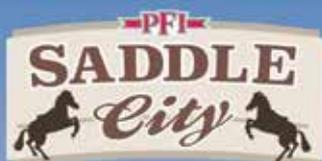
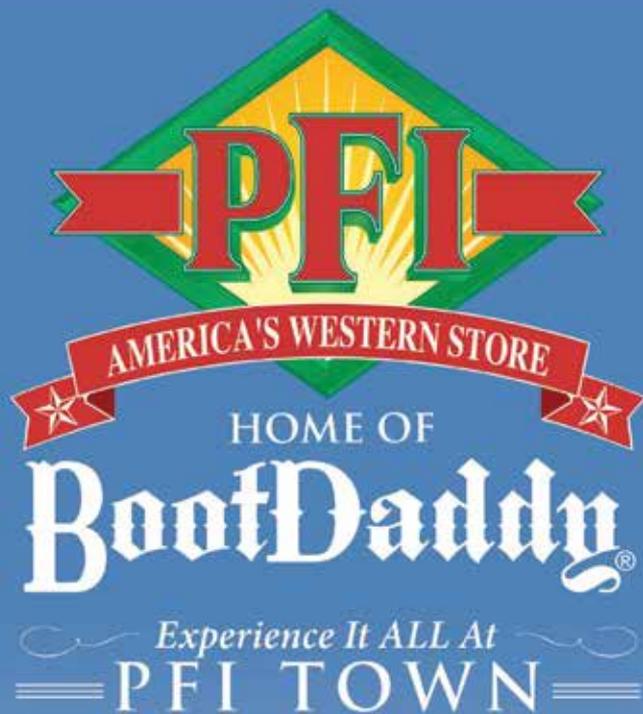


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Walton Wisdom

Tip

Longeing a horse correctly is more difficult than **Riding** one correctly.

When **Riding** on a circle, the horse should be bent around the inside leg while carrying their head softly to the inside of the circle.

When **Riding**, you have the aids of the seat and leg, and the riders hands to assist those aids to create bend on the circle.

When **Longeing** on a circle, the horse should be carrying themselves the same way.

Unfortunately, when **Longeing**, you have your hand aid, but you do not have your seat or leg aids to create the correct bend. However, it can be accomplished by using a lateral movement (leg yield).

When the horse looks to the outside, softly pull on the longe line to bring the nose to the inside and step towards the horse asking it to move its whole body away from you while keeping the nose to the inside.

Remember horses are creatures of habit. If you allow your horse to move their rib to the inside of the circle and their nose to the outside of the circle when Longeing, you are not only creating a unbalanced horse, but it will also be very confusing, to the horse, if you expect the opposite when you ride.



FARMERS & RANCHERS LIVESTOCK COMMISSION
SALINA, KS

FALL CLASSIC CATALOG HORSE SALE

Saturday October 12th

ROPE HORSE PREVIEW - FRIDAY EVENING

11th ANNUAL F&R FUTURITY

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Friday October 11, 2019 @ 11a.m.

21st ANNUAL FALL COLT & YEARLING CATALOG SALE

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Sunday October 13, 2019 @ 10a.m.

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SITTER DOWNS ARENA

Fall 2019 Events

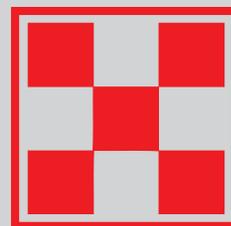
Lone Jack, Missouri

Sept. 15th: Matt Jobe, Intro to Mounted Shooting
 Sept. 18th: Rhonda Martin, Rider Yoga and Equine Massage
 Sept. 25th: MU Extension Fall/Winter Pasture Prep
 Sept. 28th-29th: Laurie Hedlund, Dressage for the Western Rider
 Oct. 2nd: David Alexander, Horsemanship Mini Clinic
 Oct. 16th: Rhonda Martin, Rider Yoga and Equine Massage
 Oct. 19th: Sitter Downs Arena Fall Tack Swap
 Oct. 30th: David Alexander, Advanced Horsemanship
 Nov. 2nd-3rd: Tony and Jennifer Vaught, Gaited Horsemanship
 Nov. 9th-10th: Chandra Hanke, Private/Semi Group Instruction
 Nov. 16th-17th: Les Vogt, Performance Horsemanship

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“FEED GREATNESS”

Home of the WRCA's Kansas Championship Ranch Rodeo, Medicine Lodge has more to offer this September 27-29th

Submitted by the Peace Treaty Association

Welcome to the Festival!

There's something new in the Gyp Hills this September!

Many are familiar with the Peace Treaty Pageant, a larger-than-life historical reenactment commemorating the signing of the 1867 Treaty of Medicine Lodge by the Peace Commission of the United States Government and the five tribes of Plains Indians: the Kiowa, the Comanche, the Kiowa-Apache, the Arapaho and the Cheyenne. The citizens of Medicine Lodge have produced the pageant since 1927. The next pageant performance is in 2021, however, the Medicine Lodge Peace Treaty Association also sponsors events annually, and 2019 is no exception. Newly named the Peace Treaty Festival, the weekend of September 27-29 will be filled with activities for the entire family. The association's signature, annual events are the Kansas Championship Ranch Rodeo and the Medicine Lodge Intertribal Powwow, but the Peace Treaty Festival offers much, much more.

