

Everything

TM

Horses AND Livestock

MAY 2016 • VOL. 1 NO. 2



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KANSAS CMSA
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ALSO FEATURING ARTICLES BY

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AND JANICE PACK



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Table of Contents



Being raised by an Avid Outdoor Sports Writer, it was only natural for me to start our Magazine, Everything Horses and Livestock.

In my youth, I talked with my father about writing some small books on living off the land in our area and caring for animals.

Out of high school, I gave riding lessons, trained horses, boarded, produced a variety of events and sold items from my own retail business, while also working for others.

I wrote articles on proper feeding and horse management for magazines, websites and newsletters. It was very enjoyable to listen to my father edit them for me.

He said, "It's good to write how you feel, what you believe, just get rid of the extra words!"

My father and I never got around to writing our booklets before he passed away November 1, 2009. I have many fond memories of my father and our time together.

He worked at the same publishing company for 62 years. They are now printing our magazine!

My passion is proper care and feeding of all animals and helping others enjoy their ride. Our family loves to hunt, ride and team rope.

Flip threw our pages. Enjoy articles, photographs, cartoons, word search, & fun news!

This magazine is dedicated to my dad, mom, sisters, husband, son, family, friends, and everyone out there enjoying the ride!

~Jana T. Harrington Barcus

4 Memory Lane	Jana Barcus
5 Total Feeds, Inc.	Dr. Harry Anderson
8 Reining it It	Featured Cal Middleton
9 Horse Bits	Janice Pack
10 Equine Energy Balancing	Jo Lene Thoele
12 Chad Mathes Roping	Chad Mathes
14 Deep Tissue Massage	EHAL Staff
16 Wagons & Buggies	EHAL Staff
17 The Myofascia Body	Featured Kelly Behnke
17 Old Rusty Spurs	EHAL Staff
18 Mounted Shooting	Shannon Rowl
19 Golden Spur Ministries	Cory Young
23 Chances Are...	Janice Pack

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Loving Rural America....

Spring rodeos for a lot of associations are full speed ahead. We have been hauling all spring and have one Kansas High School Rodeo left in Lakin, Kansas before finals. The finals will be held June 3, 4, 5, 2016 at the ExpoCentre in Topeka, Kansas.

I loved competing, but I am also glad I didn't miss going to the youth rodeos year after year and watching these young kids growing up. It doesn't seem that long ago they were competing in the Pee Wee division.

A lot of those kids have the same determination in their eyes they had back then. I now see that determination backed with miles in the saddle, different horses, tons of competition runs under their belt, respect, confidence, and good work ethic.

It's exciting to think about that next year in high school, or the big step from your parents home to college, students making themselves get up out of bed to get to class. For us parents, it doesn't seem like that many years have gone by, when you are living this great life.

Rodeo kids...truly a special group....they learn a ton of responsibility, caring for people and their animals. Animals need clean bedding, good feed and a lot of other things, too many to mention when you are using your horses like athletes. Its a family affair...a group effort.

I recently saw a post on the KHSRA facebook site talking about some "rodeo kids" that stopped and helped a trailer get back on the road again. It gives

me goosebumps of happiness, proud there are great people in all walks of life with good hearts. Makes me even prouder when I hear the truck load of "kids" stopped and helped. This is true America.

Perfect example of gracious folks. Our generator fuel tank sprang a leak when we got to the rodeo at Lakin. The Stock contractor for the rodeo drove to his daughters, borrowed her generator and gas can and fixed us up for the weekend! A million thanks!



Congratulations to all the graduates. Our wish for all is to stay on the right path, enjoy life, help one another as you've been doing, be gracious and kind. May your new journeys be filled with great excitement and love.

And for you parents out there....we have one more year to go before our nest is empty.... so stay tuned for Next years issue.....!

Life is a journey...Enjoy The Ride!

~ Jana

Total Feeds

with *Dr. Harry Anderson*



HAVE WE MADE NUTRITION TOO COMPLEX?

In thinking back over my lifetime and how nutritional knowledge has increased I ask, has it also become maybe too complex? Growing up on a small grain and livestock farm in Northern North Dakota, this farm had dairy and beef cattle, draft and light horses, pigs, chickens, turkeys; well you get the picture.

From the time I was old enough to be aware of feeding programs in the late 1940s until beginning an Animal Science degree at NDSU in the early 1960s, I thought feeding grass or alfalfa hay and oats was the only thing to feed and maybe some barley to the pigs and some wheat to the chickens and turkeys. We did feed some starter products to the poultry, but only until they were old enough to go on straight grain.

Working my way through NDSU at the swine unit, I soon learned that there was more to nutrition than I thought. It was still rather basic in the mid-1960s. At that time the research with amino acids, trace

minerals, vitamins and additives, etc. were just getting into full swing and was exciting.

Following my time at NDSU, I pursued my PHD at SDSU and that is where it all began falling together. Nutritional knowledge was increasing at a very rapid pace. Research by both academic sources and commercial feed company research units were adding new information at the most rapid rate ever known and this is continuing today.

With all of the great nutritional knowledge that is available, the industry has created a decision making problem for most of the consuming public. If you look at just the equine products available from many feed companies you will find some have as many as 20 plus formulas to choose from for different ages, stages and activity levels.

If you look at these different products carefully, there is very little difference in each of them. Also, it has created an entire industry based on adding specific nutrients as top dresses or additive packs on supposedly already balanced formulas.

