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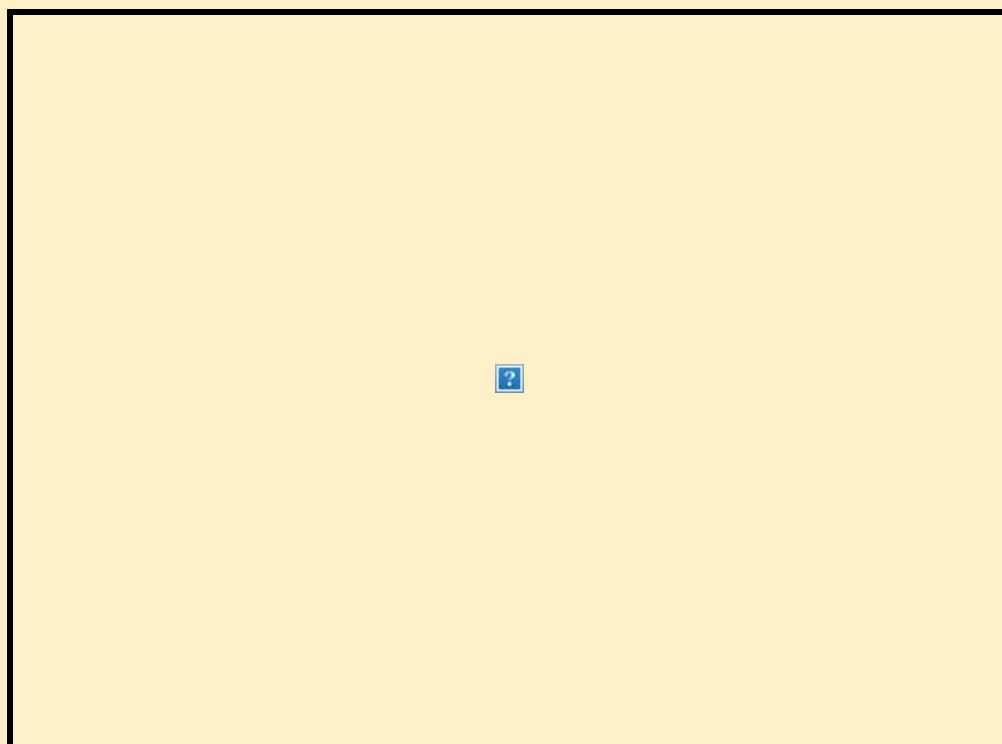
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Horse's love it when their owner's understand them.

Horsemanship is about the horse teaching you about yourself.



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[Signs of a Healthy Horse](#)

*Photos Rick and Horses

Clinics on Request

*Contact Rick



Think Like A Horse
By: Rick Gore

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Appetite - If there is no logical explanation for loss of appetite, regard it as one of the first signs of illness.

Coat and skin - Coat will vary with breed, season and housing conditions (stabled and/or rugged). For instance, the thoroughbred has a fine coat in summer; the Shetland has a long, thick, two layered coat in winter. When the coat is long or thick, short or fine, it should be evenly distributed, except during the process of shedding the winter coat in spring. Normally the coat should be soft with luster. The skin should be supple and elastic with no sign of bald patches, rubbing, inflammation or oozing.

Condition and weight - A horse's condition varies with breeds, feed and exercise. Some may be well muscled and others may be fat or thin. A thin horse is not necessarily unhealthy. A horse on the same ration and exercise routine maintains a certain weight for years. If suddenly, or over a period of time, it starts to loose weight, check your horse carefully. Weight loss or gain in association with some other signs, e.g. poor coat, diarrhea, poor appetite, lethargy or poor work performance, is indicative of a health problem.

Conformation - To examine a horses conformation, look at it standing still from a short distance away to ascertain overall balance, then examine it more closely for overall body detail, limb detail and relationship of limbs to each other. The horse should then be observed in motion to evaluate its conformation. Limping or unevenness could indicate a problem.

