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## Horse Oasis in the Flint Hills

*Read more about this booming  
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Hello Friends,

Has it been a weird Spring or what? I have found myself somedays wearing a short sleeve shirt and a Carhartt jacket. The first part of this May I shared a post on Facebook that pretty much summed up my situation. It pretty much tells it all so I thought I would share it with you again to reach those that are not on FaceBook.

**LEWY BODY DEMENTIA?** Until three weeks ago I never even heard of this disease. Now I am faced with having it. I wanted to share with my FB friends on what to expect from me going forward. This disease is incurable but medication can help moderate some of the symptoms. It is a form of Parkinson's Disease with dementia. It affects several functions including balance and memory along with other things.

My approach is I would always say, "We are not getting out alive in this world." I plan on ramping up my efforts in helping lead my friends to Jesus Christ my Lord & Savior. It should have been my main job before and it is definitely my main job now.

I never will forget a close friend and great horseman once told me, "Our time on earth is the shortest time ever in eternity we will ever spend anywhere."

We still plan to keep Better Horses going in all facets of the company. Better Horses TV, Better Horses Radio, Better Horses Publication and other Media. I am excited to have both my wife, Connie, and son, Brent, stepping in along with the rest of our team to help and grow Better Horses. I am blessed with great business partners, Ed and Tara Adams. I have a great wife and wonderful family whom I love very much. I am still going to ride my horse, hopefully with my son Brent. I plan also to promote a tour in the area with many stops promoting our Faith in our Lord Jesus Christ. (See page 23 for details of the first one on Sunday, June 21st.) You know in the past I might have avoided the above comments with the fear of being too churchy. But when you throw death into the picture, I have every right to bring it up. Don't hesitate to give me a call at 785-418-6047 or email me at [ernie@betterhorsesradio.com](mailto:ernie@betterhorsesradio.com).

You will be hearing more from me and don't hesitate to get in touch.

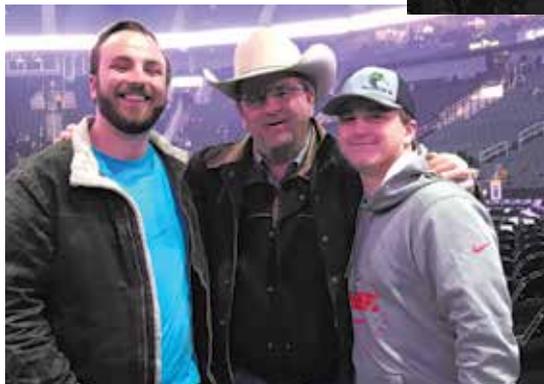
Do me a favor and tell at least five folks each day that you LOVE THEM. Bring & KEEP JESUS IN YOUR LIFE.

Thanks for letting me share this with you again.

Happy Trails,



Ernie



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**For advertising information contact:**

**Ernie Rodina**

785-418-6047

[ernie@betterhorsesradio.com](mailto:ernie@betterhorsesradio.com)

**Ed Adams**

816-830-1998

[Eadams2@outlook.com](mailto:Eadams2@outlook.com)

**Connie Rodina**

785-418-2615

[csrodina5@gmail.com](mailto:csrodina5@gmail.com)

**Jennifer Mitchell, Graphic Designer**

913-485-6495

[jennifer.rodina@gmail.com](mailto:jennifer.rodina@gmail.com)

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# A Family Business Booms in the Flint Hills

By Alice White

Nestled in the green sea of the Flint Hills, a horse lover's haven bustles with activity. The oasis started as an open wheat field 30 years ago. Now, Vermillion Valley Equine Center boasts two large sand arenas, a water jump, a bank complex, multiple paddocks, two stall barns, a new 60' round pen and a 20 acre cross country field.

"When I first moved out here, this was a giant wheat field," said owner Ann White. "Over the last 30 years, we have just kept adding on." The VVEC sits in the middle of Ann's husband's family farm. Mike White and his brothers are third generation farmers. Being surrounded by fields and pastures allow for riders and horses to get plenty of time out of the arena.

The VVEC houses horses of a variety of disciplines and teaches riders of all ages and experience. The barn mostly caters to hunters,

jumpers and eventers, but they also have a string of ranch horses and western riding horses. VVEC pulls in clients from a 200 mile radius, some boarding their horses and others hauling in weekly for lessons.

"We have clients from across the country keeping their horses here, or they haul for lessons," said White. "Sometimes the kids will stay for a few days for lessons and extra training rides before going back home."

Ann and Mike open their home to clients, offering plenty of beds for "boot camp" attendees. Every day, Ann feeds lunch to the trainers, barn workers, students and anyone else who happens to be working at or visiting the barn.

As the VVEC began expanding, White found she needed not only more space and bigger facilities but also more help. Her daughters, Alice and Amy, have helped fill that void.

"I started teaching lessons when I was in high school," said Alice White, Ann's oldest daughter. "After graduating from Oklahoma State, I started training horses and teaching lessons at VVEC full time."

Alice spends the day riding the horses in training, working with Ann's young sale horses and teaching lessons. She has been working hard to bolster the beginner rider program.

"We have a good group of young kids who have started riding at least two to three times a week," she said. "They range from four to ten-year-olds, and they have a great time learning how to ride and care for the horses."

Ann's youngest daughter, Amy, finished her fourth season competing at the Winter Equestrian Festival in Wellington, FL, this spring.

"I worked for a barn that had high end show horses," said Amy. "It was

a great experience being able to compete at that level."

Amy recently moved back to Kansas. She trains horses and gives a fresh perspective in lessons. She started importing hunter and jumper prospects from Europe to Kansas. Training at the family farm exposes the young horses to many different scenarios.

"Having the pasture right by the barn really helps build up their muscles," said Amy. "And being able to get them out of the arena is great for their brains."

Amy also plays a pivotal role in the expansion of the barn. She and her fiancé, Travis Briggs, work diligently to improve and maintain the facility. Throughout the year, they can be found grading new paddock locations and working on drainage issues.

"Travis has brought a whole new dimension to the barn," said Ann. "With his expertise in construction



*The latest 300' x 150' arena built by Travis Briggs boasts a bank complex, a hill, and a run in and out water complex.*



*The lower arena at VVEC is set for a Kansas Hunter Jumper horse show in 2019*

and building, he has added top notch arenas and continues to make amazing additions and improvements to our facility. We are so fortunate to have him on our team.”

Briggs, owner of Briggs Brothers Construction, built both arenas and the round pen for VVEC. The arenas have a fabric lining between the leveled dirt and the six inches of lime screenings base. After compacting the lime, two and a half inches of sand is spread evenly across the surface.

“The newest arena, which was originally supposed to be new individual runs, used to be a giant ravine,” Briggs said. “We placed a drainage tube at the bottom, hauled truck loads of rock and dirt to fill the hole, and added drainage ways around the ring to direct the water running off the hills.”

Amy, Alice and other VVEC riders travel across the country competing in horse shows. Sometimes, two to three trailers of VVEC horses and equipment will travel hundreds of miles for horse shows.

“We are hopefully awaiting the start of show season,” said Ann. “There are new guidelines for USEF sanctioned shows that we will have to adhere to, but, our clients are chomping at the bit to get into the show ring.”



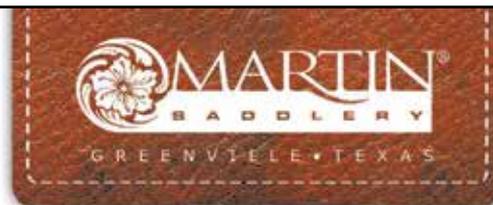
*The field is set for a KHJA derby with a combination of hunter jumps and cross country fences.*



*Competitors line up at the Kansas Hunter Jumper show in 2019.*



*Competitors wait for the Basement Tack Shop Derby to start in the field*

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# WESTERN ART CORNER

## Featuring Lori Gustafson

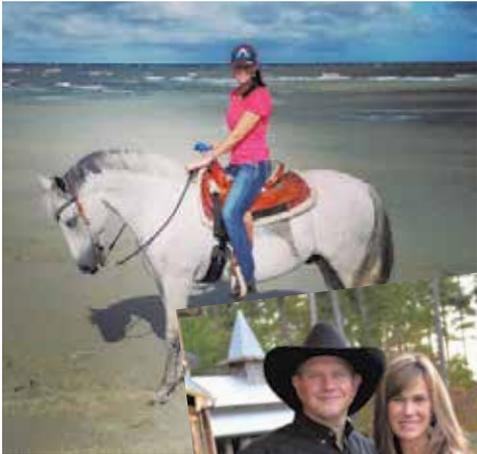
Lori has worked professionally as a freelance illustrator and portrait artist for over 30 years working both traditionally and digitally. She earned her BVA in Illustration from Georgia State University in 1986. She earned her MFA in Illustration from Savannah College of Art and Design in 2011 with a concentration in portraiture, editorial illustration, and character design. She went on to serve as a Professor of Visual Art for The Art Institute of Pittsburgh.

Lori has ridden hunter-jumpers and dressage horses most of her life. She has had the blessing of raising five children and now is enjoying her six grandchildren. She and her husband, Gus, live on a small farm in Perry, Kansas, with their dogs, kittens, two horses, Poppie the pig, and chickens. There is always a wealth of inspiration for painting, illustration and character design every time she walks down to the barn!

Lori's painting, "Mother and

Son," owned by Terry Hendrix of Fort Worth, Texas, will be featured as the promotional artwork for the 2020 IALHA National Champion Horse Show Event next November in Fort Worth, Texas. Lori met Terry four years ago at Equifest of Kansas.

