

Everything

Horses AND Livestock[®]

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*Horses &
Dandelions*

BY JANA
BARCUS

ALSO FEATURING ARTICLES BY

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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.

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 through 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

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Welcome to
Everything Horses and Livestock

We are thrilled to bring you enjoyable reading and education from an array of writers. From the rodeo world to carriage drivers, horse shows & more, please enjoy our magazine where you can find anything animal!



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HORSES AND DANDELIONS

I had a strange thing happen the other day with a horse we got in to ride and board.

Now this good looking ranch horse had been on hay and grass and has fabulous shiny coat. You can tell his previous owner loves her animals as he was a gentle kind of guy. He didn't lack much that a little feed and conditioning could improve him. We started him on our feed program right away. Hay, Grass, Salt, and 4# of Total Equine extruded feed.

He was quite a gentleman for our first ride. After unsaddling, I hosed him off and headed down to the west pens to turn him out.



On the way down, there is a large patch of lush green grass, white clover and a load of dandelions. I decided to let him grab a treat and thought he would go for the clover. Well, he proved me wrong. He sniffed the beautiful grass, went right past the clover to the first dandelion he could get to. Really? You pass up yummy stuff for a bitter dandelion? He continued to go from dandelion to dandelion biting

them off right down to the root. You're now thinking, "do I want to rent him out for weed control?" Nope, I have plenty of those "beautiful" yellow flowers here.

Why did he do that? He never took one bite of grass or clover and ate a dozen or so dandelions.



After I turned him out in his grass lot with his hay, he headed for the dry loose dirt and turned his beautiful red roan into a muddy coat.

The next evening I gathered him and we saddled for another ride. He rode fantastic with the exception of not wanting to pickup his right lead and was super stiff in the body. Everyone rides different so we worked on flexing, loping on the correct leads, and dragging the railroad tie. He is very willing to work with what I ask him to do. We finished our session with a nice walk, unsaddled, washed him off and headed to the grassy spot. He again ate no grass and went to the dandelions. He did this for 4 nights of riding in a row. None of our other horses do that.

He "parked" out a little in his back end after each time we worked him. I felt he was going through some kind of lower back, hock or kidney issues that were working on him as the saddle fit him correctly.

Continued on Page 38

Total Feeds

with Dr. Harry Anderson



So, You think you need a high fat feed product for your horse?

I get questioned often why the fat level in Total Equine is only 5% and why it is not higher. This is not a question of cost and trying to save money. If I felt higher fat intake would be better for the horse's health and performance, I would add it ASAP. However, I do not believe that to be true and I will explain why.

Let's start with a fact that may sound contradictory to what I just said and that is fat is the most digestible ingredient in the small intestine of a horse at over 90% by actual research. So, you say why not use it as a major energy source? Yes, it is expensive, but the calories from fat are not better for the horse than calories from carbohydrates they have used in nature since their very beginning. So why add cost if it is not better for the horse?

One argument for high fat feeding is that the calorie density of fat is so much greater than that from any carbohydrate (sugar, starch, fiber, etc.) that the horse does not need to eat as much total feed and therefore can perform better. This would be a valid argument, except that there are other ways to reduce total feed intake that are better for the horse.

Another argument is that I need to add weight (or fat) to my horse so I will add fat to the diet. Yes, adding fat can add body fat if that is what is needed, but most horses do not need more body fat; what they need is more body mass (muscle) and fat in the diet does not build muscle. Protein builds muscle and fat and carbohydrate provide energy.

"I need to add fat to the diet to get a better hair coat" is still another argument. This one is not accurate either. Hair is made of protein and the faster hair grows and the healthier it gets, the more it shines and also does not collect dirt.

So, how does a horse make body fat on a low-fat diet? It does it by various metabolic and chemical processes. You have no doubt seen a horse that is thin and rough haired at the end of winter and when lush, spring grass comes on, the horse gains weight rapidly. The hair coat begins to shine and the horse gains a lot of fat.

When grass is in the early vegetative, leafy stage, it contains a high level of soluble sugar and non-structural carbohydrate, but very little fat. Any sugar in the grass will easily be absorbed in the small intestine and will serve as a quick energy source. The non-structural carbohydrate or soluble carbohydrate is rapidly converted to volatile fatty acids in the cecum and colon and absorbed into the blood stream where they converted into energy in body cells as is the sugar that is being absorbed.

During times of plentiful young grass, the intake of usable energy is far greater than what the horse can use each day. Any excess is converted to fat by the liver. Fat in general has two major functions, being used for energy or becoming stored energy in the adipose tissue, so the horse stores fat at that time of year. At the same time, grass typically contains a high percentage of good quality protein and minerals, so the horse gains muscle mass and hair growth accelerates giving it that shine you see. Now the horse is "slick, fat and shiny" and things are great. However too much fat on the body can be a negative.

This bring up another point and that is do we want a "slick, fat and shiny" horse? Slick and shiny yes, but I see no value in a fat horse and I know many people relate a fat horse to a healthy horse. A lean horse with bulky muscles to me is the healthy look

Continued on Page 8

Curiosity Corner

Does anyone know the name of this and what it was used for?



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We have a WINNER!

In our last issue we posted;

Does anyone know the name of this knot, its purpose and how to make it?



WE HAVE A WINNER!!
Congrats to **Emily Diederich!**

ANSWER; That is a slit braid knot, it's created by making slits in the leather and sliding the ends through. It's a very secure knot and looks fashionable. - Emily Diederich

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and it carries very little body fat. This is the kind of body condition that gives a horse a lot of strength and stamina.

A good example of this is a football lineman that has large bulky muscles, but also carries a lot of body fat for weight the he needs for his job. But he does not run long distances, so lean stamina is not as important. A running back, on the other hand, needs great strength and the ability to run long distances at a high rate of speed. They carry very little fat, but have bulky muscles.

Going back to the question of do you need a diet with high fat to reduce the amount of total feed a horse needs to meet nutritional requirements with less feed? The answer is no. If you have a feeding program that will increase the digestibility of the grass and/or hay so they get more from each lb. they consume. This also allows them to get more protein and minerals from the roughage that they have available and they eat less total feed.

Here is a list of feedback comments from horse owners that feed Total Equine:

1. Eat less hay.
2. Muscle mass increases.
3. Body fat decreases.
4. Stay in athletic condition even when stalled for long periods of time.
5. Have increased cool energy.