In fact, the schedule is plum full! In addition to the 31st Kansas Championship Ranch Rodeo and the 8th annual Intertribal Powwow, the weekend will offer live entertainment and dances, a historical "Night Show" melodrama, the Stockade Historical Museum, an old fashioned parade, a craft fair,

children's activities and inflatables, food, shopping on the nostalgic red brick Main Street, Native vendors, Cowboy trade show, and more.

31st Kansas Championship Ranch Rodeo!

The Kansas Championship Ranch Rodeo is an intriguing piece of wild-west history promoting the heritage and lifestyle of the working ranch cowboy. For 31 years KCRR spectators have received a glimpse into the daily life of the working ranch cowboy. Each event portrays actual cowboy happenings and ranching situations. Events such as Bronc-Riding, Stray Calf Gathering, Wild Cow Milking, Team Penning, and Calf Branding show both the skill of ranch hands as well as the incredible athleticism of their equine counterparts. Real working cowboys represent twelve teams from Kansas ranches, each members of the WRCA or Working Ranch Cowboys Association. The teams vie for a qualifying position at the WRCA's World Championship Ranch Rodeo in Amarillo, Texas. Each year the Ranch Rodeo Trade Show offers rodeo attendees a chance to peruse goods from apparel to locally grown honey to hand made boots and tack. A popular attraction is the Kids' Rodeo games and the addition of a variety of inflatables will be sure to keep the kids happy. Following the rodeo on Friday night will be the Lane Haas Band playing country original and covers, and Saturday night the band Thief will deliver rock and roll. There will be space to sit



Native Men carrying out their heritage through the Traditional Dance. Breathtaking regalia and rhythmic sounds fill the Medicine Lodge Intertribal Powwow arena.



Calf Branding is one of five events at the Kansas Championship Ranch Rodeo. Four-man teams of working cowboys compete for a coveted place at the National Finals Ranch Rodeo.

and listen or for those moved to get up and dance!

Medicine Lodge Intertribal Powwow!

The Intertribal Powwow gives spectators the unique opportunity to experience the historical culture of Native Americans. A centuries-old tradition offers a chance to marvel at the beauty of their regalia while listening to the rhythmic beat of their drums with voices lifted in song. Dances and the ceremonies they are associated with played an integral part in the lifestyle of the Native Americans of the plains. Powwows are occasions for keeping alive the traditions and cultural teachings of those before them and passing them down to the next generations. Spectators are sure to enjoy the Men's Fancy Dance, the Women's Fancy Jingle Dance, and of course the fan-favorite Tiny Tots Dance. While attending the Intertribal Powwow at City Park, be sure to get yourself an Indian Taco; only found at the powwow.

Historical Night Show melodrama at the Stockade Museum!

Visitors to the Festival will enjoy the Peace Treaty's Night Show, an entertaining and historical melodrama featuring the escapades of the infamous Carry Nation and the Red Dog Saloon's can-can dancers. Relive the dramatic Medicine Valley Bank robbery shootout and outlaw hanging. The Night Show will be performed at the Stockade Historical Museum & Carry Nation Home. A replica of a historical stockade, the Stockade Museum gives guests a taste of pioneer life in the untamed west through many interesting historical displays, including the actual home of Carry A. Nation, a radical member of the temperance movement who opposed alcohol before the advent of Prohibition. She is remembered for attacking alcohol-serving establishments with a hatchet. You will see many personal items of Mrs. Nation's in her home, including her hatchet. The museum also offers visitors the chance to climb the newly refurbished watch tower. The Stockade is packed full of activities Festival weekend, including the Lion's Club bean-feed, happenings from a lost era, live entertainment from Bruiser Truckline, and more.

Future visions for the festival is exciting!

The current Peace Treaty Association board has big plans for the future of the annual Peace Treaty Festival. In 2019, the weekend's interesting, entertaining and fun events are in various locations around Medicine Lodge. However, the hope of the association is to eventually relocate the entire Festival to Memorial Peace Park. The park is home to the amphitheater where the Peace Treaty Pageant is performed as well as Pageant Arena, where the ranch rodeo is held. With views of the distant Gyp Hills, the park is a beautiful destination in its own right. Gifted to the Peace Treaty Association many years ago, the surrounding land is large enough to provide separate, unique settings

for each of Peace Treaty's events. The installation of connective trails would give spectators the ability to visit all of the events without leaving the park. It is the goal of the current board to make the vision happen, with their passion for the preservation of Medicine Lodge's Native American and ranching heritage through this unique event as their inspiration.



The nostalgia of a red brick Main Street parade is a treasured attraction to Peace Treaty Festival weekend.



Echoing days of small-town past, the Medicine Lodge Jr.-Sr. High School Marching Band kicks off the Saturday morning Main Street parade.