If you are interested in talking with Lori about commissioning a portrait, Please email her at [Lorigus.paints@yahoo.com](mailto:Lorigus.paints@yahoo.com) and visit her website at [LoriGusArt.com](http://LoriGusArt.com).



*Any interest or questions in the Western Art Corner contact Don Dane at [dondane@sbcglobal.net](mailto:dondane@sbcglobal.net).*

# The Elusive “FEEL”!

By Al Dunning

I recently had a question asking, “how do I develop feel with my horse?”. It is such a huge subject that I thought it would be better to answer her question by writing an article about my journey with trying to teach riders to have that special connection.

There are two aspects of “feel”. One is having the ability to feel through your seat and hands. The second part of feel is thinking about your horse and thinking like a horse.

I will begin by explaining about feel through your seat and hands. The more confident you are with your seat while riding, the better connection you will have with your horse. Balance is key! Balance starts by having rhythm at all gaits. I have always asked my students if they can dance. When dancing, you never want to step on your partners feet! Being in sync with your partner and understanding their moves and abilities, makes dancing easier.

Good riders sit in the middle of their saddles and are comfortable. Sitting in the middle has many parts. Your saddle needs to be in the middle of the horse’s back. Often when riders mount, they pull the saddle to the left. Be sure to straighten the saddle so that it aligns with the horse’s mane and withers. When sitting balanced, riders are able to stand straight up in the stirrups without assistance of the horn. Settling back into the seat, they bend their knees and sit in the center of the saddle. Obviously, having a saddle that is the correct size really helps this process. The correct riding position is looking forward with your ear aligned with your shoulder, your shoulder over your hip, and your hip over your heel or spur. You should be able to remain in this straight but relaxed alignment at all gaits. Poor

form is riding like you are sitting on the couch. That puts your seat too far back in the saddle, your knees forward, and your legs not behind the front cinch. This position, which is all too common, does not allow the rider to ride directly over the motion and makes it impossible to use your legs efficiently to connect with the horse’s rhythm.

I teach to ride in what I term “the athletic riding position”. I start by having the rider stand on the ground. I have them open their stance, like around a horse, bend their knees, toes out, have their back lightly flexed, chin and eyes forward. I ask them to keep their elbows softly by their sides and hands in a 90-degree angle forward. This is the same position that I learned in judo, basketball, baseball, and many other sports I played. I often then throw a ball to them so they can see that a balanced form makes a positive difference. After, they return to the saddle and duplicate the “athletic position”. Every time, the light bulb goes on and balance, which leads to muscle memory, becomes a habit.

All riders must understand that each gait of the horse has particular foot fall patterns. The walk is a four-beat gait. It is smooth and flat in motion which is easier to sit down quietly on then the jog or lope. The jog is a two-beat gait that the horse’s legs work in pairs of diagonals. Some horses are smooth jogging but others are rougher, more up and down. The lope is a three-beat gait which has a rounder motion to the rider. To be proficient at sitting quietly at each gait, you must ride close to the saddle and not stiffen up in your legs and back and feel the stride.

I have even had riders snap their fingers to the jog and lope to get in

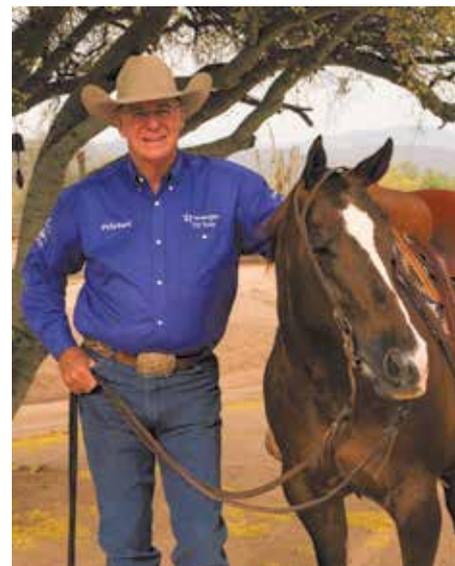
sync with the movement. It works!!! Maybe it also takes the riders mind off their seat and puts their concentration on their snap? Either way, most will find a relaxation and discover the rhythm!

Hands often get in the way of a good seat. Green riders often try to balance off the horse’s mouth. As a very young rider, my coach made me ride bareback with no bridle on a steady old horse in the round corral, holding my arms straight out on either side. That definitely made me sit balanced, in the middle of my horse, close to the horse’s back, and stay in sync with the motion. I learned the importance of my seat and legs first and the separation between them and my hand. (I am not recommending this unless you are under a controlled situation! Safety first!)

Your hands and arms are used separately from the rest of your body. Good riders have a rhythm with their hands that are in concert with the movement with the horse’s gaits. Hands and legs should have a 50/50 relationship. My legs are lightly in contact with the horse’s sides and in rhythm with each gait.

Stopping a horse is a good way to understand proper use of hands. First, you should quit riding! That means to stop moving completely. Sit deep in the saddle, release your heels downward, say whoa, and after all of that...add rein control to complete the maneuver. Hands are last to react!!!

Hands should be in what I call the box. The box is forward of the horn about one foot, as wide as your hips, and slightly back behind the horn. Try not to have your hands too low (by your knees), way out to the side, or back past your hip. Learning to properly adjust your rein length is



key. Reaching down the rein and taking the slack out before you pull, keeps your body in the center and the rein pressure complementing the necessary need. Practice doing as little as possible to obtain the proper response. That should always be your mindset.

Basically, there are six parts of your body as a rider. 1/2-Your legs that stay in rhythm with the movement and work independently. 3-The trunk of your body, that sits still, in the center and balanced. 4/5- Each arm and hand that also work independently from all other parts. 6-Your head that looks forward, chin up, and thinks about all of what is going on below it.

All of this riding form gives you a leg-up on being able to have feel and communicate it to the horse.

The second part of having feel is about the horse. After you have proper horsemanship, making a connection with your horse will become easier. Horses cannot talk words (except Mr. Ed) but they can sure let you know what they are thinking and how they feel. I’m positive that some equestrians were born with the ability to read a horse’s mood and internal being. It can be learned by years of experience and constantly studying horses. I’m positive that you need to have a special understanding for the

horse's mind, mannerisms, and their individual personalities to be a complete horseman. This "Feel" eludes many riders that ride like the horse is a machine rather than a living, breathing animal that reacts to every interaction or lesson we teach them.

Having proper timing is part of feel. Your hands and legs should move and react with the movement of the horse. When you stop your horse, it should be on the downbeat of the front feet. When you change leads, you should ask for the change on the downbeat also. When I was a young trainer working for John Hoyt, he gave me some sage advice. He said, "Al, if you want to be a good trainer, you must have the ability to feel everything that is going on under you. That includes what each of the horse's legs are doing. I took me a while to understand what he meant but the day I figured it out, it changed my life with horses.

One of my suggestions is that you consider my saying, "care and ride your horse with no stone unturned". You have a responsibility for your horse's well-being. Everything you do with a horse makes a positive or negative impression on them. Try to think about your horse and think like your horse is thinking. That will change what you do with them and how you do it.

That is "Feel"!

Great horsemen have both "Feel" with how they ride and understand what is going on inside the horse's mind and body! Amazing things happen when the light bulb goes on!!!

Ride well and be happy,  
Al Dunning



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# Conformation Often Overlooked In Reproductive Ability Of Mares

By Frank J. Buchman

“How a mare is shaped can often determine how reproductive she is.”

With longer warmer days, mares are showing signs of interest in mating. Their owners are discussing who the next foal’s father should be.

Little consideration is typically given to how the mare herself is built and how it might affect reproduction.

“Equine reproductive conformation matters,” according to Dr. Michelle LeBlanc, who spent decades working on the mare side of equine reproduction.

“Breeding a mare is much easier if she is built for the job,” the prominent horse veterinarian emphasized.

“The mare’s external form counts when you’re assessing her ability to function as a broodmare,” Dr. LeBlanc pointed out.

Perhaps technical for lay horse owners, LeBlanc explained the importance of a mare’s “perineal conformation.”

The “perineum,” LeBlanc detailed, “is the group of muscles located between the anus and the vulva.”

Straightforward in discussion LeBlanc said, “Looking at the vulva and the anus, they should be vertical with no tilt. If there’s a tilt, the rectum often looks sunken in and the vulva slants toward the mare’s head.”

It’s not uncommon for mares with a tilted perineal conformation to contaminate the vagina with fecal material, she stated.

Location of the vulva in relation to the pelvis is of utmost importance, the veterinarian graphically explained.

“There are some mares who may aspirate small amounts of fecal

material into their vulva,” LeBlanc detailed. “That’s because much of the vulva is open above the brim of the pelvis even though they’re not tilted.”

A mare with a tilt to her perineum or too much vulva above the pelvic rim may require a “Caslick’s procedure.”

To prevent contamination, the veterinarian sutures shut the lips of the vulva to the brim of the mare’s pelvis.

Poor reproductive conformation can cause vaginal contamination from air or feces, infections, urine pooling and difficulty foaling causing tears.

“If a mare is dealing with infection and uterus fluid, I check if she needs a Caslick’s,” said Dr. LeBlanc.

Actually, many factors can cause poor reproductive conformation. “Perhaps the most common factors relate to physical changes in the mare that occur over time,” LeBlanc said. “That is due to aging as well as the number and size of the mare’s foals.”

With age and after carrying several foals, a mare’s broad ligaments that maintain stability in the uterus generally stretch. “That causes the uterus to drop further down into the abdomen,” she clarified.

