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Hello Friends,

I hope all is well with everyone. Hopefully spring weather is just around the corner. We are expanding our monthly eblast considerably and this will be a great opportunity for you to advertise!

We had a great time at this year's Kansas Horse Council Equifest. We had probably close to 25+ Christian men attend this great event. We are looking forward to next year's Equifest of Kansas.

Purina Animal Nutrition and their Dealers will be the naming sponsor for this year's KRHA Sunflower Slide and Futurity to be held September 16th through 18th at the Stormont Vail Arena in Topeka, KS. With more added money to the show this year it is going to be a bigger show than ever.

I hope you all have and continue to grow your personal relationship with Jesus Christ Our Savior. Please believe me it is all that matters.

Love you & Happy Trails.



Ernie Rodina
Better Horses
President

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2022 Pinto World Championship Show

The Pinto World Championship is a 13-day horse show held in June every year in Tulsa, OK. Almost 700 classes cater to all ages and levels such as youth, amateurs, novice and open. Our classes cater to all types of equines such as Stock Type, Hunter Type, Pleasure Type, Saddle Type, Utilities, Miniatures, and Ponies. Disciplines range from Halter, Gymkhana, Horsemanship, Showmanship, driving and more! Prizes including buckles, ribbons, chairs, rose garlands, and saddles are awarded to the World Champions, Reserve World Champions or high point winners.

Special classes include Shorty's

Hattery Charity Walk/Trot, Supreme Color Championship, Open Versatility, Miniature/ B Miniature Versatility, and Mini Barrel Driving Calcutta. We are hoping to have over 9,000 entries and 2,500 equines for this year's show.

The Pinto staff has also planned special events throughout the show to include Pink Day honoring those who have survived cancer, Veterans Day to honor those who have served our country, an ice cream social to cool off during the hot summer show day, church services, and the Youth Judging Contest teaching the next generation horse judging skills with competitive friendly competition.

Incorporated in 1956, the Pinto

Horse Association of America, Inc. was formed to encourage the promotion of quality horses, ponies and miniatures with color to establish a registry for maintaining their pedigrees and records. Currently, the association serves approximately 80,000 members and boasts 157,000 registered Pintos.

We also have our Pinto Professional Horsemen teaching educational seminars and a cowboy chuck wagon cookout to enjoy with your Pinto Family.

The Pinto World Championship prides itself on making a family-friendly environment with a good taste of healthy competition. This year,

2022, marks 57 years of the Pinto National Show now known as the Pinto World Championship. Come celebrate with us June 13-25.

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Slowing Down

By Ashley Purdin

Do you ever feel like you are trying to focus on your riding but your mind keeps spinning out on your to-do list, a troubling conversation you recently had with your friend or wondering if you actually shut the garage door on the way out this morning?

Typically, when our minds start cycling quickly and ruminating on things outside the control of this present moment, it transfers to our body language. Every aspect of your body language, energy projections and quality of movement that you present is all taken in by your horse who then responds or reacts accordingly.

It can be challenging to put a stop to the hamster wheel but it IS, in fact, possible! Whether you experience being distracted, over stimulated,

exhausted, anxious, manic whatever - you can regain control of your mind. Keep in mind I am not a mental health professional but I have been in the trenches with my own mind, fighting to regain control, be in the present and feel like myself again. I have used the techniques that I am about to share with great success in addition to therapy and psychiatric care. Does it feel weird that I just shared THAT? Well... get used to it because normalizing mental healthcare is part of my personal mission in this world. No one should suffer silently without access to someone else's story, encouragement or insight who has been there. Let's just sweep the shame off the table right now and shine some light on ways we can become greater influencers of our own minds!

1) Your mind feeds off what you expose it to.

Take a good look at what you are

feeding your mind. Do you spend a lot of time watching the news, violent movies, or chronically multi-tasking throughout the day? Never offering your mind quiet, peace, beauty or inspiration would make anyone feel frazzled or depressed.

2) Become a passive observer of your mind.

Start to notice where your mind wanders off to. It is important to do this without judgement - which will create more stress and tension. Just observe and become curious as to why your mind wants to constantly redirect you out of the present moment.

3) Redirect to your senses.

Once you have noticed your mind wandering take notice of your surroundings. Take in everything within your field of vision; including your peripheral vision. Feel the saddle you are sitting in or the ground

you are standing in. Notice any sounds around you. Many times we get so wrapped up in an imagined world produced by our brains that we don't even hear the birds singing anymore. Think about what you may be missing that your horse is trying to tell or show you!

All of these techniques can be used with or without your horse. Learning to be in the present moment is like building a muscle. It is about repetition and catching yourself as often as you can when your mind drags you away from the present again. Being present is the best way to slow your mind and body down creating a smooth coherent cueing system for your horse to understand and respond to you.



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AL DUNNING INTERVIEW

*Interview and images: Tracy Wager
Courtesy Bridle & Bit Magazine*

Q - You'll see a lot of folks, and trainers at Sun Circuit you've taken to World Championships – How does it feel to have mentored so many horse people that have gone on to be world-class competitors?

A - Obviously it is an honor. Because there are a lot of guys that can train horses and when you get to that stage where I am, you are so honored to have the people that you have mentored along the way, do so well. To me it is just a real honor. I am serious about it, I am really humbled by the guys because they still give me credit for it, which is really cool. It is really neat to have my name mentioned as a mentor. I do not think that anyone left my program without appreciation of what I did for them, and I have had lifelong friends because of it. That is a big deal. Creating Champions and relationships that have stood the test of time is the most rewarding part. I just had dinner at the AQHA Convention with Larry Gimple, Pete Kyle and John Pipkin. Those guys are such good friends. All these years together, it's like a fraternity that never ended!

Q - Sun Circuit put Arizona on the map with AQHA. What has made it such a popular event?

A - When Rick Johns first came up with the idea, it was so cool. It sure has stood the test of time. When it first happened we all thought that it sure was a good idea. This is fun, and blah, blah, blah, but look at what it has done! People come from all over the World to show there, not just out-



of-staters.

When we first held Sun Circuit, it was kind of cool because all of the guys could get out of the cooler weather and come back here to Arizona for all of the shows. I would see people I never saw before! When I was a kid showing at Sun Circuit it was like a who's who of trainers that would show up there. In those days we did not have all the large associations and events, like the NRHA, NRCHA and such. So all of the best cow horse people showed up, all the best ropers, all the best reiners were here. It was spectacular! For a young kid like me to see that and then become one of the older guys that is still doing it. That is cool that it can go that way. It is amazing to see what that one show has done for the entire industry - isn't that something?

Ruth Adams was there from the start as well. If you think of all that she did, not just being the secretary, but because everyone knew that it was

so much fun and that it was going to be good if Ruth had something to do with it. I am just amazed that the Sun Circuit has come up in the ranks. It is where people want to show, it is where people want to be in the winter time. They come to show and get huge amounts of points, but they also come to find out where they are in comparison to the rest of the people. Because, if you can win at the Sun Circuit, you can win at the World Show!

Q - You were there 49 years ago when Sun Circuit was started. Did anyone ever dream, back then, it would become the super-sized event that it is?