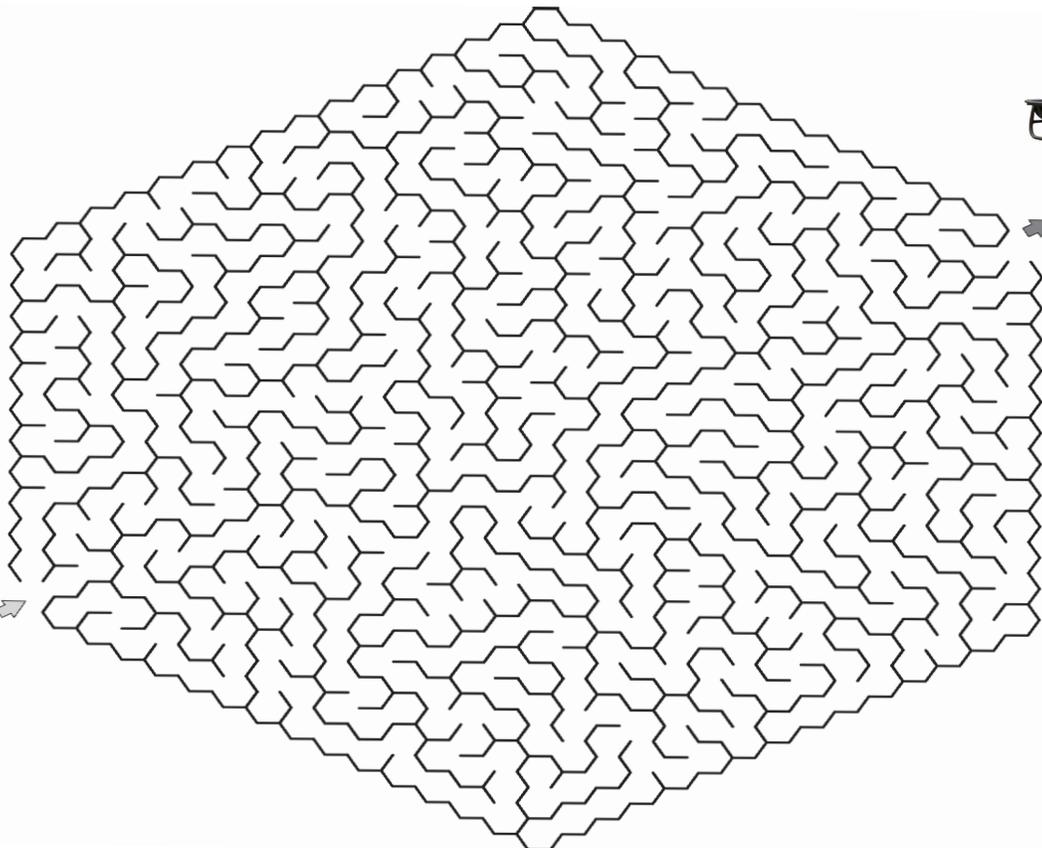
Don't the comments sound like what I have just described?

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For more information and references feel free to contact me.

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Our Featured Writer, Brandy Von Holten

Finding Motivation Between 18 and AARP

Finding courage and motivation is a difficult task and gets harder and harder to find as we add candles to our birthday cake each year. I, too, find myself doubting and fearing being made fun of or just utterly failing and looking like I have never been on a horse in my life. I found an ounce of courage and entered the Benton County Rodeo Queen competition! Typically, a rodeo queen competition requires the participants to be no older than their mid-twenties and not married, but this competition did not have those stipulations. I



found myself with an inner voice saying, “Why not?”. It was settled, I was going to compete in my first ever rodeo queen competition at the age of 37.

Now, this journey could have been a lot easier on one of my horses that I use daily to teach lessons, but I did not choose the easy path. The Benton County Rodeo

Queen competition had never had a royalty competitor even step foot in the arena with a mule. I knew right then that not only did I want to compete as a non-traditional entry but I wanted to do it on my mule, JoJo. Only one problem; JoJo was not anywhere near ready. Here’s the behind the scene look at our journey from trail riding mule to making history in Benton County Missouri.

I knew I wanted to enter the rodeo queen competition after watching the previous year’s competition. It was an entire year ago that I made a plan. I knew I wanted to ride JoJo bridle less by next year. There was only one problem. JoJo was like driving an old truck with no power steering. Plus, he had primarily been used for trail riding and had some time off. I knew that if I tried to do this on my own, I would end up letting too much time pass and then I would chicken out because I would not be prepared. I needed a team of horsemen. I thought long and hard about what this should look like. It came to me in an instant; I should form a drill team.

With my husband and I owning a trail riding facility, my weekends are swamped, which means that I needed to practice during the week. I posted on Facebook that I wanted to start a drill team and PEOPLE SHOWED UP! To make things even better, the women that showed up were almost all former rodeo queens! I couldn’t believe the line up! We formed the Country Tough Drill Team!

Our first practice was absolutely wonderful except for JoJo. We couldn’t trot in a straight line, couldn’t trot all the way around the arena, couldn’t canter around the arena, and our stop took around 15’ to accomplish. Plus, the horses did not know what he was and why he was beside them!

If you are looking for a step by step answer for how to find motivation, there’s not a “catch all” answer. I am a people person and enjoy being on a team. In addition to improving my basic horse/mulemanship skills with the use of the drill team, I also took private lessons, competed in a few obstacle challenges, and even went cattle sorting. The way to feel more

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“Kentucky Derby Trophy”

By Janice A. Pack

In the Spring Issue of EHAL Magazine Brandy Von Holten wrote about the importance of ribbons as rewards in equine competitions. Rodeo and 4-H teens want the ribbons but often cherish silver buckles. They can win, wear and show them off to others. Later they can display them in frames or in cabinets. Some adults cherish trophies (and money) as a sign of great accomplishment. The trophy given to the Kentucky Derby winner remains such an example.

Nearly 150 years of tradition lie behind the elite three year olds that “Run for the Roses” and this trophy. History cannot tell us if the winner of the first Kentucky Derby in 1875 received a trophy. In 1924, Churchill Downs President, Matt Winn, commissioned a standard design be developed for the 50th (Golden Anniversary of the race in 1924). Since that time only one change has been made to the trophy’s original design.

The beautiful Derby gold trophy stands 22 inches tall and weighs 56 ounces (one source says 65 ounces. Perhaps that includes its jade base). Since 1975 the hand-crafted trophy has been made by the New England Sterling Co. of North Attentboro, Massachusetts. It has 29 gold parts and takes nearly 2000 man hours to create. Obviously work begins the fall before the next Derby on the first Saturday in May.

The trophy itself is 14K solid yellow gold with a small amount of green gold. The top holds a cast (from a mold) 18K gold horse and rider. The two handles resemble horseshoe shaped wreaths. An 18K gold horseshoe with the open end “up” adorns

the front of the trophy. At one time the open end pointed “down” but the design was changed to the “up” position to satisfy an old racing superstition. The open end “up” position indicates that luck could not run out.

The trophy had added embellishments of diamonds, rubies and emeralds for the 75th, 100th and 125th running of the Derby. The 150th running of the Derby in 2024 will have special addition also. Obviously the trophy has a large monetary value up and beyond the price of the actual gold which fluctuates. Other factors determine the trophy’s value. If the Derby has an upset winner (a horse not expected to win) or the winner goes on to win the Triple Crown the trophy’s value increases greatly. The 1991 Kentucky Derby winner’s trophy sold at auction in 2012 for an undisclosed amount (estimated to be around \$150,000). 2017’s trophy already has an expected value of \$200,000.

But it remains difficult to put a price on victory and glory which may account for why so few of them have ever been sold. Many of these trophies can be seen on display in the International Museum of the Horse at Kentucky Horse Park in Lexington, KY.



Photo Courtesy of wuky.org

Actually the derby trophy consists of a four trophy set. Others involved with the success of the winning horse include the jockey, the trainer and the breeder. They also receive recognition in the form of a half size sterling silver trophy of the same design as the gold one. This emphasizes the fact that it takes a team effort to make a winner in this \$2,000,000 Stakes Race.



Trailer Loading

Now and then people ask me why their horse has trouble loading into a trailer. Often they have tried a lot of different approaches. Sometimes the horse loads better than other times, but nothing they do really seems to have any lasting positive effect on the horse's willingness to load.



The issue is nearly always the same. Most spend time trying to load the horse rather than getting him ready to load. Just give him a chance to get ready and then watch him load.

A horse needs to know that a trailer is not a bad place to be. You can convince your horse by how you drive with the trailer following, how you act when you get your horse loaded, whether your trailer is too small, uncomfortable, whether it rattles loudly or is fairly quiet, or how long your average haul is. All these factors and many more can make a horse feel more or less comfortable about being in the trailer.