That brings me to several points that I have come to believe over the last 46 years of experience doing nutritional formulation for many species. The first being that cells in all animal's bodies, including humans, need the same nutrient package to replicate, grow and do all of the functions required of them. The second is that because of this we don't

Continued Page 11





Photo's from the Better Equine Booth and area Vendors at February 2016 Equi-fest. We had tons of fun and want to invite you to visit us next year in 2017. Jo Turner, event organizer, has informed us they will be celebrating their 20th Year! The Headliner clinician for this event will be CHRIS COX! We're sure this awesome Equi-fest Crew will continue to bring us a great line up of clinicians, shopping, and just a good ole time again! Plus we will be in Topeka, Kansas again!





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thing solid to brace against. A horse should never be tied up until they have been properly taught to give their feet in this type of manner.

4. A rider's hands should stay in a small area, and the rider's elbows should never pass behind the ribcage. - False

Five Common Myths and Misconceptions on Horses.

1. A horse should always be worked equally on both sides. - False.

When working a horse on the ground as well as when riding, the goal is to get a horse balanced and even. In order to accomplish this, it is often necessary to work one side of a horse much more than the other. There are also times when we work the horse on one side in a totally different manner than we work the other side. This is often how we achieve the overall idea of straightness and equality in a horse.

2. Horses do not need to lay down to sleep. - False

Most have seen horses stand and doze off to sleep often, but research shows that for a horse to get the required REM sleep, they must be lying down during this phase. Their required amount of sleep doesn't have to happen all at once. It can happen in many different intervals. If horses do not get a chance to lay down often enough, their body starts to try to force the REM sleep while they are standing and dozing. This can cause serious long term damage both mentally and physically, as the horse's body can not properly handle REM without laying down.

3. Horses that pull back need to stand tied until they learn to stop pulling back. - False

Horses that have a habit of pulling back need to learn to yield their feet to pressure. This needs to be done in many forms but mainly by taking a few wraps around a post or top rail of a solid fence, (not tied solid). Then move the horse with a flag or rope to get the horse to give hind end and front end, all four feet in sequence, without locking up and getting tight. Some correct ground work can also help. During this learning phase, a horse should never be given a chance to have some-

Actually keeping our hands and arms in a locked position can cause numerous problems. It is absolutely necessary to move our hands and arms independently from our body at times. There is a time to lift our hands up high, put our hands wide, put them low, and most importantly there is a time to bring our hands back to our ribcage as our elbows pass behind our ribcage. Learning why, how and when to use our hands in these forms to direct the horse's feet, is what is important.

5. Always lunge a horse to lower the energy to a safe level before riding. - False

Lunging a horse is often one of the worst things that we can do to a horse's body and mind. The more they are lunged, the worse they usually get, long term, and the more potential soundness issues they may have. Some ground work is often necessary and free turn out is always a good idea, but routine lunging, especially for the purpose of "getting the fresh off" or bringing the horse's energy down can ultimately create a very confused, tight and unsafe horse.

The goal each day should be to prepare the horse mentally to accept the pressure we apply in order to willingly move his feet and relax.

I hope this helps some of you. There is more information like this is in my new book.

Check out www.calmiddleton.com or contact me directly to get your first edition copy. 816-256-9597.

And as always, send your questions to cal@calmiddleton.com

Cal



UNIQUE AND ANTIQUE HORSE-RELATED ITEMS

As a young child, I followed my father everywhere—all over the farm and also when he went to town. His favorite spots included the local coffee shop and my cousin's drugstore. These busy places turned out to be strategic for my father as he loved to talk to people. I ate lots of hamburgers at the coffee shop and lots of ice-cream at the drug store. I also listened. My father had a unique (and humorous) way of learning about people, their families, and ways of life plus items of historical interest. Hopefully, I have some of that "knack." I certainly like to visit with people everywhere I go. Sometimes I learn amazing things.

One Tuesday night this past February at Cross Bar Arena south of Tulsa, OK (check out their website), team ropers and barrel



racers gathered for "practice night." While my daughter roped I struck up a conversation with Mr. Gene Rowland and his wife from Kiefer, OK. He owns the gelding that my daughter currently uses for heeling and

working at Will Rogers Downs.

He turned out to be a most willing talker. Gene carried a cane that I assumed gave him stability and support for his bandaged knee. Never assume! His wife said, "Gene, show Janice your cane." Gene, who had apparently been waiting for his cue, flipped open a small lid at the top of the cane and pulled up a metal rod with numbers and marks on it. Out of this rod he pulled up a smaller rod which locked in place perpendicular to the bigger rod. This dual-purpose cane made from actual hollow cane turned into an instrument to measure the height of horses up to 17.1 hands.

The history of this unique cane piqued my curiosity. Gene, a 1946 model, grew up in Turley, OK. In 1955 he met brothers Garland and Loss Ingerham, two old-time horse traders. They head-quartered on North Apache near the edge of Tulsa. Garland had the cane then.

Gene grew up with Garland's son Gary. When they were about sixteen years old they rode horses for the brothers at all the local sale barns—Newkirk, Bristow, Waggoner, Alva and Chandler. The business grew and spread to Ft Smith, AR and to Clovis, NM. They also traveled to Pennsylvania to sell horses to the Mennonite communities. The brothers purchased horses from the infamous Mullendore Ranch, near Bartlesville, OK.

When Garland retired, he gave Gene the cane which he treasures. He carries it with him everywhere he goes. Like me he wonders who made the cane and its actual age.

But Mr. Gene Rowland had another surprise for me. He told me about a carved one-piece wood pitch fork that he purchased at an estate sale many years



ago. I cannot imagine the odds of finding just the right limb with just the right number of offshoots to make a pitchfork. What a find—unique and antique!

I grew up at Iatan, MO with Mr. Dennis Bryant. Our families had adjacent tobacco farms. Some time back I visited Dennis at his rural Weston, MO home. He had retired and become an avid antique collector.