“If a mare has a large foal, then the uterus drops lower and eventually does not snap back,” LeBlanc said. “This situation occurs especially if the mare has had a lot of big and heavy foals.”

Injuries can be caused by very large foals, pulling a foal before the mare relaxes, and rips in a vulva.



*Renowned equine veterinarian Dr. Michelle LeBlanc has spent decades working on the mare side of equine reproduction.*

“Body condition can also have an impact on a mare’s foaling,” LeBlanc informed. “Simply being underweight can cause a mare’s perineum to tilt.”

Fat is necessary to maintain the proper relationship between the vulva and the pelvis, LeBlanc

explained.

“If a mare gets too thin, the lack of fat can cause the vulva and pelvis to shift out of position,” she said. “Good body condition in broodmares is very important.”



*A mare’s conformation changes due to aging and the number and size of the foals she’s had can cause reproduction issues.*

## Walton’s Wisdom

IT’S NOT ALWAYS ABOUT MOVING YOUR HORSES FEET

“SOMETIMES IT’S ABOUT DOING NOTHING”

**Do not allow your horse to walk off when mounting. The horse should only move his feet when the rider asks with their legs. When mounting from the left, make a little contact with the left rein. If the horse moves, put more pressure on the left rein until the horse stops moving their feet, then immediately release the rein. (Use the right rein when mounting from the right).**



*Bill Walton  
(816)223-3469  
www.WilliamCooperWalton.com*

# Equine Supplements: Be a Careful Consumer

Hannah West, DVM  
 Wilhite and Frees Equine Hospital  
 21215 S Peculiar Drive  
 Peculiar, MO 64078  
 (816) 779-0100

Horse owners and veterinarians all want our horses to be happy, healthy, and performing at the top of their game. For those reasons, supplements are popular in the horse industry. One of the most common questions that equine veterinarians receive from clients is what supplement we recommend for their horse. This can be a tricky question, as there are hundreds of supplements available from many companies labeled for a wide range of indications from joint and gastric health, hoof and skin care, to allergies and behavior. With so many to choose from, it can be difficult for owners to select an appropriate supplement. There are many factors that owners should take into consideration:

## 1. Why do owners want to supplement their horse?

Surveys have shown that horse owners get peace of mind and feel like they are improving their horse's life by feeding supplements; however, there needs to be a valid reason for providing a supplement such as joint health, coat health, etc. Supplements are not a "cure all." If a horse has an established health problem, the owner needs to work with their veterinarian to come up with an appropriate treatment plan. Starting the horse on a supplement won't cure its existing condition. Supplements are meant to be used as adjunctive therapies—not disease treatment. It's important not to have unrealistic expectations from feeding supplements.

## 2. "Buyer Beware"

Horse owners need to be skeptical when choosing a supplement. Lack of regulation means that many products have not proven efficacy and not all products have quality control measures in place to ensure their safety. Some companies may not monitor ingredients and some outsource their products to be made in other countries with the potential for even more variability in the production process. Sadly, there have been several cases reported where horses have died due to toxic supplements.

Some supplement companies have voluntarily become NASC (National Animal Supplement Council) members. NASC's Quality Seal Program requires companies to meet certain criteria in order to display the NASC seal on their label. These criteria include independent facility audits, quality control manuals to ensure consistency and quality, real-time product monitoring and adverse event reporting system, stringent label guidelines, and random product testing. There are other voluntary certifications as well, such as cGMP (Current Good Manufacturing Practice) and NSF (National Sanitation Foundation) that require specific criteria to be met to ensure product safety. Owners can check supplement labels and company websites for proof of certification.

## 3. Research

Are there research studies regarding the supplement? Are the studies published and peer-

reviewed? Reputable companies will often have extensive research of their products to prove they are safe and effective for horses. Some companies will claim to have research behind their products; however, it may not be published research which could suggest those products lack evaluation from an outside, unbiased party to confirm the research is accurate.

## 4. Ingredients & Dose

What ingredients are included in the supplement? How many are there? The ingredient list should include familiar products that are non-toxic to horses. For example, blue green algae is sometimes used as an ingredient in supplements. Microcystin, a component of blue green algae, can cause liver failure, neurologic disease, and death. There have been reported cases of microcystin toxicity caused by feeding equine supplements. If a supplement has a long list of ingredients or includes uncommon ingredient names, that is a red flag. A long list could indicate unnecessary and ineffective ingredients.

The dosage of ingredients used and the recommended dose of supplement by the manufacturer should be appropriate for a horse. Often, the doses are too small or are human doses which are not sufficient for the size of a horse. Also, the product should be used prior to the expiration date.

## 5. Efficacy

Has the supplement been shown to work? Are there research studies

to prove its efficacy? Is there a positive difference in the horse? If the answers are no, then that particular supplement is likely not a good choice.

## 6. Cost

Supplements can be expensive. Sometimes owners make the decision whether they would rather put funds toward supplements or spend that money on other treatments and therapies. For example, a competition performance horse may require preventative maintenance care to maintain joint health and longevity. Owners may choose in that case to feed a joint health supplement instead of a systemically administered (intravenous or intramuscular) chondroprotective (joint sparing) agent. Both are reasonable options, but it depends on what is within the owner's budget. A cost comparison sometimes shows an FDA approved product that is already proven to be effective and safe, can actually be more cost-effective than an oral supplement.

There are many good quality supplements on the market—unfortunately, there are many poor-quality ones as well. The bottom line: we all need to make educated decisions when choosing a supplement with safety and effectiveness of primary concern. Quality supplements can add longevity to traditional medical approaches when used correctly, but should be veterinarian recommended. If you have any questions regarding a supplement for your horse, please talk to your veterinarian or an equine nutritionist.



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# A Better Cowdog

By Laura Stimatze



I got a call last night from Ernie, he asked me to write a training article for the magazine. Before I get into the training part let me tell you that I got to spend three days at Equifest (spectacular Event by the way) in a booth next to Ernie and the Better Horses crew. I have done a couple different interviews with him and Dawn and I have to tell you, they make it pretty simple. They are both so good at what they do and an amazing team they are. With a push from Ernie I did an interview that day and he and Dawn helped me share the new Beginning in my life, on the radio.

I have recently moved to Owasso, Oklahoma. I reside at CPH Arena just outside of town. The decision to move was the toughest thing I have ever done. I had come to a cross road in my life and a change was necessary. So as hard as it was, I left Kansas, and all it holds dear to my heart. This amazing facility is the perfect set up for training Cowdogs. So that is what I am doing. I am also teaching several Cowdog training clinics here and across the country. I am available for private lessons that

can range from an hour to a couple of days.

CPH Arena offers a large indoor arena, a covered arena and also a very large outdoor arena, along with a stall barn that has 30 stalls and several outdoor runs with shelter. The facility is available for all types of events. Plus it is open for horse boarding. If you need a place to host an event or clinic give me a call.

I have been a cowdog trainer for around 30 years. One of the things I would like to share with you today is how to find a cowdog and what to look for.

Most of the calls I get from people, come from the older generation. The kids have left home and likely aren't going to return to the livestock industry. They need help with the cows. So when they begin their search, they will see many different breeds and many different options and many, many different prices.

First you need to decide on what breed is best suited for you. I personally prefer the versatility of the Border Collie. But there are a few other breeds to pick from. Do your research and choose wisely. Don't pick a breed that isn't bred to do the job you want it to do.

Once you decide on the breed, then you again have to do more research. The internet is an amazing tool. Make sure you are searching for the right thing. If you are looking for a cowdog, type in the breed and the word cowdog. A lot of herding dogs work livestock, but not many are for working cattle. So be specific, and only buy from someone that uses their dogs like you want to use yours. Buying dogs is much like buying horses. There are a ton of them out there but only a few are



going to be what you want.

I strongly suggest that you try to find a seller in your area. Also one that is willing to help you out with your training as well as helping you get in sync with the dog.

Good dogs, like good horses, are not cheap, and not easy to find. But they are out there. If you don't have a lot of money to spend you can go the puppy route. This is time consuming and can be very disappointing, as not all pups are going to turn into great Cowdogs. But it can also be very rewarding to raise your dog up from a pup. The bond you have with him will make him a better dog. Again with a pup, you need to buy from someone that will help you in the future. At least one that will recommend someone to help you. And one that will stand behind the pup with health guarantees.

So you buy this pup, then what? Puppy training should begin the minute you get your pup home. Rules should be set and stuck to. The more black and white you are the easier it is for your pup. No biting people ever. Have chew



bones available as it will chew on everything. It must have a kennel to stay in. I prefer a pup be in a 10x10. Remember if you buy a working bred pup it is likely going to want to work the minute it sees something moving fast. This can be a car, a kid, a bird, anything. Discourage it from working anything except the stock it will eventually work. Saying this, you don't want a puppy working cows before it is old enough to take a kick. So be prepared, puppies are a lot of work. I sell a puppy training DVD that will help with puppy obedience. Order it and watch it before the pup comes home. Training a pup is a lot like sending your kid to kindergarten. They learn so much at this age. If you don't teach them right, they will learn a lot of wrong!



# Ahead Of Health Scare Rodeo Athletes Add Big Paychecks At 'The American'

By Frank J. Buchman

Despite worldwide health concerns canceling a number of high paying rodeos, fortunately the biggest of all concluded before the scare.

It's what has become the most renowned much anticipated rodeo for cowboys and cowgirls: RFD-TV's, The American.

The world's richest weekend in Western sports was at AT&T Stadium in Arlington, Texas, March 7–8.

