



October 2014

The Valley Equestrian News

MHARF Trainer's Challenge A Win for Rescued Horses!



*Wagon Train Celebrates
South Dakota's 125 Anniversary*



WAGONS HO for History

By Cassandra Swanson

When one is offered a chance to join a wagon train, you should never say no. So, on Monday, September 7, we had the privilege to meet up with the South Dakota 125th Anniversary Wagon Train in Ethan, S.D. It was exciting to not only have the opportunity to spend a day riding in a wagon and on a horse, but to know we were participants in a historical event.

Arriving Sunday afternoon, we watched 40-plus wagons and dozens of horseback participants make their way to the Ethan Fairgrounds. The skill of the wagon drivers controlling horses,

mules and ponies after a long day of pulling was impressive, and the weariness of the journey was reflected in the faces of the riders and their mounts. Making their way to the fairgrounds where they would find water and camp sites, participants immediately had to jump on a bus and head BACK to the starting point to pick up support vehicles – which carried their corrals, supplies and sleeping quarters! The ride was ending but the work was not.

Not knowing what to expect, we met up with our wagon hosts, and helped out as best we could. We were directed to the wagon boss, Gerald Kessler to

sign our releases, and then went with our wagon crew to enjoy the delicious meal supplied by the town of Ethan.

Town folks poured out to not only watch this historic event roll into their town,

but produced a meal fit for a king: scalloped 'taters and ham, and so many side dishes, salads and desserts we could have all eaten for a week – and enjoyed every bite! The town then set the stage for the evening with a beautiful rendition of the "Star-Spangled Banner," the pledge and then entertained us with the history and antics of life in Ethan, SD.

After some visiting, bedtime came early for the weary participants. However, wind, lightning and rain prevented the deep sleep for which they longed. The area was in need of the quenching downpours, and the ground quickly absorbed the moisture – the only incident due to the weather was a blown down dead tree that took out some-one's truck windshield. Despite the rough night, when morning came, the camps roared to life. At a still dark 6:30 a.m., the Ethan Historical Society rolled in with warm, homemade ham & egg muffins and wonderful treat bags to start our day. Our cowboys had started breakfast of pancakes and sausage, so our crew left the grounds very well fed! We rolled up our camps and packed our bags as wranglers and cowboys bridled, harnessed and hooked up teams

and saddled horses, and when the wagon boss yelled, "MOVING OUT"...we did!

Only 38 wagons and 24 horses rolled out on Monday morning. The beauty of this three-week ride is that participants can come and go as their schedules permit, and badges are transferable to others who can make the ride for a day or a week. I believe the ride started out from Yankton, S.D. September 3rd with over 70 wagons...and it rolled into Pierre, S.D. September 20th with at least that many.

Our travels took us past the Johnson household on 411th, who took watching the wagon train pass by one step further as they handed out ice cold water to participants. I would like to think if I was lucky enough to have a wagon train go by the front of my property that is EXACTLY what I'd be doing - if I wasn't riding! The back roads to Mitchell brought us up by Mitchell Tech, where the power line boys were out climbing poles...they thought the Amish were coming, but my son had to admit, no, not the Amish, but the SD 125th Wagon Train....how did he know? Because his mom was on it!

We took a rest break at the Mitchell sales

barn to water stock before traveling the streets of Mitchell to wave at hundreds of school children and senior citizens, who knew we were coming, and tons of passersby who had no clue why dozens of wagons and horses were heading down Main Street. A few hours later, we rode into the Mitchell Fairgrounds ... sad our journey had come to an end but delighted at the memories we would revisit again and again.

Thank you, Bob Glanzer, for sharing your Sweet Sally Sue Chuck wagon with us, and for introducing us to Mark Kleinsasser – a cowboy through and through. And to all the other wonderful cowboys and cowgirls out there on the trail who shared the ride with us – thank you. Be safe out there on the trail...

Continued on next page



2014 SOUTH DAKOTA STATE FAIR COWBOY MOUNTED SHOOTING RESULTS

HURON, SD - On Friday afternoon, August 29, 16 cowboys and cowgirls turned up at the South Dakota State Fair to compete in a CMSA sanctioned Cowboy Mounted Shoot in the North Arena hosted by the Dakota Territory Mounted Shooters and Dakota Running Irons.

Drawing some of the



Wagons Ho: Continued from page 2

If you want to know more about this historic ride, check out <http://www.125.sd.gov/wagontrain.aspx>. The wagon train traveled 15-20 miles a day, stopping in 13 towns and many pastures along its route from Yankton to Pierre. The ride was organized by Gerald Kessler and sponsored by the South Dakota Draft Horse and Mule Association. The ride

boasts participants from at least eight states - South Dakota, North Dakota, Minnesota, Colorado, Nebraska, Iowa, Wisconsin and Kentucky.

Photos by Cass Swanson: Clockwise from top right:

--Cowboy Breakfast from the Chuckwagon crew, Mark Kleinsasser & Bob Glanzer

best competitors in the state for some fast action, cowboy mounted shooting is one of the equine industry's most exciting events. The only way to describe it would be "barrel racing on steroids" as the rider guides his horse through various patterns using .45 caliber six-shooters loaded with "blanks" to burst

balloons. Not only does this require skilled riding, but finger dexterity to re-cock the gun after each shot is fired – and having to change guns midway through the ride. The challenge is multiplied by a few riders who will switch things up and attempt to shoot the last five balloons with either a shotgun or rifle – definitely keeping things exciting. The competitors are divided into

levels depending on skill and event wins, as well as ladies, men and wranglers (kids under age 12 – who carry unloaded or fake pistols, and only 'engage' the target as they perform the course.

Prizes and cash payouts keep the cowboys coming back for more, and DTMS would like to thank Shuchards GMC, Double D Western Wear and the Fair for their support and sponsorship.

Huron State Fair Champions were: LADIES ONE: Kari Feldhaus; MENS ONE: Clinton Olinger; MENS TWO: Collin Borgman; MENS FIVE: Brett Borkowski; SENIOR LADIES FOUR: Kelli Shryock; SENIOR MENS ONE: Steve Deneke; SENIOR MENS TWO: Paul Borgman; SENIOR MENS THREE: Tucker Ashley; SENIOR MENS FOUR: Craig Shryock; WRANGLER: Myra Whitehead.



SHOTGUN WINNER: Unlimited: Brett Borkowski; Limited: Tucker Ashley. CONGRATULATIONS to all participants, and thank you to all for making this event possible.

SOUTH DAKOTA STATE COWBOY MOUNTED SHOOT RESULTS LENNOX, SD - The skies cleared, the weather cooled and the cowboys from three states came to the 2014 South Dakota State Cowboy Mounted Shoot at the Whitehead Arena on September 6&7. Twenty-one men, ladies and a wrangler saddled up to rack up additional points on the road to the finals working their trigger fingers and enjoying their

well trained horses. The Dakota Territory Mounted Shooters offer sincere thanks to our added money and supper sponsors – the Lennox Pizza Ranch, Sioux Falls Cartridge World and Embroidme, and event sponsors from Lennox and the surrounding area.

Shooters are ranked according to Men's (M) and Ladies (L), Senior Levels (SM & SL) and class level from 1-5 depending on skills and wins.

Taking home the prizes were: 1st L1-Shelley Henderson; 1st L2-Jean Peterson; 1st M1-Todd Braun, 2nd M1-John Krohmer, 3rd M1-Clinton Olinger, 4th M1-Marty Peterson, 5th M1- Nick Soulek, 6th M1-Shaun Teut; 1st M2-Collin Borgmann, 2nd M2-Joel Yandell, 1st M5-Brett

Borkowski, 1st-SL2 -Linda Salestrom, 1st-SL4-Kelli Shryock, 1st-SM1-Rock Boyd, 2nd-M1-Gene Whitehead, 1st - SM2-Paul Borgmann, 1st-SM3-Jerry Salestrom, 2nd-SM3-Gregory Wendell, 3rd-SM3-Tucker Ashley, 1st-SM4-Craig Shryock, 1st-WRL-Myra Whitehead.

In the shotgun and rifle events, where the competitor shoots the last five balloons with a long gun, winners were: Shotgun – 1st -Brett Borkowski and 2nd Tucker Ashley. Rifle – 1st Brett Borkowski and 2nd Rock Boyd.

Congratulations to all who participated in this event, and thanks to all who helped create, run, and sponsor the South Dakota State Cowboy Mounted Shoot.

Photo left: Cowboy Mounted Shooters at State Fair; photo right: Huron, Pistol shooter

Photos by Cassandra Swanson

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PO Box 64
Sabin, MN 56580
theVENews@gmail.com
(320) 209-8523

Owner/Publisher
Ley Bouchard
(701) 361-8648
leybou@gmail.com

Managing Editor/
Sales Director
Kari Hagstrom
(320) 766-2620
Kari.venews@hotmail.com

Contributing Writers
Orv Alvshere
Pam Barthel
John Alan Cohan
Dr. Juliet Getty, Ph.D.
Staci Grattan
Kari Hagstrom
Michelle Hoyt
Janice Ladendorf
Cass Swanson
Charles Wilhelm

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READER'S LETTERS

I love the "Tone" of your paper.

Do you ever get anything on "LUSITANOS"?

Faithful Reader,
JJ
Placerville, CA

Thank-you for your flattering comment, JJ. We have in past issues had content on the Lusitanos breed. Since you asked, we will try to put the Lusitano on our schedule in the near future. Let us know if you have any particular preference for the type of content you want to read. We love listening and responding to our readers' interests.