As stated previously, we cannot expect our horses to blindly accept everything we do with them. However, we can help them learn to accept all forms of pressure by introducing them slowly, yet firmly, and waiting for them to accept it and relax through it.

Then we can build from there.

You need to make sure that your horse trusts you to get him out of trouble (because you become the horse's mind) and he would rather be with you when he feels threatened, rather than away from you, or on you.

The process of loading a horse into a trailer is pretty simple. First, he needs to be made ready to load. To do this he must be balanced, straight, square. He can then get into the trailer, on his own, because he is ready.

Loading is all about getting your horse to accept the pressure you exert as a signal to yield and move his feet. Pressure is what your horse needs to be content with in order to load confidently.

First your horse needs to know how to respond to the pressure of the lead rope. Sounds simple. But if a person can't load a horse into a trailer, the root problem is the horse has not learned to respond to the pressure of a lead rope correctly.

Teaching a horse to lead, or to respond to pressure from the lead rope, is teaching them to stay within the halter and to move their feet forward, backward, right, and left, when you apply pressure to the lead rope and halter around their head. (Getting a horse to follow you around like a puppy without a leash



does not help whatsoever.) So a horse that cannot be led, cannot be convinced that the trailer is a place he wants to be.

Continued on Page 19



Photonic Therapy and Release the Potential Techniques with Jolene & Wendy

As Wendy and I continue our holistic approach to restoring Junebug's natural energies and health, we continue her journey with Photonic Therapy and Release the Potential Techniques.

I started with the Photonic light we worked on the basic 9 Standard Points. Both sides had several releases. Acupressure massage was done on the 12 Ting points. The hot spots were St 45, & Gb 44. Both of these are Ting Points on the right rear foot. ([see my facebook site for diagram](#)) These are the ending of the Stomach and Gall Bladder meridians.

I could not touch either of the Ting Points in the regular acupressure therapy with my fingers nor with my light as they were so sensitive. I had to use my photonic light by hovering over the points that we were addressing.

Using the acupuncture points in these two applications assists in balancing and maintaining energy flow in the 12 meridians.

Moving to the spine, I was able to use the Photonic Therapy light on both sides of the sensitive lumbar area.

The photonic light I use is wavelengths of red light. It is not a laser light. It is used to stimulate tissue and achieve physiological results. Einstein called the wavelengths of this red light, photons.

The stimulation of the red light photons is transformed into electrical energy by the connective

tissue under the skin. This electrical energy is transmitted to the brain by the nerves. This stimulation will cause the brain to release particular hormones and other chemicals to relieve pain, increase immune response and promote healing. This method is known as The McLaren Method.

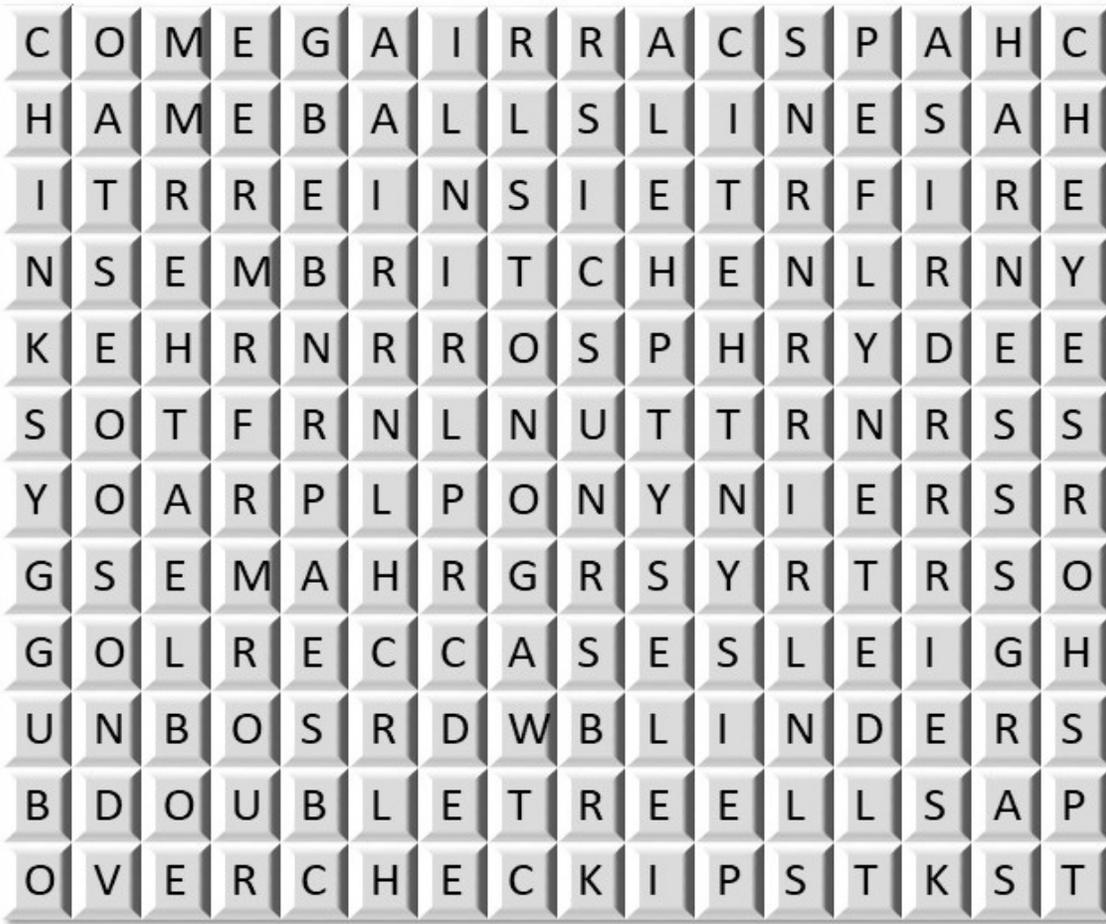
The McLaren Method utilizes broad band 660nm red light to provide the photons required to painlessly, and safely stimulate the tissue. This is the light I prefer to use.



Wendy and I took Junebug to an IVAS certification course in veterinary acupuncture for the newly trained veterinarians to apply and practice acupuncture in a classroom setting on her. The class assessed her, made a group diagnosis and a treatment plan.

They treated the identified acupuncture points, the stomach meridian that had shown excess heat

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| Britchen | Overcheck |
| Collar | Chinks |
| Hames | Chaps |
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| Synthetic | Pony |
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Changes and Effects

I hope everyone is having a great and productive summer! It was time once again for me to write this article and I was at a complete loss as to what to touch on. I know we previously talked about not being afraid to make positive changes in our game plan. I thought it would be interesting to talk about how changing one thing for the positive can have such an effect on so many other things. I currently am riding the best horse I have ever swung a leg over, which I acquired last fall after the USTRC Finals. The transformation of my roping that has taken place since then is kind of interesting to me so I thought I would share.

When I first started riding my new horse, Deuce, I realized right away that some adjustments had to be made. The first thing I felt was that I couldn't swing my rope fast enough to stay ahead of his stride. I had always believed that a bigger loop was more consistent and that was what I was comfortable with. However, I wanted to up my game and that was the reason for the purchase of the new horse. It seemed like if I could get up and around the steers more, I could get by with my slower swing and bigger loop. But I still was missing too many steers for my satisfaction. Reluctantly I went to a smaller loop. From here things got pretty hairy for a while. I could now ride high and take that quick shot that I had been searching for so long, but I sacrificed my consistency if I didn't get that "perfect" handle.