A - I missed one year because I was busted up, but I have shown every other year. It is a neat deal that we are still considered a show that is a super competition, but also is friendly to the exhibitor. There are so many fun things to do, parties and awards, classes, prizes and of course the Scottsdale weather! It has become a destination event. Even if you are not riding, you can really go and enjoy yourself. It is a real event. On the other hand, a lot of people think Rodeo is the DEAL, and we have that too! What is neat about that is that folks stay around and enjoy the show when they come to see the Rodeo. So they get to see the horse show too.

When I wear my cowboy hat on the airplane, the first thing people say to me is, "Are you in Rodeo?" That is the first thing they say. It's on TV, cowboys, Rodeo, bucking broncos, that kind of stuff. I explain to them what it is that I do, and they find it hard to believe I still do this at my age. I tell them that ABSOLUTELY I DO! I am blessed that I am still able to do what I do, and it is amazing that

you can have such longevity in this business. Just because you got a little older, you do not have to quit. That is a plus over Rodeo right there. Rodeo is tough! It is tough on your body! If I tried to compete at the Parada del Sol Scottsdale Rodeo for 49 years, I would have missed more than one year from being busted up! I have competed in just about every event at Sun Circuit, even English classes. I won't show you the pictures.

When the Sun Circuit started we had the show at Paradise Park for half of the event, and the other half at Siminoff Stables on Scottsdale Road just north of Bell Road. AQHA would not allow that many shows at one place and one time back then. You could only have so many shows in a row, they had to have a day off, and you could not have so many in one location.

Q - Investing in the land, to run your horse business, under the Almosta brand, has been an important part of your estate planning, and has provided you with financial security. Many trainers today, simply rent stalls, or ride for patrons that own the dirt. Are they making a mistake not investing in their own places?

A - Sometimes it is hard for a young guy to afford to buy land. Don Dodge always told me, "The only true value is in the land." I have lived with that idea knowing that I wanted to make sure that I didn't just do the horse business. I wanted to make sure that I was a business man too. I wanted to really profit from training horses by offering more than the normal trainer had to offer. It was because of my mentors along the way, I always wanted to make sure that I was more than just a horse trainer. I wanted to

be a businessman also.

My father-in-law, George Lasley, who way back when was President of the Arizona Horse Exhibitors Association when it was a major organization said, "Al, I will let you marry my daughter, but I want you to be more than a horse trainer. I want you to be different, I want you to be a step ahead of the rest of them. I want you to think different, I want you to be classier. You need to treat your horses better, I want you to treat your clients better and you run it like a business. Keep your books right, bill on time, do everything right like a businessman does. Do not give everything up just to ride a good horse!" I knew that if I could own my own place, that I could control my own destiny. I would not have to rely on somebody else all of the time to make sure that everything was handled. I wanted to have roots for my family too. Scottsdale is my place! I never wanted to move, I never did move. I had offers to move many times. To California, Texas, and Oklahoma. When I was in my heyday the job offers were from everywhere. Everybody wants a winner in their stable. I wanted my own thing, I wanted to control it. It's funny because I have seen so many guys that have moved. This was a little pond at one time. It was my pond, but it was a little pond. But it was a real good one then and now, just much larger now. My father-in-law said, "It is better to be a big fish in a little pond than a little fish in a big pond." I knew that if I was going to stay in my pond, and do it right, that I needed to own my own place. I needed to have a base. I needed to NOT move around. I wanted folks to say, "Al is from Arizona, represents Arizona, and he is always there." They do not have to wonder if he is here now, and the next minute somewhere else. I wanted to be known for that like John Hoyt

and Jim Paul who were in Arizona, but I wanted to take it to a new level. To a more modern level. This meant I wanted to have a good education, which I got. Then I married the right woman that wanted to be my partner. That wanted to help me succeed. Then the final thing was I wanted to have my ranch. I wanted to raise my family on a ranch in a Western atmosphere under that lifestyle of horses, and ground, and dirt and having our own place. Having a base and knowing that my kids always knew that they had a home. Those things were important to me. There always was that thing in me that I wanted security. I wanted my family to feel it. The clients, the people they had to come to me.

Q - Al, didn't that security also allow you freedom?

A - Sure! I have had as good a guys as they get work for me that I have mentored along the way, and you could say what I did for them, but they sure did a lot for me! But, would they have come to work for me if I was a fly-by-nighter? If they wondered if I had a base? Many of the guys that worked for me said to themselves, "I want to be a success. I see Al as a success and how did he get there?" They all wanted a piece of what I had, a piece of the rock, let's say. If you think of all of these guys and what they did. The Casey Hintons, the Mike Woods, the Pete Kyles of the world, they all went on, they all had their own place, they all had a little extra business. If it was breeding, tack, or something that I did.

They all learned about sponsorships, how to handle your sponsors, how to nurture your business. I have always taught, I learned this from my father-in-law again (George Lasley, Becky's dad),

he said to me, "Al, you have got to give back." He also put it this way, "Al, you have got too give back, that way they will want to be part of what you are doing." And, "You have to work to be the president of the association." I have been president of the AzQHA, the AzRCHA, when I was real young, I was on the Board of Directors of the AQHA, I have been on the judges committee of every major association. All of that is not for me. I did it to give back for what those associations gave to me. I did not have to go to the AQHA convention this year in 2022, but I wanted to go. It is part of where I started, and I want to continue to see it go right. I told all those guys that they had to be part of the associations, you have got to be a judge, you do all these things.

You have to do clinics, you just cannot be a 'one-trick-pony' unless you are Andrea Fappani. But hey, look at what he is doing! He is as good as there is today at winning in the Reining, but is doing other things to give back. That is pretty cool! That is why I was happy to take time and stop by his symposium while I was at the AQHA convention to take a look. It was nice that they thought enough about me to take a picture of me with Pete Kyle and publish it.

Q - You and Becky just celebrated 50-years of marriage – what three tips can you offer other couples?

A - #1 - You have to marry the right person.

#2 - You have to have a balance.

#3 - You have to make sure it is just as good for her as it is for you! You have to make sure and give back! You have to care about the other person, more than you care about yourself.

How do you find the right woman? Well, you think that you love

somebody when you marry them, but you really don't. You do not truly love somebody until you go through the ups and the downs and everything else and see how it all plays out. You also have to care about them more than you care about yourself. I really think that's what made us go - I think Becky does the same for me, and I think I do the same for her. I think we care about the other person more than we care about ourselves. That includes my success too! I have been successful, but I wouldn't have been successful without her. Look at my family. I have a great family! But I would not have that love in my family without Becky.

Q - What is next for Al Dunning?

A - I do not have a next! It will be more of the same, there is no next because it has been the right formula. I do believe that you have to reinvent yourself all of the time. When you stop reinventing yourself, you die off. What I did every year is I used to write down all my goals for the year. I have not done it lately because it is in my head right now. I would work hard each year to get them all done, my goals. I thought ahead, I planned ahead. I was not like the rat in a wheel going around and around and around. I was not running through my head - train horses, ride horses, show horses, win at the Futurity - blah, blah, blah. I was always thinking what is next? What can I do differently? What can I do better? I am still thinking that, and that is what keeps me going. I am a little ADD or something like that, because I am always going. It is hard for me to stop, rest and not stay awake at night thinking about what I can do next. I am always writing stuff down, all the time. I write down how to change something, how to make it better, or how to help the

association improve, how to train my horse better. I am always working on that. One other thing that had kept me going really good is I surrounding myself with the right people. The right, positive people that make me really good, that make me better!