HEAD TO MEDICINE LODGE, KANSAS
THIS SEPTEMBER 27-29!

Wild West History Comes Alive!

MEDICINE LODGE

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TREATY
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2019**

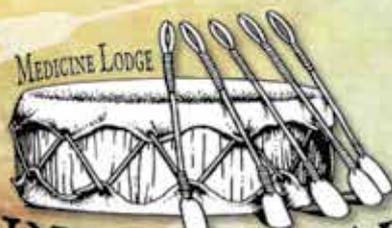
Featured Events:



**KANSAS
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SEPTEMBER 27-28

Pageant Arena



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SEPTEMBER 27-29

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Training Tips with Phil Haugen

The Future Couldn't Be Brighter For Breakaway Roping!



the cut and everybody brought their best effort. They ran 240 calves in about three hours and the crowd was really into it from start to finish. It brought contestants, families, and friends to Cheyenne that had never been there previously. The same week as Cheyenne Bex sunglasses sponsored a roping that paid 25 places and paid \$25,000 to the winner and \$15,000 to second place and so on down the line 25 spots. Also this week the Days of 47 Rodeo in Salt Lake City, UT will pay \$50,000 to the winner in the Breakaway Roping and \$25,000 to second and so on down the line.

There will be a number of ropers that will fill their money sack for the year this week. It's amazing to see that a woman that has put so much time and effort into a sport and an event that they have such a passion for be able to make such a good living with their rope. I just think it's awesome and I am so proud for all of the Breakaway Ropers out there and how bright their future is going forward. This last week you all made History! I want to send a special shout out to all of you that have supported the Breakaway roping for all of these years and have made it what it is today. Our ropers have a bright future and for those young ones coming up the opportunities to them are going to be, what at one time not too long ago, was unimaginable. What an exciting time in this industry! Have a great month and God Bless.

Phil

www.PhilHaugenHorsemanship.com

I just returned from the Cheyenne Frontier Days and was privileged to watch the inaugural event of Women's Breakaway Roping at Cheyenne. There were 240 women entered and the setup was a 20' score with a hand pulled barrier.

The cattle were chute run and half the ropers got a 3rd run and half got a 4th run. The cattle had their first and second runs on them the previous two days in the slack when the tie down ropers ran them. They took the top 20 out of the ropers that had a 3rd run on the cattle and the top 20 out of the ropers that had a 4th run on the cattle. So 40 ropers made it back to the progressive rounds in the performances at Cheyenne Frontier Days. The roping was very competitive and the women roped outstanding. Of the ropers that had a third run on the calves it took a 5.2 to be in the top 20 out of the first 120 ropers. Of the ropers that had a fourth run on the calves it took a 5.7 to be in the top 20 of that set of ropers. Now if this country being 5.2 or 5.7 in the breakaway seems like all day but in that setup with a 20' score, and calves that we're strong it was a heckuva roping. The stands were packed and you could feel the electricity in the air. Nobody knew what to expect but anyone that was there would agree that it couldn't have turned out any better for the ropers. The women really put on a show. There were a lot of really good runs that didn't make



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Cowboy Church with Steve Stafford



Labor Day - what is that?

Well here we are, summer is coming to an end. Seems like I just put up the Christmas decorations from last year! I think it's really good that we have a holiday for - well - those who labor. Labor Day is always the first Monday in September, and it was created by the labor movement and is dedicated to the social and economic achievements of the American workers. So this is a yearly national tribute to the contributions workers have made to the strength, prosperity, and well being of our country.

We celebrate this day all across our great country with parades, picnics, barbecues, and family gatherings. Most people get this day off from work, but I would guess in this day and age, there are more working on Labor Day than not.

The Bible talks about working. Listen to what the Word of God has to say:

Colossians 3:23-24 Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Jesus you are serving.

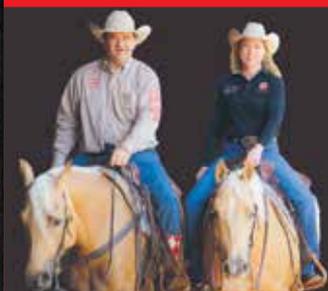
So there it is, if we could just focus on the fact that our "Labor" is of God, and for God, no matter where and what it is we are doing, I have to wonder if our "quality" of work would look any different? Would we give our best while at work, would we grumble less and appreciate the job more? Would we just be grateful that we even have a job? Now I am a pastor, I love my work. I don't call it a job, because like you, I probably wouldn't like it if it were a job. So many people dread Sunday night because they "have" to go back to work on Monday morning. I can't sleep on Saturday night because I can't wait to get to Church on Sunday morning.

So it's our prayer here at Better Horses Network that you don't have to work on Labor Day. That you can take the day and relax, enjoy the family, eat a whole lot more than you need to, and get some well deserved rest. But those of us that still have to work on that day, it is our prayer that you enjoy your work, love your work, and work at it as if working for the Lord.