Ley Bouchard, Publisher
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Event Schedule

Oct. 30 Maturity Show (4, 5 and 6 year old horses)...12 p.m.
Oct. 31 Futurity Show (2 year olds).....12 p.m.
Mane Event Social.....7 p.m.
Doublewood Inn, Fargo (3333 13th Ave. S.)
Nov 1 Futurity Show.....8 a.m.
Sale.....one hour after show

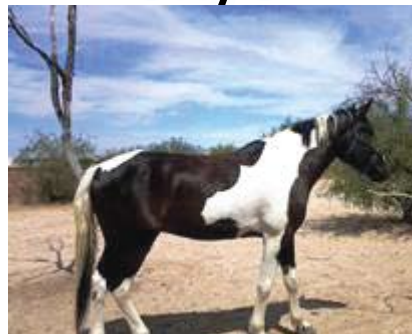
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Skye



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Zafir



Zafir is a beautiful 2008 Arabian gelding who stands approximately 14.2hh. He was originally adopted from MHARF as a weanling back in 2008 and was returned this summer because his adoptive owner could no longer keep him. He is a great horse with a wonderful temperament. He is green broke and very willing, has had some trail experience with other horses but has not been ridden since last spring. He is pretty level-headed but still energetic. For more information on adopting Zafir please call his foster home at (320)223-4908 or email us at info@mnhoovedanimalrescue.org. For MHARF adoption guidelines please visit www.mnhoovedanimalrescue.org.

Mn Hooved Animal Rescue Trainer's Challenge Recap!

Photos by Ley Bouchard

The Minnesota Hooved Animal Rescue 2014 Trainer's Challenge happened Sept. 20 at the Leatherdale Equine Center on the campus of the University of Minnesota in St. Paul, MN.

More people attended this year than in past years resulting in standing room only. The Challenge consisted of the Halter Class, Pleasure Class, Obstacle/Trail Class, Freestyle and the Vet/Farrier check. Awards were presented in each class and overall winners announced at the conclusion of the event. At the end of the day, seven horses went to new homes averaging in price about \$1,400 each with the minimum price of \$850 and the top price of \$6,000 for Gallant. Thanks to the help of many volunteers from MHARF, This Old Horse and Truhaven Ranch, the day went off without a hitch, at least to the casual observer.

MHARF Trainer's Challenge results: Congratulations to Grand Champion: Edison

and Jamie Moeller

Reserve Champion: JoJo and Aubreanne Dockter
Third Place Overall High Point: Hope and Leanna Giles
Fourth Overall High Point: Raayna and Maddie Kanda
Fifth Overall High Point: Gallant & Andrea Keacher
Sixth Overall High Point: Ki & Emily Deiss

Halter Class

Denny & Mikayla Fischer
Edison & Jamie Moeller
D'artagnan & Sasha Pikovsky/Derek Kohlase
JoJo & Aubreanne Dockter
Raayna & Maddie Kanda

Hope & Leanna Giles

Pleasure Class

Johnny and Dustin Freiheit
Gallant and Andrea Keacher
Edison and Jamie Moeller
JoJo and Aubreanne Dockter
Hope and Leanna Giles
Polka Dot and Truhaven Ranch Team

Obstacle/Trail Class

JoJo and Aubreanne Dockter
Hope and Leanna Giles
Ki and Emily Deiss
Edison and Jamie Moeller
Raayna and Maddie Kanda
Crouching Tantrum and Frances Nelson

Freestyle

People's Choice: Gallant with Andrea Keacher
Best Groomed: Gallant with Andrea Keacher
Best Blog: D'artagnan with Sasha Pikovsky and Derek

About the Cover

Clockwise from top left: Jamie Moeller proposes an ice bucket challenge to everyone suggesting donations to MHARF while sitting atop of Edison, her challenge horse, a 2008 bay gelding who was part of the Fillmore County humane case in 2012. Edison was suffering from severe malnourishment and neglect. Jamie and Edison won Grand Champion honors. **Middle top:** Hope, a dark blue roan mare, trained by Leanna Giles, won Third Place Overall High Point. **Top right:** Johnny, an Arabian bay gelding trained by Dustin Freiheit, belongs to the rescue program

at This Old Horse. Dustin placed first in the Pleasure Class. **Bottom left:** Reserve Champion JoJo and trainer Aubreanne Dockter leave the arena riding on a trailer.

Photos bottom left to right: Polka Dot, a 2010 Appaloosa Arabian mare trained by the Truhaven Ranch team; Gallant, a 2010 warmblood cross gelding trained by Andrea Keacher; D'artagnan or "Dart", an American Saddlebred gelding trained by Alexandra Pikovsky and Derek Kohlase; and Hailey Kester, 8-year-old daughter of Nikki Kester, rode Johnny, during the Freestyle Class under the supervision of trainer Dustin Freiheit. Johnny is a bay gelding that came from a Crow County humane case where he was severely malnourished and neglected.

The Valley Equestrian News proudly sponsors the MHARF Trainer's Challenge annual event.



Charles Wilhelm: Ultimate Foundation Training Super Horse

A super horse is simply a horse that is versatile; it is a horse that can perform well in many areas. A super horse works well in the arena, goes safely out on the trail, can be shown in Western Pleasure or ranch classes, and can perform in a variety of other activities. A super horse is compliant and handles stress and unusual circumstances like

by the crowds, flapping banners, and noise level of a parade. This same horse can go the next day and work cows. The horse may not be a great cow horse but it can be around and move cattle. The horse is sound enough mentally and emotionally to take on the stress of sorting or taking a cow down the fence.

idea of a super horse is not only to show that the horse is versatile but to show case the horse's positive skills. All horses have areas that need to be worked on. Even the best trained horse has some area that can be improved upon. Even super horses need their skills exercised to keep them sharp.

or learning any new activity with the horse may take working with a trainer or in a clinic. Safety is always the first concern and you need to approach new activities with safety in mind for you and your horse. Think of having the ultimate super horse as a goal. It may take a lifetime of riding and working with your horse but

sion in the eye. To ride a horse like this is a true pleasure, and that is always our goal when we ride. We have our horses for the enjoyment of the relationship and the experiences. The wider the variety of experiences you can have with your horse, the more fun it is going to be.



Charles Wilhelm is internationally known as America's most respected horse trainer. His unique approach to horse training enables horse owners to train their own horses.



a horse show, a parade or bicycle riders, well.

For example, a super horse can walk safely and quietly in a parade. Many people take their horses in parades but the horses are prancing around, rearing, on the muscle and continuously pulling on the rider's hands. The horse that does this is not accepting of this type of environment. A super horse is not affected



The same horse can go into a Hunter/Jumper class or do Cowboy Dressage. A super horse can do these things because it is obedient to the riding aids. The horse will stop softly, turn and back when we ask. If you only hope your horse will stop or turn when you ask, you do not have a super horse.

I have been working with horses here at the ranch to make them all-around performers, something more than just Ranch Versatility. These horses are safe out on the trail and can do trail obstacles. They go through creeks and rivers, pick their way over rocks and go up and down extremely steep trails. This type of riding also requires the rider to have proper equitation skills. The

Not every horse can be a super horse, just like not every horse can be an award winning reining cow horse. However, all horses can play at it and have fun at it. All horses and riders can improve their performance. I look at the "super horse" as a goal and achieving that goal is a progression. You buy a horse, you develop a relationship with the horse, you learn to ride more with your seat and legs, and improve your equitation skills. All this develops a more trusting relationship with your horse. You may take lessons or participate in some clinics, you train your horse or you work with a trainer. You take your horse out on the trail or in some competitions and have varied experiences and continue to develop a closer relationship with the horse and build trust. You keep strengthening that relationship by doing different things with the horse. If all you do is work the horse in the arena, that is the limit of your relationship. If you go outside the arena, you are developing your skills and those of the horse.

it is a direction. All riders should have goals for their horses. Any person that has a horse should have a goal. You can look at it as what you want to accomplish in three months, six months, in a year or three years. The relationship with your horse is for a life time. My horse Tension Bey is 25 now and I bought him when he was two. We have a lot of memories and we have had a lot of experiences. Our relationship has grown as we have worked out problems and learned together. He has been and is, a great horse.

The concept of a super horse is just an opportunity to expand your knowledge, your horsemanship skills, your equitation and your experiences. We want the horses here at the ranch to be balanced, relaxed, accepting of a soft rein and other cues. We want the horse soft in the body and with a nice expres-

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Charles Wilhelm

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EQUINE BRAIN POWER

By Janice M. Ladendorf

Brain size has often been used to classify animals as intelligent or stupid. Equine brains are about the size of a grapefruit, but this fact does not justify defining them as stupid. If this criteria worked, the large brains of elephants and dolphins would define them as more intelligent than humans. When brain size is compared to body mass, elephants and dolphins are not as well endowed as humans. To humans, this comparison sounds better, but only when it is applied to species, not to individuals within a species. In recent years, scientists have begun to doubt if there is any correlation between brain size and intelligence.

Since horses nurse their young, they are mammals. All mammalian brains include the hind brain, midbrain, and forebrain. The hind brain is also called the reptile brain. It keeps mammal bodies functioning. The midbrain has two hemispheres; the right one includes the neural pathways for emotions and instincts while the left one includes the neural pathways for sensory input and some cognitive functions. Artists use the right hemisphere while scientists use the left hemisphere. These two hemispheres can work together or one can dominate the other one. The forebrain is also called the neocortex. It has the neural pathways for advanced cognitive functions, such as abstract thought.

Considerable research has been done on the anatomy, neural pathways, and functions of the midbrain. On the right side, core and social emotions have been identified. The core emotions are fear, anger, and curiosity. The social emotions are separation anxiety, social attachment, sexual at-

traction, and playfulness. Any mammal with a healthy brain should be able to feel these emotions. Evolution has also given horses strong instincts. Examples are the flight instinct and the herd instinct. Equine emotions and instincts can create real problems for their human handlers, but they are irrelevant to the issue of equine intelligence.