Talented athletes compete in qualifying events all year for a chance to rope and ride in this annual rodeo event. More than \$2.35 million is paid out through a series of qualifiers, semi-finals, and The American.

Competition pits top Professional Rodeo Cowboys Association (PRCA) contestants against underdogs battling for the biggest single paycheck of their lives.

Top contestants in the world receive invitations and a handful of exemptions are offered to the brightest stars in the sport. Additionally, hopeful contestants can pay an entry fee to compete at "qualifiers" throughout the year.

Nearly 4,000 entries competed in 70 qualifying events to make the semi-finals. There were 700 athletes battling for 38 byes to The American with a million dollar side pot.

Rodeo companies from across the country brought their best animal athletes to test bareback, saddle bronc and bull riders.

Biggest paychecks went to Wyatt Casper and Shad Mayfield, winners of saddle bronc riding and tie-down roping respectively.

Every event winner took home

\$100,000 with \$50,000 counting toward the PRCA world standings.

Casper, 23, and Mayfield, 19, also split a \$1 million bonus, paid out to qualifiers who won their event.

Both men entered the Shoot-Out round at The American in their respective events with the best two-head averages. They also both entered as the top cowboys in their respective events in the world standings.

A score of 91.25 points on Northcott Macza's Get Smart in the Shoot-Out won Casper's title while Mayfield's winning run was 7.75-seconds.

"I don't think I've ever had more than \$20,000 in my account at one time, \$600,000 is going to be life-changing," he said. "I don't have the slightest clue what to do with it."

The \$50,000 toward the standings all but guaranteed the two will be at the National Finals Rodeo (NFR) this year in Las Vegas.

Casper entered the weekend with \$66,645 in earnings, more than \$20,000 ahead of his closest competitor. Last season, it took \$90,811 to qualify for the NFR, and Casper already has \$119,645.

"I rodeo for a living," he said. "I'm not satisfied until I can't ride any more. I'm going to try and take advantage of every rodeo I can."

Mayfield has been one of the hottest cowboys on the rodeo trail. The 19-year-old entered The American with \$77,701, which was more money in the world standings than any other event competitor. With \$127,701 now, he's surpassed his total from 2019 including the

NFR.

Mayfield attributes this season's success to last season's NFR struggles.

"When I got home from the finals, the next day I went right back to the practice pen," Mayfield said. "I was pretty mad over the finals. Having all the people look up to you getting there and not doing very well."

History repeated itself for bareback rider Kaycee Field at The American. For the second time in three years, Field rode C5 Rodeo's Virgil to victory.

Field's win came with a rodeo-record ride of 93 points aboard Virgil in the four-man Shoot-Out. A four-time PRCA world champion (2011-14), Field earned \$433,333 when he won The American in 2018 with a 90.75-points ride on Virgil in the Shoot-Out.

Field edged reigning PRCA world champion Clayton Biglow, who had a 91.75-points ride in the Shoot-Out. Field advanced from the eight-man semifinals with 174.50 points on two head.

*Biggest checks at The American high paying rodeo competition in Arlington, Texas, were awarded saddle bronc rider Wyatt Casper and tie-down roper Shad Mayfield.*



Not even in the top 50 in the world before The American, Field rocketed up in the standings.

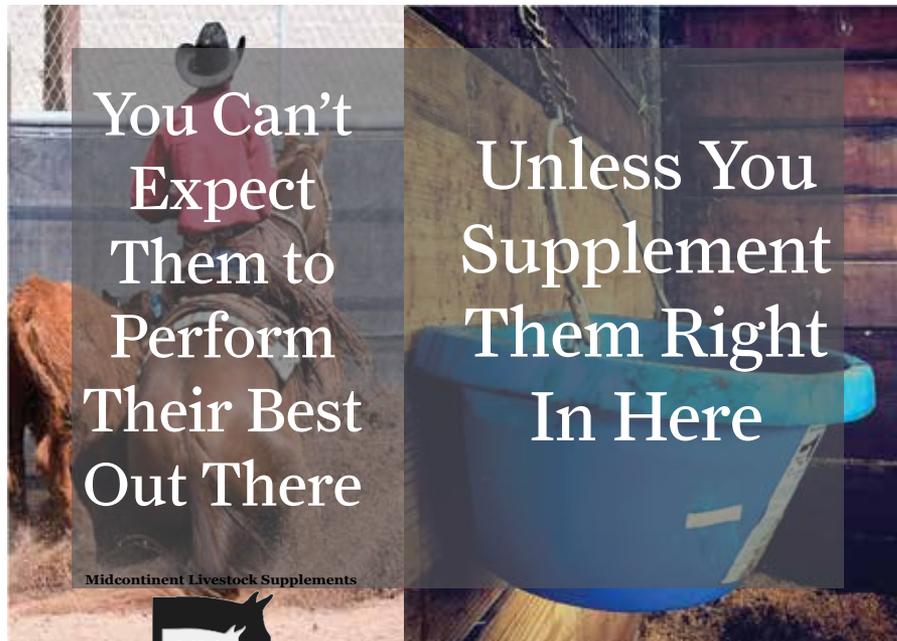
Son of the late Pro Rodeo Hall of Farmer Lewis Field, the younger champion is thrilled about the present state of his sport

"Rodeo just used to be kind of a hobby for the tough rancher, the tough farmer," Field said. "See if you can ride that horse and go win some money on the weekend; that might be pretty good. Now, it is a career path, and the sport is getting better.

"The past three years in the sport of rodeo have been better than my whole career," Field added. "It is only getting better and better, and there are more opportunities."

Other winners at The American were steer wrestler Matt Reeves (4.05 seconds); team ropers Luke Brown and Joseph Harrison (4.30 seconds); breakaway roper Kaycee Hollingback (2.17 seconds); barrel racer Stevi Hillman (15.405 seconds); and co-champion bull riders Sage Kimzey and Joao Ricardo Vieira. There were no qualified rides by bull riders in the four-man Shoot-Out.





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# Up Long Before Sunrise, Alta Vista Native Still Going Strong Serving Rural Hometown

By Frank J. Buchman

"It's four in the morning, need to be at work an hour down the road, tire is flat, oil's low."

No worry, Virgil Ziegler is at McDiffett Service on Main Street in Alta Vista ready to help out.

Modern days' self-service, nearly impossible to get tires fixed, oil checked, gas filled, yet those old traditions do still exist.

"I'm up at 3:30, have my oatmeal and get here so people with city jobs get there on time," Ziegler said.

Serving his Wabaunsee County hometown has been the life for the energetic, heathy, outgoing 89-year-old most congenially acknowledged as Virgil.

"I live in the same house where I was born, never got far from home," Ziegler smiled. "Worked in the garage business, grocery stores and mowed lawns, it's been my life."

Youngest child of carpenter John and Alice (Strom) Ziegler, older sisters Mary Lou (Wainwright) and Helen (McDiffett) have passed away. "I'm still going strong, never had any ill health to speak of, ready to get more work done," Virgil said.

Graduating from Alta Vista High School in 1949 with a class of 15 students, "there are only three of us left," he counted.

Out of school, Ziegler worked at the post office. Then the drug store, a grocery store, and got his start pumping gas, fixing tires, car repair at Dierking Garage.

"Perry Patterson and I worked there at the same time, became partners, and bought it out. Then we were in the grocery business together, too," Virgil reflected.

There've been plenty of changes in the rural community during his lifetime. "Used to be lots more people and every building up and down the street had a business," Ziegler tallied.

Population peak was estimated at about a thousand, with only half that many living in Alta Vista today, he speculated.

When Virgil was growing up, businesses included as many as seven filling stations, five grocery stores and five churches. There were two feed stores, an elevator, two barber shops, a couple beauticians and two cafes.

"Of course, the drug store, doctor, dentist, implement dealer, hardware store, lumberyard, blacksmith, locker plant, even a movie theatre," Ziegler reminisced. "Wolgast Lumber is the only one still in business with the same family.

"Oh yes, there was Abbott Furniture Store and they had the funeral home, too," he continued. "In those days, for some reason, it was common for furniture store owners to also be the undertakers."

Before his time, there were two banks, but he only remembers Alta Vista State Bank operated by the Clark family. "Of course it has new owners now too," Virgil added.

Closing the high school after the class of 1969 was a community loss. "Fortunately, we still have the grade school which keeps people coming to town," Ziegler appreciated.

Uncountable the number of flat tires he's fixed, but Virgil sure knows how. "It's easier than before," he verified. "Car repair is another story.

I was able to get most car problems back in running order during those times, but not now. All the electronics and gadgets on today's cars are more than I can do."

Logically vehicles have always been close to his heart. "My first car was a used Model A Ford, but I've had a lot of vehicles over the years," Virgil admitted. "Working for Dierking a Chrysler, Plymouth dealership, there was always a car coming in that I just had to have.

"I never put over 10,000 miles on a car until I got a different one," he said. "I do my best to take care of my vehicles and always keep them in the garage at home when I'm not driving."

Contending he doesn't use his 1956 Chrysler enough, Ziegler drives his 2018 Nissan pickup two blocks to and from work. "Oh I do get out of town once in a while," he noted.

Operating service stations as owner and partner through the years, Ziegler now works for the business operated by his nephew's family. "I open in the morning, stay until 8 o'clock, then come back around noon so they can get dinner," he said.

Alan McDiffett usually works at the station throughout the day. "I help out too when I'm needed," Virgil grinned.