He showed me an item that I had not seen before. He delighted in making me guess its purpose. This five-foot tall forged iron rod had a corkscrew end and four evenly-spaced loops on the way to the top. Dennis explained that the US Cavalry men screwed these rods into the ground, ran ropes through the loops and made travel corrals for their mounts.

He had no information as to their age. The US Cavalry remained an integral part of the army during the 19th century through World War I. Dennis gave me two of these rods. I display them in front of my barn to remind me of my great-grandfather who rode in the 7th Ohio Regiment Cavalry in the Civil War, 1862-1865. Perhaps he used rods like these for his mount.

Janice

Equine Energy Balancing
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As our adventure with Josie continues, a lot has taken place since I visited with her owner. She had planned to let Josie be a horse and give her the winter off. She stopped competing on her for the months of October and November. She did continue conditioning and trail riding on her throughout the winter months.

In November, she talked with a trainer that had used a supplement on a horse with similar issues. She decided to add the supplement to her feed program to give it a try. The belief was that Josie has an internal issue that could be causing severe pain, like ulcers. She started Josie on the supplement on Thanksgiving day.

In January she started competing again and was placing in the 2D and winning money in the barrel racing again.

All was going well for a little over a month. On February 28th at a barrel race in Topeka, Kansas she began to feel the old symptoms gradually coming back. It doesn't seem to matter if it is barrel racing, roping or trail riding, after a period of time, the dis-respectable Josie shows out. It is almost like she decides "I don't want to do this anymore"...and takes charge, or maybe she does hurt.

In March the owner decided to seek help and take Josie to a barrel racing clinic. It didn't take the clinician long to determine what Josie is doing to take control that day. Josie is locking her hip

and causing herself all kinds of turmoil. The clinician showed the owner how to unlock the hip and taught her how to keep Josie in control in this situation. Barrel racing is going much better and they are both working on the goal of 1D.

About 2 weeks after the clinic she took Josie on a trail ride with a few friends. It was a nice easy flat trail and Josie fought it all the way. Now she bends or curls her head to left and her body to right while prancing.....frustrating!

Josie has once again provided us with some great adventure and exhausted some more efforts to unravel the truth about her health and mental ability.



Josie is a very smart character; she will lead you on for three months at a time and boom the problems go off once again.

After four months of trying the nutritional and some additional training processes the owner wants to continue

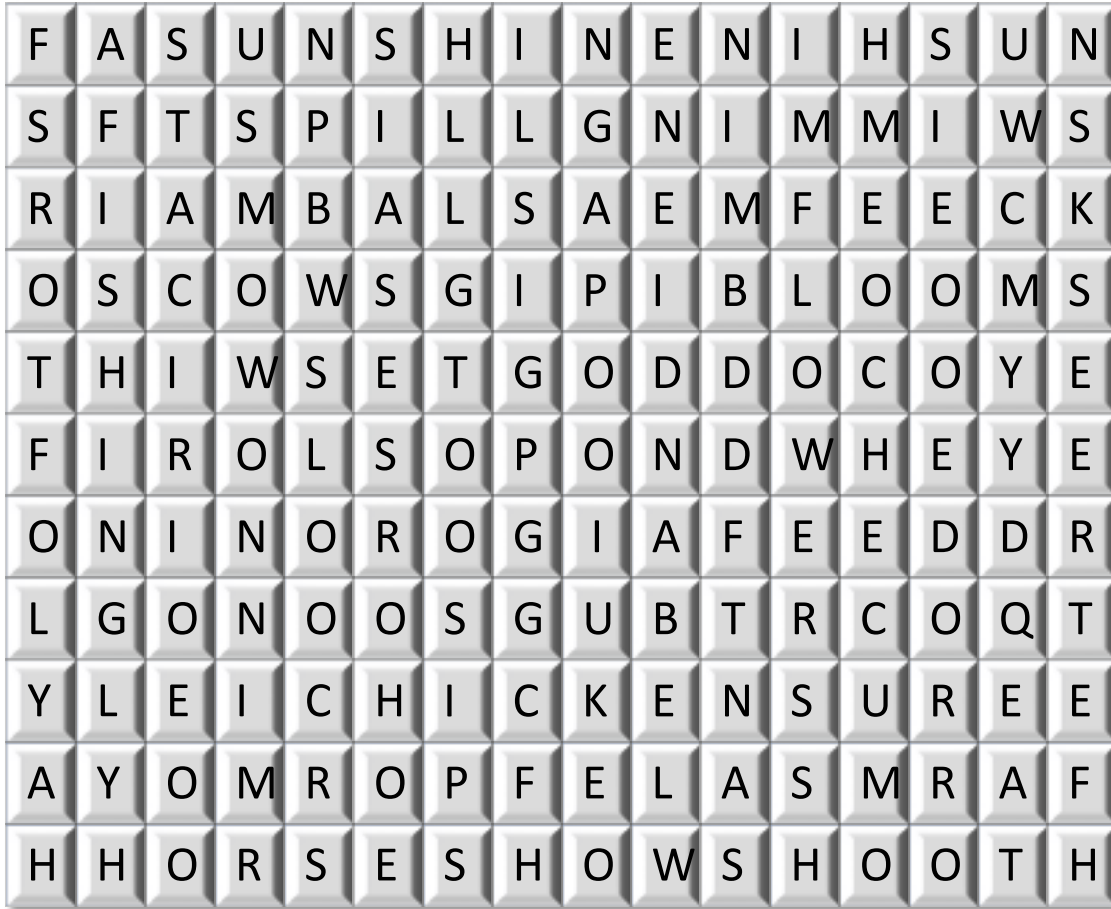
the Emotional and Energy Balancing Therapy. She sees improvement in Josie especially when she shows anxiety while being ridden. She is able to work with Josie and help her get settled down, get back to thinking and working much better than before we started the therapies.