Since horses are prey animals, Dr. Hamilton in "Zen Mind, Zen Horse," argues their right hemisphere is

correlate with intelligence. In our technological society, humans are taught to focus on left brain functions, and this may be why nature deficiency disorders are becoming an increasing problem. Like horses, human cultures which had to survive in more natural environments established deep links with nature and acquired a keen awareness of every detail in their physical environments.

Maintaining a good balance between right and left hemispheres of the brain may be essential to good mental health. Horses who live with humans can learn to make more use of their left brain functions. They can be taught to stop and think before they bolt. They can also be taught to ignore their surroundings to focus on what a human wants them to do. As therapists have found, working with horses encourages humans to make more use of their right brain functions. Anyone who works with a horse has to ignore the past or future and focus on the present. Just as the horse has to focus on us, we must be able to focus on the horse to correctly interpret his non-verbal cues and behavior. Acquiring these skills may help us rebuild our deep link with the natural world.

Humans have always believed they are more intelligent than animals. Brain size has been one criteria used to support this belief. Another one is the lack of language. In recent years, our understanding of language has expanded to include any form of sensory input. We also now know humans don't necessarily think or learn just in words. They also use images and non-verbal concepts. Horses can communicate with each other in audible sounds, but rarely do so. As prey

animals, they know a noisy animal is more likely to be eaten. Since belonging to a herd is crucial to their survival, they frequently use a wide range of non-verbal cues to communicate with each other. Many of these cues are so subtle humans fail to see them.

There are three basic elements in any language. One is audible and inaudible sensory cues. Two is meaningful categories (words). Three is relational rules (grammar). A wealth of sensory data flows into every brain. This flow would be overwhelming if the brain did not also have the ability to group the data into some basic categories. We now have scientific proof that animals can use categories. Prairie dogs have a system of whistles that can sound an alarm, identify a class of predator, and identify individual predators. Experiments with parrots have shown they can classify objects by properties, such as size, color, and shape. Pigeons can be taught to classify paintings by individual artists. Since sensory data is being classified into categories, the logical place for process to reside is in the midbrain.

Human languages have to deal with the past, present, and future so their grammatical rules need to be complicated. When animals focus on the present, these rules can be quite simple. For example, how does a horse distinguish between commands and corrections?

A command occurs before he does something. A correction

occurs after he has done something. Experts agree that a correction must occur within a few seconds after the incorrect response or the animal will not be able to associate the correction with what he had just done.

Variations in the size of the forebrain or cortex have also been used to define intelligence. In this regard, humans are far better endowed than any other species, but all mammals have a forebrain. Its size may or may not be an indicator of intelligence. So far, no one has been able to prove animals can understand abstract concepts, but they can exhibit intentional behaviors and extend their planning a short way into the future. One example is their ability to solve problems. Some horses and ponies have certainly

demonstrated problem solving abilities when they escape from their pastures, pens, stalls, or barns. Interpreting experimental results can be difficult unless

both the problem and the reward are relevant to the animal. The more animals resemble us, the more intelligent they appear to be in experiments designed by humans.

Cognitive abilities do not exist in a vacuum. Along with sensory input, they may be linked to group membership or individual emotions. Scientists have found that species who live in groups,

like horses, tend to be more intelligent than ones who live alone. Curiosity is one of the core emotions, but horses will vary in the degree they show it. Individual variations in this emotion may be tied to personality or be an indicator of intelligence. The actions of investigation, observation, and evaluation require cognitive abilities. My Spanish mustang has always been the first horse to notice and investigate anything new and strange in his environment. Observers can legitimately evaluate the intelligence of individual horses, but setting fair criteria for comparisons among species is almost impossible.

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Human Views and Equine Behavior: Self Fulfilling Philosophies and Communicating with Horses, 2013.

Permission to use illustrations of the equine brain from ultimatehorsesite.com

- Horse Brain Diagrams
- 1- Right Cerebral Hemisphere
 - 2 - Cerebellum
 - 3 - Corpus Callosum (Connects the cerebral hemispheres)
 - 4 - Septum Pellucidum
 - 5 - Thalamus
 - 6 - Pineal Gland
 - 7 - Hypothalamus
 - 8 - Olfactory Bulb
 - 9 - Optic Chiasm
 - 10 - Optic Nerve
 - 11 - Infundibulum of Pituitary Gland
 - 12 - Pituitary Gland
 - 13 - Pons
 - 14 - Medulla Oblongata

Essential Oils for Health & Happiness

By Michelle Hoyt

A few months ago I started having a LOT of trouble with my neck and back. A friend of mine offered to help with pain management, and among the various techniques she used was massage with Young Living Essential Oils®.

I had used oils before, when another friend offered them to me during a bout of pneumonia. At that time he suggested R.C.® and Thieves® [named for four thieves who covered themselves with aromatics, such as clove and rosemary, in order to rob plague victims in France], as well as Purification® and Peppermint, I used these both on myself, rubbed into my chest, on the soles of my feet and in the steamer in my room. Relief was immediate and very welcome since I'm allergic to most medications that are prescribed or over the counter.

When specific oils were put on my neck, temples and back I could not believe the difference in my pain. It got me very interested in what ELSE this company had to offer.

I found out through research online that not only does the company offer health and beauty and balance products, they offer household cleaning products, the oils, of course, for which the company is known, and weight management products. The company is always searching for and developing new, pure, healthy products.

What does this have to do with an equestrian magazine? Well, if it were not for Deep Relief Roll-on for example, I'd be in too much pain to ride many days. It's designed to remove muscle soreness and tension.

Deep Relief contains (right off the label): Mentha piperita† (Peppermint) oil, Caprylic/Capric triglyceride, Citrus limon† (Lemon) peel oil, Abies balsamea† (Balsam fir, Idaho) oil, Copaifera reticulata† (Copaiba) oil, Syzygium aromaticum† (Clove) flower bud oil, Virgin cocos nucifera (Coconut) oil, Gaultheria procumbens† (Wintergreen) leaf oil, Helichrysum italicum† oil, Vetiveria zizanioides† (Vetiver) root oil, Bursera graveolens† (Palo santo) oil. 100% pure therapeutic grade essential

oil. I am not going to list all the ingredients of the various oils I mention, you can certainly look those up online yourself and see if there are products the company offer that would benefit you. I just mention these to show you the attention to quality that is part of these products.

Black Pepper oil is also useful for helping muscle tension following exercise. What horseback rider doesn't know about that! Cleaning barns, trimming feet, stacking hay, all those things that we do for our beloved equines that makes our bodies complain a bit! I have found these oils help with arthritis and bursitis pain also!

I am not a youngster anymore and realize now how important a good night's sleep is. I admit that I was having very restless evenings and night sweats that I refuse to consider as "hot flashes!" I did some searching on the

company website and discovered Progression® Plus Serum. It is designed for women, and the ingredients completely solved that problem for me! I use a Q-tip®, put two drops on every morning on my neck and run it down my forearms, and NO more night sweats or hot flashes throughout the day! Getting all dressed up in your prettiest show clothes, I would imagine the effects are a bit ruined if you are drenched whenever your hormones flip the switch on!

I also have discovered the benefits of CortiStop®, another product designed for women and our unique hormone require-

ments. It helps fight fatigue and helps with weight and glandular issues. Ladies, if you do nothing else, check out these two products!

I am posting products that seem to be just for women, but there are so many products that benefit men, women, children AND our

helps with bronchitis and skin infections also! There is a great selection of Thieves® products for yourself and your home.

PanAway® is helpful for arthritis in pets. Purification® is effective for insect bites, cuts and scrapes, ear mites in cats and dogs, and as an insect repellent! Frankincense is another great product for insect bites, as is Peppermint.

Lavender. Who does not love that scent? I especially like the fact it is PURE oil, not perfumes and chemicals that make this and the other products. I enjoy

it with Peppermint in a diffuser in my bedroom along with Stress Away™. It helps with a wonderful night's sleep! Lavender is also great for SO many other things, hay fever, sunburn, allergies, rashes, moth and insect repellent, no more spiders in your barn and tack room! Ease the pain of bee stings, burns, and insect bites. Help refresh your laundry and more!

Peppermint is one of my favorite oils; it has SO many benefits: Headaches, indigestion, heartburn, nausea, motion sickness, congestion, TICKS, and of course makes a wonderful flavoring for that peppermint frosting on your chocolate cake!

Thieves® is another favorite, both as a household

cleaning product, as well as something to travel with when using all the public bathrooms on the way to rodeos or horse shows. Use the wipes to make sure the bathroom fixtures and toilet seats are clean. Use the oil for strep throat, colds and flu, mold and mildew in your home or tack room. It

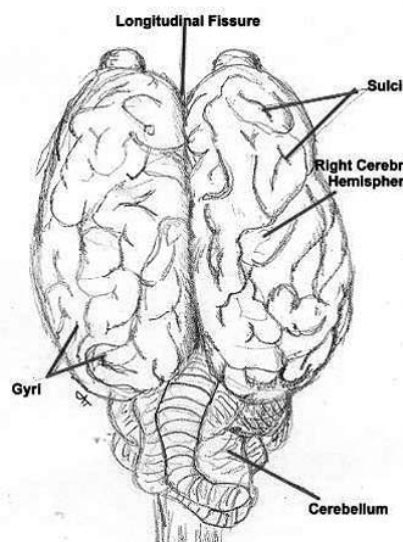
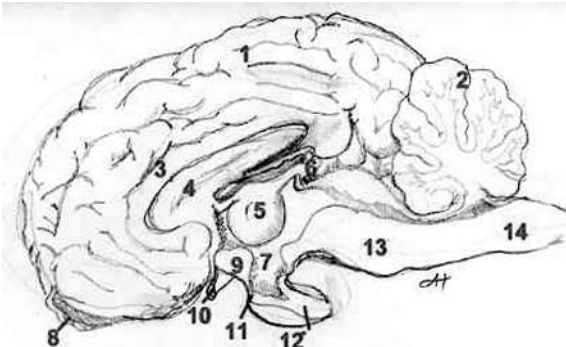
without harmful chemicals or synthetic products.