So, back to the drawing board. Getting the horse slowed down and making his stride match the

steers hop was quickly the answer to the problem so I went to work. Four months later I had a horse that was gathered up at all times and I could make his feet hit the ground whenever I wanted. Since then, I have changed my mind about needing to throw fast on every steer. I'm still using the smaller loop because of his quick stride, but I now have a horse that lets me rope on the jump that I choose. This is one of the main things I see at the clinics, not being able to maintain position.

That being said, let's talk about my "transformation". This horse has allowed me to do so many more things during a run than I could ever do before. I can start a little later out of the box if the situation deems it necessary and I still have plenty of speed to set up a fast shot. My loop is smaller and my swing is faster so it's easier for me to stay ahead of the jumps and make a smooth delivery.

The horse is not patterned, he is constantly listening to my cues, and although he knows the play, he lets me be in charge. That means I can rope whenever a shot presents itself and not when he tells me to take it. Deuce also stays with me in his stop all the way through my delivery, meaning he doesn't hit the bottom of his stop until the steer is already in the loop. I can finish on a really short rope and shut things down fast without feeling like I'm out of control with my coils. He's strong at the horn when the steer hits and stays on his rear end through the dally, making it's easier to stay balanced. I've always ridden shorter stirrups than most, but I have since lengthened them out more than I ever have on any other horse.

I've never had a horse that works so well consistently and doesn't need ridden a lot. I'm used to having to work with a horse every day to keep them good for the competition. Deuce gets the Hot Heels once a week to feel for any problems I need to fix. Other than that, my daughter keeps him exercised by simply riding him around. It doesn't seem to matter if I rope on him every day, or once a month, he always works the same, and works great.

So let's recap. I changed one thing for the better in my game plan and so many other things changed. I changed my start out of the box, position going down the arena, my swing, slack, finish, and my stirrup length. It truly has been an experience that I will not soon forget. I have multiple people telling me every week how much my roping has changed due to Deuce and the ability that he has.

In conclusion, don't be afraid to change things for

the better. It can be scary and uncomfortable, but I promise better things will come on the other side of positive change. I changed one thing, and look how much better everything else benefited from it, think what could happen by making two positive changes!

Once again, I thank you for taking the time to read my article. I hope you can gain something out of my personal experiences.

Until next time, PRACTICE HARDER.

God bless,

Chad Mathes

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My command is to love each other as I have loved you. John 15:12

We have been experiencing wonderful love from others this summer. The Karlin family held a benefit



garage sale for us. When the Karlin's came over to bring us the profits, we were able to spend some quality time together.

"A BIG heartfelt thank you to everyone who donated to and helped with the benefit garage sale!!! It was a huge success!!

As we were talking to the kids about how they came up with this idea, six year old Emily said "God whispered it to me"... Amen! There ya have it!

"The Grand Total was a whopping \$1,520. 00 and it is all going to Living Life Ranch....This is very exciting." - DeLaena



We had a great time together riding Mouse and Toots. We loved spending time with this family. Our new friendship continues to grow in God's love.

The Watson Family came out and spent the morning riding. This family has a great story of love. God brought them together. These foster children are siblings that are being officially adopted in to a warm loving home. We enjoyed their time with us and plan to see them again on a regular basis.



We continue to practice Cal's methods with the Rockies. Kim and Cal's love for God, horses and people have been such a blessing to so many. They share their love with hundreds of people every year.

Pictured below: We took a break after a 3 hour training session with the 4 Rockies.



I found this the other day and thought this was a great reminder to share.

"Now that you have purified yourselves by obeying the truth so that you have sincere love for your

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For many of us the “summer run” is coming to a close. Many of you likely had some great rodeos and experiences. There’s also the possibility that you had a few

setbacks. That’s all part of life. I thought for this month’s study we would take some time refocus our goals for our next “season.”

What goals should we be setting?

To help us in our quest I’d like to invite your attention to Luke 12:16-21:

12:16 He then told them a parable: “The land of a certain rich man produced an abundant crop, 12:17 so he thought to himself, ‘What should I do, for I have nowhere to store my crops?’ 12:18 Then he said, ‘I will do this: I will tear down my barns and build bigger ones, and there I will store all my grain and my goods. 12:19 And I will say to myself, “You have plenty of goods stored up for many years; relax, eat, drink, celebrate!” ’ 12:20 But God said to him, ‘You fool! This very night your life will be demanded back from you, but who will get what you have prepared for yourself?’ 12:21 So it is with the one who stores up riches for himself, but is not rich toward God.” (The NET Bible.)

This passage is a parable Jesus taught just after He was asked to mediate an inheritance dispute between two brothers. A parable is a story told to illustrate a life truth. This parable gives us a clear vision for where our priorities should be.

The first part of this passage gives us the story of a rich man who was faced with the decision of what to do with an abundant crop. It’s been quite awhile since we’ve seen one of those in the Midwest but most of us would agree that it is a great problem to have. What do you do when you have more goods than you have need?

The rich man’s decision was to build greater barns and storehouses and keep the crops. This is an obvious choice but it is interesting that the story doesn’t stop there. With the addition of his new crop stores the rich man then decides that he can hoard all of this great wealth to himself (rather than sharing or even selling to his community) and as a result he can eat, he can drink, and he can party. In fact, he had so much stored up that he figured he could quit working for many years.

That may not sound like a bad plan except that he died quickly after his plans were enacted. The Lord had taken his life and the reality is that all his wealth did nothing for him in eternity. In the end he was a man who was rich on earth but poor in heaven.

Jesus is essentially telling us that we will be just like that rich man if we focus our entire lives on earthly wealth and ignore “riches in heaven.” That is not to say that we should not work hard at building a savings and having some of the things we desire. It’s just that those earthly things should not be the driving force in our lives. We should instead be focused on eternity.

Focusing on eternity means that we make starting and growing a relationship with Christ, sharing Jesus’ salvation with others, and training our kids to follow the Lord a priority in our daily lives. Those are riches that are heaven focused.

My prayer is that as we start this new season you might evaluate your relationship with the Lord and your service to Him. If you can grow in Him, study His Word more, and serve Him more faithfully... then make that your goal!

Be Blessed! Cory Young

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The other type of pressure that he needs to accept is being encouraged to get his hind quarters underneath himself, so he can then go forward. This can be accomplished by using the end of a lead rope or a flag. But for this to work, he must never be “desensitized” to either tool, but should find that balance between being dull to the tool, and being afraid of it.

Once the horse can be led respectfully as well as moving forward as you encourage him from behind on both sides equally, then, and only then, are you and the horse ready to attempt to load him onto a trailer.

After a horse is comfortable in being led and encouraged from behind, we lead the horse to the trailer calmly, step up in the trailer and gently



lead him in. You can also use the technique of encouraging him from behind, or have someone else encourage him, while we stand in the trailer and direct his head with the halter and lead rope. But we should NEVER pull on the lead rope and over encourage him from behind at the same time. Always use either one or the other.

When the horse is in position in the trailer, we back off and let him have some release. Once he gets in, he may want to back out right away. So let him. Do not make him feel trapped while in the trailer. Let him learn that nothing bad happens in the trailer. And always shut the back gate before you tie any horse up.

It is good for the horse to learn to give his feet, especially his hindquarters (both ways) while in the trailer in order to help him get balanced and straight and thus relaxed in the trailer. Turning around in the trailer is generally a good idea. When unloading, always untie the horse from the outside of the trailer, then open the back gate. If the horse backs out of the trailer too fast, DO NOT attempt to pull on the lead rope to keep him in. Just breathe and move out with the horse, then load him back in, and repeat until the horse becomes more relaxed in the trailer.

