

**HEALTHY & HAPPY: YOUR OLDER HORSE**

# Horse & Rider

Today's Western Horse Life

December 2017

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## Congrats!

Noelle Dotzler, Kansas City, Missouri, is the 2017 Time to Ride “Take a Friend Riding Challenge” winner! The horseback-riding instructor and one lucky friend will travel to Lexington to visit the Kentucky Horse Park, watch races at Keeneland, and ride in a clinic with Dan James ([timetoride.com](http://timetoride.com)).



## Check His Genes

Did you know? DNA testing can now provide interesting details about your horse's inherited color characteristics, plus tell you whether he has risk factors for certain health issues, such as HYPP (hyperkalemic periodic paralysis) and many others. Results also pinpoint where your horse falls on the curiosity/vigilance scale, which can tell you a lot about his inherited temperament. Testing by Etalon Diagnostics is done on mane or tail hairs you supply, with roots attached ([etalondx.com](http://etalondx.com)).

## Ride at College

Do you wish you could ride and compete while at college, but your school doesn't have an equestrian program? Start one! The Intercollegiate Horse Shows Association will help you. Simply determine which IHSA zone your college is in (at [bit.ly/ihazonemap](http://bit.ly/ihazonemap)), then contact your zone's chair to find out which IHSA region you'd join. (Go to [ihsa-inc.com](http://ihsa-inc.com), click on “Contact Us,” then “Board of Directors,” then scroll down.) The zone chair can direct you to the appropriate regional president, who can guide you on finding a coach, recruiting members, and other key tasks.

## DISASTER RELIEF

As we note in “The Best of Western Horse Life” (page 52), a sense of community and willingness to lend a hand are at the heart of horse life. Throughout the year, countless horse owners faced distress, homelessness, and loss at the hands of devastating hurricanes and wildfires. Here are just a few ways the horse community came together to help.

- **Twisted X** committed \$2 million in footwear to victims of Hurricane Harvey.
- At press time, **Zoetis** had donated more than \$650,000 worth of animal health products between Hurricane Harvey and initial requests from Hurricane Irma, as well as product donations to customers impacted by the wildfires in the Western U.S. this fall.
- On September 1, **Yeti** donated all sales to Hurricane Harvey relief efforts.
- Touted as **Wrangler** Wrelief, on September 4 the denim and apparel company donated 100-percent of sales from its flagship stores to Hurricane Harvey efforts.
- **Brooke USA** pledged to match the **United States Equestrian Federation's** \$25,000 donation, for a total of \$50,000 to help animals affected by Hurricane Harvey.
- **Cinch** and **Lubrisyn** teamed up to fund “Fire in the Heartland,” a documentary chronicling the stories of the wildfires in the south this spring. It drove donations for the Working Ranch Cowboys' Association's Foundation. Watch it at [HorseandRider.com](http://HorseandRider.com).

**WE HEAR YOU**

**Kids and Horses**

As a lifetime reader and 30-year writer of horse literature, I commend both the Editor-in-Chief and Senior Editor for their fine pieces in your September edition (focusing on youth riders).



My wonderful cowgirl friend—young in years but old in horse experience—shared this photo of her small child working his pony in the round corral.

Rhonda Stearns



**Shared Horse Life**

When my husband and I met a few years ago, he watched me ride off on the trail with my friends. It spurred him to ask me where he could take riding lessons. Five years later, we are married and he owns his own horse. Sharing a passion for riding is what brought us together.

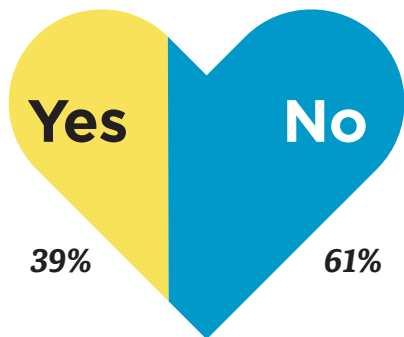
Monica Shaw, North Carolina



**GALLOP POLL**

**Horse-Loving Soul Mate?**

Is your significant other also into horses?



To participate in future polls, "like" *Horse&Rider* on Facebook.



**YOUR STORY**

**Teardrops on a Saddle**

→ When I bought Daisy, I needed a horse. My 19-year-old son Julian suffered from bipolar disorder. His erratic behavior was taking its toll, and I hoped to share horses with him.

Daisy wasn't an easy mount, but she helped keep me in the moment. One day, Julian sat on her as I was hand-walking her. He asked if he could trot, his blue eyes registering a hint of rare enthusiasm. I tied the lead rope like reins, and he gave her a squeeze. She made a beeline back to the barn. Still, he hopped off smiling, later posting on his Facebook page, "I trotted bareback today!"

It wasn't a fix, though. Julian later took his life. The day after, my ordinarily strong-willed mare stood quietly beside me, helping absorb the pain. Today I own Jasmine, the gentle mare in the photo. Whenever I ride her, I think of Daisy and the healing power of time...and horses.