When you surround yourself with the right people and you know that you are working hard enough and know what you can do, then somewhere along the line you have to be satisfied with yourself and what you are doing. A lot of people are not

satisfied. They win an event and they are satisfied with that. They train a good horse, and they are satisfied with that. I do not think I have ever been very satisfied with staying on the same keel. I have always wanted to say that there has got to be something else to this. There has got to be more. So you ask, what is next for me? Right now, I do not know what is next because tonight I might think of something.

Q - What is next is that you are going to keep going?

A - Yes, I will be doing the same thing and will keep on going. They are going to say I am retiring, they have said that before too! Back when I sold my ranch on Shea Blvd, everyone said I was going to retire way back then. Then we put on that event right here, you and I put it on, do you remember that? Yes, I do Al. We had 500 people show up, do you remember that Tracy? That was when

we opened this Rio Verde ranch up, and it was wild times again!

I love helping people. I love training horses. I love my family first. I am a very spiritual guy about my faith. All of that stuff combined is what keeps me rolling. I am going to go as long as I can go, as long as I can do it at a decent level, and help lots of people.



Broken Wings Ranch Ministries

Nestled in the picturesque Flint Hills between Dwight and Junction City is the home of Broken Wing Ranch Ministries. The Ranch is a faith-based Equine Therapy Program for 'At risk' youth and women. We are a 501(c)3 nonprofit organization. For our children's program, we provide weekly two-hour sessions in which we have one on one time with those kids pouring God's love into their lives. We begin with a 30-minute chore with the child as part of our session activity. We may work in the garden, water, do horse chores as a part of the giving back or stewardship. The vegetables and fruits we grow as a part of the ranch goes to our kids, who with some being from low-income situations helps supplement their nutrition. When our kids work in the garden, they also know they are giving back to the other kids who come to the program giving them a sense of pride in helping others. We then start their session with the equine of their choosing. The rest of their session is brushing and tacking their horse, they then spend thirty minutes riding, and lastly, they untack and take care

of the horse and put them away. It has been amazing to see the bonds the kids develop with the horses. Of course, the kids have their favorites among the horses. Each child is incredibly unique, and they get a sense of stability having a routine that they perform here at the ranch. Many aspects of their sessions have consistency which a lot of the children are lacking. Our goal is not to teach riding perfection. Our goal is to build confidence and character. We not only work on their relationship with God we focus on building good character and life skills. Our kids in the program are donation sponsored. We do not want a child to be limited to come to our program due to financial strain of their families.

Our women's ministry here at the ranch has grown rapidly due to the great need of the services we provide. We have partnered with several organizations; one is Homestead Ministries which is a nonprofit home that provides shelter and rehabilitation for victims who have been rescued from the sex trafficking industry. Our ladies start the program immediately following

dismissal from drug rehabilitation and moving into Homestead. We start their Equine Therapy providing weekly trail rides through the Flint Hills that range from two to three hours. Our women in the program come from all over the United States. Most of them have never been on a horse or even seen one up close since most are from major urban inner cities. We have dedicated Saturday mornings to our Homestead ladies now for the past four years. Studies show Equine Therapy helps dramatically reduce symptoms of post-traumatic stress. Many of the women who are in our women's ministry picked Homestead specifically due to the partnership and services we have provided. Another partner is the Celebrate Recovery Program through some local churches. We offer various services, hikes, trail rides, fire pit nights, cook outs, and adventures down at the creek. Our goal is to expand our women's ministry to eventually host three-to-five-day women's retreats. We offer various day activities as well.

You can get involved through

volunteering or being a financial partner with our ministry. To get in contact with the ranch you can call Karen Carr the Director of Women's and Children's Programs at karencarr@brokenwingranchministries.org. Look us up on our facebook page @BrokenWingRanch and/or our web page is www.brokenwingranchministries.org

We do yearly Spring and Fall trail rides as fundraisers for the ranch. This year's rides are April 30th and Oct 15th, 2022. We will also be hosting our 4th annual Barbeque and Barn dance on October 1, 2022, which will feature live music. All events are listed on our Facebook page under events. These are a few ways in which you can help impact the lives of our women and children.



Are We Teaching The Best Principles?

By Kerry Kuhn

Over the last couple of years, as my two youngest boys have begun to show more interest in horses, I have been blessed with the opportunity to not only spend more time with them but also to share with them some of the knowledge that I continue to learn on a daily basis. As I invest in them, I have been challenged in many areas of my horsemanship that I thought were pretty good. This new way of seeing things has caused me to step back and take a better look at everything I have been practicing and teaching. So I'm going to speak from this new perspective my boys have helped me become more aware of and share with you some ideas as to what we are really teaching the next generation of horse owners.

My boys have not only expanded and improved my horsemanship, they have influenced me to take a more deliberate approach to teaching and educating the youth. In our youth horsemanship clinics, which we began hosting two years ago, our main focus is to bring the youth and parents (adults) into a place where they can learn to better work together. This unity is about finding a place from which both parties can openly communicate and encourage one another. I think a lot of the times, that communication is hindered because what is being taught or practiced isn't working. The horses are getting confused, the kids are getting frustrated, and the parents (adults) are struggling to manage it all. So let's take a small step back and start at the beginning of what our main purpose truly is.

I believe many parents get their kids involved with horses because

they want to teach them responsibility, horses are the family business, their child's friends are interested in horses, and/or they just want to pull them away from temptations of this world. While all of these can be legitimate reasons, they still might leave a person short.

Even if a person gets involved with horses because they love them, they still need to figure out what their purpose is and what they would like to accomplish. I personally believe that if a person does not put the horse first, then the relationship will always be out of balance. So how does a person do that?

The best way to put the horse first is to ask yourself, what does the horse need most? The answer is SECURITY. What is security to the horse? It could be answered like this...that which brings comfort or a feeling of homeostasis to the horse. Often times what brings a human a sense of peace or comfort does not provide that same sense of peace to the horse. Therefore, the horse is often left in a state of anxiety. That anxiety is usually overwhelming enough to the horse that they stay in a heightened sense of awareness causing them to look in multiple other places for that sense of security.

A lot of times, horse owners, especially kids, get caught up interacting with their horses as if they were a pet. When you're dealing with a thousand pound herd animal that is often afraid of everything that moves and makes noise, treating them like a pet can make things hard to handle and dangerous for everyone

involved. Understanding the horse as a horse is the only way to help them walk through life and be set free from the prey animal mentality they live in. When that happens in a horse, that horse then can interact calmly in the world we humans live in and be able to find that homeostasis they so desperately look for.