Hey this is Steve Stafford, I am the pastor at Risen Ranch Cowboy Church, and a very proud member of the Better Horses Family.

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WESTERN ART CORNER

Lori Gustafson Biography

When asked the question of why do you paint commissioned portraits, Lori Gustafson will admit that it was quite a soul search that lead her to her answer. It

wasn't only her love of art and expression, love of animals or her obsession with anything equine as she grew up riding, competing and training horses in Atlanta, GA.

It all boiled down to her love of "story." It is the memory of a beautiful story that happens when the very soul of a loved one is captured in a single image on canvas that inspires her to do what she does.

Lori grew up in Georgia and earned her Bachelors Degree in Commercial Art from Georgia State University. She then went on to be a freelance illustrator and portrait artist while raising her five children. As an illustrator, she has worked with such clients as Coca Cola, Rolling Stone Magazine, Beneton Magazine, Bright Media, and National Garden Clubs, to name a few.

When her family moved to St. Simons Island, Georgia, on the coast, She met her buddy and dressage partner in crime, Lee Burton, who ventured with her to Spain where she found the horse of her dreams and a new world of portraiture inspiration, a little Andalusian named Merlin XIII. Many fun years of painting, raising teenagers, riding on the beach and showing all over the Southeast ensued.

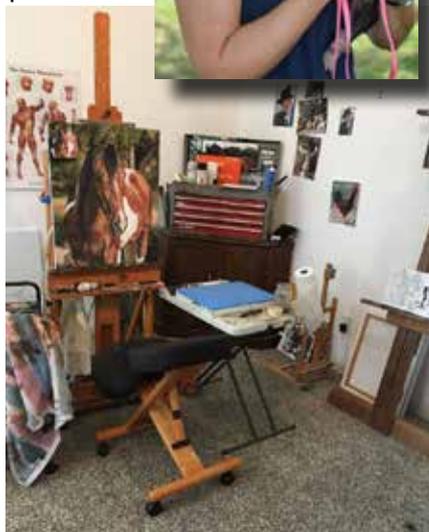
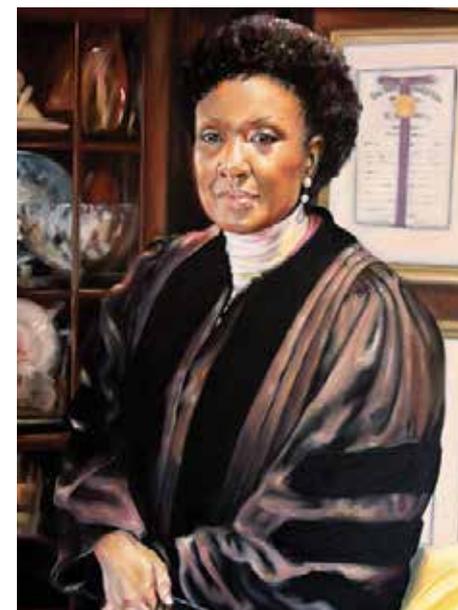
She returned back to Savannah College of Art and Design to earn her Masters of Fine Arts Degree in Communication Arts and went on to teach Figure Drawing and Character Design for the Art Institute of Pittsburgh. Lori now lives in Perry, Kansas, with her husband, Gus, horses, pig named Poppy, dogs, chickens, and barn kitties on their farm that the grandkids refer to as "Grammie Camp." Merlin, now 20, is happy to be retired as a trail buddy along with Beauty, their paint mare. Lori loves to paint all she can in her home studio there on the farm.

Lori has been the featured Artist for Equifest of Kansas twice and has been an active part of growing the Equifest Fine Art Exhibit.

Give Lori a call if you are wanting to capture a beautiful life story. It would be her joy and privilege to work with you to create it!

Please visit her website at
LoriGusArt.com

912-996-3567
Lorigus.paints@yahoo.com



Curious about acupuncture?

Wondering if it can help your horse?

Wondering what exactly it does?

By Dr. Haukos, DVM

Acupuncture is the stimulation of a specific point (acupoint: that is an area of high density of free nerve endings) on the body with a specific method resulting in a therapeutic effect. The therapeutic effect induces the release of neurotransmitters such as beta-endorphin and serotonin (aids in pain relief). Acupuncture treatment is beneficial for all horses; from older ones who have chronic arthritis to helping with younger ones to support performance. Acupuncture is best used for prevention before a lameness is noticed.

How It Works

Acupuncture stimulates an acupoint that activates nerve fibers which conduct electrical signals resulting in the release of endorphins. The endorphin release increases local tissue immune response, improved local tissue blood flow, and muscle and tissue relaxation. The horse will show noticeable signs of relaxation during the treatment such as licking and chewing and yawning, and noticeable relaxation during the treatment.

What Is the Exam Like

At the start of your appointment, your veterinarian, who is certified in acupuncture, will perform a full acupuncture exam which includes evaluating your horse's pulses and tongue looking for certain patterns, and running a blunt device (such as the top of a pen cap) over certain acupoints on your horse's body. If your horse reacts at a point (reaction level ranging from a twitch to trying to kick at the point) this tells your

veterinarian another part of the story. After the scan, your veterinarian will put together a treatment plan based on the exam, the reactive points, and your concerns. For example, does your horse have caudal heel pain, or if they are showing soreness in its hocks; that is to be concerned about even before your horse is showing any signs of lameness.