Grocery business has changed too since Ziegler began working, progressing to partnership, ownership, and construction of a new building. "I did checkout, never much at the meat counter, but had to stock shelves, take care



*Familiar pose as Virgil Ziegler, 89, is ready to pump fuel and repair tires at McDiffett Service in Alta Vista. (Jeff Ginnett photo)*

of customers," he remarked. "We delivered groceries around town twice every day."

Store was closed on Sunday, so Saturday was always the busiest. "Farmers came to town, brought their eggs and cream in to sell, and did their shopping," Virgil remembered fondly. "We stayed open late. There was a free outside movie and the country folks would often shop after that."

Although he sold the modern grocery business a number of years ago, Ziegler has worked for different owners occasionally.

"The grocery store is open again now, and seems to be doing well. I sure hope so," Virgil commented. Initially assisting his nephews in mowing lawns, Ziegler has been mowing the Alta Vista Cemetery longer than he remembers. "Started out with a push mower and then hand cut and pulled grass around

the tombstones,” Virgil said. “Even with a riding mower now it takes 12 to 15 hours plus that much more time with the weed eater.

“Depending on the rains, I usually mow at least twice a month sometimes more often,” he tallied. “I operated the weed eater myself too until about a year ago, but hire others to do that now.”

Mowers are brought into the service station for blade sharpening and maintenance. “We’ve had to buy a couple mowers over the years. But they last a long time because I take care of them,” Virgil said.

Playing on the baseball team during school, Ziegler has been an avid bowler through the years. “I’ve bowled on leagues at both Council Grove and Manhattan,” he related.

A confirmed bachelor, Ziegler isn’t sure the reason for his fit and vim longevity. “It might be in my genes somewhat, my cousin over at Dwight is 102-years-old,” Virgil related. “I’ve always kept busy with different jobs. Start out with my oatmeal, cook my own dinner, usually fried beef, maybe potatoes, and never eat supper.”

No slowdown in sight for one of Alta Vista’s oldest, most visible, highly appreciated native sons. “I just get up, keep going and usually have a good night’s sleep,” Virgil Ziegler said.



## Hearty Grub with Mark Burkdoll

### Homemade pasta

2 cups all purpose flour  
1/4 cup semolina flour  
2 tsp salt  
2 whole eggs plus 2 egg yolks  
(beat the eggs together)

In your trusty kitchen aid mixer, add the flour and salt and stir together. With your dough hook installed at about a 2 or 3 speed, add the eggs slowly. Run the beater for about 3 to 4 minutes after the dough pulls away from the sides. Cover with plastic wrap and rest in the refrigerator for 30 minutes. You really need a pasta machine to roll the pasta out. This is what develops the glutens in the pasta. Cut the ball of dough into about 5 pieces and flatten them out with your hands Run the dough through the machine on the widest setting. Fold in half and do it again 4 more times folding each

time. Now squeeze the settings by two numbers and run it again. Leave the dough flat and keep running it through squeezing by two numbers down to the number two. Any thinner and you’ll have problems. Now run it through the cutter and just like magic you have pasta linguini. Enjoy, its worth all the trouble.

### Spaghetti

Brown 1 1/2 lbs hamburger  
1/2 cup red onion chopped  
t tbs minced garlic  
1/4 cup chopped red pepper  
1 tbs jalapeños pepper ,minced  
8 button mushrooms ,chopped  
28 oz can crushed tomatoes  
2 tbs tomato paste  
1 small can hot n spicy V8  
1/4 cup red wine  
1/4 cup beef broth  
1 tbs beef base  
2 tbs Italian seasoning

1 tsp thyme  
1tsp marjoram  
1 tbs basil  
salt and pepper

Brown the beef then add the onions, peppers, mushrooms. Cook the veggies until tender then add all the rest of the ingredients . Add more beef broth if needed to adjust the thickness. Cook at least 30 minutes to marry the flavors. Add more seasoning as needed.

Serve over homemade linguini pasta. Homemade spaghetti sometimes gets kind of gummy so I like the wider noodles better.





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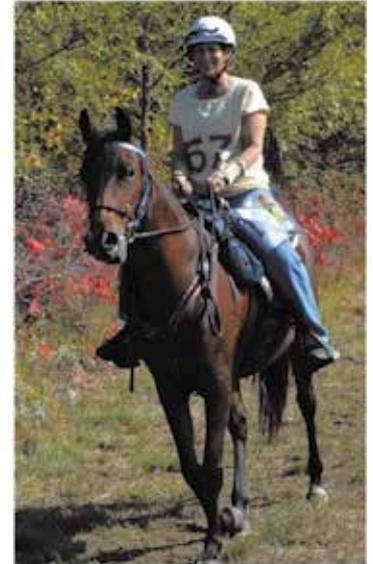


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# Hippie Chic Cowgirl

Templeton Thompson is not only a Nashville veteran singer/songwriter, she's also a horse crazy "hippie chic cowgirl" which is what her husband and musical partner, Sam Gay, started calling her the first time she sang from the back of a borrowed horse at a horse expo in California. It's also the title of her newest album. Templeton hails from Texas but doesn't tend to wear a cowboy hat very often. When someone once asked her why no cowboy hat, her husband Sam said "because she's a "hippie chic cowgirl," and the brand stuck!

Templeton spent a lot of her growing up years in Maryland and Virginia. While in Texas, she was the Sweetheart of the Rodeo in her 4-H group and ran barrels with her beloved horses Charlie and Anna. When they moved to the east coast, her horse loving Mom then taught her to ride English. You're now getting it, the love of horses is in Templeton's DNA!

Templeton attended high school in Poolesville, MD, then found her way first to Randolph Macon College in Ashland, VA, then to the University of Virginia. She graduated with a BA in English Literature which serves her well in her songwriting career. She was supposed to go to Law School but that wasn't her path and luckily, she knew that early on. While at UVA, Templeton was on the riding team and also played Womens Indoor Polo. Upon graduating from UVA, Templeton couldn't get to Nashville quick enough!! She found ways of at least being around horses in her early years in Nashville because if you're a horse person clear down to your soul, you're absolutely lost without them. Fast

forward a few years to a singer/songwriter tour in France with her now husband and musical partner, Sam Gay. There were horses everywhere in Normandy, and Sam saw that she needed to be around horses. He rallied their other tour mates and they bought her a ride on the beach on a Selle Français horse named "Toupé." They bucked their way up and down the beach that day and she couldn't have been happier!! Sam saw the change in Templeton and knew that she had to have horses and have horses they would!! It would take a few years but Jane and Beau would soon be their babies and a beauty~full journey and relationship would begin. When they met Jane and Beau, they were just yearlings, they were just turning two when they became their very own. All of those years having horses in Texas and Maryland and Virginia, Templeton had never started a young horse. She unlearned and then learned a lot, getting help from savvy horse friends, beginning a beauty~full journey with her Jane and her Beau. Her husband Sam is quite a hand himself as he did most of the early journey work with their Beau. When you see Templeton get "bucked off" of her Beau in their "When I Get That Pony Rode" music video, all of that relationship there is because of Sam. Templeton had to act like she'd been thrown while Sam sent Beau around their friend's arena a few times to ask him to buck and then asked him to come back in to him, that's relationship right there y'all!! It was Templeton and Sam's relationship with Buck Brannaman who Templeton considers one of her biggest horsemanship mentors, that led them to knowing the Director and

Executive Producer of Buck the film and as a result, their music video. A dear friend had introduced Sam and Templeton to Buck and to Cindy Meehl and it was that introduction that led to Templeton getting to take her own horses to Buck's clinics and for Templeton and Sam's music to eventually be the music behind the 7 Clinics with Buck Brannaman DVD series. Jane and Beau are no stranger to video cameras and performing under the lights. Sam and Templeton took Jane on the road and performed everywhere together from close to their home near Nashville, TN, to all the way up in Minnesota, out in Texas and down South in Florida. Jane's even been on American Idol when a small crew from the show came out to their house to film one of the contestants with Templeton and Sam's Jane and Beau. Beau decided he'd "host" the AI crew, Jane decided she'd be the one on camera. It was at Templeton and Jane's first performance at Breyerfest that they debuted their Girls and Horses music video. That's right, Jane has her very own, actually two, Breyer Horses models! The limited edition run of her model was sold exclusively in Tractor Supply Company stores across the country with their Girls and Horses and Happy Yee~Halidays music. Templeton is a "proud and grateful



hippie chic cowgirl Mama. My babies heal me and teach me every moment of every day. I'm amazed and grateful for the journey we've been on and continue to be on. I remember one of the first times my baby girl Jane and I performed out on the road. We had been practicing with our "dream big, work hard, have faith" pedestal at home. I played loud noises for both of our kiddos... applause, fireworks, kids running up and down bleachers, anything we could think of so she was used to whatever she might hear and see out there on the road. Someone told me in that big arena she'd never come to me and get on her pedestal. Well, we proved them wrong that night because we were magically connected out in that arena that night just like we are at home. I can't say every performance went that way, she was always perfect but I had and still have a lot to learn and am happy and grateful to keep

learning from my big kids. They truly AMAZE me!! I think it's funny when I'm sometimes asked if I ever ride my horses! I do but I rarely put a saddle on their backs these days and most of the time we're all out playing chase around our big oak trees out in the pasture. Our Jane and our Beau remind me to "let the kid out" every day. I would ' follow my babies anywhere'!"

Templeton and Sam's music has been reviewed in publications like Cowboys and Indians, Western Horseman and more. Look for Templeton's new hippie chic

cowgirl album to be out early this Summer. This hippie chic cowgirl's got BIG DREAMS and she plans to GET THAT PONY RODE y'all!!