In a practical sense, what would it look like to teach someone how to walk a horse through this process? Let's start with how the "herd" interacts. Whoever is moving out of the other ones space, is NOT the leader. I love showing people, especially youth, how to interact with their horse from a leadership perspective that their horse can better understand. Teaching a horse to respect a person's space is the beginning of building a mind set in the horse where the horse learns to view that person as one of the herd. Humans don't typically act like herd animals, and unless they do, the horse is usually lost and doesn't look to the human as the leader. How a horse views a person is the number one thing that influences their behavior.

That brings me to another topic that often gets people in trouble with their horses...affection. Now please hear me out on this, I have nothing against loving your horse. In fact, I think anyone that owns a horse needs to love them. But we need to learn to love them in a manner that will help them find that sense of security that can be freeing to them.

Let me talk specifically about rubbing on your horse. Humans

often rub on their horses to show them love and/or to calm them down. Rubbing on a horse can be at times, the absolute best thing you can offer a horse. But if it's done at the wrong time, it can have a much different impact.

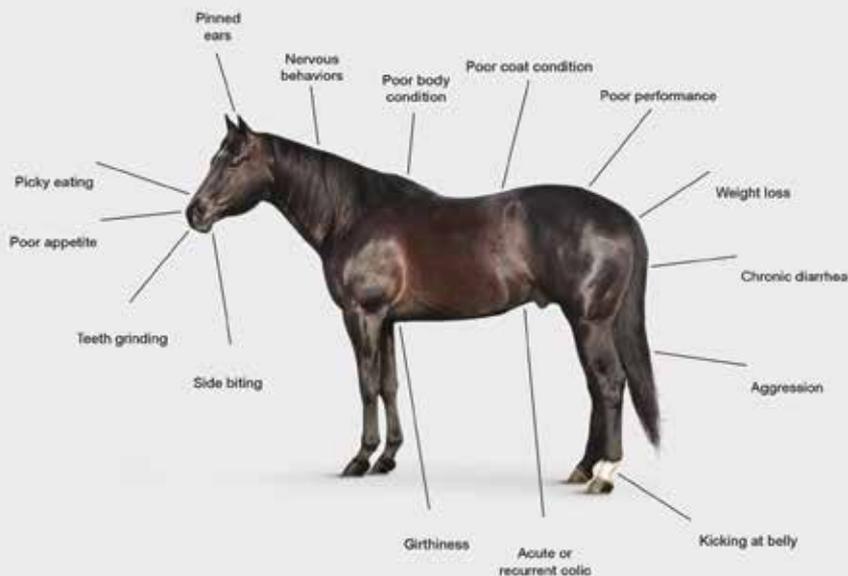
When I think of the youth clinics we have been hosting the last couple years, it's common to watch kids rubbing on their horses constantly. Again, let me reiterate, I have nothing against rubbing on a horse, but it needs to be done at the right time. We feel like some things need to be established between the horse and the human first. Some simple instances of asking the horse to respect your space can be enough to open the door for these things or rules to begin to be established. So we are often asking kids to ask their horse to scoot back away from them a little bit and teach them to be patient before rubbing on them.

As I reflect on my own kids, in relation to the size of the horse, there is no way they have enough strength to cause the horse to do anything. But if they can get that horse to view them mentally as the leader with a few simple exercises, they just took strength out of the equation and they now have the ability to influence where and how that horse moves.

Think of a 30-pound dog that has no manners and how hard they can be to control. Now what if that dog weighed 1,000 pounds or more? Somebody is most likely going to get hurt. My boys have helped me to see just how important it truly is that a horse views whoever is handling them in a respectful and patient manner.

That brings me back to the unity we

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try to help create between parents and kids at our youth clinics. The simple concept of “yes sir” or “yes ma’am” can make a huge impact between both humans and their horses. We often tell our youth riders that the only way their horse is ever going to learn to answer with a “yes sir or ma’am” is they have to lead the way. Meaning they need to practice it with their parents, because it’s really hard to teach something you’re not good at. So developing more respect between the kids and adults is a major part of what we focus on.

On the flip side of that, we remind the parents how important it is for the kids to learn there are rules or boundaries that need to be followed. If these said rules are not followed, then there will be consistent consequences every time. So we remind the parents that if they don’t teach and reinforce to the kids how to follow authority, then how will the kids ever be able to teach it to their horses. The absolute best way a kid can improve his or her horsemanship is to practice the same patience, respect, and willingness with their parents that they are wanting from their horses. When the relationship is in proper

balance between the parents and kids, then it’s much easier to get the relationship in proper balance with the horses as well.

So parents, don’t just throw your child on a horse and yell from the fence what they need to be working on. Get out in the arena with them and show them how to better communicate with their horse. Don’t look at the horse to just be a baby sitter where you don’t need to be involved. There’s really no better way to describe the horse-human relationship than with this word... parenting. So use that principle daily for the benefit of your children and your horses, and you will be amazed at what you will be able to watch your kids accomplish.



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1 cup water
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1 cup all-purpose flour
3 eggs
dash of cinnamon
2 Tbsp sugar
salt
1/2 cup sugar 1 Tbsp cinnamon
(for coating)

Melt the butter in the water then bring to a hard simmer.

Add salt, dash of cinnamon, 2 Tbsp sugar, and flour.

Remove from heat and stir like mad until the mixture forms a smooth ball and pulls away from the sides of pot.

Now add 1 egg at a time, stirring fast until it is incorporated fully before adding next egg (don't cheat or it won't work).

Put the dough in a pastry bag or plunger type device to make little balls into 360 degree heated oil and fry until golden brown.

Drain on paper then coat in a sugar-cinnamon mixture.

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16 buckskin mare by Bug In My Frosty- started barrels, Future Fortunes
18 brown gelding grandson of Peptos Stylish Oak- ranch, team rope
20 sorrel mare granddaughter of Metallic Cat
20 palomino gelding High Brow Cat X Grays Starlight
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17 red dun gelding grandson of Docs Gabilan- ranch horse past futurity & winner
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**May 16-17 Valley Meadow Farms Bed And Barn, Hancock, MD
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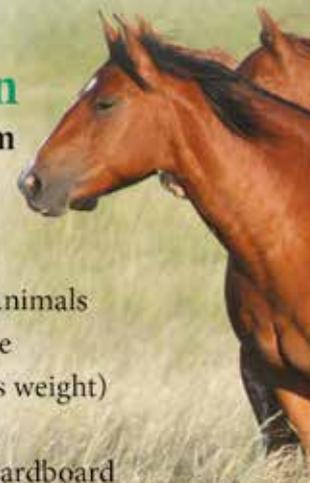
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Lonesome Pine Ranch Best Training For Working Cowboys Pursuing Rodeo Titles

By Frank J. Buchman

One of the most renowned ranch rodeo teams in the country professionally live the real cowboy life every day.

Lonesome Pine Ranch, Cedar Point, claimed its most recent ranch rodeo title at the EquiFest of Kansas in Salina. It is one of nearly uncountable such feats of the true working cowboys.

"We are a working ranch using horses everyday caring for cattle in the Flint Hills," said Bud Higgs.

It's a family operation going back more than eight decades. "My dad Frank Higgs, now 85, is still a working cowboy at Valley Center where I grew up," Bud reflected. "So, I have been a cowboy all of my life really."