Demeanor - This may vary tremendously in different breeds, individuals and situations. Changes in demeanor such as quiet or excited, alert to dull, placid to aggressive, relaxed to restless, may indicate a more significant problem.

Droppings - This usually occurs 10 - 15 times a day. Color, consistency, volume, odor and frequency of droppings vary considerably with type of feed and exercise. A horse on a well balanced diet should pass droppings that are brown, formed, tend to break up as they hit the ground and have an odor that is not unpleasant. Horses on lush green feed will often pass greenish, unformed, cow like droppings. Those on large volumes of low grade hay will pass hard, dark colored pellets.

Ears - These should stand erect in an alert but not rigid position. One ear should not flop nor should there be any sign of discharge or heavy wax build up.

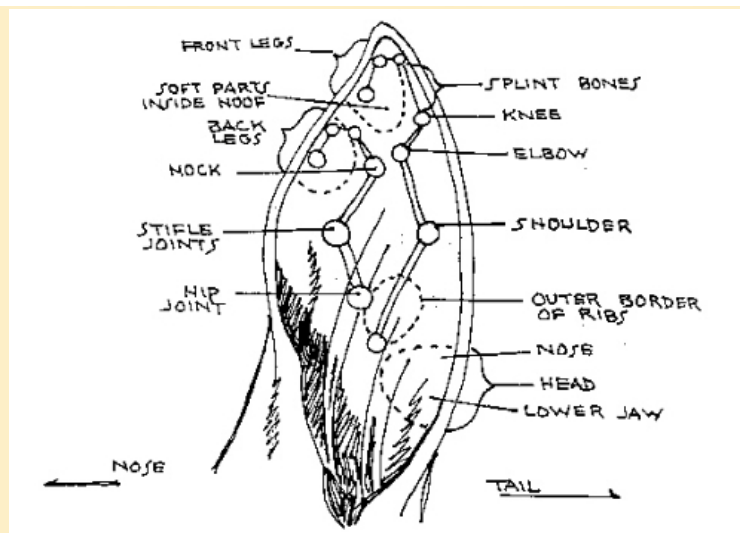
****The only thing predictable about a horse is that it's unpredictable.****

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Horse Ear Massage Map

Here is a picture of an horse ear and it has been labeled to map out different parts of the horse, much like the foot has been mapped out for massages to different parts of the human body. Not sure if this works or is accurate, but it appears interesting and I know horses likes to have their ears massaged, once they have been properly desensitized. If you click on the picture it will open a PDF on [Equine Massage](#).

I am not promoting this for healing or endorsing the concept that rubbing a horse's ear heals or fixes problems. I am not into tricks or gimmicks. However since rubbing a horse's ear does not do any damage, I see no harm in this and it does some benefit, since it helps sack out the ears and promotes bonding and trust between horse and human. Like always use common sense. I have gotten a few emails lecturing me, that since I have this on my site, I am being fooled or mislead and this is crap. So let's be clear people, **I am not endorsing or selling this.** I simply am putting it out here since I see no harm, unless some idiot decides to use only this - thinking it will solve all their problems. In that case, if you believe that then I can't help you and you would probably not be on my site.



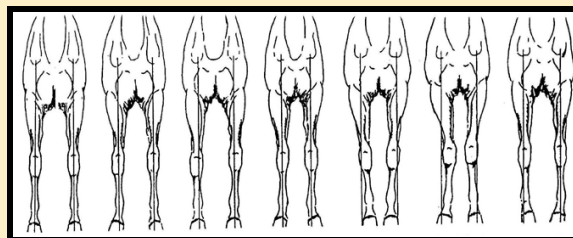
Horse Legal Information:

I have some legal information listed here. The first is [Horse Laws for all States](#). This page shows different laws that relates to horses in different states.