### hippie chic cowgirl philosophy

what it means to be a...



it's a way of thinkin,' livin' and lovin'  
it's dreamin' and doin,'  
always reachin' and never quittin'

It's jumpin' in with both feet without worryin' too much if your boots get wet,  
runnin' wide open with the wind in your mane  
and havin' it made in the shade of the tallest tree  
it's seein' through kind and loving eyes  
and knowin' who you are clear down to your soul  
it's sittin' down when you need to rest  
and standin' up for what you believe in  
it's followin' your heart, hangin' on by your fingernails and learnin' to let go  
it's seein' a beauty~full blue sky beyond the clouds, even if it's rainin'  
and always keepin' a little sunshine in your pocket, saved up for that rainy day  
it's takin' the trail less traveled even if it's a bumpy road  
and bein' in the here and now and right at home in the company of dreamers, colorin'  
way outside the lines

and it's always sayin,' "now, bring on that horizon, I am not afraid, 'cause i know who i am..."

for I am a *hippie chic cowgirl*™, proud to call this *planet cowgirl*™ home!!!!!!!!!!!!!!"

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work hard  
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## Cowboy Church with Steve Stafford



Hey folks, good to be with you once again. Well we made it through the winter, we made it through the holidays, spring is just about over, wait a minute, there is one more thing that we have to get through, coronavirus. Never thought I would be saying that, dealing with that, or writing about that. But here we are, all of us, at the same time, all around the world.

Life as we knew it in January, I'm not sure will ever be the same. A new way of living, a new way of working, even a new language. Shelves at the stores are bare, jobs are scarce, and fears are running high.

We are afraid of everything. When someone coughs we take cover, when someone reaches out to shake our hand we pull back, if we need one of something we will buy two, instead of complaining about our job, we're just grateful to even have one. Yes sir - it's a new day. Now I'm a pastor, so my hope is

that we all will run to God during this time - and stay there. So many questions right now with so few answers, so let's take our questions to God.

Isaiah 58:8 NIV, Then your light will break forth like the dawn, and your healing will quickly appear, then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer, you will cry for help, and He will say: Here am I.

WOW! the darkness will turn into light, sickness turns into healing, and the the glory of the Lord will watch out for us, guide us, lead us, protect us, what more could we ask for. Please remember that God wants the best for us, He loves us beyond our understanding. Father God loves us so much that He sent His only Son to us, to go to a cross, our cross, to die for our sins, so that we could have life with Him.

We here at Better Horses are praying and hoping that you and your families are doing well. We care about you, we thank you, and we appreciate you - all of you.

This is Steve Stafford, I am the Pastor at Risen Ranch Cowboy Church in Carthage MO, and a very proud member of the Better Horses Family.

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# Humboldt Rancher Is Television Show Host Singing, Reciting Poems About Cowboy Life

By Frank J. Buchman

This singing cowboy is the real thing, truly living the life of his music and the poetry he recites.

Unlike most silver screen cowboys and television Westerns stars, Del Shields is a working rancher. The Humboldt cowboy singer, songwriter, and poet entertains as he lives at his family's Woodson County ranch.

Nationally recognized Shields is host of the weekly series "Best of America by Horseback" on RFD-TV.

His personal appearances, singing and playing cowboy songs and reciting cowboy poetry, attract audiences throughout the country as well.

No costume required as that of most prominently proclaimed "cowboy entertainers," Shields shows up in his everyday ranch work clothes. He's a cowboy from start to nowadays.

"Although I did grow up in town, my dad always had a cattle operation I enjoyed helping with," Shields said. "My dad sang and played guitar so my family and I enjoyed entertaining together in public performances.

"You'd have to say being a cowboy and musician was engrained in me all of my life," Shields surmised.

His ranching knowledge was enhanced during high school at Chanutte in a work study program for the Triple R Ranch.

"My wife Shevawn is from a ranch background too," Shields noted. "After getting married we started developing our ranch to raise our family in the same way we grew up."

Continuing to play guitar and sing cowboy songs for personal enjoyment, Shields offered his talent for public entertainment. "The local

civic clubs and other groups took me up on it and I began doing a number of shows," Shields remembered.

When acquaintances who host local team penning events had friends from Virginia visit, Shields was asked to entertain.

"They seemed to really enjoy my show and suggested I make contact with RFD-TV," Shields said. "I followed up, had an interview in Dallas, Texas, and got the opportunity to host 'Best of America by Horseback.'"

The real cowboy entertainer has been part of that show for 15 years with broadcasts also on The Cowboy Channel.

"I absolutely love the opportunity combining my love of the cowboy life with music and poetry," Shields admitted.

"It's interesting that I've always enjoyed writing poems as well as music and the cowboy life," he said. "I started writing poems when I was in grade school and I had resurgence about writing poetry in 1997."

His true-to-life cowboy poems appeal to vast audiences as part of the cowboy music programs.

Demand for Shields' cowboy singing and poetry keep his calendar nearly filled with engagements throughout the country.

Occasionally singing well known cowboy hits made famous by other entertainers, most of Shields programs showcase his original works.

"I really don't know how many songs I've written, but it'd be more than a hundred for sure," Shields tallied.

He's recorded five full length CDs (compact discs) and "a couple singles." Popularity of Shields' cowboy songs is verified by high ranking on the Western Music Association's Sunset Western Music Chart.

One song was "Number 2" on the chart for most of a year. Two other CDs were also in the Top Ten for an extended time.

"Several songs have been in the Top Ten airplay on the charts for several weeks," he added.

Opinions vary according to personal preference of course, but Shields said "The Best of America" is his most requested recording. "It's a patriotic song with vast appeal to audiences just about everywhere," he verified.

Shields' cowboy songs can often be found on YouTube and are purchasable on Amazon and other internet marketing services.

Uncertain exact count of the number of cowboy poems he's composed, Shields writes at least one a week. "The Humboldt Union newspaper took me on to write the poetry column," he appreciated.

Again which work is the best composed by the cowboy poet depends on personal preference. "One titled 'The Runaway,' about my own experience, is a personal favorite that appeals to audiences," he said.

On the ranch, Shields maintains a small cowherd and riding horses. "We cut our cowherd size down since I have to be away so much," he said. "Six horses are used for ranch work and are generally just grandkids' horses."



*Humboldt rancher Del Shields is prominently known as cohost of "Best of America by Horseback" on RFD-TV. Shields entertained singing and playing cowboy songs and reciting cowboy poetry at the recent horse meeting in Garnett hosted by Brummel Farm Service and Better Horses LLC.*



*Traveling coast to coast to produce the "Best of America by Horseback" for RFD-TV, Del Shields and his wife Shevawn had the opportunity to be close up to where the wildest action takes place at the National Finals Rodeo in Las Vegas.*



While Shevawn Shields sometimes gets to go to cowboy music and poetry shows presented by Del Shields, their home is the ranch near Humboldt.

Del and Shevawn Shields have five children and eight grandchildren. "They about keep us busy along with the ranch, the shows and my wife's hospice work. She's a special lady with a special job," Shields pointed out.

Developing the 26 "Best of America by Horseback" shows produced annually gives Shields opportunity to travel coast to coast.

"I get to see so much of the country," he said. "It's really great to meet so many good people who all

love the Western way of life."

No drugstore cowboy here, Del Shields entertains based on the cowboy life he lives.

"I don't see how I could have anything better," Shields appreciated. "With my family, a working ranch, singing and playing cowboy music with cowboy poetry as a bonus. I enjoy and love every bit of it."



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# Computerized Tomography for Diagnostic Imaging of the Horse Skull

Nicholas Hemphill, R. T. (R)(CT)(ARRT) and Warren Beard, DVM

Diseases of the head are common in equine practice. Fractures, infected teeth, tumors, cysts, and sinus diseases are among the most common cases seen by practitioners. Radiographs are the mainstay for imaging of the head. While X-rays can be taken from multiple angles to highlight specific areas of the skull it is inescapable that imaging is complicated by the fact that you cannot isolate the left versus right side of the skull as you can when imaging a leg. If you attempt to image the teeth of the left side of the head you will have the teeth of the right side in the image as well. Similarly, if the X-ray is taken from top to bottom to isolate left from right, the upper teeth overlie the lower teeth obscuring your ability to view the upper or lower teeth in isolation. In many cases radiographs are able to make a diagnosis but in instances in which the radiograph is insufficient to isolate the lesion then a CT scan is indicated.

Take for instance this horse that presented for a progressive painful swelling of his mandible. On the lateral view (Fig 1) we can see there is an area of decreased bone opacity (green arrows) but because of superimposition of the opposite mandible we cannot tell which mandible is affected. Neither can we discern whether the lesion is on the inside, outside, or within the bone. It makes a difference in deciding on a treatment.

Take for instance this horse that presented for a progressive painful swelling of his mandible. On the



Figure 1

lateral view (Fig 1) we can see there is an area of decreased bone opacity (green arrows) but because of superimposition of the opposite mandible we cannot tell which mandible is affected. Neither can we discern whether the lesion is on the



Figure 2

inside, outside, or within the bone. It makes a difference in deciding on a treatment.

If we image from top to bottom to get a better view, (Fig 2) the upper teeth obscure the area of interest (green arrows). In short, we can tell there is something wrong, but not

what or what to do about it. So how do we image the skull in sufficient detail to plan our treatment?