If we're loading after a specific event where there are lots of people or other horses hustling around, and we are having trouble with a specific horse we make sure he is in a calm state of mind before attempting to load him onto the trailer. Ideally, we don't attempt to load a horse onto a trailer when his excitement level is high, or when we are in the parking lot and all the other horses are leaving.

But the point here is that your directions to get his body ready to load should be helping him find that state of mind and that self confidence that he is lacking by improving his general compliance level. We make sure everyone involved stays calm, and no one yells or moves quickly. We must be as calm as we want the horse to be, and have confidence in him, so he can have confidence in himself.

~ Cal Middleton

This has been an adaptation from the book Cal Middleton on Horse's and Life published by Whirlybird Press in 2016.

For More info Visit www.calmiddleton.com
Email any questions to cal@calmiddleton.com



Slow is Smooth, Smooth is FAST!

We are half way through our mounted shooting season and if you are like me, each competition presents a lesson and something for me to work on in the practice pen.

This year has been a busy year for us teaching new riders the sport of mounted shooting. Two of the most common things we “change” for riders are the length of their reins and stirrups. So many times we see riders interfere, counter-pull and throw their weight around in the saddle instead of letting form and momentum take over and allow the horse to do his job effectively.

Let's take a minute to discuss rein handling.

A less efficient way of proper rein handling can be defined by holding the rein like an ice cream cone, or in a fist position. Pressure is applied to the neck and the op-



posite side shank of the bit, resulting in the horse's nose being pulled in the opposite direction you wish to turn. This also causes the horse's head and neck to become

unbalanced, and his shoulder to drop into the turn. In other words, a ripple effect happens by pulling the poll the opposite direction, the neck stiffens, the shoulder drops, and the hip disengages.

By holding the rein palm down and walking your fingers on either side to guide the horse's nose, you allow equal pressure of the nose and neck on the correct shank side of the bit (the inside). With



this correct style, the proper ripple effect will occur; from poll to his the horse is rounded, engaged and balanced.

Less is more. A short single rein eliminates possible setbacks in mounted shooting – a one-handed sport. Using a single rein enables a rider to walk the fingers down the rein for a nice neck rein and then walk the fingers down the other side if a change of direction is required without the fear of losing slack or tension. The advantage of the short rein is that there is little to take up when you want to communicate with the horse. The short rein allows you to be quick in your requests and responses.

Now that we have your hands in position to steer your Indy race car, let's get your legs in position!

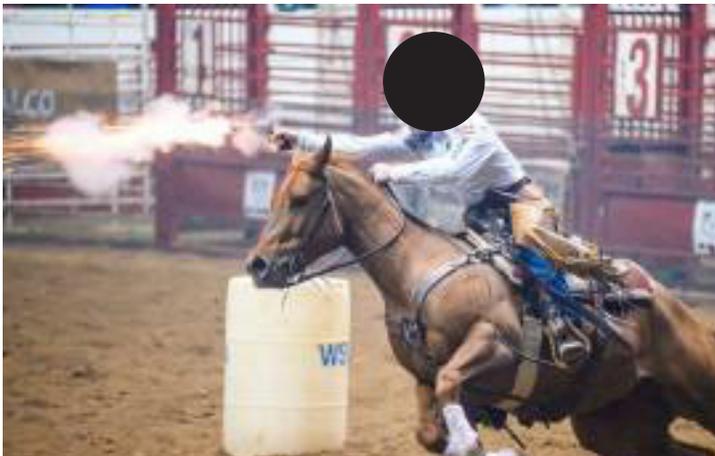


In mounted shooting, shorter stirrups will help keep

you anchored and down in the saddle. Shorter stirrups allow the rider to drop his/her heels which



helps to lock their leg in place beneath them. If your lower leg is freely swinging around, you lose your anchor. A rider that has his/her legs underneath their hips will have good balance.



When a rider keeps their stirrups too long, they will have to continuously reach for them, causing the lower leg to slide forward in their attempt to stay in



them. The lower leg is no longer in proper position when it is out in front of your body and you are no longer effectively balanced in the saddle. By raising your stirrups you will not have to stretch your legs out to reach them, which will permit you to maintain proper leg position for good balance.

When your stirrups are too long, you will have problems keeping your heels down, then your leg slides forward causing you to sit back on your bottom. When you sit back on your bottom you aren't doing much by way of riding, just sitting on top the horse like a bag of potatoes. Shorten your stirrups and you will find it much easier to get up off your bottom and sit on your seat bones instead.



A good way to judge how long your stirrups should be is by placing your fingertips at the very top of the fender (get up under the flap), grab the stirrup with your other hand and pull it up to your armpit. Using your arm, you can measure the proper length – the stirrup should hit you just under the armpit. If the stirrup can extend past your armpit, then they are too long.

There you are, set to race! Your work in the practice pen with these changes will bring a whole new light to when you run in competition – slow is smooth and smooth is fast!

Til We Meet Again! ~ Shannon Rowl
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Lawrin

By Janice A. Pack

I love good stories. I especially love good horse stories and sharing them. In this issue of EHAL I want to share with our readers the story of a special Thoroughbred racehorse.

This story begins in 1865 following the Civil War with Samuel and Alfred Woolf. These brothers left their native New York City and like many other far-seeing men came west to start new businesses. The Woolf brothers first settled in Leavenworth, KS and established a store where they made and sold fine men's shirts.

By mid 1879 Kansas City grew into the area's commercial center. The brothers relocated and expanded into the Woolf Brothers department store. Alfred's young son Herbert began working for the business in 1912 and became president in three years. Woolf Brothers thrived and became one of the largest luxury department stores in the mid-west. Eventually they had five branches in other large cities. Business control changed hands in 1962 and Herbert Woolf passed away in 1964. The store in Kansas City eventually closed in 1992.

The horse story part starts here with Herbert M.



Woolf who pursued his passion for fine horses on his two-hundred acre Woolford Farms outside of Kansas City in eastern Kansas. He first raised show horses, and then became enamored of Thoroughbred race horses.

In 1933 he bought the well-bred stallion, Insco (1928-1939) at auction for \$500. The auction drew few bidders because of a severe thunderstorm and Mr. Woolf came away with the bargain of the times! Insco ran in the 1931 Kentucky Derby and only placed 6th. His future worth, however, lay in his strength as a sire.

In 1935 Insco and the mare Margaret Lawrence produced a colt that put Kansas on the thoroughbred racing map! This first cross, Lawrin, won the 64th running of the Kentucky Derby in 1938 before a crowd of 64,000 racing fans. He won in a calculated fashion over the favorite by a length. Lawrin still remains the only Kentucky Derby winner bred and raised in Kansas! I love this story of an underdog horse that showed his greatness fueled by the faith of his owner, Herbert M. Woolf, his trainer, Ben A. Jones and the superior guidance of his jockey, Eddie Arcaro.



This race was young Eddie Arcaro's first Derby win. He went on to win four more Derbys in his jockey career. Ben Jones and his son Jimmy went on to train Thoroughbreds at the famed Calumet Farms in Kentucky. Both Jones and Arcaro became U.S. Racing Hall of Fame inductees.

Woolford Farms sold to real estate developer, J. C. Nichols, in 1955, shortly after Lawrin's death. Today

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confident is to believe in your training. In order to persuade myself to train, I set a goal. It is sometimes easy to set a goal, but not easy to keep yourself from backing out later on. By having the team, I felt like I would be letting them down if I did not show up.