Animal Scents® Shampoo cleans, protects, and conditions. This all-natural shampoo contains five powerful essential oils, which gently cleanse, increase luster, and enhance grooming.

I am pretty proud of the wide variety of products Young Living offers. I like the quality, the purity, and love sharing information on it. I do NOT sell the oils, I will if asked, but I just enjoy using them in my home and for the health of myself and my animals. I like the fact that I can be an independent distributor for this company without it costing me an arm and a leg; I purchase what I need at cost. I have a Facebook page where I share information daily about the various products. I love finding out what Young Living has been up to on their site and frequently visit just to find out! I've just begun exploring the benefits of these products on my horses and plan to share the information on my Facebook page. If you are curious, you are welcome to join me there: <https://www.facebook.com/groups/oils-forhealthandhappiness/>

If you'd like to join Young Living, go to www.youngliving.com and use Sponsor ID # 1543428 Michelle Hoyt. Love to have you on my team! Whether it's using the products just for yourself or building a business--it is nice to have a product line we can be proud of!

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HORSE CRAZY WHAT? HORSE CRAZY HOLIDAY MARKET™ RETURNS FOR 2ND YEAR

By Kari Hagstrom

What do you get when you have two horsewomen talking ideas while stall-cleaning? Horse Crazy Market, of course.

In mid-October of 2013, Jeanne Klein and Lynn Merrill were barn-cleaning and talking about how successful Midwest Saddle Seat Consignment's trunk sale had been. Merrill suggested that the two women do one of their own: get together some great equine vendors, host it in a hotel suite, and create a one-day shopping experience. "Everybody knows someone who loves a horse, right?" is what Klein and Merrill figured.

Though time was short, they decided to go for it, and partnered on the details with D'arcy Allison-Teasley, who created the brand and handled all the art work and social media. Horse Crazy Market™ the company was born, along with the event, Horse Crazy Holiday Market™.

Last year's one-day event was embraced by the equine community, with nearly 800 attendees and 52 vendor booths. The event was held at the Ramada MSP Airport at the Mall hotel in Bloomington, Minn. "Dave Anderson and his team at the Ramada were willing to work with us, not knowing if we would have 10 booths or 50 booths. Jessica Drexler, from Triple Crown Nutrition, reached out to us to be a market sponsor, [and] many of the vendors offered sample product and gift certificates for the first 50 attendee gift bags. Many great friends volunteered to help the day of the show. This made all the difference," said Klein.

"It was fantastic, beyond our wildest (craziest) expectations! We had 52 booths of wonderful offerings: 'Equine-themed, hand-picked, free-spirited vendors, goods, gifts and services especially for horses, horse-lovers, and those who love horse-lovers!'"

Vendor Kathy Zachman, of Favorite Cowgirl©, said

that it was "a wonderful time, and well-worth it as a vendor--sales were incredible. It was awesome to be in a banquet room full of like-minded horse-lovers, and people who love Christmas, gift-giving and being generous. And people were generous—on both sides [of the event], and happy to be so. Without a doubt, I knew I was going back [again this year]. It's just FUN. A truly festive event, with lots of good will; it's kind of like being a kid in a candy store."

The 2014 event will be expanded to cover two days at the Ramada MSP Airport at the Mall in Bloomington, Minn., and will run 9 a.m. to 5 p.m. on Saturday, December 6th, and 11 a.m. to 4 p.m. on Sunday, December 7th. Admission is free.

The event is sponsored by the Bloomington Ramada and again by Triple Crown Nutrition. Klein expects at least 60 vendors, with room to accommodate 80. To become a vendor, contact Jeanne Klein at horsecrazymarket2@gmail.com or

jeanneklein53@gmail.com, or call 612-801-3679. Booth fees are \$250 for vendors, and \$200 for non-profits. Vendor sign-up is open until all 80 spaces are filled.

This is a curated show, so a select number of kinds of items will be available, such as, no more than two grooming-product vendors. Klein and her partners do not want too many of one thing, so the show will not be overrun with jewelry, for example. However, she did say that they are looking for a vendor with barnwood furniture, and a vendor or vendors with vintage and antique pieces that feature horses.

This is an event to plan a whole weekend around, with good company, great products, free-spiritedness, and like-minded, horse-crazy horse-lovers. Bring your saddle club, bring your friends—everyone knows someone who loves a horse or a horse-lover!

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The Phantom Vaquera

By Janice Ladendorf

A ghost rider haunts the prairies near Floresville, Texas. Many people have seen her riding over the hills near the San Antonio River on a white stallion with her long black hair flowing out behind her.

Who is this ghost? In life, her name was Dona Maria Del Carmen Calvillo, and she lived from July 9, 1765 to January 15, 1856. Where does she ride? Her ghost haunts her family ranch, the Rancho de Las Cabras (Ranch of the Goats). Why has her spirit returned to it? An analysis of her life could reveal the answer to this question.

In Dona Maria's day, married women in the United States could not legally own property, but in Spanish territory, women could inherit land and retain title in their own names. Sixty women even obtained land grants directly from the Spanish crown. Under these laws, Dona Maria could and did inherit the family ranch from her father. Under her expert management, it thrived under the rule of Spain, Mexico, Texas, and the United States.

In 1810, the census identified thirty surveyed ranches north of the Rio Grande River. Women owned and ran six of them. Although Dona Maria's father was still alive, the Ranch of the Goats showed as one of the six run by women. How did Dona Maria become one of these six women? Like all pioneer women, she had to be tough and strong to survive. Heredity, education, and experience all worked together to form her indomitable character.

Her intrepid grandfather came from the Canary Islands and settled in the wild country near the San Antonio River. He sold cattle and goats to the Mission San Francisco de la Espada. At that time, this mission was on the northern edge of the Spanish settlements.

A report by a Franciscan priest named Juan Morfi suggested that many of these cattle might have been stolen from the mission. In seven years, the mission had lost over 30,000 cattle, but not just to Indian raids. The neighboring

ranchers had conducted many illegal roundups to brand strays from the mission herds. Morfi believed the mission had become unprofitable in this perilous land.

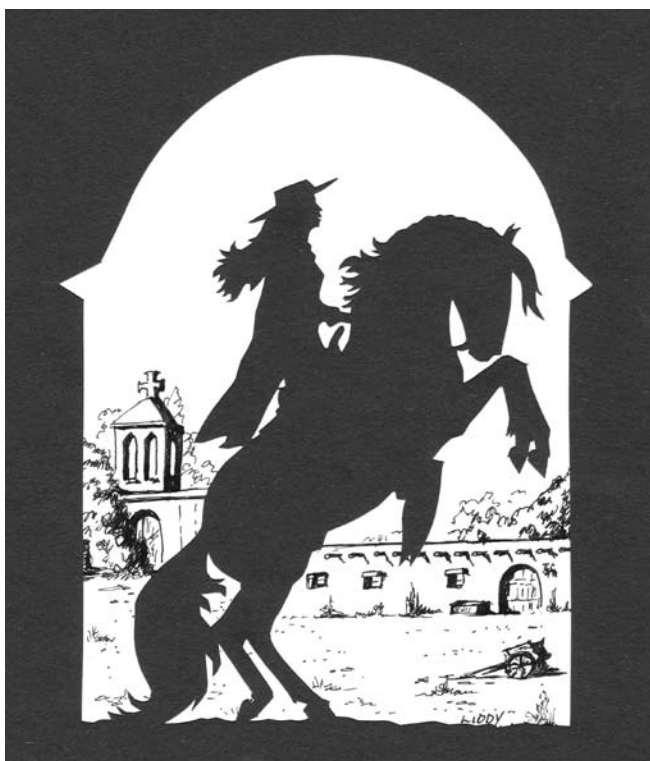
When the mission closed down, Dona Maria's father began a long battle to obtain title to some of the mission land. In 1773, he claimed he had been given grazing rights by Padre Juan Botellos, the Superior of the mission. Based on his years of possession, he filed a petition for a land grant with the Spanish government. In 1791, he was given title to the land he had used for so long on the northern part of the mission's land.

In a savage land, pioneering ranchers had to be prepared to defend themselves from Indians and bandits. Dona Maria lived in a fortress with three-foot-thick walls and bastions for sentries. Living space for twenty families existed within these walls. Some had small rooms inside the house. Others built huts out of straw or mud within the fortress walls. Everyone who lived on the ranch used their small chapel.

Dona Maria was the eldest of six children and her father treated her like a son. From childhood, he taught her to manage their land. Whenever she rode out with him, she wore men's clothes and rode astride in a man's saddle. Her actions shocked their neighbors. She worked beside her father's vaqueros (or cowboys), and soon proved she could out-ride, out-rope, and out-shoot any man. Her actions shocked their neighbors. They began calling her the first vaquera. Since she was born before our Revolutionary War, she may well be the first American cowgirl.

As she grew older, many men came to court her. She could wield feminine weapons as skillfully as she could ropes and guns. She used her beauty to attract men and her charm to conceal her prickly tongue and naturally aggressive personality.