April 14th I visited Josie for her therapy. It had been five months since I have done any work with her. Before, when I did her therapy, she usually responded and cooperated 100%. Today she did well with all her therapy except she did not want to do Emotional Therapy.

For this session I started with a full body assessment on Josie to determine if her energy is still in balance. She had imbalance at 5th, 6th and 7th energy centers; she had releases of blocked energy in all three of these centers. Next I began working on her Emotional Therapy which she did not want to accept at this time. I moved onto Photonic Basic 9 Points, Acupressure Massage on 12 Ting Points, and then returned to Emotional Therapy, the 8 Standard Acupuncture points. She was resisting the standard application of tapping these points, so I just used pressure on these points and she accepted this application. I'm not sure if this will be as affective as the regular tapping technique, but she did not get to skip this therapy treatment. The owner thinks she is dealing with a lot of anxiety and it is so spontaneous and unpredictable. In an effort to address Josie's anxiety I added TTouch therapy to search for stress or concerns. I taught the owner the technique and she is going to use the TTouch when grooming.

We've made improvement, so we will continue learning and working with our animals.

- Jo Lene Thoele



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| Mow | Farm Sale |
| Blooms | Hay Loft |
| Trees | Pond |
| Feed | |

**“Have we made Nutrition too complex”
 with Dr. Harry Anderson
 Continued from Page 5**

need a different set of micro nutrients for every phase, age, activity level of an animal’s lifetime. Third, if you purchase a commercial product to feed to you animals you should not need to add any top dress products or add packs to it to make it complete.

Because of all of my experience combined with all of the research that has been done in the last 70 years, I decided to create a basic package of micro and minor nutrients that would meet the needs of the cells of the bodies of all living beings and simply change the delivery system and major nutrients,

so there is one product for each species and it is a complete nutritional package to compliment the basic ingredients of grass and or hay or grain in the case of ruminants and would not require any added products to be balanced. And one last thing I wanted was to make it safe from colic, founder or bloat; which I accomplished.

Now we have made a full circle in nutrition by combining all of the latest technology and research with the simplicity of how we fed animals 70 years ago.... and it works.



**Until Next Time.....
 Dr. Harry Anderson**



Springtime Tune up

The weather is getting better and everyone is getting tuned up for this or that. We have been very busy tuning up people and their horses. Giving a lot of private lessons and putting on clinics allows me to see many people and I also get to see the big picture when it comes to common problems. The main issue I run into is that most people have a hard time focusing clearly on a target. It's a big deal, and I want to go over how that affects all parts of a successful team roping run.

Target is the first thing that should come to mind during any run, whether running a live steer or roping the ground dummy. Everything we do can be enhanced by staying focused on the target. To me, when we head, the bottom strand has to go under the right horn or we can't catch consistently, so that's where I look. It's important to understand what we are trying to do with our ropes. If I'm trying to get the bottom strand under the right horn, but I'm looking at the tips of the horns, I'm making it harder. Consequently, when we heel, the top

strand is the only part of the loop that should make contact with the steer. I watch just above the hock on the right leg, that's where I try to deliver my top strand to every time. The reason I watch the right hock instead of the left is because I have to take quicker shots at my level and it's the first thing I can find when a steer crosses under my horses neck. Let's discuss how target effects all aspects of the run.

Position: I keep my position the same every run by keeping my focus on the target. I know exactly where my horse is in relationship to the steer as I am coming to it and I can make quicker adjustments than I can when my focus is too broad. Heading, I can tell how fast I'm gaining or how much rope I'm going to have to let go depending on the situation. Heelers, I never ever watch the head catch. If I do, I'm either early, late, or out of time with the steer. If I learn to keep my eyes on the hock, I learn to ride the corner as needed and don't anticipate as much. I'm not coming in too early or too late, when the steer makes a move, I make a move.

Swing: the closer I can get my

swing to the target, the less adjusting I have to do in the delivery. If I'm swinging my rope above the horns, I have to guess how far to lower it to catch. If I swing my rope through the target, the delivery can stay at the same angle, no guessing. Same thing on the heel side, the more I focus on the hock, the closer my tip will be to it and the easier the delivery will be. My timing also comes from watching the target. I think one of the biggest issues I see with timing is everyone has a sled and they are not used to seeing their target move as they rope. I don't believe that "if you are in time with your horse, you will be in time with the steer". I would say this is true 50% of the time or less, not good enough odds for me. Get a machine that hops.

Delivery: how can I execute the same loop on every steer if I have no place to take my rope to? You can't. Having a clear understanding of where that piece of rope needs to go is a must. When we rope our ground dummies, we get lulled to

Continued on Page 13 . . .

sleep because nothing is moving, this is where bad habits are formed. What helps my students the most is telling them to actually see their top or bottom strand hit the target. This overcomes any unexpected motions that a steer makes; head ducking, moving right/left, slowing down, change of timing, etc. It takes a lot of focus but once it becomes habit, it's as easy as nodding your head.

Dallying/handling steers: keeping your eyes on a steers head after the catch lets you determine how fast or slow you handle needs to be. Watching the steers head hunker down means to ride forward and straight across. If he's fresher, we keep everything at a 45 degree

angle and come back up the pen a little to soften the corner. Keeping your eyes on the target can also help you keep a steer the same speed through the corner. Heelers, if you watch the target after the catch, you can see how fast the loop is coming tight so you can know whether to hustle to the horn or hold slack a little longer. You can also stay looking forward to see whether your header is getting faced or not to see if you need to slide rope or lock it off.