Today, Bud Higgs' children, Troy and Makenzie, have continued the family tradition. "They work on the ranch horseback and are on our rodeo team along with my dad. Of course, my wife, Roseann, is our biggest supporter and best coach we

could ever have."

Very competitive and an achiever in whatever endeavor, Bud inherited the trait. "Dad bred, raised, and trained his own Quarter Horses. He was always out to be the best possible, and I'm the same. All of the family is too." Bud admitted.

Showing Quarter Horses successfully as a youth and a college athlete, Bud came to the Flint Hills to be a "real" working cowboy. "I worked for the Griffin family in their diverse

Chase County cattle operations," Bud said. "That also gave me additional opportunities to do horse training and occasional day work."

Expanding out on his own through custom grazing cattle, Higgs then acquired his present ranch. "There was a lone pine tree in the front yard, so that's where the Lonesome Pine Ranch named derived," he said. "We built a new home, but that pine tree is still there."

While Higgs has a substantial personal ranching operation, he also works with a number of other cattle and land owners. "We have about 150 stock cows of our own and manage another thousand cows for additional owners."

Custom grazing cattle has long been a Flint Hills tradition. Owners locally and from afar put their cattle on leased native Bluestem a few summer months for efficient profitable gains.

"We look after 5,000 grazing cattle every summer which keeps all of us busy," Higgs admitted.

"I am especially fortunate that everybody in my family has the ability and is interested in doing the work," Higgs credited.

Additionally, Higgs and family are called regularly for day work assisting area ranchers in roundups and cattle care. "We help everybody out when they need us," Higgs said.

Of particular interest to Lonesome Pine Ranch is the preservation and care for the Flint Hills. "We've always believed in burning for managing and improving the oldest largest native grassland in the world," Higgs said. "There's a lot more to taking care of pastures than most people realize."

Handwork and chemical applications also help control brush and weed invaders. "Now, sericea lespedeza has become a terrible



From Cedar Point, Lonesome Pine Ranch Team Travis Duncan, Troy Higgs, Bo Krueger, Bud Higgs, Makenzie Higgs, and Frank Higgs won one performance and was second in the other in the ranch rodeo during the EquiFest of Kansas in Salina.



Doing what is their professional work in the Flint Hills, Lonesome Pine Ranch won the wild cow milking event during one performance of the ranch rodeo at the EquiFest of Kansas.

problem for us," Higgs said. "We are doing our best to slow down pasture invasion, but it's sure an uphill battle," Higgs said.

Roseann is a longtime teacher and coach at Chase County Schools. "She's had considerable success coaching basketball, volleyball and softball," Higgs said. "Roseann even coached our own children and must be credited for much of their athletic accomplishments."

After graduating from Kansas State University, Troy returned to the Flint Hills to become a rancher. "Makenzie is finishing up at Butler County Community College, and is uncertain whether she'll continue her education or pursue ranching fulltime," Higgs said. "She's always a big help on the ranch doing whatever needs to be done."

Higgs has been competing at ranch rodeos for about 30 years. "I rode with several other area ranches before starting our own Lonesome Pine Ranch team," Higgs said. "We compete in 15-20 rodeos throughout

the Midwest each year. With our family, Bo Krueger and Travis Duncan have also been on our team for five years."

Collecting many ranch rodeo team titles, Lonesome Pine's highlight was the Working Ranch Cowboys Association (WRCA) Finals Championship in 2015. "That's the one we work the hardest for all of the time," Higgs said. "You first must qualify and then compete at Amarillo against the best working cowboys in the world."

Personally, winning a number of ranch rodeo top hand and top horse awards, Higgs is proudest of son Troy matching and exceeding those feats. "Troy has received the top hand and top horse awards at the WRCA Finals, which means so much to us all," Higgs said.

Especially important to all of the family, they are riding homebred and trained ranch horses. "Dad started the breeding program with Tinker Red McCue, so the mares all trace to that stallion," Higgs said. "We

are using a couple of Doc Alena, Freckles Playboy, Joe Reed stallions with the mare line also intensely Leo influenced."

Troy showed a homebred gelding

to win heeling at the Wichita Quarter Horse circuit with his dad as header.

There was more than the ranch rodeo championship for Lonesome Pine Ranch at the EquiFest of Kansas. The team won the stray gathering and wild cow milking at different performances. Roseann again served as the rodeo secretary which she has done a number of years. Lonesome Pine provided some of the cattle for the rodeo and Frank Higgs settled cattle after runs during both performances.

No slowdown is in sight for Lonesome Pine Ranch as dad Frank is excited about his new stallion prospect. Troy, with a horsewoman fiancé, is a major asset to the ranch. Makenzie's enthusiasm for ranch life expands as Roseann keeps a watchful eye over all at the renowned Lonesome Pine Ranch.





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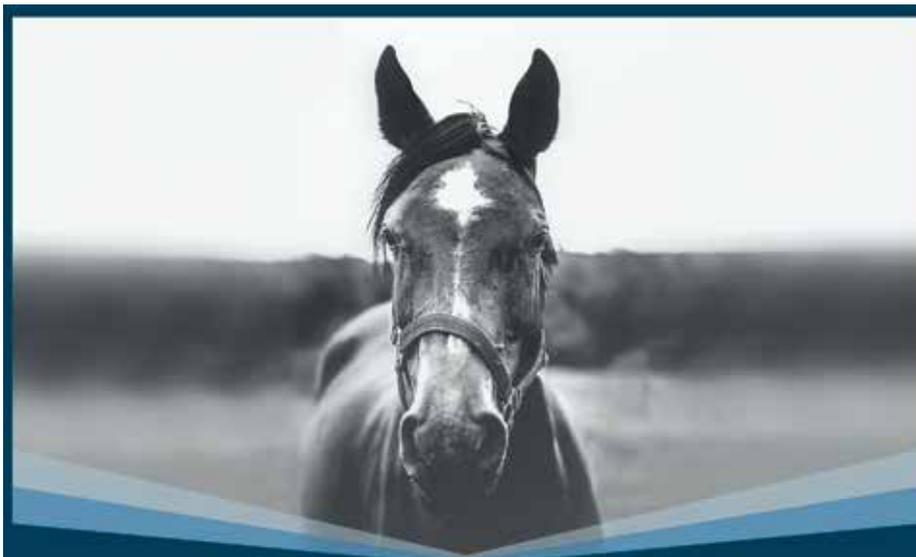
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I think we can all agree that we are excited to leave the cold weather behind us and make way for sunny skies and green landscapes. With the new life that comes each spring sprouts new toxins for horses.

There are a wide range of naturally occurring toxins found in plants. I encourage you to take a walk through your pasture to keep an eye out for some of the common ones. Prevention of exposure is much better than treating a horse with ingestion/exposure.

1. Cyanogenic glycoside-containing plants: There are many plants that fall into this category, including chokecherries, wild black cherries, cultivated cherries, almonds, peaches, and apricots. Certain grasses, such as Johnson grass, are also cyanogenic. Horses that ingest these plants will often be affected within minutes of ingestion. Gums will be bright “cherry red” and the horse may have difficulty breathing. The horse may begin to tremble and stumble around.