The term Computed Tomography, or CT, refers to a computerized X-ray imaging procedure in which a narrow beam of X-rays is aimed at a patient and quickly rotated around the body. This provides a series of images from many different angles. A computer uses this information to create cross-sectional images. Like one slice in a loaf of bread, this two-dimensional (2D) scan shows a "slice" of the inside of the body typically 0.625mm-1.25mm thick. This process is repeated to produce a number of slices. The computer stacks these scans one on top of the other to create a detailed three-dimensional image. The reconstructed images can then be viewed in multiple planes to fully characterize the lesion. The only real downside to a CT scan is the need for general anesthesia.

This horse is anesthetized with its head positioned inside the CT scanner. (Fig 3) The table will advance pushing the horse's head into the scanner as it acquires the images. After the computer processes the images



Figure 3

the veterinarian can scroll through the various slices on a computer in multiple different planes to fully characterize the lesion. Cross sectional, (Fig 4) coronal (Fig 5) and sagittal (Fig 6) images allow us to clearly see that the lateral cortex of the mandible has a fracture (green arrows) and that there are several pieces of devitalized bone. The CT scan provides much more information than the plain radiographs.

The computer will also perform a 3-D reconstruction (Fig 7) that facilitates a better visualization of the lesion. The 3-D reconstruction is an animated model that can be manipulated with a computer mouse to view from any angle.



Figures 4, 5 & 6



Figure 7

This composite of still images captured from the animated 3-D model (Fig 8) that has been constructed to only contain the bones of interest and demonstrates that the fracture only involves the lateral cortex of the mandible. The actual animated models can be viewed here: <https://www.vet.k-state.edu/vhc/services/equine/surgery/ct-scans.html>

In summary, CT permits accurate anatomic location and the ability to see the lesion in three dimensions. Soft tissue lesions that would be obscured by the bones and teeth are readily visible on the computerized reconstructions that allow differentiation of different tissue densities. The acquired images can be manipulated as needed to facilitate surgical planning. Computerized Tomography is a valuable tool in imaging of the horse's head and other sites.

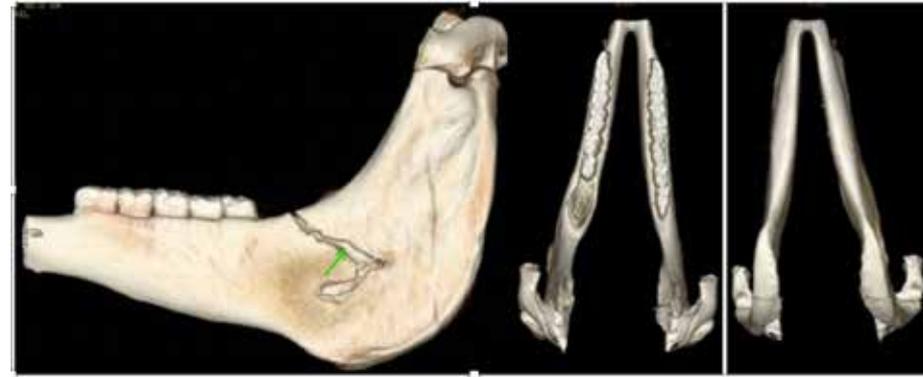


Figure 8

#### About the authors

Nicholas Hemphill is a Radiology technologist that performs CT scans at the Kansas State University Veterinary Health Center. Warren Beard is one of four equine surgeons at the Kansas State University Veterinary Health Center.



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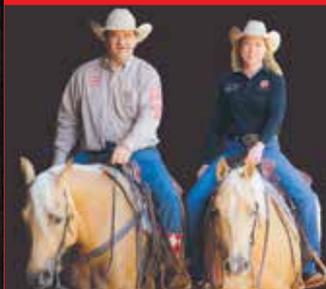


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# Is Your Horse Ready for a Cattle Drive?

Written by Crystal Socha & Matthew Jobe

It was an adventure indeed! It was two days moving cattle in the beautiful Flint Hills of Kansas. The first day was 9.5 hours in the saddle, almost 30 miles (by the time we chased the strays) moving the wildest, most unruly herd of 180 yearlings we have ever had the pleasure of moving. It gives you a new appreciation of the word, stampede. These yearlings had no handle on them whatsoever. They were high headed and quick. We rode our horses fast and hard in a wide circle to get in front of them without pushing on them more. The cattle didn't care, they rammed our horses and kept running. We had cattle scattered over 10,000 acres, in about six or seven groups. All hands did an outstanding job gathering what they could and kept pushing on. About three hours into our drive, we finally saw our first riders. Once back together, we combined our groups and pressed on. Rex and I went out to gather more strays. The crew kept driving on. By the end of the day we had most of our cattle delivered

to their new Spring pasture. Whew, what an adventure!

The second day was eight hours in the saddle and just over 25 miles. The cattle were better, 60 head of nice yearling heifers. The weather, however, decided to present us with new challenges. Before we could get the cattle to their new pasture 17 miles away, we continued to get light rain off and on. But nothing like when the sky finally opened up. We could see the approaching storm in the distance and knew we were about to be pounded. It wasn't long before lightning began striking closer, until it was surrounding us. Ominous thunder rolled across the hills. Soon the clouds let go. Heavy rain pounded us. Small hail laid on our horses' manes. Just past one gate, our horses refused to go any further. All we could do was sit on top of a hill (because where else would you want to be in a storm with lightning) with our backs to the rain and wait it out. In that rain, my black felt hat decided to bleed. Soaking wet, we went full on *City Slickers* movie as

we continued to push the cattle through the rain. Every crack and crevice in the hills quickly flooded with water. The water looked like veins running down the hills. Rain continued to pound us as we pushed. Finally, with the cattle in their new pasture we headed for home, which presented its own challenges. The rain picked back up. Then the wind really hit us, as the temperature dropped. Our horses trotted at a side pass as they struggled to get us home. Water sloshed around in my boots as I trotted. Often times the strong, cold wind was at our backs. Other times it was at our side. I suspect we crossed water at least 10 times on our trip home, some belly deep on our horses. This was no small feat. Years of erosion has caused some very steep drop offs. Normally we'd look for the safest place to cross. But now with overflowing water we had no idea how far we would drop, as our horses stepped into the water. I swear water was even standing on the hill tops! Despite it all we continued to be in good spirits. After all, we were living the cowboy

dream. After miles and hours of being soaking wet we finally saw the light at the end of the tunnel. Back at the trailer we slid off our saddles, ready for a warm truck. I dumped water out of my boots, removed my wet chaps and my now, ten-pound hat. It is just a reminder that we all got to experience something only made for a Hollywood movie. And although it was cold and a little miserable at times, it is something we will never forget. And I am so thankful that I got to experience it! Everyday can't be sunny and 70. Often times the hardest days provide us the best memories. Just another day in the life of a cowboy.

Flint Hills Ranchin Adventures consists of Rex Buchman of the Bar U Ranch in Burdock, Kansas, and Matthew Jobe of the C Bar J Ranch in Windsor, Missouri. This duo has been keeping the iconic western heritage of the United States alive in the present day, by providing authentic old west cattle drives and other adventures to the public.

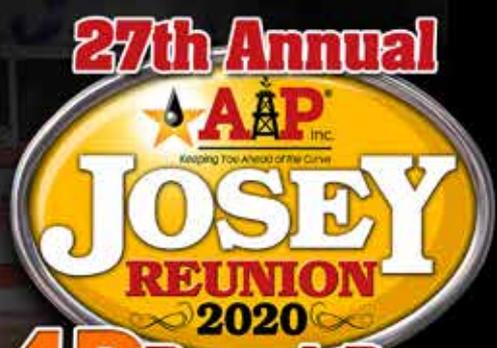


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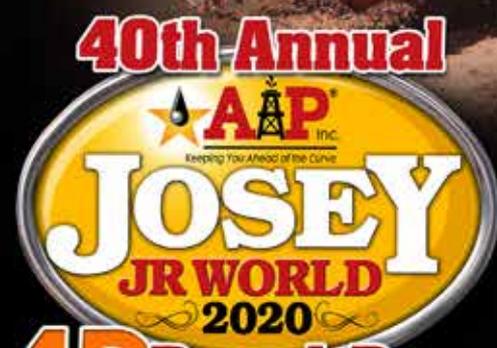


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### Angel Food Cake

- 3/4 Cup Flour
  - 1 1/2 Cups Sugar
  - 1 1/2 Cups Egg Whites (about 12 eggs)  
(Room Temperature)
  - 1/4 teaspoon salt
  - 1 1/2 teaspoons Vanilla
  - 1 1/2 teaspoons Cream of Tartar
  - 1/2 teaspoon Almond Extract
- Heat oven to 375 degrees.

In a small bowl combine flour and 3/4 cup sugar. In a large mixing bowl, beat egg whites with cream of tartar and salt until mixture forms soft peaks. Gradually add remaining 3/4 cup of sugar, 2 Tablespoons at a

time beating on high until stiff peaks form. Fold in vanilla and almond extract (gently). Fold in flour and sugar mixture, 1/4 cup at a time over beaten egg whites, fold in gently just until blended. Pour batter into ungreased 10-inch tube pan. Cut gently through batter to remove large air bubbles. Bake for 30-35 minutes or until crust is golden brown and cracks are very dry. Immediately invert on soft drink bottle; let hang until completely cool. Remove from pan.

### Twelve-Egg Sugar Cookies

I like to use the yolks left from making an angel food cake in this recipe.

- 1 Cup Sugar
- 1 Cup Brown Sugar
- 1 1/2 Cup Butter Flavored Crisco
- 12 Egg Yolks
- 2 teaspoons Lemon Extract
- 3 1/2 Cups Flour
- 1/2 teaspoon salt
- 1 teaspoon soda

Cream sugars and shortening. Beat in egg yolks and lemon extract. Stir in dry ingredients. Form in small balls and roll in sugar. Press flat with bottom of glass. Bake at 350 degrees for about 10 minutes or until lightly browned. Makes about 6 dozen cookies.