When she married Gavino Delgado, she kept her own name. Their two children died in infancy. When



her husband began speaking out against Spanish rule, she decided she could not afford to alienate the authorities and risk losing her land. She denounced him and sent him away from her beloved ranch. Later, he was declared a rebel against the crown.

With her father's support behind her, she could afford to flout convention. After she drove her husband away, she took many lovers to help her run the ranch. She had two illegitimate children, one by Juan Duran and another by a physician named Gortari. Despite the claims of her furious relatives, she formally adopted only one child - a young Indian boy. All through her life, she ignored the territorial gossip about her unconventional

exploits. In 1814, Indians killed Dona Maria's father. They had been led by her nephew, Ignacio Casanova. He was brought to trial for this murder, but there is no record of what happened to him. Since Dona Maria had become the head of the family when she inherited the Rancho de Las Cabras, she could have killed him or had him killed to preserve their honor.

During the long war with Spain, she stayed neutral to protect her land and provided sanctuary to families and soldiers from both sides. After the war, she followed her father's example and spent fourteen years fighting to obtain legal title to her land from the new government of Mexico.

When she first approached the authorities, she wore a black dress and pretended to be a helpless widow. She claimed Indians or Spanish soldiers had stolen her title deeds. When playing feeble woman didn't work, she spent six years preparing a new survey of her land. She submitted it with a legal petition and finally won her long battle. By 1828, the government granted her title to two square leagues of land and in 1833, they ac-

knowledge her ownership of an additional league. The total came to over 13,000 acres.

Under her management, the Ranch of the Goats supported up to 2,500 cattle, 900 goats, and 200 other animals. It served as a center for organizing cattle drives south to Coahuila. With the help of nearby families, Dona Maria built an extensive irrigation system, a granary, and a sugar mill.

When a large band of Indians encircled her home, she rode out to meet them with a gun in each hand and flying a white flag of peace. She cried, "Take whatever stock you want, but leave us in peace." They took twenty cattle, Paul, MN.

ate one, and drove the rest away. After that, she paid tribute to all of the local Indian tribes. She always gave them food and occasionally included bullets and gunpowder with her gifts. Much to her neighbors' chagrin, the Indians never attacked her home again.

When she died, she left her property to another emancipated woman, her natural daughter, Maria Gortari. In death, maybe her indomitable spirit could not let go of her beloved ranch. Afterwards, it was sold, subdivided, and eventually abandoned. This outrage may have been the final factor to bring her spirit back to ride over her land.

In 1995, the remaining acres became a historic site. Now that her ranch and her reign have received public recognition, perhaps her restless spirit may find peace at last.

Information Resources: Moynihan, Dee Jacques, "Dona Maria, Rancher of Las Cabras", Texas Highways, August, 2002, pp. 26-29.

Vaquera illustrations by Candace Liddy

For over fifty years, Janice Ladendorf has been studying horsemanship and training her own horses. She is the author of four books, *Human Views and Equine Behavior*, *A Marvelous Mustang*, *Heart of a Falcon*, and *Practical Dressage for Amateur Trainers*, as well as many articles about using humane training methods to build a partnership with your horse. She has a B.A. in History and a M.A. in library science. In her advanced studies, she has focused on inter and intra species communication. She has been a librarian, an inventory analyst, and an accountant. She is currently retired and lives in St. Paul, MN.

COWBOY POETRY WITH ORV THRESHING MEMORIES: WORKING AND SOCIALIZING

THRESHING CREWS: HUMANS AND HORSES
Some threshers might have been to the point of sleepwalk As teams of horses pulled hayracks from shock to shock. They brought their 3-tined forks from home and their muscle For four full weeks of continuous hustle. Horses willing to work for water, oats and hay Humans working for some welcome, but hard-earned pay. A time when steam power was the principle force That harvested ripe grain, along with many a horse.

YESTERYEARS CREWS
Twenty-five cents per day for pitcher, team and wagon; Twelve hours later everyone's tails were draggin'. A sumptuous harvest feast, thoughtfully prepared, Lunches and three square meals got their hunger repaired. Gallons of lemonade and coffee were imbibed. The square footage of the tables could not be described Unless you'd call that luscious meal a "seven course" Despite sitting next to guys who smelled like a horse.

INTERPERSONAL INTERACTIONS
The cooks had stirred and baked and boiled and stewed and brewed To set an indescribable table of food. After seconds of drumsticks, steaks, desserts and pies; Sweat, dust and the "sandman" caused rubbing of their eyes. The crew disbanded, leaving a tall stack of dishes With shut-eye number one on their list of wishes. One dipped his head in wash tubs (no showers, of course); He realized...it was him...that smelled like the horse.

SLEEP DEPRIVED
The upstairs of the cattle barn was a swelter! It stayed hot all night long, but it was a shelter. Laying on top of tons of hay, meant for the cow Was a chorus of snorers, up in the hay mow. They were far too exhausted to count any sheep. They perspired, but welcomed the relief of deep sleep. The sun-up and the wake-up brought extreme remorse For it was time to put the feedbags on the horse.

SENSORY PERCEPTIONS
They had pitched wheat bundles as high as they could reach; Blisters and aches were so real...not..."figures of speech!" Although unburned, they welcomed the orange setting sun As their stressed bundle pitching day was finally done. Relaxing a few minutes, though ever so brief, Driving the team and bundle rack was a relief; Eyeing clouds and sky, a primitive weather source, Pardon the expression; they're tired as a horse.

WELL-PLANNED DUTIES
The steam engine was set with its back to the wind. Spike Feeder Pitchers were steady and disciplined, Spacing all the rising grain bundles like clockwork, Keeping the bundle feeder full...they must not shirk. The whirling cylinders "ate" the bundles and twine While another load awaited, powered by equine. Watching others pitch, perhaps like spectator sports. Back to load more bundle loads, powered by the horse.

REMEMBRANCES, PERSONAL RECOLLECTIONS
The breeze blew the light chaff...although only a speck Into pockets, eyelids, hair, mouth and down one's neck. The tired bundle haulers came from the farthest end To turn grain loads over to spike pitchers to tend. Pen pals, addresses, jokes, and stories were passed on Friendship and meals were recalled long after they've gone. Tales retold to posterity, of the work force. Mem'ries stay or fade, but give credit to the horse.

Kansas City, KS, Seniors Writing Contest Winner
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Tax Deductions for Advertising and Promotional Expenses By John Alan Cohan, Attorney at Law

Advertising and promotional expenses are usually deductible along with other ordinary and necessary expenses in horse and livestock activities operated as a business. Traditional print ads in magazines can be expensive, and must be repeated in order to be effective. Other modes of advertising, such as on the internet or word of mouth advertising, as well as participation in horse shows, are important as well.

In some cases, a horse or livestock activity can be used to promote a separate business or professional activity. The idea is to link one's separate business with the horse or livestock activity. Your business name will get exposure at various horse events, for instance, and this can be an effective way of reaching out to potential customers.

The most famous illustration of this is the Anhauser-Busch Company's use of beautiful Clydesdale parade horses in Budweiser commercials and at horse shows. Another example was a Tax Court case in which the owner of a locksmith business claimed advertising deductions for his costs of maintaining Mardi Gras parade horses. He lost in Tax Court, however, because his business name was not even displayed on banners carried by his parade horses, and it was therefore hard to see how there was an advertising linkage to his business.

The classic case on this point is Rodgers Dairy Co. v. Commissioner (14 T.C. 66). Rodgers Dairy Company owned a chain of restaurants in Pittsburgh. The company purchased two Russian wolfhounds and kept them in a kennel at the rear of its headquarters, and claimed the costs as advertising deductions. The company claimed that the dogs attracted the attention of passersby, and enhanced the public image of the restaurant chain. The company also bought several show horses, also for advertising purposes.

The horses were always shown by professional trainers. The company made sure its logo and blue and white color scheme that it used on its storefronts and on trucks, were used in the decoration of the stables, equipment and vehicles at the horse shows. Signs were put in front of the stables disclosing that the company owned the horses; and horse show programs listed the company as owner of the horses. The horses won numerous ribbons and cups that were displayed on the walls of the company's offices.

Some of the horses were later sold at substantial profits, and stud fees were collected as well. The company deducted the expenses of maintaining, training and transporting the horses, as well as depreciation, and the costs of the two Russian wolfhounds. The IRS argued that the company purchased the animals primarily for the personal pleasure of the company's principal shareholder.

The company convinced the Tax Court that the sponsorship efforts helped attract new customers to its restaurant chain. The court

ruled that the company acquired the animals for advertising purposes, that the costs involved were reasonable, and that the company was entitled to claim the costs as advertising deductions.

This type of advertising expense is unusual, but proper so long as there is some straightforward advertising linkage to your trade or profession. The IRS will seek to argue that these payments are motivated primarily as a way of funding your favorite pastime.

It is also important to keep a record of new clients or contacts that were generated from the promotional efforts for one's business or professional practice.

This type of advertising can be used in addition to more traditional advertising such as print ads, internet ads, and word of mouth efforts.

John Alan Cohan is an attorney who serves the horse, livestock and farming industries. He can be reached at: (310) 278-0203, or email at johnalancohan@aol.com. His website is JohnAlanCohan.com.

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DNR's fall color finder will help travelers with trip planning

Minnesota state park and trail visitors will soon be seeing red and orange and yellow and countless other shades of autumn as the leaves and prairies grasses put on their annual show. To help travelers plan their fall hikes, bike rides, paddling trips and scenic drives to coincide as closely as possible with peak color, staff at Minnesota state parks and recreation areas will update an online fall color finder every Thursday, starting Sept. 4. This online trip-planning tool includes a map showing where to find peak color

across the state, a link to fall color programs and special events, a slideshow and a photo uploader that provides an easy way for people to share their favorite fall color images.