Ingestion often leads to sudden death. It is important to remove other horses from the pasture/ turnout where the affected horse had access to those plants.

2. Black walnut: Shavings containing black walnut can lead to laminitis (founder) within 24-48 hours of exposure. Often, multiple horses are affected in a single barn. Ensure that you are getting your shavings from a reputable source. If you suspect exposure, remove the horse from the shavings, wash all limbs and feet with soap and water, and call a veterinarian. Other horses on the same bedding should also be removed from the shavings and have their limbs washed even if they are not yet showing clinical signs.

3. Maples: Wilted leaves from red maples can cause anemia and potentially damage to the kidneys. Horses that have known ingestions will be treated with supportive care in a hospital setting.

4. Oleander: This plant is typically found in the southern USA, but because it is so highly toxic to horses it is important to take note of. Ingestion of Oleander leads to cardiotoxicity in horses. This means that the horse will suffer severe heart damage, often leading to death.

5. Fescue: Ingestion of endophyte-infected tall fescue is a big problem in pregnant mares late in their gestation. Ingestion can lead to dystocias and non-viable foals. The most critical time for exposure is in the last 30 days of pregnancy. It is recommended that pregnant mares be removed from pasture/fescue hay by day 300 of their pregnancy at the latest.

6. Cantharidin: Cantharidin is a toxin that is found in blister beetles. These beetles can get baled into alfalfa hay if they are swarming the field (especially at field edges) at the time of baling. When the horse ingests them, they may show colic

signs, electrolyte abnormalities, kidney failure, and cardiac (heart) abnormalities.

Some general, non-specific signs of toxin ingestion include sweating, fever, anorexia (not eating), weight loss (if chronic ingestion), respiratory distress, difficulty urinating, and skin lesions. Many of these signs are also seen with other diseases and health problems in horses. For this reason, it is very important to have a veterinarian evaluate your horse if any of these signs are present, or if you suspect toxin ingestion. If your horse ingested something toxic, early veterinary intervention by a veterinarian can improve prognosis. *Not an all-inclusive list of equine toxins.



Matt's Wish

Matt's father, Ernie, was diagnosed with Lewy Body Dementia in April of 2019. After witnessing his father's battle with this devastating disease, Matt wishes to help the 1.4 million individuals and their families fight Lewy Body Dementia. It was his dream to help find a cure for LBD through research, outreach, and education.

While Matt is not with us today, his parents have dedicated their lives to help him make his wish come true.

We hope you will help make Matt's Wish a reality for him by donating here and supporting their cause.

Donating is the most efficient way to support our fundraising efforts. Your donation is 100% deductible and you will receive a receipt for the same. If you would like to make your donation directly to LBDA.org, please feel free to do so and indicate “Matt's Wish Campaign” on your check or in

the notes.

“Let's make his dream a reality. Nothing could make me, Connie, and our family happier.”

Many thanks for your support.

Ernie & Connie Rodina & Family

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Cowboy Church with Steve Stafford



Hello my friends, I'm hoping all is well with you and your loved ones during this spring time. We are busy as usual, horses to ride, fences to fix, and then there's the Church. So much to teach, so much to preach, so much to do. I love "The Church", I love everything about her. She can be tough at times, but all in all, I Love Her, and I Love Serving Her.

Well, here we are at another Easter time, for me, the most important time of the year. Easter Sunday, or you might call it Resurrection Sunday, is the greatest event in history.

The events of that week, from Palm Sunday, to the garden of Gethsemane, the false accusations, the mockery of a trial, the crown of thorns, the cross, and then - the empty tomb. WOW! So much ministry, so much to talk about. But I want to bring up a subject that is not mentioned very often. The Bible says this in Matthew 27:11-26, that there was this fellow named, Barabbas, he was a mess, a murderer, a robber, a scourge to society, no hope, no future, he reminds me of - well, of me! But something happened to Barabbas and to me, his name is - Jesus. The Bible tells us that Barabbas was set free for his crimes, he was found not guilty. Why? Because Jesus was found guilty for nothing that He did, and not only found guilty, but punished unto death for the sins of another. The Bible says that "He

that had no sin, became sin". This is almost too much to take in. Jesus, who was blameless, who was sinless, became my sin, took my blame, and took my punishment. And because of who Jesus is, because of what He did on the cross, and because of my faith in Jesus, I too am found "not guilty", and I am free of the penalty of death. One day Barabbas was "dead man walking", but the next he was "Redeemed man running".

Thank you Jesus for your Love, for your sacrifice, for your cross, because of you I am Saved. Glory be to God, the Lord Almighty. My prayer is that you too know this One called Jesus, the Christ. For it is in and through Him that we are saved. Jesus said that "no one comes to the Father but through Me". Please don't let this Easter season go by and miss the one that is alive today and sits at the right hand of the Father. Remember the Manger is empty, the Cross is empty, the Tomb is empty, but the Throne Room is full!

Miss Debbie, myself, and all our friends at Risen Ranch Cowboy Church in Carthage, MO, wish you and yours a very Blessed Easter Season.

Pastor Steve Stafford



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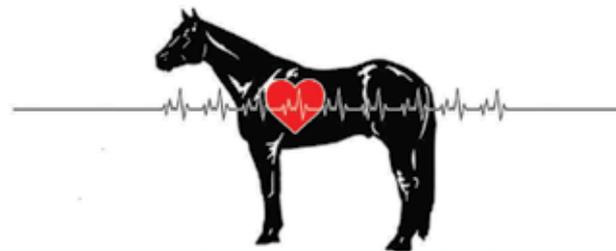
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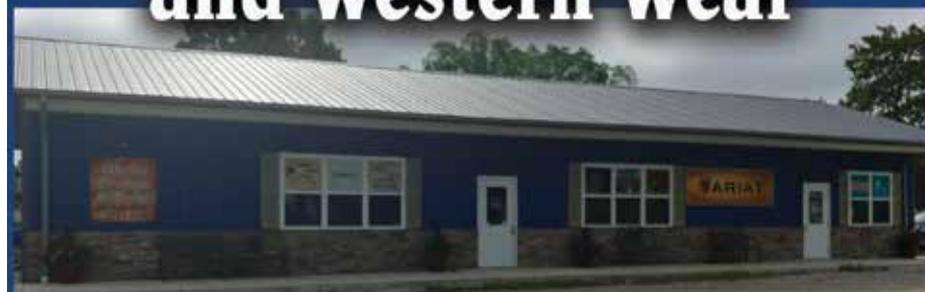
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We have come a long way in trailer comforts and trailer safety for us and our equine companions. You don't have to look very far to see that our new trailers we are pulling today as compared to 20 years ago are masterfully improved. Our creature comforts in the front end include, hot running water on demand, flushing toilets, slide out rooms, creating extra space for the family of five, and my wife's personal favorite, her fireplace. All of these elements and designs are wonderful blessings when we wish to take our horses and head out for a long weekend, week or to winter in Florida or Arizona.