Target is such a huge part of the run and it's the number one problem that people have that keeps them from getting better. It's a bit of an adjustment for some, but they rope so much better after they get

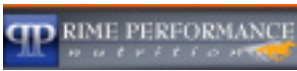
it figured out. Are you seeing your target clearly the whole run?

Next time you rope, try it, I bet you are happy with the results!!

Thanks again for your time.
Until next time.
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DEEP TISSUE MASSAGE

By EHAL Staff Writer

Is your horse . . . Sore, over conditioned, tight in the spine or have a tense back, lacking flexibility, lame and not responding to farriers corrections. . . .?

These are a few of the conditions that your equine athlete can be experiencing. As we talked with Wendy Wiseman, owner of Horse Sports Therapy, we understand that helping horses and their owners is what she is passionate about. Wendy is a Certified Equine Sports Massage Therapist with years of experience. As a specialist in massage, she brings a soothing, healing touch that connects with the deepest part of the competitive animal to help them heal and/or to perform better.

There's even more to Wendy than meets the eye. As a 40-year competitive barrel racer and roper, Wendy specializes in turning horses with "problems" into winners. She trains and competes with her own and takes on "special challenge" horses for others.

For 30 years, she has worked in the animal industry gaining extensive experience with equine and animal nutrition. Combining her practical hands on experience, using a holistic and analytical approach, along with proper equine massage, Wendy helps owners better understand the entire animal and their needs. Choosing the type of feed and supplements that will help their horse achieve weight gain or loss, help with mental stability, optimize healing and recovery time and to ultimately maintain a horse at their peak performance level is part of her program.

One of Wendy's success stories is a mare named Driver. Driver, a 12-year-old quarter horse that is a barrel race competitor, had an extremely complex health situation requiring over 28 nerve blocks along with visits to multiple vets for treatment. After all of the visits, she had continued to experience high levels of soreness and discomfort. At one point, the owner was told that the horse's competitive times were done.

Not giving up, Wendy was determined that Driver was not going to be written off. She decided that a

non-veterinary holistic approach was the best method of getting this horse back. In less than one year, by changing the horse's nutritional plan, using specialized conditioning methods and focusing her equine massage techniques on the back and pelvic areas, Driver is back in competition.



Wendy feels the effectiveness of any equine sports massage therapy session is dependent upon correct evaluation, the use of proper techniques, along with the skill level and experience of the practitioner. For this reason, she only schedules a limited number of horses per day. This allows her to focus on each individual owner and their horse's specialized needs. "It wouldn't be a complete session if I only worked on the horse for an hour, especially in the initial stages of treatment.

Any touch with good intention promotes wellness, but there are a lot of people out there doing "rubs" and calling it therapy. Educated minds and hands make the difference between a feel good rub and a professional equine sports massage therapy session.

Wendy has such demand for her talents that she has decided to focus her energy on equine sports massage and nutrition on a full time basis. Her business, Horse Sports Therapy, opened full time in April 2016. She is available to make farm calls for nutritional or massage assessment, free of charge if a massage package is purchased.

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Facebook: [Facebook.com/HorseSportsTherapy1](https://www.facebook.com/HorseSportsTherapy1)

Website: www.Horsesportstherapy.com.



TOTAL CANINE PUPS!

Maximum is a 1 year old Terrier Mix and just got his bath and is obviously showing off for the camera! His haircoat is amazing and he loves his Total Canine!



This handsome puppy is Flash Gordon. He has been on Total Canine since he was able to lick the pan. The food was mixed with warm water. Super healthy, shiny coat, clear eyes.

Amazing dogfood for puppies, maintenance and older dogs. All Life Stages.

Thanks for submitting these pictures Kelly!

WAGON'S AND BUGGYS By EHAL Staff Writer

Carriage drivers had a great time showing their "stuff" in February this year at the Equifest 2016. The show was very fun to watch and amazing how they maneuver thru the obstacles with grace.

Now days there is so much you can do with your horse and carriage. There have been carriage clubs for years but I've seen it growing in popularity. From mini ponies and mules to draft horses, there is something for everyone.

Years ago I had a small personal collection of buggies and sleighs that I used. It was a blast harnessing my roping horse up to them.

In the winter when we hooked up the sleigh, we would put our string of antique bells around "Brownies" girth area. It was such a great ride and sound. The sleigh runners smoothy cutting through the white wonderland, my horses mane and tail moving in the breeze as he trotted down the road and the sound of those sleigh bells.

Through the years I sold them all and I sure wished I hadn't. The building I had them in sold and I didn't have anywhere to store them at the time.

I have a beautiful buckskin roping horse that I am going to get broke for driving by Lea Huber some day. She does a fantastic job and loves her animals so she is my pick for training him.

As the world goes on, there are a variety of clubs, friend groups and competitions you can do with your horse and carriages. Below is a description of combined driving from Lea Huber.

Combined driving

The carriage driving equivalent of three day eventing under saddle.

Dressage is judged in a grass arena significantly larger than ridden dressage, the horses are judged similarly to ridden, on their frame, transitions, and gates appropriate to the sport. No piaffe or passage here, but proper straightness, contact, and willingness is judged the same.

Cones is the next event, and the equivalent of stadium jumping, rather than having the wheels above ground, we navigate 20 pairs of cones through a numerical order against the clock. Tennis balls atop the cones insures the slightest nudge and accrues a point value against the team.

On marathon day, drivers navigate through complex hazards over a cross-country course with one, two, or four horses. Without the leg and seat aids that riders use, drivers rely heavily on voice commands to direct their horses. The divisions are separated by levels, training, preliminary, intermediate, and advanced, for VSE (very small equine) pony, horse, and single, pairs, multiple, and even tandem (one horse in front of another).