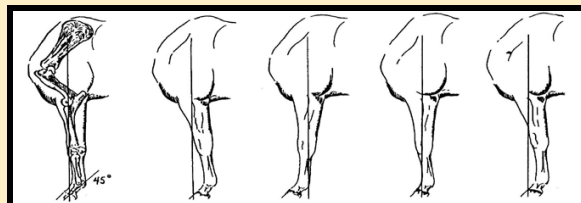
This second link is a [Horse Lawyer Site](#) that explains ways to protect yourself and gives some good tips on legal issues. The name is catchy, they are call Hey and Hey Law Firm. Not a fan of lawyers but their site provides some good information.

Confirmation Tips:

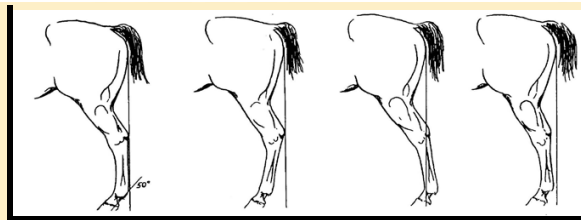
I am not well versed in this and I am not that concerned with confirmation, unless it causes problems, but I ran across these pics and decided to post them for reference information:



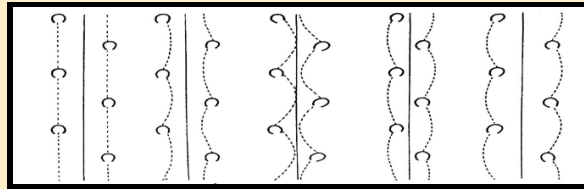
The first image above is considered good confirmation, all other pics show defects or issues.



Again the first image above is correct or good confirmation the others have flaws.



First image is correct, the rest show flaws.



In the image above, the first hoof prints show good confirmation all others show flaws.

New Born Foal Pictures

Click on the picture below to go to page where it shows a series of pictures of a new foal being born. Really good shots showing the progress as the foal comes out.



Interesting Horse Facts:

The normal horse's small intestine is about 75 feet long. The normal horse's large intestine is about 12 feet long.

A horse will produce 12 gallons of saliva a day to aid in digestion of hay.

Horse's cannot breathe through their mouths and cannot vomit.

The top speed of a of a Horse is about 45 Mph (70 Kph). A horse walks at about 3 to 4 miles per hour, so a three hour ride will cover about 9 to 12 miles.

Horses have the largest eyes of any land animal.

Horses and humans are the only animals that sweat through their skin for cooling.

While walking a horse consumes 1 Liter (.25 gallon) of oxygen a minute but at racing gallop the horse takes exactly 1 breath per stride and consumes nearly 60 Liters (15 gallons) of oxygen per minute

Horse of average size has approximately 50 pints of blood (28 liters) which circulate through his system every 40 seconds.

A horse uses more energy while lying down than it does while it is standing up.

Horses have a stay apparatus in their legs which allow them to sleep while standing without falling over.

A horse uses much more energy swimming than running. A 500 yard swim is like a mile run for a horse.

Horses have spiral shaped patterns in their hair that is called Whorls. These are unique as fingerprints. Some horse registry still use this for identification of horses.

Camargue horses are completely white as adults, but their babies are pure black when they are born.

Horses can communicate how they are feeling by their facial expressions. They use their ears, nostrils, and eyes to show their moods. Beware of a horse that has flared nostrils and their ears back.

A horse is usually not considered to be a "horse" until it is 5 years old. Before that, males are known as colts and females are known as fillies. However, it is still acceptable to call a colt or filly a horse.

Horses height is measured in units known as "hands." One hand is equal to 4 inches. A horse is usually considered to be 14.2 (14 hands, 2 inches) or taller when mature. Anything under 14.2 when mature is usually considered to be a pony.

Adult female horses (mares) usually have 36 teeth. A mare may have up to 40 teeth if she happens to have any canine teeth, which is possible but less common. Adult males have between 40 and 44 teeth. (These figures do not include wolf teeth.)