Whatever you have to do to keep yourself from backing out; do it. You could prepay for a bundle of lessons, write your training time down in ink on your calendar, and make a promise to yourself to not cancel.

I am now the 2017 Benton County Rodeo Queen. Did I compete on him bridle less? Heck no! But I did ride him bridle less for two laps in the arena the night of the rodeo with one of my drill team teammates by my side and another one guarding the gate.

Check us out in the next Issue of EHAL Magazine to read more about events at Von Holten Ranch!

~ *BRANDY*

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the original gravesites of Insko and Lawrin remain in a well-kept island in LeMans Court, Prairie Village, KS.

Jana and I went to view this “horse cemetery.” The trip felt like a pilgrimage to honor Mr. Woolf’s passion and love for his horses. To me every step of this story pointed to Lawrin’s victory, like the climax of a great novel! After all how different this story would have been if Mr. Woolf had not stayed for that auction, or if Ben Jones had given up on Lawrin or if Eddie Arcaro had decided not to ride a horse he had never been on before.

Lawrin’s stone simply reads “KENTUCKY DERBY WINNER 1938” Insko’s monument has the inscription “HE GOES ON TO GREATNESS THROUGH HIS PROGENY.”

[When reading our magazine online, click here to watch Lawrin’s race!](#)

~ Janice Pack

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Mineral For All Seasons

In general the changes in grass through the growing season are as follow:

1. Calcium begins to increase
2. Fiber increased
3. Trace minerals decrease
4. Phosphorus decreases
5. Protein decreases
6. Digestibility decreases

These changes are taking place slowly every day as plants grow and mature. Moisture patterns and grazing management impact these changes and only the animals know when their major and trace mineral needs and digestibility change.

Other changes in grass that should be addressed in the mineral program are the changing fiber level and resulting decrease in digestibility as well as the presence of endophyte (fungus) problems in some species of grass. Fungus causes a vaso-constriction and heat tolerance problems that require further discussion. Another aspect of seasonal changes is the ambient temperature. Extremely high summer temperatures can slow performance in growing animals by lowering feed intake. High temperatures can also decrease fertility in females by increasing body temperature resulting in embryonic death during early pregnancy from only slight increases in body temperature; a separate discussion.

With these things in mind, what is necessary in a mineral that will fit all situations and seasons? There are several considerations for a complete all-season mineral:

1. Do the major mineral levels and ratios fit all levels in the forage as it changes through the seasons?
2. Does it contain the essential minerals to prevent grass tetany?
3. Are the trace minerals the most bioavailable possible?
4. Does it aid in fiber digestibility when necessary?
5. Will it reduce the effect of heat stress by controlling the increase in body temperature during hot weather?
6. Does it aid in prevention of negative effects of endophyte causing vaso-constriction?

Total Feeds Grass Mineral and Total Feeds Sheep Mineral do fit these requirements by providing a good ratio of Calcium and Phosphorus that will balance the grass through the entire season, as well as most types of hay. The sources of these minerals are the most palatable and digestible available.

The Magnesium in Total Feeds minerals comes from two sources (one of which is chelated).

They provide levels that will aid the nervous system function normally under a variety of conditions when the grass levels of Potassium and Magnesium get out of balance. .

Truly Chelated trace minerals of Copper, Manganese and Zinc are the sources of these trace mineral in Total Feeds minerals and are the most biologically available possible. They also contain Selenium Yeast. Trace minerals are necessary for all reactions in nature beginning in the rumen for the bacteria as well as for all

reactions in the body proper for every function.

One key ingredient in Total Feeds minerals is Ascophyllum nodosum (sea weed). This ingredient is used because it provides the following scientifically documented benefits for all animals:

1. Increases fiber digestion, releasing more energy and protein from every pound they consume.

2. Lowers the body temperature increase normally experienced in animals during heat stress.

3. Provides good quality organic iodine to prevent foot rot.

4. Customers report increased ovulation rates in all species.

5. Customers report better semen quality.

So, if you are looking for good general use minerals that cover most all needs of all species, Total Feeds Minerals will fill the bill.



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A diagram for Better Equine shopping. At the top is a photo of cowboys on horseback herding cattle. Below it is a white banner with the address '29545 PLEASANT VALLEY RD. PAOLA, KS 66071' and the website 'WWW.BETTEREQUINEINC.COM' with the phone number '913-731-2509'. The diagram features a central shopping cart icon surrounded by three numbered steps: 1. 'CATALOG' with a book icon, 2. 'STORE' with a storefront icon, and 3. 'ONLINE' with a computer monitor icon. At the bottom, the text reads 'Better Shopping with Better Equine®'.





WHY DO HORSES PAW?

As promised I have some answers for another common equine behavior. I surmise that most owners have seen their horses paw. I, for one, have a horse that paws the ground and another that paws the air! Non-horse individuals often find this behavior cute or funny—"Oh look, he's counting." Owners, trainers and competitors find this behavior annoying and sometimes destructive. Nobody likes the sound of their horses banging the stall walls/door or the side of the horse trailer.

Training Ideas by Callie on CRK training Blog identifies three main reasons for pawing behaviors:

1. Emotion—including boredom and anxiety
2. Investigation or curiosity

3. Learned behavior—*anxious or nervous habit*

Hayden Hainsworth from Quora echoed these ideas and added some of his own. Many horses impatiently paw at feeding as in "Hurry up with the groceries." Others paw when tied to trailer or hitch rail as in "I'm bored. Let's go do something." Horses experiencing colic or other pain will paw in an effort to alleviate that pain. Horses also paw the loose dirt when looking for the perfect place to lie down and roll. Wild stallions will paw in anger when challenging or warning another stallion to stay out of his territory.

My favorite theory, however, remains the horse that paws for 'FUN." How many of us have crossed a creek while riding and had our horse "paw the water"? Beware of the horse who wants to "put out a fire". That describes the horse that paws in water, then suddenly "stops, drops and rolls" before the rider can react!

I once asked my daughter if one of her water tanks had a leak as it needed filling way too often. One day I observed the leak. A long-legged yearling Thoroughbred politely stepped in the tank with his front legs and pawed to his heart's content.

As always, pay attention to changes in your horses' behavior. Consult your veterinarian to determine normal and abnormal behaviors.

Check out the fall issue of EHAL for a new question in *"What's Under Your Hat?"* ~ Janice Pack



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Continued from Page 16

brothers, love one another deeply, from the heart” (1 Peter 1:22). Peter is saying something very powerful here. God hasn’t simply called us to endure the refining fires of sanctification. He’s ordained us to incarnate his love through the community he’s placed around us. This community of love gives us hope and strength. But it also encourages us with the reminder that the One who tests and trains is the One who loves.-Paul Trip

Several members of our church family came over Saturday and blessed us with their loving helping hands. We worked together and painted, stained, and assisted us with yard work, tree trimming, weed eating and landscaping.

What a wonderful feeling of love from others as they took time out of their busy lives to help us with our overwhelming work. Thank you from all of our hearts for blessing us with your hands and experience.

Next week we get ready for the Johnson County parade. T-shirts are made, Flyers are in the making, the team is excited and the horses have had practice. We took each horse down to practice the busiest part of the parade route.



We are taking one day at a time, going with the flow. God is in control and we trust him in our journey.

Please Come and Enjoy the journey with us

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THE ART OF *Blacksmith*



“Behavior Issues while shoeing horses” By Featured Writer Joshua Rushing

I am a farrier but first and foremost a horseman. Being a horseman means always putting the horse’s best interest first and taking the time to do so. A farrier usually doesn’t have an abundance of time. So we often find ourselves between a rock and a hard place when a horse develops behavior issues.