Treatment Methods

There are a few different methods for treatment via acupuncture points. The most common method is with "dry needling," where fine needles are inserted into the skin and are left for about 20 minutes to allow for optimum stimulation. Other treatment options are moxibustion or a class 4 laser to warm the acupoint (which causes activation); or electro-acupuncture which allows for more effective stimulation than "dry-needle" placement.

The number of treatments are based on the condition, how long the condition has been present, and the age of the animal. Typically acute conditions resolve with 1-3 treatments while chronic conditions can need up to 10 treatments.

Acupuncture can aid in the treatment of navicular syndrome, laminitis, arthritis, infertility, soft tissue injuries, back soreness, respiratory diseases, and even skin issues. Acupuncture is best used as prevention to help keep these conditions at bay, but is best used in conjunction with other modalities to keep your horse performing at their top level.

If you are interested in trying

acupuncture to benefit your horse, call Wilhite and Frees Equine Hospital at 816-779-0100 to schedule an appointment with Dr. Haukos.



Dr. Haukos, DVM
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Mexican Cowboy Beans

- 3 cans pinto beans
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- 1 good sized smoked ham shank
- 1 medium sized chopped onion
- 2 minced deseeded jalapeño peppers
- 2 cloves minced garlic
- 2 bay leaves
- 2 tbs apple cider vinegar
- 2 tbs Worcestershire sauce
- 2 tbs brown sugar
- salt and pepper

In a heavy dutch oven place the ham shank, one can of beans and the rest of the ingredients, cook over low heat two or three hours until the ham shank is tender. Remove the ham shank and clean off all the good meat and return it to the pot along with the rest of the beans. Cook another 30 minutes or so and adjust the seasoning.

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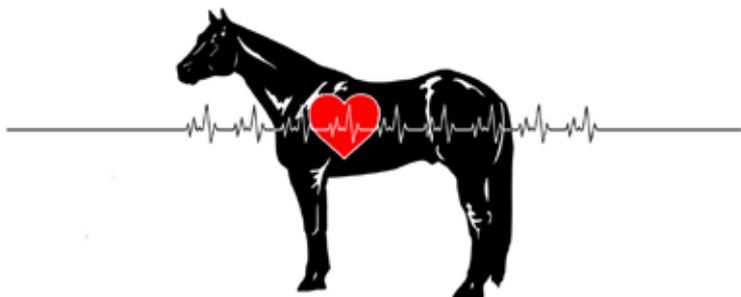
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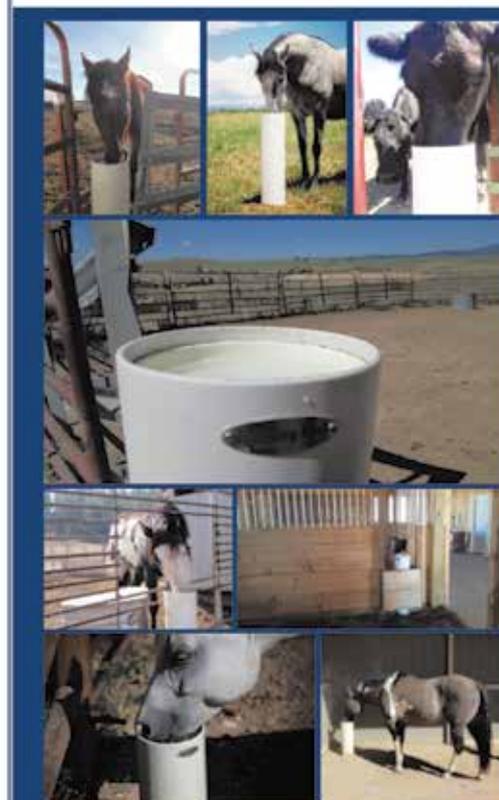
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Dynamic Endoscopy in Horses

Warren Beard, DVM, MS, Diplomate ACVS
Professor, Equine Surgery
Kansas State University

In performing horses, abnormalities of the upper airway are second only to musculoskeletal disorders as the cause of poor performance. Endoscopy of the upper airway with a flexible endoscope is the most important diagnostic tool in the diagnosis of upper airway disorders. The endoscope is a 1 meter long, 1 cm in diameter flexible tube with a television camera mounted in the tip with 4-way deflection that allows the operator to view the entire nasal passages, pharynx, and trachea to look for abnormalities that would affect performance. Many, but by no means all, of the upper airway conditions that affect the performance can be detected during endoscopy at rest. For those conditions that do not manifest themselves at rest, it requires simulation of exercise conditions to make a diagnosis.