...Annie Kassof, California

**First Horse...and Teacher**

→ Prairie Moon, a Spotted Saddle Horse I adopted, was spooky and pushy when I brought her home. My first horse, she required me to learn all about groundwork and using body language. Trash cans terrified her; I made a game of them, encouraging her to touch them willingly with her nose. She helped me learn to think like a horse. Now I'm not sure if I rescued her...or she rescued me.

...LeeAnna Romero, Tennessee



TOP-LEFT PHOTO COURTESY OF RHONDA STEARNS; TOP-RIGHT PHOTO BY KATHERINE BRICCIETTI; BOTTOM PHOTO COURTESY OF LEEANNA ROMERO

## Join the Herd

### EMAIL



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### SNAIL MAIL



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### SOCIAL



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We love hearing from you! Send all high-resolution images for Conformation Clinic and any feedback, ideas, photos, and letters to

**HorseandRider@aimmedia.com.** Or mail correspondence to 5720 Flatiron Parkway, Boulder, CO 80301.

# SADDLE CHAT



**#HORSELIFEIRL** | 

kbequinellc Mowgli was a star today!  
#equine #horsesofinstagram  
#equestrian #meridenCT #kbequinellc  
#kbequine #countrygirl #farmlife  
#barnlife #horse #boardingbarn  
#lessons #leasing #family  
#equestriansofinstagram #barnfamily  
#horse\_gallery #equinephotography  
#horsephotography #HorseLifeIRL  
#chestnutswithblazes #quarterhorse  
Tag your Instagram photos  
#HorseLifeIRL (In Real Life) for a  
chance to see your post here!



**FOLLOW US!** | 

Where are *H&R*'s editors this week? Follow along on social media as we attend some of the top Western events going on this winter.

## FUN ON FACEBOOK |

### What funny thing does your horse like to do?

**Sharolyn West** Buddy likes to open stalls and gates. I've even caught him unplugging the water heaters.

**Melodie Knuchell** My horse likes to lift his leg up when he wants me to scratch it for him.

**Amber Collier** One of my horses has a cone obsession. He loves to play with it—the best toy ever!

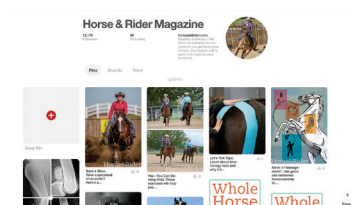
**Jessica Bonino** Mine likes to roll in the arena right after I've just given him a careful grooming.

**Michelle Burt** My horse likes to knock things over. He's very nonchalant about it; he reminds me of a cat that way. He likes to knock everything off the mounting block and then turn it over. Last weekend he knocked over someone's chair.

**Kerri Porter-Hughes** My horse does this hilarious thing with his tongue. He sticks it out the side of his mouth and rubs it against his teeth.

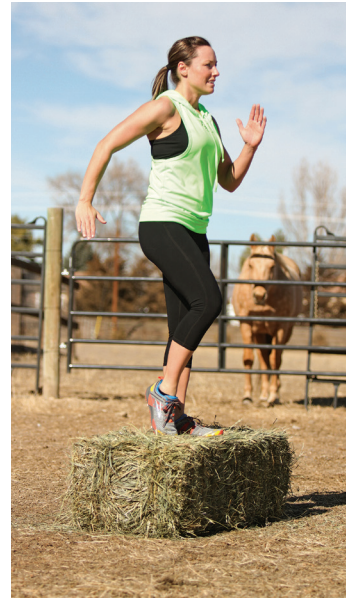
**Becky Barnard** My boy loves to cut his toy ball as if he's working a cow.

**Tanya Burba** Mine always makes funny faces when I take pictures of my friend's horse, but naturally he doesn't ever do anything funny when I try to take a photo of him.



### Pin That!

Want to see some of our favorite barn hacks or grooming tips and tricks? Be sure to follow *H&R* on Pinterest, where we're constantly updating our boards with advice to make your horse life easier.



## Stay Fit Over Winter

Don't let a personal-fitness lapse hold you back from achieving riding-related goals. Read "Fit for Your Ride" to help you break free of five fitness inhibitors that keep you from being a better rider.



## The Thinking Rider

On tap for December: The must-do test that tells if you'll be comfortable riding that new horse. Follow *Horse & Rider* on Facebook for alerts on new posts from this American Horse Publications award-winning blog.

"NON-PRO MISTAKES" PHOTO BY MARC LAXINETA, DVM  
"STAY FIT OVER WINTER" PHOTO BY NICHOLE CHIRICO  
"THE THINKING RIDER" PHOTO BY SHERI SCOTT



### **NON-PRO MISTAKES**

Avoid the seven common mistakes Bob Avila sees non-pro and amateur riders make when showing their horses.

**‘The chin strap (or curb strap) works with the bridle to limit how far the purchase of a shanked bit—the upper portion of the cheek that extends from the mouth-piece to the headstall rings—can rise up.’**

–“Chin Straps,” *Al Dunning’s Tack Talk*, online this month