Horses have eyes on the side of their head, like most prey animals (Deer, sheep, etc). This is so they can see greater area around them to identify predators. Predators, like humans, dogs and wolves have eyes in front of their head so they can focus and catch prey animals. Eyes in front give better depth perception but less peripheral vision. Horses will often move their head up and down to try and focus on things. This is why collecting and holding a horses head tucked will often cause a horse to stumble or fall.

Floating a horse's teeth means to file the sharp edges or points off in order to create a flatter, more efficient chewing surface and to keep the sharp edges and points from cutting the inside of the horse's mouth.

Horse Terms (Depending on Age and Sex)

Colt - A young male horse, 4 years old or younger

Filly - A young female horse, 4 years old or younger

Foal - A newborn or very young horse, male or female

A yearling is a young horse of either sex that is between one and two years old

Gelding - A male horse that has been castrated, or gelded

Mare - A mature female horse

A maiden mare is a mare who has never been bred.

Stallion - A male horse that has not been castrated

Dam - The term given to a mare when she becomes a mother

Sire - The term given to a stallion when he becomes a father

Horse Fact: Colts are carried on average about 4 days longer than fillies

The average horse's heart weighs approximately 9 or 10 pounds.

The tallest horse on record was a Sire named Samson. He was 21.5 hands tall and over 3,300 pounds.

A mule is a cross between a male donkey (called a jack) and a female horse (called a mare). Mules are usually sterile. A hinny is a cross between a male horse (called a stallion) and a female donkey (called a jenny). Hinnies are usually sterile.

Scientists believe that the first known ancestor of the horse lived about 50 million years ago. This prehistoric horse is called Eohippus. Eo means "dawn" and hippus means "horse" so Eohippus is "dawn horse."

A newborn foal can stand up within an hour of being born and can keep up with the rest of the herd within 24 hours!

Most foals are born at night under the cover of darkness and away from preying eyes and possible danger. Mares will clean the foal and relocate quickly to move away from the afterbirth, which may attract predators. By having the baby at night it does not have to worry about keeping up with the herd since the herd settles down for the night.

Horses can drink up to ten gallons of water a day.

HIPPOPHOBIA or EQUINOPHOBIA = Fear of horses.

The average life span of a horse is 20-25 years, but some will live into their 30's.

The term "colic" refers to abdominal pain. The most common cause of colic in the horse is termed spasmodic colic. The intestines become over-active resulting in painful spasms. In serious cases, the intestines can become twisted or impacted, requiring medical or surgical intervention.

When first born, foals cannot eat grass because their legs are too long to reach it.

It is estimated that there are about 750 million horses in the world.

Horses belong to the Equus family. Equus comes from the ancient Greek word meaning quickness.

Horses are mammals in the same family as zebras, mules and donkeys.

The modern form of horse evolved from small dog like animals that first appeared 60 million years ago.

Horses vanished from both north and south America in a wave of extinction that occurred at

the end of the Pleistocene epoch, about 15,000 years ago.

Horses nearly became extinct in the rest of the world, about 7000 years ago the only horses in the world were confined to a small area in the still open grasslands steppes of Ukraine and central Asia.

Horses were not seen in the Americas again until 1494, when Italian explorer Christopher Columbus transported them on ships from Spain on his second voyage to the new world.

All thoroughbreds are descendants of three Arabian stallions that were brought to England in the late 1600s and early 1700s and bred with native European mares.

Quarter horses were developed in America from crosses between thoroughbreds and descendants of Spanish horses.

A horse will eat 18 to 20 hours a day in the wild or in their natural environment.

A horse has approximately 205 bones. Most horse breeds have 18 ribs, 6 lumbar vertebrae and 18 tail vertebrae. Arabian horses only have 17 ribs, 5 lumbar vertebrae and 16 tail vertebrae.