Resting upper airway endoscopy

During normal breathing the diaphragm and intercostal muscles contract, enlarging the chest, creating negative pressure and air enters the lung during inhalation. During exhalation, the chest collapses, airway pressure increases and air is expelled from

the lungs. During normal breathing at rest, upper airway pressures are -3 to -5 cm H₂O; however, during maximal exercise the pressure increases to greater than -30 cm H₂O. Areas of the upper airway that do not have rigid support by cartilage such as the pharynx are often unable to resist the greatly increased pressures and collapse causing a restriction in airflow. The tack that the horse wears and the altered upright head carriage that is desired for some equestrian disciplines can affect airway shape and airflow. Upper airway obstructions caused by the increased negative airway pressures and altered head carriage, not to mention the stress and anxiety of competition, can not be replicated during resting endoscopy and require other means of diagnosis.

Enter dynamic endoscopy. A dynamic endoscope is a shorter endoscope that is inserted into the nasal passages and mounts on a specialized halter. The halter also holds the battery power source, digital recording device, a microphone for recording airway sounds and has Bluetooth capabilities to send a video signal to a handheld monitor that allows the veterinarian to observe the upper airway in real time. Remote controls allow the examiner to reposition the endoscope during exercise to examine different portions of the upper airway. The exam is also recorded digitally and can subsequently be reviewed on a computer using freeze frame, slow motion playback and other

enhancements to examine upper airway function during exercise.

The overground dynamic endoscope is adaptable to horses of any athletic discipline including racing, dressage, eventing, pleasure horses and others. It allows the horse to wear the same tack that is used in competition and exercise under the same conditions that the problem manifests during performance. With the dynamic scope, the effect of head carriage, tack changes, and other variables as well as medical and surgical treatments can be investigated to determine their influence on performance.

In summary, the dynamic endoscope is a useful tool that allows a veterinarian to examine the upper airway in an exercising horse. This allows an exact diagnosis in instances in which



A western performance horse with the dynamic endoscope in place. The specialized halter holds the endoscope, power source, recording device and sends a Bluetooth signal to the handheld monitor allowing the examiner to view a live video of the upper airway while the horse is exercising.



This image demonstrated the examining veterinarian using the hand held wireless Bluetooth monitor that projects the image captured from the endoscopic examination in real time. Examination can be performed in real-time and recorded for archive purposes.


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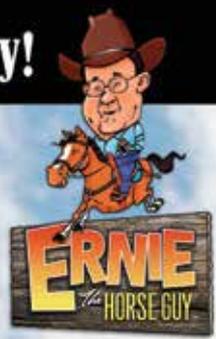
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 1/3 cup sugar
 2 teaspoons baking powder
 1 teaspoon grated lemon zest
 1/2 teaspoon baking salt
 1/4 teaspoon salt
 1 cup lemon yogurt
 1 large egg
 1/4 cup butter, melted
 1 cup blueberries

Glaze:

1/2 cup powder sugar
 1 Tablespoon lemon juice

1/2 teaspoon grated lemon zest

Directions

In a large bowl, combine the first six ingredients. In another bowl, combine the yogurt, egg, and butter. Stir yogurt mixture into dry ingredients just until moistened. Fold in blueberries.

Drop by heaping tablespoons 2 inches apart onto a greased baking sheet. Bake at 400 degrees for 15-18 minutes or until lightly browned. Combine the glaze ingredients; drizzle over warm scones.



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Six Important Considerations for Broodmares

by Valley Vet Supply

The racing career of Thoroughbred mare, Miss Hockaday, was an immediate success, with career earnings amounting to nearly \$262,000, spanning across Oklahoma, Texas, Arkansas, and Iowa.

With a champion bloodline harkening to Thoroughbred greats like Seattle Slew and Northern Dancer, owner-trainer, husband-and-wife duo, Jearl (Ace) and Randy Hare, decided her second career would be as a broodmare, continuing on her legacy.

“To see Miss Hockaday’s racing success, and to continue her on as a broodmare, was amazing,” said Randy Hare, co-owner of Hare Racing Stables in Oklahoma City. “She ran a lot of races and beat a lot of great horses. With such high earnings, we only paid \$800 for her. It was a very exciting time, and she retired from racing completely sound.”

With her success on the track, it was a paramount decision to select the best possible sire for Miss Hockaday’s first foal.

“Living in Oklahoma, we don’t have a large pool of premier stallions to choose from,” said Hare. “I got her to the best stallion I could, and that was in Kentucky.”

Miss Hockaday was bred to a leading sire, Shackleford, who after retiring in 2012 with \$3,090,101 in earnings, cashed in with an initial stud fee of \$20,000. The foal, Hareraising, was sold at Keeneland and soon embarked on her racing career.

A mare’s health leading up to breeding is critical for the success of conception, as well as a healthy foal.

Consider These Six Important Factors for Broodmares and Successful Breeding:

1. Suppress estrus for improved fertility with Regu-Mate® or Ovamed®.

Estrus suppression will help you predict estrus, as well as improve a mare’s fertility. Regu-Mate facilitates breeding earlier in the season by helping transitional mares cycle regularly. Scheduled breeding with Regu-Mate helps breeding barns manage costs of shipped semen, reduce number of stallion collections needed and schedule the estrous cycles of donor and recipient mares for embryo transplants. By administering Regu-Mate or Ovamed, mares will return to estrus within five days following treatment.