There are a lot of reasons a horse may not stand well. Many can be managed. I think the younger the horse is the better to start trimming young horses.



One should take the time to make sure the first experience is pleasant for both the horse and the farrier. Most farriers are more than happy to spend a few extra moments with a young horse that is just learning to be handled. Waiting till a horse is bigger and stronger can be counter productive and risky.

Especially when handling feet. It is the owners responsibility to make sure horses are prepared to have their feet handled. If a horse lacks experience it is super important to discuss this with your farrier before your appointment. Often times farriers may be willing to schedule for a little more time to work with the horse. Otherwise it may be best to hire a trainer to help work with the horse prior to its first farrier appointment.

Location and environment can play a big factor in horse behavior. It is important to have a clean, clear, and dry work place. Minimal traffic and distractions will sure help. Often times a clean clear barn ally provides just enough pressure on either side to encourage a horse to stand centered and square as opposed to an open area where a horse can dance from side to side to avoid the farrier or engage distractions. Ideally a horse should remain in the same position throughout the process. Horses can often become impatient and the longer



the process takes, the worse they get. Anything that can be done to increase efficiency is worth

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and the Liver meridian that was stagnate and treated them. The findings from this session had been identified in our own assessment.

This group recommended we continue treating acupuncture points LIV3/ GB34 /PC 6 /ST36 with photonic light therapy and schedule an appointment 30 days following this treatment with our regular chiropractor.

We feel that our time is well spent providing this service to the school. We always learn from this experience and it is a pleasure to be in that environment. We thanked them for the opportunity to serve and learn.

The next day Junebug played in her pasture, this was the first time she has played.

Have you ever checked your horse pulse? The following day, we started our session checking this under the jaw bone on the Facial artery. When we checked the right side, her pulse showed stronger than the left. This tells us that the circulation is better on her right side. Her left side therefore shows more circulation blockage.

I opened the bladder meridian. Wendy and I did our regular 2-3 hr session of energy and muscle balancing. We then moved to working on the sternum per recommendation of the vet school we had attended. We explored the sternum area and did muscle releasing. Then we used the photonic light on CV 14 which is located in middle of the sternum. We also worked on the additional points following the conception meridian from CV1 located just below the anus to CV24 located on the lower lip.

We then Identified some misalignments in the TMJ, lumbar area and the hip area. It had been three and a half weeks since the dental work was done on June Bug. We knew this would be a good time to release and adjust the alignment of the TMJ joint.

To adjust the TMJ joint, start by identifying the high eye, and place your right hand above the temporal.

The temporal is located right above the eye. Put your left hand under the jaw on the muscles of the hyoid bone on the opposite side as shown below.



Photos from Release The Potential Book

The horse will work the jaw over your hand quite actively. You must hold this position through many neck and head movements your horse will make. It may take 10 to 15 min. to accomplish a full release.

Moving on to the misalignments previously identified, this mare was reluctant to pick up her left lead and had trouble maintaining the canter on the right lead.

We began to analyze her problem. Standing at the tail, reach both hands to the respective hip points. Notice which one of your hands is further from the midline. Then look under the tail and note whether the same side ischium is closer to the anus. The hind leg on the side that was shown to be further from the midline will be toed out.

This process will take two people to accomplish.



Place one hand on the point of the hip and the other hand on the ischium to encourage a return to normal position and firmly hold a minimum of three minutes. The second person holds the leg in such a way as to pivot it into a toed-in-position and hold.

We corrected them using some techniques for facilitating the desired change. The technique we used is called Release the Potential by Doris Kay Halstead and Carrie Cameron. This is a practical application focused book you will want to read.

We had good results with this procedure and decided to move on to releasing the Lumbar restrictions.

Wendy worked with the tail, up over the back gently pushdown on the first lumbar with a rocking motion (the horse must allow) you should feel some movement at the joint. If not, continue the rocking motion until you sense it starting to move. Proceed to next lumbar and repeat procedure. This technique is gentler than a rider sitting on the horse's back, and gets wonderful results.

Our next step is to work on retraining the lateral back muscles. Wendy walked beside the horse with the tail pulled to the side we were working on. I lead

the horse forward 7 or 8 steps, stopped, backed a few steps and stopped again. This must be done on both sides for balance. The horse will feel the new freedom and integrate this in his normal movement patterns.

While working this lumbar adjustment on Junebugs left side, she picked her left hind foot up kicked and stretched it out straight. She then stomped the ground 4 times. I lead her around helping her lumbar muscles continue to release. Wendy and I repeated the process on the right side. The releases on the right side did not show as many as on her left. I closed the Bladder meridian and ended our session.

By combining our therapies, we believe we can provide therapy to address the whole being mind, body and spirit. This process made sense to us and it was so easy to work together at the same time on the same horse.

Join us in November Issue when we discuss Equine Emotional Release, using Essential Oils and Equine Stretches.

**~Jo Lene Thoele, Equine Energy Balancing
& Wendy Wiseman, Horse Sports Therapy**

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while. It is the responsibility of the farrier to be well organized and possess the skills necessary to do the job in timely and correct manner.

A good handler or horse holder can make all the difference. A little horse sense goes a long way and someone to help manage the horses body and head position can eliminate a lot of behavior issues before they even start. A bad or distracted handler can be detrimental to the whole process.

Proper diet and exercise can help. A horse that is overweight may lack the ability to stand well. Excess energy do to a lack of exercise or use can also make it difficult for a horse to stand well. I find that horses that are ridden regularly often stand the best. They are used and hauled. They often spend time tied up and usually develop a lot of patience.

Whether we like it or not proper discipline is often necessary to correct aggressive or dangerous behavior. Kicking, striking, biting and the like are never acceptable behaviors. Although not ideal, a farrier is often asked to help with these corrections. It is important to discuss appropriate and acceptable actions for correcting these behaviors with your farrier or trainer.

Behavior issues can be really frustrating for both owners and farriers but with a little time, patience and work most issues can be managed quite well.

Visit our Next Issue of Everything Horses and Livestock for more Shoeing Information...

Joshua Rushing



“HOT DOG” By Featured Writer
Dr. Marlo Showalter DVM

With high Kansas temperatures often comes high humidity which increases the chances of heat exhaustion. A few years back I was involved in a severe case of overheating in an 8 year old English Pointer, named Flame. He was rushed to the hospital and arrived convulsing and unresponsive. His owners had left him just 2 hours prior in his kennel in the garage. When they returned, they heard unusual thumping noises coming from the garage and found Flame laying on his side in the throes of a seizure.

When they arrived at the hospital, he was displaying clinical signs of severe hyperthermia. It was confirmed with a rectal temperature of 109.8 F! He was immediately placed in cool water and started on intravenous fluids. Flame's eyes were dilated, unblinking, and unresponsive. His gums were bright red and he felt hot to the touch. Over the course of the next hour of continued intensive treatment we were able to drop his temperature to near normal levels. Although the body temperature had been reduced, it was still unknown if the effects from the high temperature would continue to threaten his life.

The damage to his brain and organs during hyperthermia can be caused directly from the heat of the body but also the upregulation of the inflammatory system. Flame's blood clotting system can also be affected causing small clots in his blood vessels and organs. Flame's blood work and neurological exam were encouraging.

He was fortunate, and survived his bout of hyperthermia. The quick actions of his owners and veter-

inarians saved his life. This is the highest temperature I have ever seen. Many dogs would have died from heatstroke at this level and even temperatures several degrees lower.