I will zest lemon sometimes for a richer lemon flavor.

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# TRAINING TIPS *with* PHIL HAUGEN



## OPTIMIZING YOUR TIME

I had a call from a young trainer the other day with some questions about setting up a training facility and some of the suggestions that I might have for him. This particular individual is in the transition phase from working for another entity to going into business for himself. Whatever business you are in, whether you are self employed and working for the public by providing

a service, or you are working for a company, an individual, or a corporation, the first thing you have to understand is that TIME is your most precious commodity, not money. For years I made the mistake of focusing more on the money than the value of time. For example, if you had 24 hours to live what would be more important to you time or money? If you had a year to

live? If you had five years? Now, I know that's kind of a harsh example but I think it puts that question to rest for all of us. So, the same holds true for someone that is setting up their business to be efficient, or for someone that is going to work for someone, or some company. I have been self employed now for over 30 years and most people would think that the reason I have been able to survive is the knowledge I have about how to train a horse. That is definitely important but it is also just a part of why I've survived. I think to survive, thrive, and to continue to improve in any business, you have to be an excellent time manager. So going back to my friend, the young trainer's question about setting up his facility. The first thing I would look at is how the flow of your training facility is setup, it's all about saving steps and being efficient with your time. Here's an example; we always try to lead two horses at a time when we're leading them to the saddle barn or back to their stalls. We always saddle two horses at a time if at all possible and unsaddle two at a time if possible. That easily saves 10 minutes/extra

horse/day which in turn saves us about an hour each day. In a week's time that saves 5-6 hours and in a month it easily saves 20-25 hours. That's almost three whole work days a month! In a year that's 240-300 hours which is roughly 30-35 work days in a year, that's a month that you've saved! That's a small change that pays off big in the saving of time which in turn makes you more efficient. Just think of that over a ten year period, the return is staggering! Any time that I can save just makes it so much easier for me to do the little things that it takes to help a horse to be its best. There are only 24 hours in a day and I don't care if you're Superman, when that 24 hours is over his day is over just like mine is. Treat time like it's your most precious commodity and your business will grow and flourish like you've never seen it before. If you have questions or comments please feel free to contact me. Have a great month!

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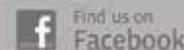
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\$2,200,000

8190 W 183rd Street | STILWELL, KS 66085

MLS #2209667

Historic stone Estate Home on 30 absolutely beautiful acres! Entry with domed, slate ceiling, stone floor & walls greets you. 5 bedrooms (+2 nonconforming bedrms), 3 full baths. Stone hearth wood burning large fireplace graces spacious hearth rm. Main level w/2 bedroom, beautifully preserved & maintained wood work. Custom rock viewing-deck w/private nature scenes. Master bedrm w/brick fireplc, built ins. Treed, huge scenic pond, trails, fenced for horses, 2 barns, 2 homes. Property being sold 'as is'.



2563 W 391st St  
La Cygne, KS 66040

MLS #2203553

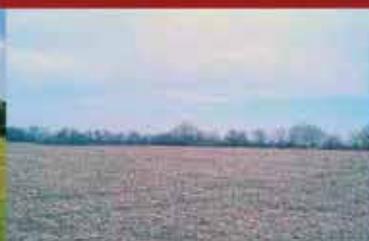
SPECTACULAR HOME SITS IN PARK LIKE SETTING, SECLUDED, ABUNDANT WILDLIFE. Magnificent custom home with 12 ft CEILINGS ON 120 ACRES! 3 Bedrooms, 2.1 baths, spectacular Brazilian counters, custom cabinets. Open floor plan, custom shutters, custom ceiling fans, stained glass. Marble columns, marble & granite throughout home, bronze tables, statues, fountains. All furniture included.



12900 Gardner Rd  
Olathe, KS 66061

MLS #2168487

80 acres of level prime real estate on paved road. Easy access to K-7 and K-10. Terrific building site, great for rural residential development or investment property opportunity. Rich soil produces great yields on row crops and ag income helps the property pay for itself. throughout home, bronze tables, statues, fountains. All furniture included.



000 Chieftain Rd  
Tonganoxie, KS 66086

MLS #2160640

Prime real estate land! This property has 134 acres of great investment opportunity! Future growth path. Level ground with some trees along road. Lots of road frontage on this one. Good scenic building sites. Creek. Great location, just northwest of I70 Hwy Interchange. 2.5 miles south of Tonganoxie city limits. Good location between Lawrence & Tonganoxie.



Lackman & 207th St  
Bucyrus, KS 66013

MLS #1893265

Seller Motivator! Extraordinary value of 80 beautiful acres of cropland for your income and investment future! Frontage roads on two sides, southwest corner of 207th & Lackman. Bring your horses & build an arena for them, dream home for you! Gorgeous country setting ready for your use.



18625 158 Street  
Basehor, KS 66007

MLS #2195492

Exceptional 150 acres M/L of prime Leavenworth County Kansas development land. Tremendous potential with great visibility and access along major thoroughfares (Kansas State Hwy 24/40 and 158th St). Property is in Basehor Kansas's Master Planning Area with potential for Commercial, Multi-Family and Residential developments. Currently in row crops with 2 Story Farm Home and Outbuildings. One of the largest remaining tracts along Hwy 24/40. Water mains along East and North

## Dunn-Holland Team



For more information or to schedule an appointment to view one of these properties call 913-271-0352 or 816-509-2242 or visit [TeresaDunn.CrownRealty.com](http://TeresaDunn.CrownRealty.com) or [JimHolland.CrownRealty.com](http://JimHolland.CrownRealty.com)



Jim Holland

Teresa Dunn

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### Gardner, KS

Trails West Hardware & Feed  
913-856-4536

### Garnett, KS

Brummel Farm Service • 785-448-3161

### Holden, MO

Heiman True Value Farm Supply  
816-732-4131

### Leavenworth, KS

Kansas Country Store • 913-651-6761

### Oak Grove, MO

STG Feed • 816-625-1018

### Olathe, KS

Lifetime Pet • 913-764-4626

### Ottawa, KS

HomeBase • 785-242-8200

### Pleasant Hill, MO

Pleasant Hill Pet & Livestock Center  
816-987-2097

### Spring Hill, KS

Family Farm Ag Services • 913-592-0094

### Strong City, KS

Reyers Country Store • 620-273-6229

### Topeka, KS

Premier Farm & Home • 785-862-2505

# “FEED GREATNESS”

Dear Property Shop Team,

**This COVID-19 is just crazy!**  
While we really need to move, I'm  
scared how COVID-19 will impact  
us being able to do that. What  
are you seeing out there?

Sincerely,  
**Feel in Limbo**

Dear Feel in Limbo,

We are truly in unprecedented times and with everyone doing their part, hopefully they will be over sooner than later. As of right now, we are all under some level of county, state and federal mandates for staying at home, safe distancing and other safety protocols. And we are seeing the county and state mandates are not consistent. In Kansas, the statewide Stay Home mandate does classify Real Estate as an Essential Service. In Missouri, that is not the case at this time.

We are fortunate to be part of a Coldwell Banker Good Life. Our Brokers have been on top of all the changes and working hard to keep everyone safe; even going beyond the mandates in place. Here are just a few key items:

- If you have an essential need to buy or sell, we can help you do that in Kansas but will follow several protocols to do so safely.
- In Missouri we are not listing any new properties at this time and any showings will be a Virtual Tour provided by the Listing or Buyer's Agent.
- For all clients, we will qualify that their needs are essential, that they are well qualified and ready to buy or sell. If you don't have an essential need to buy/



sell, we recommend that you wait until the Stay Home mandates are lifted.

- All activity is by appointment only – showings, inspections, etc.
- There are COVID-19 Hold Harmless Waivers that are required of all sellers, buyers, buyer's agents, contractor (inspectors, appraisers, repair providers, etc.) prior to any appointments.
- The use of booties, sanitizers, wipes, etc. are required upon entering any property.

So while you many Feel in Limbo, you do have some options if you absolutely have to buy or sell right now. If you can wait until the mandates are lifted, you can still be doing things to be ready to go! When the mandates are lifted, we expect to see a lot of pent up activity so spend some time now getting ahead of the curve.

Buyers –

- Work with your lender to get pre-approved.
- Clean up any credit issues now.
- Save money while staying home to increase your down payment.
- Start working with your Realtor so they are working for you now and ready to go when the

mandates are lifted.

Sellers –

- Start working with your Realtor on what you need to do to have your house ready to go.
- Consider doing a Pre-Inspection of your home now. This allows you to decide outside the pressure of a buyer contract what you are willing, or not willing, to repair. This becomes your punch list of items to address and a great marketing tool when you do list.
- Declutter and organize. This is a great time to clean out cabinets, closets, the basement and the garage. Buyers love organized houses!
- Spring is a great time for sprucing up the landscaping. Clean out gutters. Add mulch. Plant flowers. Improve the curb appeal of your home.
- Buyers form their key perceptions of the home during the 15 feet up to the front door and the 15 feet inside the front door. Pay close attention to this “target zone”.

We are ready to help you navigate through these challenging times!

Maggie, Tara & Jolene



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[ThePropertyShopTeam.com](http://ThePropertyShopTeam.com)



In these challenging times, you need an expert to guide you through the buying and selling process. Check out The Property Shop Column for tips on how to navigate should you need to buy or sell now and how you can be ready to buy or sell if you can wait.

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