2. Ensure mares are at a healthy weight.

Mares should enter the breeding season fit and gaining weight for better chances of successful conception, according to the American Association of Equine Practitioners (AAEP).

3. Eliminate stress as much as possible.

Stress can cause a mare’s level of Progesterone to drop. This hormone is critical to maintain pregnancy. Illness can cause the mare’s system to secrete prostaglandins, which may cause foal loss (commonly referred to as abortion), according to the AAEP.

4. Maintain current vaccinations.

Protect against abortions in pregnant mares through vaccinations against Eastern and Western encephalomyelitis, West Nile

virus, influenza and tetanus at the beginning of pregnancy. Administer booster vaccinations one month before foaling to increase the antibody level in the mare’s colostrum to help protect the newborn foal from disease risk. The AAEP also recommends mares be vaccinated against equine rhinopneumonitis at five, seven and nine months’ gestation.

5. Protect the mare and foal from parasites.

As the mare is the primary source for her foal’s parasite risk, it is important for her to be on a safe and effective deworming schedule, with guidance on frequency and timing provided by your veterinarian.

6. Ensure nutrition needs are met.

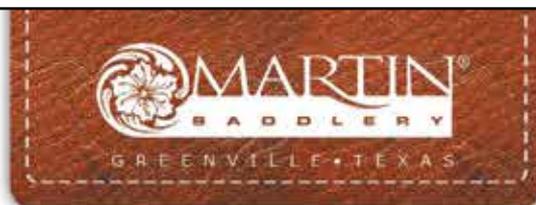
As the foal continues to grow, especially during the last four months of pregnancy, a mare’s energy needs will increase. Provide enough quality forage and grain to meet these

heightened energy requirements. When it comes time for your mare’s big day, make sure you have everything needed with a Professional Foaling Kit, available at ValleyVet.com.

Continue on the legacy. Ensure successful conception through excellent broodmare health and these proven solutions for improved fertility, Regu-Mate and Ovamed, available at ValleyVet.com.



Miss Hockaday continues winning streak, finishing first at Remington Park in Oklahoma City. Photo Credit: Remington Park

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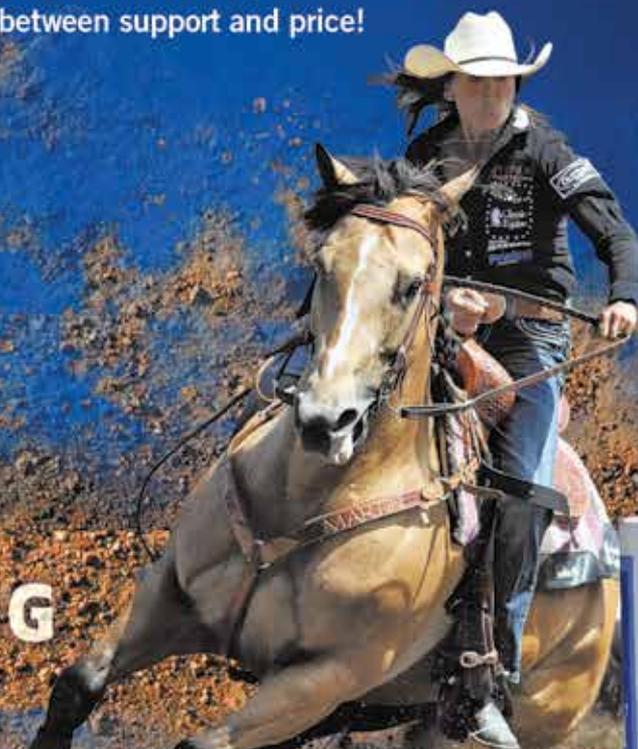
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Consistency is Everything

By Ashley Purdin, Head Trainer at Equus Curito Equine Center

This article will be beneficial to recreational and competitive riders. It will apply to anyone who has a goal for their riding that will take some time to reach. Maybe you have a goal of going on a trail ride away from home and your horse has never been trailered or ridden outside the arena. Maybe you are starting over with a young horse and your goal is to show it in some versatility shows next year. Whatever the case may be for you, these are big goals and you want to be properly prepared.

Let's say you want to compete at the world show in Ranch Riding and let's say, your goal is to win. On top of this, you have a new horse that you are still getting acquainted with. He has had little training and no previous show experience. He will need to know how to sidepass,



Take some time to lay out a plan that is sustainable for you over the long-run. Figure out how small of steps your horse really needs new concepts broken down into, to make consistent progress.

spin, slide to a stop, move his hindquarters, do a flying lead change, and have solid movements within gaits as well as the ability to extend each gait, etc... Not only will your horse have to be able to do all of these things at home; he will also need to be able to perform under pressure, meaning away from home and his comfort zone. You will need to know everything about your horse, does he get ulcers when he travels? Does he handle being stalled at the show? How much warm-up time will he require? And this doesn't even cover what you will need to do for your horse at home to make sure that physically he is the best prepared. Does he need injections? Does your saddle fit? How often do his teeth need floated? Going through this process is way too much of a commitment for your horse to physically not be at his peak condition by the time you get to the show.