Now, thinking about our buddies in the back. Our horses have it better than ever. Some trailers are now climate controlled. They stand on stress free flooring that is non-slip. No more worrying if a horse has gone through a rotted 2"x10" cottonwood floor board. Some of you younger folks are saying, HUH? Our horses now stand at a slant with mangers in front to feed while traveling, and allow for shock absorption on hard stops. There are waterers on demand for them, cameras to see them while we are running seventy miles per hour down the interstate. All of this all good.

In spite of all of this, "things" still happen. Despite the fact that our horses/ mules are traveling in these improvements, we still need to be aware of certain possibilities when traveling. Upon arrival to your destination, it is a good idea to get those animals off the trailer and give them a good inspection. Perhaps when that little car cut you off and you shifted lanes with your foot on the brake, or you hit that rough patch of road crossing the bridge, guess who wasn't prepared? We occasionally have folks arrive at one of our events and the horse is showing some lameness they didn't have when they loaded onto the trailer. Or they just seem off. A wrong step, a sudden thrust into the manger, a drop in the road.... You know what I mean. Take the time to make sure your horse hasn't been injured or sore up before you get him out on the trail, or in the arena to make him work for you. Against the odds, "things" still happen. Care for your horse, so he can care for you.

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Honey Roasted Red Potatoes

- 1 pound red potatoes, quartered
- 2 Tablespoons diced onion
- 2 Tablespoons butter, melted
- 1 Tablespoon honey
- 1 teaspoon dry mustard
- Pinch of salt
- Pinch of ground black pepper

Preheat oven to 375 degrees. Lightly coat an 11 x17 inch baking dish with cooking spray. Place potatoes in a single layer in prepared dish and top with onions. In a small bowl combine melted butter, honey, mustard, salt, and pepper, drizzle over potatoes and onion. Bake in preheated oven for 35 minutes or until tender, stirring halfway through the cooking time.

New EquiFest Attraction, Breakaway Roping Offers Beginner Learning Experiences Plus Big Payoff For Fastest Overall Ropers

By Frank J. Buchman

Breakaway roping competition is fast becoming one of the most popular highest paying events in the sport of rodeo.

For quite a long time, breakaway roping had been an event typically intended for youth and cowgirls. That has changed in recent times as breed associations have included breakaway competitions for all amateur riders.

Most recently, the Professional Rodeo Cowboys Association started including Women's Professional Rodeo Association sanctioned breakaway roping at their rodeos. That has included the annual National Finals Rodeo in Las Vegas with winners taking home major paychecks.

In breakaway roping, a calf is roped around the neck with a lariat tied by a lightweight string to the roper's saddle horn. When the calf is roped, it tightens the string which breaks, stopwatch clicks and fastest time wins.

For the first time, breakaway roping was a featured attraction at the recent EquiFest of Kansas in Salina.

There was a breakaway roping clinic all day Thursday, and an open-to-the world jackpot breakaway roping featured Sunday afternoon.

Through organization of Kansas Horse Council director, Dr. Fred Gardner, trainer Phil Haugen, Weatherford, Oklahoma, conducted the clinic. A champion professional calf roper and horsemanship clinician, Haugen was assisted by his daughter, Hannah Macy, Stephenville, Texas, breakaway roping champion.

A dozen wannabe-champion breakaway ropers gathered early Thursday morning at Ag Hall Arena with lariats in hand. The estimated average age was 15 years old, likely younger, with two handfuls of cowgirls, and the remainder was cowboys. A few of the roping students lugged their own calf roping dummies into the arena with them. Several additional "practice dummies" were supplied by Haugen.

With only a brief introduction, Haugen asked the names of each cowgirl and cowboy and soon was acknowledging them personally. Giving a short demonstration, Haugen said, "Basic requirements of roping are position, swing and delivery. It's always position, position, position. Let's go to work roping the dummies while Hannah and I help you each individually."

Obvious to the most lay observer, there were distinct differences among the students' experiences and abilities. The clinicians went from one student to the next congenially evaluating their roping and offering suggestions for improvement.

"Now if you'd drop your hand when throwing, the loop will circle down around the calf's head," Haugen advised one student.

"Oh, that's nice. You are sure doing a great job," the clinician advised a first time very young roper.

Obvious improvement was shown by every participant after about an hour of roping training on the ground. "Well, let's get your horses saddled up, and we'll practice roping the sled," Haugen directed his class.



Biggest check winner at the EquiFest Breakaway Roping in Salina was Brylee Zook of Garnett taking home \$1,650. She roped two calves in 10.29-seconds in the open competition. (Kirkwood Kreations Photography)

Again, the young eager learners came out mounted on a wide variety of horses. Some obviously showed roping experience and other horses had never had a rope swung from their backs.

Haugen hooked his four-wheeler to the calf sled, seated himself sideways enabling him to watch the ropers guiding horses following the sled. Again the clinician congenially

evaluated each rider's abilities making sure they were encouraged and working to improve.

"Now, that's the way to do it," often was spoken individually to the ropers. All riders attempted to catch the sled calf a number of times with most of them eventually successfully roping the dummy.

Following a quick dinner break, students came back into the arena

to rope live calves provided by Cindy Brown's JC Cattle Company, Dwight.

"Position, position, position," Haugen repeated for the umpteenth time when explaining to the ropers how to get their horses into the roping box.

The dozen ropers lined their horses side-by-side extending down the arena from the roping box and took turns following calves. A look-of-fright was apparent on several riders and their horses as well becoming more accustomed as they continued working.

First the cowgirls and cowboys just followed calves out of the box and down the arena. Then they were given the opportunity to attempt to rope the calves.

A few ropers caught nearly every calf they ran. Just about all of the learners were able latch on at least one calf bringing giant smiles to their faces.

"You have all done a great job today. Now just keep practicing every day. Practice makes perfect and is essential to becoming a breakaway roping winner," Haugen congratulated his students in conclusion.

With assistance from Cindy Brown who furnished calves, the Kansas Horse Council sponsored the EquiFest Jackpot Breakaway Roping Sunday afternoon.

There were 20 contestants in the open division each paying \$200 entry fees. Thirteen ropers in the junior competition each paid a \$100 entry fee.

Winners received payback tallied from entry fees as well as added money. Fastest times in the first go-round qualified for the short-go-round with winners determined from best times on two calves.