The scores from all phases are combined to give a final result. In all three phases, scores and times are converted into "penalty points", which are then added together. This means that the competitor with the lowest penalty score wins.

Miniature Pony Shows

Recently some friends of ours took their miniature ponies to a show and had a blast. They do not drive their ponies but a lot of owners do.



Feeding, washing, grooming, and exercising is a big part of fitting the ponies for the show.

Jane shows their ponies in halter. Three seconds and the rest were firsts, Reserves, Grands and a Supreme.

Jane also has a pinto gelding that is now shown in Stock Horse Halter which she says is like a Quarter Horse World Show.

What a happy family Bob and Jane Ramshaw are with their horses!

The Myofascia Body

By Featured Writer Kelly Behnke

What is Myofascial Release?

We need to start with the Fascia, a 3-D Dimensional tissue.



This tissue is a matrix in and around everything in our body and all living things.

The function of fascia is to hold the organs, bones, ligaments, tendons, even each cells. The fascial web that holds us together.

When the fascia has trauma, it will start to tense up, creating a restriction in the system.

Fascia has a tinsel strength of 2000lb per square inch. Restriction can cause maladjustments of the body. Some causes of Fascial restriction include repetitive motion. This later can cause cross link adhesions binding the fascia to itself. This reduces circulation, pain and stiffness.

With Myofascila Release, we can use a hands on technique of low pressure over long intervals to give the collagen fibers time to re-align and unwind back in to its correct plane.

My experience with doing the Myofascial Release has been all living things will benefit from these treatments.

My experience with receiving the Myofascial Release Therapy has

been a very fascinating journey.

Below are some things that cause maladjustments in the body:

Muscle injuries (all kinds) tendon and suspensory strain, navicular syndrome, bruised heels, muscle atrophy, muscle spasms, dry spots, pain in skin, galls or wounds, heat bumps and scarring.

Below are some of the benefits:

Increase range of motion, Gait quality, provide comfort to muscle injury, Improves stamina, relieves muscle spasms and tension, increase circulation, aids in pain reduction and just makes horses and people feel better.

Kelly Behke

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IF SADDLES COULD TALK.... by Janice Pack

Come to the Old Rusty Spurs section in our Next issue and get ready for a great saddle ride! We are compiling pictures and information of antique saddles. Parade saddles, roping saddles,

Pleasure saddles and More will be in each issue! We have so many saddles that have been submitted that we will use as many issues as it takes to show pictures and tell the heritage of the saddles. Don't miss out! We are super excited!

If you have a saddle you would like to have published in our articles, please feel free to send us several pictures and the history on each saddle.

Pictures work best with a clear background. We will not use who owns them for security purposes. It's super fun to see and read about the history....

If Saddles could Talk...



“How do I get started with cowboy mounted shooting?”

This is one of the most exciting questions a person can ask someone who participates in the sport. So many times after a demo, mounted shooters are inundated with questions – “what are you shooting?”, “how will I know if my horse will do it?”, “what kind of guns are those?”, “when can I start mounted shooting?” So many ques-



tions, sometimes it can be overwhelming just thinking about getting started as a new rider in the world of cowboy mounted shooting

First things first, let’s help you break things down a bit – we really have to ask your horse. Your horse needs to have a good ‘handle’ on him. You should have full control over your horse. You should be able to walk, trot, lope (on both leads), stop well, back up and your horse should give to pressure from your legs.

Evaluate how your horse currently reacts to noise. Can he tolerate it? Does he become scatter brained? Pop bubble wrap by your horse, get snap cap guns and shoot them near your horse, pop some balloons around your horse, find out if he can handle these types of noises.

Then, progress from there. Introduce earplugs to your horse. There are various types of earplugs used by mounted shooters today. Lead or ride your horse in a good sized circle at one end of the arena while someone shoots a .22 caliber revolver at the other end. Dog training blanks sold at your nearest outdoor retail store and are great for this training.

Keep your horse focused on his current job at hand, to lead beside you or riding in the circle you are directing him to follow. As your horse becomes acclimated, move him closer to the gunfire and circle again, keeping him focused on the task you are asking him to do, moving in a forward direction calmly. Continue to move closer to the “noise” as the horse accepts it until you can circle around the gunfire. Be sure to introduce “both sides” of the horse to the gunfire.

If the horse is responding well to this first introduction to gunfire, the next step is to introduce the gunfire from the back of the horse. Just like you did earlier, give your horse a job to do – moving in a forward direction in a good sized circle, and fire the gun

behind him and upward (at the 4 o’clock position) to allow the least amount of concussion to the horse. After one round, praise your horse, stroke his neck, etc. Continue in this fashion until you are firing two or three rounds in a row with little or no bolting, spooking, etc. Again, be sure to introduce “both sides” of the horse. This is very important.

If all has gone well, repeat the entire process with .45 caliber revolver loaded with mounted shooting blanks. Introduce a couple of poles with balloons and try shooting the balloons as you ride past them. Continue to fire the gun behind your horse, you don’t want to shoot close to his head and “ring his bell”, ruining a potentially good shooting horse. As your horse’s training progresses, you will be able to move the gun closer to the 3 o’clock and 2 o’clock positions.

Continue to practice on various patterns and drills with your guns and holsters. Practice dry firing to help create muscle memory with operating your guns and holstering. Work at a trot or lope - speed is not needed at this point. You are working on building your horse’s confidence (and yours!). So, remember, ‘slow and right beats fast and wrong’.

As a new mounted shooter, always remember to keep your goals in perspective. If you are just starting out, don’t try to go and compete with the professionals at your first event, you’ll only be disappointed. If you keep realistic and obtainable goals, you will always have fun. Keep an open mind and listen to a lot of different people. Keep what works for you and what sounds good to you, and throw away advice that doesn’t work for you.