The danger of having a big goal is that you can fall into the "improvement rollercoaster". This is where you make leaps in your progress only to be followed by a slump in your motivation. So you realize you have a big goal, and let's say you plan to start on it tomorrow. Chances are you will be really motivated at the beginning. You will put in some early mornings before work, you will get some lessons scheduled and you will start making some good progress. But then, life happens. Your kid got sick and kept you up late the night before, so you miss a day. And then the weather changed and you don't want to catch your horse in the rain so you



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put it off again. Pretty soon excuses begin to pile up, weeks have passed and you were only on your horse a couple of times last month and both times he rode terribly. He had forgotten everything you had worked so hard on, at the beginning, and you realize you better get serious again if you are ever going to win World. So you get back into high-gear and start your disciplined regimen again. The biggest issue with short jaunts of committed training time with your horse is it tends to cause you to put too much pressure on your horse to make up for the times you didn't work with him. You might even have created a problem behavior like running off during the lead change because your horse (who learns better in small bits over time) is mentally fried from your cram sessions.

Here I will introduce a concept. You have heard it before, it has been used by trainers from all over the horse industry from World Champions to Natural

Horsemanship gurus. "If you gain 1% improvement in your horse each day, in 100 days your horse will have improved by 100%." Basically it is the the old fable of the Tortoise and the Hare. Based on human (and horse) behavior, steady progress over time lends itself to more consistent results than large amounts of progress in short periods of time. In WWII America the term, "Kaisen" was coined by the Training Within Industry, which essentially was a consulting group put together by the US department of war, to increase the productivity in war-related industries. Kaisen is a Sino-Japanese word meaning "change for the better". After being adopted by the american business world, its meaning changed slightly to "continuous positive change over time". The idea is, when you make big changes in your organization quickly, it is hard for people to grasp, which leads to inconsistent implementation and eventually things go back to how they were.

But if you build a mentality of making things 1% better every single day, the progress builds momentum without the roller coaster.

It is similar with horses. When you cram in three days worth of training material into one session it is overwhelming for your horse. Typically when a horse feels overwhelmed, they start exhibiting problem behaviors or become resistant to your aids. The quality of the rushed finished product is not the same as the quality of a fine-tuned horse that someone has put the proper time into. Could your riding program benefit from Kaisen? Take some time to lay out a plan that is sustainable for your over the long-run. Figure out how small of steps your horse really needs new concepts broken down into, to make consistent progress. Not everyone can commit to riding every day, so make sure you adjust your goals based on the time you are able to commit.



You will need to know everything about your horse, does he get ulcers when he travels? Does he handle being stalled at the show? How much warm-up time will he require?

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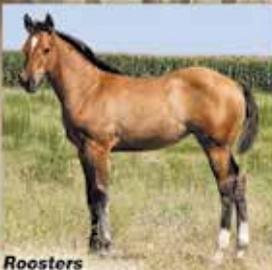
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Remember your WHY

This year was the 94th annual Chincoteague Volunteer Fire Department pony penning event in Chincoteague Island, Virginia. The entire event runs for about a month and includes several activities for the community and visitors. The carnival and pony auction help fund the CVFD and its operations. The entire island is full of fun events and charity acts during this time. This summer, I lived a childhood dream. I visited Chincoteague Island and attended the iconic pony swim and Pony Penning event. I also had the great fortune of purchasing a pony and helping support the CVFD and all the work they do for their community.

Many people have asked me, why. My answer, why not! What will you do with him? I will enjoy him. As a professional horse trainer and coach for many years, people ask what my motivation for purchasing my Chincoteague Pony was. Simply put, I am living my childhood dream. I am grateful for the opportunity to give this wild pony a quality domestic life. I am intrigued by what it will be like to see his wild instincts show in how he learns.

I do enjoy making a living coaching and training, but I have also never forgotten where my passion started. I was a horse crazy little girl. I read every horse

book in my elementary school library, including *Misty of Chincoteague*. All school science projects revolved around horses. I also showed at open shows and 4-H fairs, on ponies, which continued to fuel my competitive side, and lead me to breed show competition. To date, my horse-crazy mentality has not waned. I enjoy teaching horses new maneuvers. I like to watch the wheels turn in the head of a rider learning a new concept. I enjoy seeing a client's hard work pay off in show competition, and discuss their work. Ultimately, I enjoy caring for horses and seeing them have purpose.

Through the competitions, the ups and downs, remember your why. What lead you to your equine partner? What brought you to enjoy the equine industry? What has kept you going? When your horse needs down time due to sickness or injury, what keeps you motivated to find a solution? Regardless of how daunting and testing things can be, remember your why. Your why is unique to you and very important to your success. No comparisons are needed!



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