"We're anticipating a beautiful fall color display," said Patricia Arndt, communications and outreach manager for the Department of Natural Resources Parks and Trails Division. "It will move across the state quickly, though, so we encourage everyone to get out and enjoy it while it lasts. The fall color finder can help

people locate a park or trail to visit or a naturalist program that the whole family can enjoy."

Family-oriented fall color programs are also listed in a free "Feel the Wow of Fall" brochure available at Minnesota state parks and recreation areas, at Twin Cities libraries and at metro area outdoor retail stores. The DNR Information Center will also mail the brochure to anyone who requests it.

Colors typically peak between mid-Septem-

ber and early October in the northern third of Minnesota, between late September and early October in the central third, and between late September and mid-October in the southern third (which includes the Twin Cities). Peak fall color typically lasts about two weeks, but that can vary widely, depending on location, elevation and weather. Trees at higher elevations are the earliest to show color change.

For smartphone and tablet users, the DNR offers fall colors "to go" on a mobile fall color finder that is integrated with Google maps. To access the mobile version, scan the QR code or visit the mobile website and bookmark the site.

For more information, visit the online cal-


endar or call the DNR Information Center at 888-646-6367 between 8 a.m. and 4:30 p.m. Monday through Friday.

A vehicle permit is required for entrance to Minnesota state parks and recreation areas. Anyone who purchases a one-day permit (\$5) can exchange it for \$5 off a year-round permit later the same day. Year-round permits, \$25, provide unlimited access to all 75 Minnesota state parks and recreation areas for a full year from the month of purchase.



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Contact: James Island, owner, 612-801-4563 or email Kari at kari.venews@hotmail.com

See more coverage on the Valley Equestrian Newspaper web site and Facebook page: www.theveonline.com or www.facebook.com/VENews

My Morgan mare Little Miss Muffet (aka Wheeler) lived to be almost 37 years old.

By Pam Barthel of Creek Side Gypsy Farm

I bought my Morgan mare as she was turning five years old; she had a colt at her side that I didn't have the extra money to buy so I only took her. I brought her home to my parent's home in Champlain, Minn. to show my parents my beautiful mare. We then put her in the trailer and brought her to my boyfriend's farm in Elk River, MN. She and I grew very close and we started riding daily.

I would go to school, and after school or after work I would go up to Elk River and ride her. On the weekends I would saddle her up and ride.

Sometimes my then-boyfriend's sister and I would saddle up and ride the horses up to the local A & W drive-in restaurant, where we would ride to the order speaker and place our orders. When the waitress would bring the tray out, the look on her face never got old. One day we were sitting on our horses at the outside order speaker and a couple drove in off of Highway 10; they drove right up to us and our horses and asked if they could take our picture. We giggled and said, "Sure!" They did and drove away. Other times we would ride along Highway 10 to Highway 169 toward Zimmerman, and would ride up to the landfill; my boyfriend was working there. It would take Wheeler (my horse's

farm name) and me about four-to-five hours to ride there just at a steady walk.

We would ride out in the fields and she had a fantastic pace trot; I would imagine we were on the race track and she was always my winner. I had found her



lineage in several Morgan horse books; she had a very good pedigree behind her, with horses like Congodon, Barbadon, Hawk Jim, Cap Stormy, Fly Hawk, Devan and many others. I was very proud of my mare.

When I was a junior in high school my parents had Wheeler bred as a surprise present for me. Through the months of her pregnancy we got even closer, me dotting on her and giving her all the extra time and attention I could. She had a beautiful bay Morab colt; we named him Babe. Before Babe was totally born (his hind legs still inside momma), he sat up with his front legs outstretched and crossed at the ankles, he held his head up high and I sat on the straw and started to pet him; he was my little guy from that point on.

As Babe grew up we handled him daily, as we did with Wheeler; they were MY horses.

I got married one month after graduation. I continued to ride as often as I could. Babe and Wheeler were always in the pasture waiting for me to play tag with them.

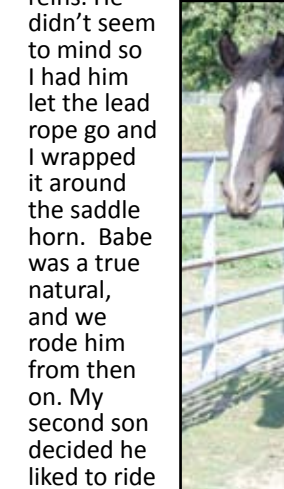
I had our first son four years later and I waited nine weeks, per doctor's orders, after having a C-section birth. When he was nine weeks old, I put on my kanga-pac and went out and saddled up. Wheeler was always on her best behavior when she knew I had the baby with us; she

would almost walk like she was walking on egg shells. As my son grew, still a toddler, I would put a towel in front of him and his diaper area to protect him from the saddle horn. My son, Travis, always loved the rocking movement of the horseback ride. Travis would fall asleep within the first 3 acres of the ride and Wheeler always walked like she was protecting him.

I had a neighbor girl talk me into letting her bring out her friend that was an experienced horseback rider: not!! On that day, the friend of the neighbor got on the horse after telling me she was an experienced rider. Well, Wheeler turned to start the ride out of the yard and the girl lit off with a scream. Wheeler's eyes got as big as a house and

she stopped, frozen in place. I ran over, grabbed her reins, and promptly removed the young lady from my horse's back, and told the neighbor and the friend to get off my horses and to never try that with me or anyone else's horse again. That was the end of letting anyone ride my horses that wasn't part of my family.

My mare's gelding was now of age to be trained; I'd handled him daily and felt pretty comfortable with him. He always had a fit if I took Wheeler out without him, so I put a bridle on him. He didn't mind that, so I put a blanket on him. He still didn't mind that, so on went the saddle; still he was ok with that. I took him out into the plowed field beside our farm and my husband walked along side us with his hand on the lead rope as I held the reins. He didn't seem to mind so I had him let the lead rope go and I wrapped it around the saddle horn. Babe was a true natural, and we rode him from then on. My second son decided he liked to ride the horses also, so we would saddle Babe and Wheeler up and go for rides.



As the horses were growing older along with the rest of us, Babe was now 29 years old and was losing weight, and just not aging well. I had the

vet out to check him, and he said Babe was in good health, just was not aging well. The day came when I looked out into low front pasture and saw a dark spot in the light snow we had. I noticed none of the other horses were around him, knowing it was Babe. As I watched, I saw Wheeler being escorted down to the spot where Babe laid, by our Shire mare, Misty. Misty acted as though she were giving Wheeler strength to keep walking toward Babe. When Wheeler would stop and lower her head, Misty would take her big long neck and put it across Wheeler's neck and draw her in to her body as if she were hugging or comforting Wheeler. This action was repeated each time that Wheeler would stop. Finally Wheeler made her way to the body of her son; there Misty stayed back as if



to give Wheeler time to tell her son good-bye. Wheeler hung her head and stood there for a long time. I was in the house crying. She stood by Babe doing the same. She turned and walked back to Misty, Misty walked beside her back to the barn in

the same manner as she had walked her to the body. It was a solid three days that not a horse came to that part of the pasture, but on that third day it was as if they were having a party. The horses came running out kicking up their heels and acting like new spring foals.

Wheeler never really got over her loss and for the next couple years seem to be very sad. We lost Misty one year later to colic and again Wheeler dealt with the loss of a friend. Then it was the next year: Wheeler would be turning 37 years old.

I didn't see her out at the hay feeder with the rest of the horses, so I walked out to see where she was. I had a feeling it was not going to be good. I found Wheeler lying on the ground up near the horses' lean-to barn.

I have missed my mare Little Miss Muffet (aka Wheeler) so much since her passing, but I know that she is across that bridge waiting for me to come back to her one day and we will again ride those grassy pastures together.

As I walked toward that area, the horses each left the feeder and followed me to where she was. They each made a wide circle around me and went to the lean-to and stayed there. I took out my cell phone and called my husband and asked him to come

out to the back pasture behind the big barn. He asked me if I needed anything, knowing the same thing I had felt. I told him to bring out the gun. As he was on his way to put her down, I went to her and sat on the ground beside her head; I picked up her head and laid it in my lap and caressed her face. I only could cry now as I knew I was losing my best friend. She made groaning noises and I knew she was going to be leaving me. I kept stroking her face and thanking her for the near-37 years of friendship she had given me. She took her last breath; as she did, each of our other horses came to me, and each one took their muzzle and nudged me on the shoulder or across my back. I knew it was their way of giving me their condolences. We buried Wheeler and again it was three days before any of the horses would walk in that pathway to come and go from the barn, always giving it an extra wide berth. On that third day they were out in the pasture kicking up their heels again.

I have missed my mare Little Miss Muffet (aka Wheeler) so much since her passing, but I know that she is across that bridge waiting for me to come back to her one day and we will again ride those grassy pastures together.

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Dr. Getty Nutrition Information

Transitioning to Hay? Dr. Getty's Advice to Help Avoid Colic

The crisp, cool temperatures of fall are delightful for human and horse alike. But as nature slips toward a dormant state, hay becomes the forage of choice for most horses. Hay is dead grass. Once fresh grass is cut, dried, and stored as hay, its vitamin content, along with valuable omega 3 fatty acids, dramatically declines, making supplementation necessary to fill in nutritional gaps. Plus, hay has very little moisture compared to fresh pasture. Most hay contains approximately 90 to 95% dry matter (only 5 to 10% water), compared to fresh pasture with moisture levels often exceeding the dry matter content. Therefore, as hay becomes a larger percentage of your horse's diet, colic risk significantly increases.