Until next time, practice, practice, practice and celebrate your successes!

Shannon Rowl



**Building a Strong Relationship
with Christ –
The Smyrna Example: Perse-
verance Brings Life – Revela-
tion 2:8-12**

As we continue in our short survey of letters to the seven churches of Asia Minor (present day Turkey) found in the book of Revelation we are going to turn our attention to the church at Smyrna. Before we go too far let's take a look at the letter:

“To the angel of the church in Smyrna write the following:

“This is the solemn pronouncement of the one who is the first and the last, the one who was dead, but came to life: ‘I know the distress you are suffering and your poverty (but you are rich). I also know the slander against you by those who call themselves Jews and really are not, but are a synagogue of Satan. Do not be afraid of the things you are about to suffer. The devil is about to have some of you thrown into prison so you may be tested, and you will experience suffering for ten days. Remain faithful even to the point of death, and I will give you the crown that is life itself. The one who has an ear had better hear what the Spirit says to the churches. The one who conquers will in no way be harmed by the second death’” (Revelation 2:8-12 NET).

Just to give you a little background, Smyrna was a port city that is still in existence known as present-day İzmir, Turkey. During the time of the writing of Revelation Smyrna was a commerce hub for the region with strong financial ties and allegiance to Rome. As a result, the people of Smyrna were quite eager to meet Rome's demands for the worship of their emperor.

As John is recording Jesus words, he starts out by reminding us the He is the first and the last. As we see in other parts of Revelation this is in reference to Jesus' rule over all human history. We read in John chapter one that Jesus was present and active during creation and we know from the end of the book of Revelation that Jesus will be present and active in Earth's recreation. Jesus is the supreme ruler over

all time and creation.

We also see a quick but candid reference to Christ's sacrificial death and His resurrection. With the simple statement – “the one who was dead, but came to life” – Jesus was reminding this church exactly what He had suffered for mankind (death on the cross) and precisely how He had conquered the death that resulted (resurrection and ascension). This is key not only to quickly remind them of the Gospel but also to turn the letter's attention to their current trial.

Jesus' quickly acknowledges their suffering and their poverty as a result of the slanderous (accusatory false speech) of those who would call themselves Jews. As Jesus is claiming that these men were not Jews but in fact members of the synagogue of Satan it seems clear that these were men who used the guise of religious intolerance as a pathway to persecution and torture. Add to this the fact that the non-Jewish population of Smyrna was active in the worship of the Roman emperor (as discussed above) and were probably intolerant both of Jews and believers who did not do the same. With the two major groups in the city hating Christians it is no wonder that they were suffering persecution, poverty and defamatory claims.

Jesus goes on and encourages the church not to be afraid of the suffering that was on the horizon. They already had it bad but our Lord was saying that it was about to get a lot worse. Jesus promised that members of the church were going to be thrown in prison for a period of ten days.

This church was living out what both Jesus (John 15:20) and Paul (1 Timothy 3:12) promised concerning persecution. Jesus promised abundant or eternal life in John 10:10 and we have that through faith in Him. However, nowhere in Scripture do we read that our life on earth is going to be easy.

In fact, if you read Jesus teaching in the Gospels and other passages in the New Testament it seems clear that we should expect to have trials in our

Continued to Page 21...



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Continued from Page 19...

service and in our relationships because of His name.

The fact is that if you are going to serve God then you are going to be persecuted. Sure you've got people who don't care that you are a Christian and study and proclaim the Word and they might leave you alone. For the most part, however, this world is completely antagonistic towards Christ and those who serve Him.

In fact, if you think back over the past fifteen years then you will remember that the mass media's description of President George W. Bush as dumb or bumbling was not because of his slow speech and accent but rather it started when he began to share his and Laura's faith in the Lord and how that faith had shaped their marriage, his life as a man, and his ability to lead. They didn't hate GW...they hated GW's God.

Persecution comes with serving God.

Now that's a bit of a bummer if you only think about the persecution. Who would want to get in to that?

Christ follows up His talk about the future trials of Smyrna by saying, "remain faithful even to the point of death, and I will give you the crown that is life itself." The word used for crown here is not the same word that is used for a royal crown as a king or queen would wear but rather it was the word used for a wreath that would be given to someone who had won an athletic event. Jesus tells this church that faithful endurance, just like running a race, brings the guarantee of living life forever with the Savior.

The Lord closes out this letter by saying, "The one who conquers will in no way be harmed by the second death". If we conquer or remain faithful through persecution, we have the promise of being saved from the second death. The second death is eternal death or separation from God for all eternity. It is interesting in this letter that Jesus never shares a complaint about the church at Smyrna as he does with other six churches. The conclusion is that the church at Smyrna was faithfully serving the Lord and,

as a result, receiving constant persecution.

Perseverance brings life.

If there is one thing that you should bring away from this short letter it is that no matter what you are going through – whether it is persecution for your faith, consequences of mistakes, or trials in general – perseverance brings life. That life is spending eternity with Jesus and the Father. That life is the light at the end of a long dark tunnel of tribulations. That life is something that we should praise and thank the Lord for. (This article was featured in the July 2011 edition of The Line Rider.)

Be Blessed! - Cory Young



2016 Schedule

- January 19th – Bible Study
- February 16th – Bible Study
- March 15th – Bible Study
- April 19th – Bible Study
- May 17th – Bible Study
- June 21st – Bible Study
- July 26th – Bible Study
- August 23rd – Bible Study
- September 20th – Bible Study
- October 18th – Bible Study
- November 15th – Thanksgiving Potluck
- December 20th – Christmas Service

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CHANCES ARE.....”