Heat is dangerous to your pet's health. The heat can affect our pet's ability to maintain normal body temperature. Unlike people, dogs don't sweat to get rid of excessive body heat. While your dog does have sweat glands in his paws, these do little to help with temperature control. Dogs prevent overheating by panting, which is the primary heat dissipating action for dogs. A dog's normal body temperature is 101.5 degrees Fahrenheit, and when it exceeds 105 degrees F, it is considered hyperthermia.

At that point, the dog's health becomes critical and is extremely vulnerable to stroke, organ failure and death. Some dogs are at higher risk for overheating, such as working and sporting breeds, which have a strong drive to perform their job without regard for their health. Overweight, long haired, or short faced dogs have other factors that decrease heat tolerance leaving them more susceptible to hyperthermia.

Signs that your dog is getting too hot, are excessive panting, very red tongue and gums, trouble walking or staggering, and lethargy. Laying on its side, glazed eyes, excessive drooling, and loss of consciousness or even seizures are more advanced signs of overheating. If these signs occur in your four-legged companion follow these steps: move to cool environment, soak in cool water, use a thermometer to check a temperature rectally, offer cool water to drink and get to your veterinarian.

Summer heat can catch owners off guard, and leave their close animal companions in life threatening situations. Just as people are told to drink plenty of water when it is hot, allowing for perspiration and evaporation, water is critical for dogs so they can exhale the excessive heat through panting. Without water they quickly overheat. In Flame's case, he quickly drank his water supply and the air in the garage was hot and overwhelmed his panting and body's ability to maintain safe body homeostasis,

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causing his body temperature to rise to a critical level.

Of course, no one wants to endure Flame's experience, so prevention and precaution on hot days are important. Avoid hot environments, including the hottest parts of the day, parked cars, and hot closed buildings. Offer your pets shade and plenty of water. Keep your dog groomed, shortened or matt-free hair coat, and at an ideal body weight.

Be careful and have safe summer fun.

~ Dr. Marlo Showalter DVM
KSU Graduate 1997

Dr. Showalter and a variety of over veterinarians work at Ottawa Veterinary Hospital in Ottawa, Ks. She has worked in upstate New York, Arizona, and now in Kansas.

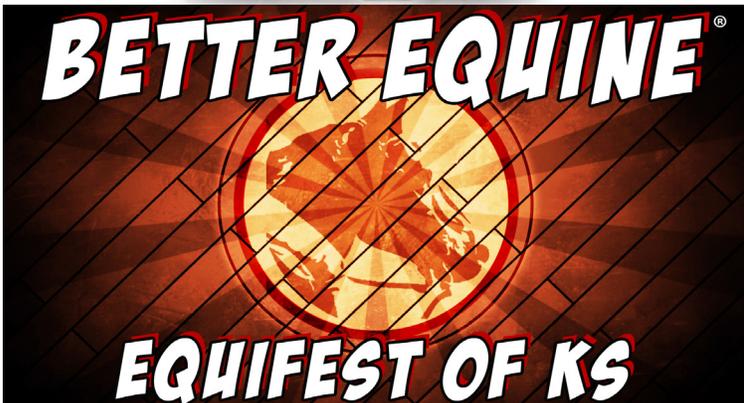


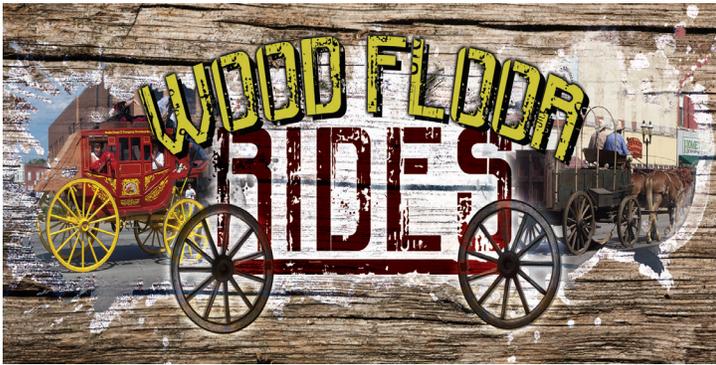
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My Life with Miniature Horses By Featured Writer Delana “Dee” Hay

People ask me all the time, ‘Why do you want a miniature horse’? What are they good for? Without hesitation I tell them all the things I do with them. I purchased my first “mini” six years ago. Since then I have acquired many more as they are like potato chips—you can’t stop with just one!

The main activity for minis is driving. This has become very popular in the last few years not only with children but also with middle-age women. The reasons are obvious. . Women (and kids) do not have to lift heavy saddles up on a big horse. Minis take up less space, eat less and their up-keep is “mini size”.

Minis have their own horse shows. They have the capability to do many things from halter, show-



manship to in-hand obstacle courses. They also serve as therapy horses and companions.

My main activity is driving. I train all my minis to drive and pull a sulky (a two wheeled cart with shaves). Minis like to have a job and driving seems to be a perfect job for them. They seem to have a knack and ability to pull a cart. Personally I like to pleasure, trail drive and drive in parades.

My minis have been everywhere. I take them to nursing homes and host birthday parties. They also entertain at all kinds of parties here at Prairie City Miniature Horses. My mini, “Sweet Potato”



once performed on stage in a ballet! My mini, “Polka Dot”, has been filmed for an episode on the Discovery channel for this fall.



To me driving a mini is relaxing and rewarding. My friends and I often drive on the "rail trails" in our area. These are trails left by abandoned railroads.



They are specifically maintained for horses, bicycles, runners, joggers, and of course, minis and carts.

Minis with their willingness to please and their trainability make them a perfect alternative for those who no longer ride. With a solid foundation, minis will be a pleasure to drive for a lifetime. I'm excited for the opportunity to bring information on these fun mini horses to you!

Look for my next article coming in the fall issue of EHALL. Contact me for your mini needs from purchasing and training a mini to carts and harness.

Delana "Dee" Hay

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I grew up eating super healthy, whole foods. My mom cooked. Not from a can, really cooked good fresh food. Several times I went with my dad to pick a mess of wild greens. We would take them home for mom to cook up. Included in our greens was dandelions. But not very many because they are bitter compared to the tasty young poke (as shown in the picture below. Use only the young leafy part.



The older the plant is, the more toxic it gets. Make sure you go gather with someone that knows the difference), carpenter square and curly dock that made up the “wild” portion of our greens. My mom mixed spinach or swish chard with the greens.

His actions made me think even more about nutritional needs. I decided to research what nutrition is in dandelions.

I found that instead of the noxious weed I considered them to be, they are actually nutritious! They contain potassium, fiber, vitamin A, C, B6, magnesium, copper and calcium to name a few.

My research also revealed that they serve as a diuretic. The root has a natural diuretic effect that allows the liver to quickly eliminate toxins. They help to strengthen the immune system, balance blood sugar levels, relieve heartburn and sooth digestive issues.

This horse ate dandelions each time after the first four rides. After those four rides, he didn't choose

them anymore. In the same patch, he then moved to the grasses and ate like any other horse.

After talking with the body balancing and massage specialists, feed guru's, and doing research on dandelions, I believe he was going after nutrients that he was lacking.

Out of all the horses we've had here, I had never witnessed a horse eating nothing but dandelions like he did.

As we are several months into his riding and balanced feed program, he has gone through quite a few body and mental transformations. A few times of overly happy feet and body soreness, he is now leveled out and turning into a better horse than before.

He continues with his beautiful shine and now sports a more muscular frame. His mind is back to a willing state and he is amazing.



I learn even more as I slow down and be more attentive to animals and people. Every day can be a learning experience for us.

Don't judge a book by it's cover, dandelions are nutritious.....

Jana

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