Colic basically means a "stomach ache." It could

simply be a mild disturbance, or severe enough to be life threatening. It is the number two killer of horses, number one being old age! Colic isn't actually a disease; it's a symptom of another problem. With increased hay consumption, impactions and excess gas production are the most common causes. Enteroliths (stones) are often seen in high alfalfa hay diets. And ulcers often develop when a horse is transferred from day-long turnout, to longer periods of time in the stall.

Here are some important ways to ease the transition and avoid colic:

- Simulate the horse's natural need to graze by providing hay 24/7. Horses that experience an empty stomach between time-separated hay meals will eat their hay very quickly. Horses that are offered hay free-choice will

learn that there is always hay available and they will eat more slowly and self-regulate their intake to eat only what they need to maintain condition.

- Limit winter stalling. Colic episodes increase when horses are brought in from pasture. Being outdoors provides needed exercise to keep the digestive tract muscles in tone.

- Make changes gradually. This will give the bacterial flora in the hindgut a chance to become accustomed to the forage source.

- Offer a prebiotic. A prebiotic contains fermentation products rather than live microbes, which feed the existing population in the hindgut. This makes forage digestion more efficient.

- Provide clean, tepid water. Icy cold water is often

rejected, leading to decreased fluid in the digestive tract. It is best to heat the water supply to approximately 50° F to ensure enough consumption.

- Don't forget the salt. Salt is needed year round. A full sized horse requires approximately 2 tablespoons (one ounce or 28 grams) of table salt per day, divided between meals, to encourage him to drink to prevent impactions. Salt blocks are often ignored because of the discomfort that constant licking creates. Consider offering table salt, free choice, by pouring some in a nearby bucket.

- Have your horse's teeth floated annually. Poor dental health leads to partially chewed hay, which can cause impactions throughout the digestive tract.

- If possible, have your hay analyzed. If you have two months' supply or more, it is worth having your hay analyzed for its sugar and starch content, as well as the protein, minerals, and selenium levels.

In summary, continuous grazing without gaps will keep the intestinal motility normal, prevent acid buildup, and protect the vital forage-digesting hindgut microbes. Reduced water consumption (due to increased dry matter in hay and/or cold water temperature) is one of the main causes of colic in the winter. To prevent digestive health problems, be consistently consistent with your horse's care and feeding, make slow transitions, and allow your horse to be a horse just as much throughout the cold months as you do during the summer.

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Juliet M. Getty, Ph.D. is an internationally respected, independent equine nutritionist who believes that optimizing horse health comes from understanding how the horse's physiology and instincts determine the correct feeding and nutrition practices. She is available for private consultations and speaking engagements.

Dr. Getty's comprehensive resource book, Feed Your Horse Like a Horse, is available at Dr. Getty's website, www.gettyequinenutrition.com, as well as from Amazon (www.Amazon.com) and other online book retailers. The seven separate volumes in Dr. Getty's topic-centered "Spotlight on Equine Nutrition" series are also available at her website.



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Road to the Ultimate X Showdown: Finals

By Kari Hagstrom

Since June, "The Valley Equestrian News" has been following the progress of Lindsay Jensen, 23, owner and operator of Rush Meadow Farm Performance Horses in Detroit Lakes, Minn., and her off-the-track thoroughbred mare, Miley. Jensen is a professional bar-



rel racer and trainer, and is one of 15 trainers selected by application from across the country to participate in the 100-Day Ultimate X Showdown Trainer's Challenge/Barrel Race (UXS). Jensen won reserve-champion in last year's UXS. The UXS is for off-the-track thoroughbreds who are retrained to barrel race, with a total purse of over \$10,000, with \$5,000 going to the winner. All proceeds go to support off-the-track thoroughbred rescues. The UXS Trainer's Challenge/Barrel Race was held on Sept. 5th at Simmons Equestrian Center in Negley, Ohio. The UXS is produced by Dreaming of Three.

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Dreaming of Three is a non-profit organization that does charitable fund raising through rodeo and a passion for horses. Based on founder Jackie Harris' experience of losing her step-father to cancer, and her father to heart disease, plus a love of barrel racing, Dreaming of Three was born of the desire to support three charities (American

Cancer Society, American Heart Association and St. Jude's Children's Hospital) by donating Harris' barrel racing winnings, and incorporating the symbolic three barrels of barrel racing. Over time, Dreaming of Three (DO3) has grown to include a Rodeo Kids program, where kids with cancer or heart disease and their families are taken to rodeos. It also includes disaster relief fund raising with Team DO3. For more information, go to www.dreaming-ofthree.org.

Valley Equestrian: How did this year's competition go, Lindsay?

Jensen: I ended up fourth [with the combined scores of barrel racing and freestyle]. The competition was very hard this year, and my goal was to get into the top five, and I beat that goal! I also ended up winning the People's Choice Award buckle, which was voted on by the public for their favorite trainer and horse duo. So that was pretty exciting!

VEN: What did you learn? How was the overall experience?

Jensen: It was really fun. I learned a lot. It was harder than it was last year; there were a lot of really good trainers there. The thoroughbreds looked like barrel horses this year, more the barrel horse build. I met a lot of cool people.

My favorite part was just the overall atmosphere. It was really cool to be there.

Miley was really good in barrels, putting us in fourth. She had two beautiful barrel runs and was in the top five both days for those, which

was also cool.

The loud crowd [in an arena] was a new experience for Miley, and it blew her mind a little bit, but she gathered herself together and was able to put on a great show. [The arena] was a totally different atmosphere [from a racetrack], really loud, and she got a little freaked-out when the crowd cheered, but she really held it together.

We placed in the middle of the pack on the freestyle. Some people had really extravagant freestyles, but I knew I didn't have that involved a freestyle. I'm pleased with what we did. Miley got a little neurotic about sidepassing over a pole—she was good on one end of the arena on one side, but not on the other on the other end of the arena, so I had to change some parts of the freestyle at the last minute. That was tough—I'm not that creative—but it was fun.

There were a lot of accomplished trainers, so I was very happy with how everything went!

VEN: What's the best training tip you could offer?

Jensen: I get a lot of horses [sent to me for training] that people want to start on barrels. People forget that you have to have the horse really well-started first before it can start getting patterned. The horse has to have a good foundation in training before starting barrels. Just because a horse can walk, trot, canter, doesn't mean that they are really cut out for barrels. They have to have the right aptitude and attitude, and physiology—I look for short cannon bones and a big hip. And the main thing is that slow is quicker in training. You can't rush a horse. If they get it the first time, our training session is done for the day. I don't drill a horse so they become bored. Slow is quicker.

Results! It was an exciting night of barrel racing & freestyle entertainment!

September 5, 2014 was an exciting night for the 13 trainers and OTTBs [off-track thoroughbreds] who made it to the competition stage of the Ultimate X Showdown! Two trainers had to forfeit due to injury: Sara Tharp from Mont., as her horse, Riggs, was bitten by a rattlesnake; and Mike Rogers of Mo., due his horse, Suzy, injuring her hoof on a nail.

The first go drew excitement in the community, as there were probably 30-40 spectators Thursday evening just to watch how all these OTTBs performed. Nicole Valeri won the first go with an impressive 15.786. Coming in second place for the first go was Penny Baker with a 15.960. Very impressive runs for these OTTBs, with merely 100 days of training!

The night of the competition was just as exciting! Valeri

laid down another impressive run with a 15.949 winning her the average in the barrel race. Her freestyle performance was a favorite of the crowd as well. Both impressive performances in the barrels and freestyle earned her the title of Champion!

Jimbo Albritton won the Freestyle buckle. Lindsay Jensen won the People's Choice Award

Final Results: Champion - Nicole Valeri Reserve - Jandee Smart

Photos of Lindsey Jensen and Miley.



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VEN: What's next for you and Miley?

Jensen: I'll keep working with Miley, and rest my good mare. I'll probably incorporate her into my bar-

rel horses. I may consider selling her in the spring, depending on how things go. And I have some two-and-three year olds to get started.

Our thanks and best wishes to Lindsay Jensen and Miley for sharing their UXS experiences with "The Valley Equestrian News."

Industry News

Racing Free Announces Program Changes

GUTHRIE, Okla., - The Racing Free team would like to announce the starting of a new chapter in their goal to eliminate performance-enhancing drugs in horse racing and ensure a positive future for the sport. "It's incredible to see how much Racing Free has done for horsemen across the country. We have traveled all around spreading a positive message about the work that our racing organizations are doing to clean up the sport, and we are looking forward to this new chapter," stated Racing Free Co-Founder Micah McKinney. Since the program's inaugural season in 2012, over 700 horses have been enrolled into the Racing Free Incentive Program and racetracks including Ruidoso Downs, Remington Park, Indiana Grand Racing and North Dakota Horse Park stepped up to publicly support the Racing Free mission.

After two years of promoting horsemen who support a level playing field, the team has decided to stop the Incentive Programs. "We have created a great following and reputation and are ready to go back to the main mission of the program by focusing energy and sponsorship monies on assisting organizations with improvements such as track

security and advanced testing procedures. The Incentive Programs were about giving horsemen a voice; letting them have more control over the welfare of their horses and join an alliance of horsemen who have the best interest of the horse in mind. We are by no means leaving this effort, simply switching gears for a new way to think outside the box on tackling the drug front. I think we were successful thus far and will continue to be so," stated McKinney. The team is currently meeting with sponsors and industry leaders to develop a plan of action.