Chances are you may not know 26-year-old Chance Mackey, a multi-talented young man from Paola, KS. I met this quiet, unassuming fellow at a Crossfire Ranch Fellowship night. His wife Amy and mother-in-law Wendy Wiseman eagerly told me about his special talents. Chance just grinned but agreed to an interview.

Chance grew up on his parents' ranch near Sedan, New Mexico. They still live there but no longer raise cattle. Chance and his dad both took care of the farrier work on the ranch.

When drought ended the Mackey's ranching business, Chance's dad urged him to seek a career of his own.

Chance's roundabout journey from New Mexico to Kansas first began when he enrolled at Mesaland Community College, Tucucarah, New Mexico. There he earned an Associate's Degree in shoeing. His

professor recommended Chance for an apprenticeship with Mr. Pat Burton near Ft Worth, Texas. He spent two years there perfecting his skills.

Chance passed his certifications with the American Farriers Association. Require-

ments here include a practical part of shoeing two feet in one hour and a written exam. He also attained journeyman status which requires making your own horseshoes and shoeing all four feet in two hours. Chance also spent four months in up state New York furthering his skills for making his own shoes. He now uses a propane-fueled forge 98% of the time to shape shoes and add toe and heel clips.

Following all his certifications and travels, Chance returned to New Mexico for awhile. In a short time Brian Barrett, a farrier friend, coaxed him to Winchester, KS to help him for a year. He met Amy Wiseman, his future wife, during this time. Chance went back to Texas to work for Pat Burton before settling in Kansas and marrying Amy. The Mackey's have a nine-month-old son, River, who loves animals already (especially dogs). I'm tired just writing about all his travels but glad he has landed in Kansas.



Chance's talents go far beyond farrier work. He also creates metal art. He showed me how he makes lovely long-stemmed metal roses. First Amy traces the rose petal patterns on 16 gauge steel plate. Chance cuts them out with a scroll saw. He then carefully puts marks on each petal with a hammer to make them look realistic. He heats each petal and shapes them into a rose shape starting with the holder and the largest petal on the bottom. Smaller petals are added in order of descending size.



Continued on page 24

Continued from page 23
Chances Are....

Chance also uses a finish of WD 40 to darken the petals and give them sheen. Start to finish takes about six hours. So, if you want a dozen roses, put your order in early!



Visit "Mackey's Custom Shop" on Facebook to find pictures of other items this self-taught artist has made. Chance plans to shoe full-time and has started building

up his clientele. He will spend a few weeks every summer in Montana helping a friend at branding time.

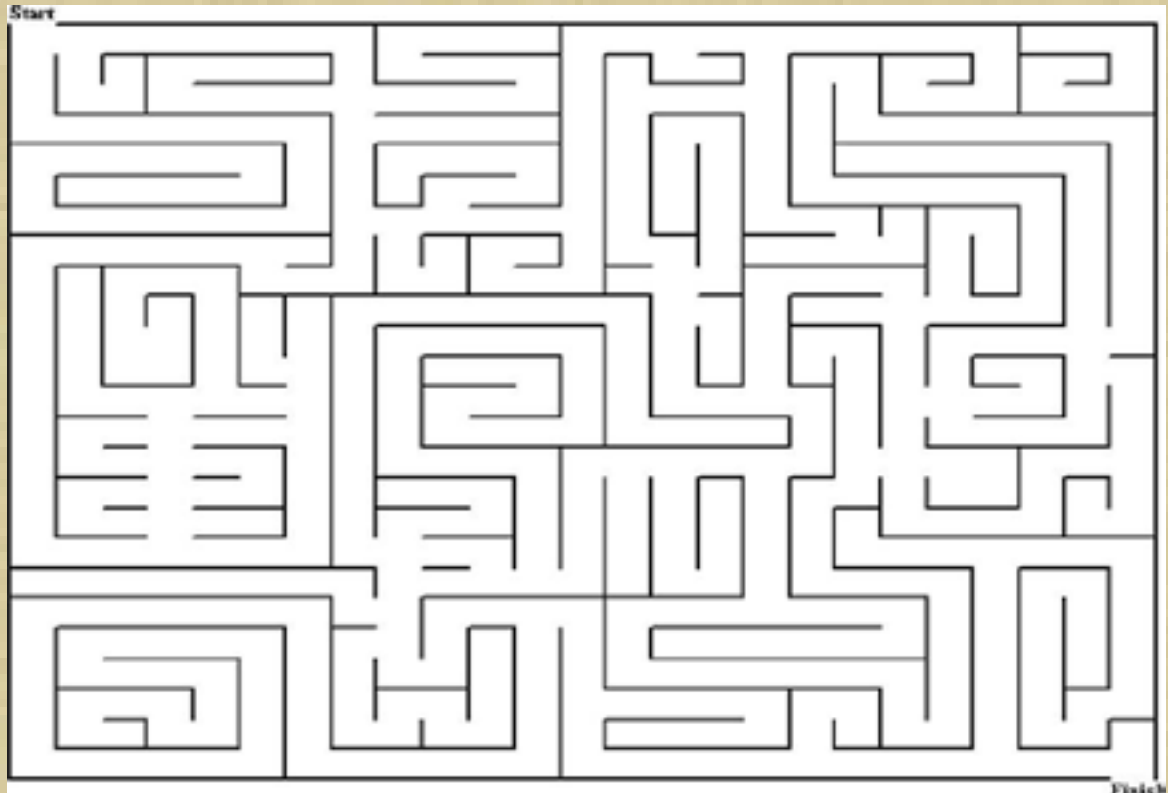


You just can't take the "cow" out of this cowboy. I'm sure he will find a lot of horses to shoe in Montana!

~ Janice Pack



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