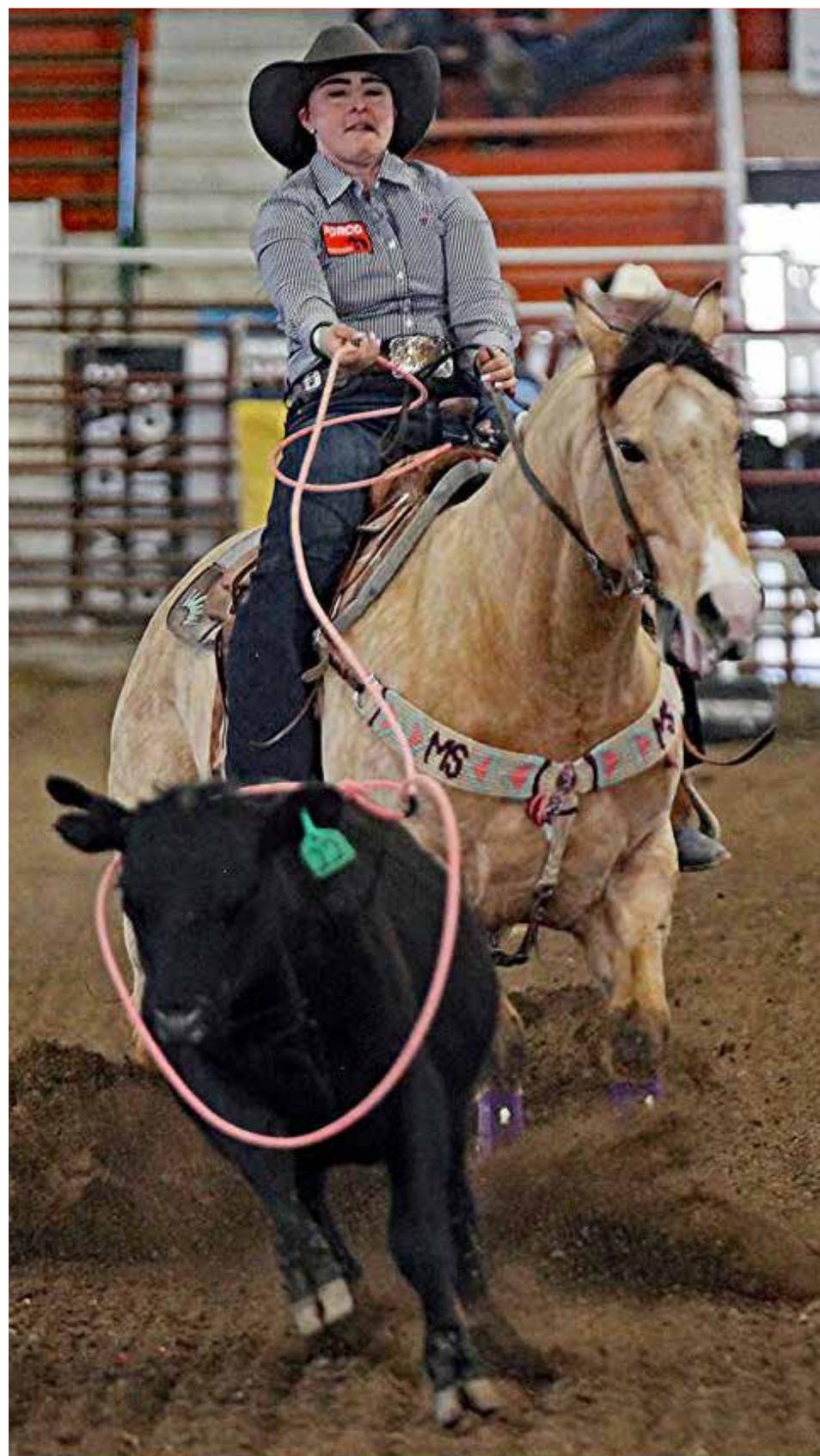
Biggest check winner of the afternoon was Brylee Zook of Garnett

who won a total of \$1,650. She got \$1,600 for fastest time, 10.29 seconds, on two head in the open competition. The additional \$50 came after Zook tied with the second fastest time in the junior second go-round.

Second biggest overall dollar winner was Madison Scott of Pomona taking home \$1,584. Her accumulation total included: third in the two-head open, \$800; fastest second-round open time, \$150; first two-head junior division, \$484; fastest junior first run, \$100; and tie for fastest junior second-round time, \$50.

Micah Samples, Abilene, won \$1,200, for the second fastest time roping two calves in the open division. Fourth fastest open two-head time made a \$400 payback for Michelle Wilson, Osage City. Ashley Moeder, Oakley, got \$150 for her fastest time in the open first go-round.

Avery Kinkelaar, Assaria, had the second fastest junior two-head time for \$363. Third and fourth in the junior two-head competition respectively went to Montana Heller, Meriden, \$242, and Dawson Wood, Kingman, \$121.



Micah Samples, Abilene, won \$1,200, for the second fastest time, 11.17-seconds, roping two calves in the open division of the EquiFest Breakaway Roping at Salina. (Kirkwood Kreations Photography)

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Time For Spring Cleaning!

By Maggie Stonecipher

I absolutely love springtime! I love seeing everything wake up and how it changes from day to day. While I enjoy winter, there is something mesmerizing about seeing the trees and flowers in bloom and the greening of the pastures. And it also stirs something in me to do some spring cleaning to match the awaking taking place in nature.

Here are some things I consider essential for my sanity and peace of mind:

Locate & Organize Winter

Clothes – I body clip my two horses who work through the winter and that means constantly managing layers. I drag out all my blankets and get them ready for next fall. Do they need repairs? Do they need to be recycled out? Do they need to be cleaned? Then I get them off to be repaired and cleaned. Once they come back, I put a tag on them so I can quickly identify them in the fall before storing in a dry location. And I also do the same with my winter layers! I check out all my coats for repairs, clean out the pockets, wash and put away for next fall.

Wash the Stalls – Half my horses live on pasture 24/7 and the other half split their time between stalls and pasture. A periodic and thorough cleaning of stalls is more important than anything else in the barn. My horses have been rubbing their drool, snot and poop on the walls all year. I wash my stall walls once a year and probably should do two times a year. But it always gets done in the spring and it is great mental therapy!

Wash the Barn – Once I've done

the stalls, I tackle other parts of the barn. I recently just completed my grain room and hay/equipment room, and it feels so good. I also went through and threw away old sponges, rags and other supplies that have outlived their useful life span. If you're feeling really motivated, power-wash the floors and walls of the barn aisle!

I also like to scrub all shovels, muck forks, brooms and muck tubs. I fill the muck buckets with hot water mixed with about a cup of Pine-Sol®, put the shovels in and let them soak before scrubbing everything. This cleans everything well and I love the smell afterwards. I then fill one of the muck buckets with hot water and cleaning vinegar. All my brushes, hoof picks and other grooming supplies get a good soak to clean them up.

Scrub those buckets - Keeping horses' water and feed buckets clean is always important. Water buckets should be emptied daily and cleaned on a regular basis. I like to pull them all out, fill with warm water and cleaning vinegar then scrub with a stiff brush before rinsing out at least once a week.

Clear the Insects and Bird nests - Spiders, wasps and birds love to inhabit barns. Unfortunately, the webs, hives and nests are a fire hazard. I have a long, extendable stick to poke out bird nests before they lay eggs and knock down wasp hives as well as an extendable pole with a round broom that I use to get webs and dust around the barn. This time of year, I must tackle the bird nest building pretty much daily

as I won't do it if any eggs have been laid.

Check your Medicine and Emergency Supplies – I like to pull out all my medicine and emergency supplies and restock as needed. I do both my barn and trailer supplies at the same time. I have a checklist I use for what to have on hand so it is easy to see what I may need. I also sort through all the medications and dispose of anything that has expired. I have a variety of sealed containers

to keep like supplies organized and cleaned. And as a fan of permanent markers, everything gets labeled for quick identification in an emergency.

While Spring Cleaning can be a lot of work and time consuming, the pay-off is so gratifying and necessary for the long-term health and well-being of our horses! Happy Cleaning!





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