Racing Free would like to thank the thousands of horsemen and over 25 industry sponsors who support the organization. Starting today, September 15th, Racing Free will no longer be accepting memberships for the Racing Free Incentive or Breeders Incentive Program. Horses currently enrolled in both programs will still be eligible for the monetary rewards until their individual membership has expired. The Racing Free team encourages all horsemen to follow the Racing Free website, Facebook, Twitter, and to continually check with the AQHA, RMT, ARCI, and racetracks. Together, we will do really

great things for this sport. A special thank you to the following Racing Free sponsors:
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 Matt Witman

By Laura Leigh on September 23, 2014

Last week federal Judge Miranda Du allowed Laura Leigh, President of Wild Horse Education, a filing of a second amended complaint in the Owyhee Complex. The case is filed against a ten year Bureau of Land Management (BLM) management plan to remove wild horses. To read a full background on the litigation in this case please click this link: <http://wildhorseeducation.org/2013/03/08/owyhee-complex-roundups-nv-next-phase-of-litigation-explained/>

At a prior hearing in the case the Judge ordered specific parameters for the courts expectation of conduct during the roundup. This included that no foals would be run so hard that they fell behind, hotshots (electric prods) would not be used routinely and wild horses would not be driven through barbed wire. To read the order go to the bottom of the page here: <http://wildhorseeducation.org/owyhee-complex/> (This order, and others gained by Leigh and her work through Wild Horse Education, were key in the pending humane care policy expected to be announced shortly from BLM).

The amended complaint continues to deal with issues of humane handling but expands the arguments against unjustified removals in the Complex. The Owyhee Complex has five Herd Management Areas (HMAs) and spans over 1,000,000 acres. Leigh contends that the process used by BLM to determine "excess" horses is fatally flawed by a lack of concrete data. She says the plan is simply invalid.

"In the instance of this complex of HMAs there is simply no sound justification for the current plan," states

Leigh "The data that does exist is strung together by pure guesswork. This is not 'best practices,' it is fiction."

As BLM is in process of reviewing the National Academy of Sciences (NAS) report that was released after Leigh filed her initial claim, it is hoped that BLM will revisit this ill conceived plan and avoid the need to continue litigation. The NAS review appears to support every allegation in Leigh's complaint.

"This type of plan that receives a district managers signature of approval needs to become a thing of the past," states Leigh "If a district manager can not be given sound verifiable data by their staff, they simply need new staff, not status quo."

In the case of the Owyhee decision, and in court records, Leigh submitted an email where she asked for the data used by the specialist that created the plan. The data used did not match that found by Leigh. She was told by the district manager

via email that the data was not available at the district level and she would have to do a Freedom of Information Act (FOIA) request from the national office.

"It is long past time that we stop accepting this kind of dance in the wild horse and burro program," said Leigh "my dancing shoes are getting uncomfortable and boots are what is really needed. BLM needs to get off their chairs and get boots on the ground and stop the nonsense of creating plans that have no data to back them up. If not? We can keep dancing back into courtrooms."

footnote: Last year BLM intended to go into Snowstorm, an HMA in the Owyhee Complex. Litigation was filed to the plan and BLM immediately dropped the removal. That plan was based on flawed reasoning. Read about the cancellation of Snowstorm here: <http://wildhorseeducation.org/2013/08/10/blm-tells-court-nothing-happening-at-snowstorm-owyhee/>

Kiefer Sentenced to a Year in Jail

William Kiefer, who was convicted of mistreatment and cruelty to animals in the death of more than 100 horses, was sentenced to one year in jail after violating the parole of the original charges.

Kiefer was found to have a horse and mule in his Fargo, N.D. back yard which was in violation of his parole. More information on the history of

this crime, conviction and sentencing may be found in the September issue of the Valley Equestrian News at <http://www.theveonline.com/pdf/archive/2014/venSept14-full.pdf>.

The Bismarck Tribune has been following the case closely and has a comprehensive article by Andrew Sheeler on their website.

A Matter of Trust

By Staci Grattan

I recently attended an eight-day holistic horsemanship course near Cody, Wyoming at the beautiful Dimock Ranch. Taught by a mentor of mine, Anna Twinney of Reach Out to Horses® (ROTH), and a follow-up to many hours of previously completed coursework, the curriculum focused on further honing my skills in ROTH's Trust-Based Partnership methodologies.



Staci and April Fools, a 3-year-old BLM McCullough Peaks Mustang.

I had the high honor of working for the second time in my career with some spectacular BLM mustangs from herd management areas near Cody.

During my time in Wyoming with five other highly gifted students, two spectacular ROTH instructors, Anna herself, and perhaps the best teachers of all in the form of mustangs, I experienced many shifts in thinking as a horsewoman, a trainer, an instructor and as a person.

As I sat down to write this article I began to mentally "sum up" my experiences. I became fairly amused as a song by Billy Joel from my teenage years kept surfacing in my thoughts: "A Matter of Trust." A line from the song resonates: "You can't go the distance with too much resistance."

This concept was clearly illustrated during my time spent with April, a three-year-old BLM mustang from the McCullough Peaks Herd Management Area (HMA). April is a stunning cremello mare with blue eyes, who was gathered off the range in 2013 and has spent her time at Dimock Ranch. Initially gentled to human touch via ROTH students last fall, April has received

minimal daily handling since then. As my project for the week, I was assigned the task of working with this stoic and sensitive filly on foot and leg handling to ensure positive farrier experiences, and leg stretches for further mobility and desensitization. What we learned together was so much more.

As previously mentioned, I consider wild born mustangs to be amazing teachers of horsemanship. If one is listening or watching "for the whisper" you can tune in to a whole host of information. Untouched and wild-born horses give us

a pure, undiluted, untainted view into true horse behavior and language.

For my assignment with April, I was to present my progress to the instructors and class on the final day of the course. I was to work mostly on my own time to accomplish my goals. So the first day I made my way out to



A BLM Mustang stallion residing at McCullough Peaks herd management area looks on curiously during a visit to the wild herd areas.

the large paddock containing several young mustangs to get my horse and get down to business. Having worked with mustangs previously, I knew that catching them is always an issue, and actually can stubbornly remain an issue for life. Having experience with this and having been

briefed on April's situation, I felt confident I could catch her in a short amount of time. What I had forgotten was the mustang sense of humor and uncanny ability to humble us lowly humans. While she was not at any time running or out of control, April made me work for about 30 minutes to catch her, basically burning a whole session. I'm sure she thought it was a great opportunity to see who I was, and to remind me to ASK - not tell - and to go SLOW. I am proud to say I did rise to the occasion by dusting off my rusty mustang "slow is fast" approach and ultimately it worked, as I was able to finally touch her, leading to a conversation that was to last all week.

My take-away from the first session: You think you're asking - but you're really telling.

As a horsewoman, I like to ask my horses as much as possible. There are times that "telling" is the only option (dangerous situations, etc.); however, a trust-based partnership comes from a give and a take. Asking, "Can I touch you here? Do

you like that?" Asking allows a voice and opens the floodgates for a lot of valuable information. If we listen, the horses will tell us.

Most domestic horses are very accepting. It is quite easy to get into their space and do a whole lot of things to them. We don't ask, we just do, starting with the approach in the paddock. We bustle right up to our horses. Maybe they get a greeting, maybe they don't. We put the halter on and we

come in. Is there a hello? Is there a check in? Do we approach in a polite manner? Where are my eyes? How is my body language? How am I communicating? Is it in the language of Equus? It's easy to forget these simple things in everyday life. April reminded me that if we were to have a trust-based relationship, I needed to move slowly, communicate clearly by using proper body



language and eye contact, and do a whole lot more asking-down to the simplest things such as "Can I touch your withers?" As the week went on, I worked with April and many other horses, mustangs and domestics, on a variety of things from trailer-loading and ground-tying to extreme behavior problem-solving. My awareness of equine language and learning hit a whole new level from these experiences. However, a theme surfaced with each situation and each horse, reminding me that asking instead of telling whenever possible, opened doors.

During my personal time with April, I worked hard to be extremely mindful of her sensitivity and her appreciation at being asked even the smallest things. The more questions I asked, the more things she agreed to and the resistances faded. We had many "conversations," in which she showed

me incredible things, such as her ability to learn very quickly by small releases of pressure. I am quite proud to say that by the end of our time together we were able to present to the instructors and class while April was basically at liberty in her paddock with several other young mustangs. I was able to pick up all four feet, do leg stretches, and gently place each foot back in place. All this while April stood quietly with a simple short rope hanging loosely around her neck. At any time she could have easily left my company. To say it was an exhilarating moment is an understatement.

My experience in Cody offered a shift in perspective to be sure. As the days passed I began to ask myself questions about my interactions with others. As a mother, wife and boss, I wondered, "Could I be creating more of a partnership? Could I take the communication to the next level? Is there mutual trust in this relationship? How often do I ask permission for simple, basic things?"

As a trainer, I invite you to remember that each time

you interact with your horse you are, in effect, training him. Take a look at those interactions and ask yourself where your level of trust and partnership is. Can you take it up a notch? Are you asking, or are you telling? To be clear, asking does not mean your horse gets to do whatever he darn well pleases. Asking means just that, asking. "Can you put your foot here? Can I touch you there, or there, or how about there? If you don't want me to touch you here, can you tolerate here?" You get the point. The big picture is creating a conversation that flows back and forth. You might just find that creating that conversation creates a whole lot of trust.

Staci Grattan, and her husband, Brion Fornshell, co-own Spirit Horse Center in Brainerd, Minnesota. Staci enjoys using her focus on good, solid, horsemanship basics, true classical dressage and holistic horsemanship to assist horses and humans. Spirit Horse Center is located in North Central Minnesota and provides boarding, training, lessons, and regularly hosts clinics and events benefitting horse owners and horses. For more information on go to www.spirithorsecenterinc.com.

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