Arab horses have 17 ribs (all other horses have 18), five lumbar vertebrae (other horses have six) and 16 tail vertebrae (other horses have 18).

Horses sleep between two and three hours per day. Only 45 minutes of this sleep time is spent lying down.

Horses are mounted on the left side by tradition. In the time of Knights, since most people are right handed, the sword was carried on the left side. By mounting on the left side, the sword did not get in the way. This tradition continues today.

A dark brown stripe running the back of a horse is commonly called a dorsal stripe or eel stripe. It is said that this is dominate gene and dates back to prehistoric times. If all horse were let lose to breed in time all horses would have this same eel stripe.

There are basically four breeds of Horses: (Coldbloods, Hotbloods, Warmbloods and Ponies)

Coldbloods: These are drafts and larger horses which come from cool, damp weather where rich grazing is produced. This breed is large and strong. (Percheron, Clydesdale, Friesian, Belgian Draft)

Hotbloods: The Arab is a good example of a Hotblood who usually come from the Middle East and North Africa. These area have poor grazing and extreme climate which produced a light and fast horse. (Arabs, Barb and Thoroughbreds)

Warmbloods: These were produced by crossing hotbloods and coldbloods. These are considered to be stronger and faster and more flexible working breeds.(Warmblood, Hanoverian, Trakehner, Morgan, Quarter, Appaloosa, Foxtrotter and Mustang)

Pony: Smaller horses which are normally not taller then 14.2 hands (57 inches). Ponies tend to have shorter legs and be stronger in relation to their size. They are considered to be sturdy, tough and independent. (Shetland, Welsh, Haflinger and Fell)

Maiden Mare: Is a mare that has never been bred.

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Horsy Text Codes: For those that text a lot here is a list of some commonly used text shortcuts, I did not make them, I am just sharing the link. [Horse Text Shortcuts](#)

OOH - out of hay
LAS - lost a shoe
BBM - bastard just bit me

FOMHL - Fell Off My Horse Laughing
FTC -- Forgot the carrots
MIHA -- Mare's in heat, again
IPTI -- I'll pick up tennis instead
LWW -- Lesson went well
MSMBO - mud sucked my boot off
HSIH - Horse Snot in Hair
HAO - Hay All Over
HIMB - Hay in My BRA
PIHH - Poop Induced Half Halt
UD - Unplanned Dismount
PTTDG - Prayed to the Dirt God
MMM - Master Manure Mucker
OOM - Out of money
MHTS - More horses than sense
BAHFD - bought another horse husband filed divorce papers
GBBF - got board bill, fainted
GFBF - got farrier bill, fainted
HRHCF - husband realized horse costs, fainted
SLH - Smell like horse
DQFOY - Dressage Queen fell off - yipee
HTNHFH - Hiding the new horse from hubby
WWFNS - Will work for new saddle
AROGC - Arena rained out - going crazy
SSB - saddle sore butt
BTLGR - b####hy trainer left - good riddance
ALIGAR - At least I got a ribbon
NLT - No lesson today

And last but not least.... HGR - Have a great ride!

Poor Tired Stud



Someone asked if Studs or Stallions pass out after breeding. I do not think this is normal, however it can happen but normally would indicate a heart or lung problem or possibly a first time over-excited Stud.

Great National Geographic Picture of Zebras:



What an Ad Says and What an Ad Means:

MAN'S HORSE - you'll have to be a weight lifter to stop this one.

FRIENDLY - comes up to you in the pasture with carrots and grain but you may not be able to catch him.

SEASONED - old and tired.

SUCCESSFULLY SHOWN - nobody was killed at the one schooling show it was taken to.

BOMBPROOF - ready for retirement

GENTLE - this really doesn't mean anything

GOOD WITH KIDS - doesn't like adults much; perhaps has a sore back.

NEEDS EXPERIENCED RIDER - bucks, spooks, runs away or rears.

PROSPECT - the horse may be able to perform as required in a few years.

BROKE - green-broke

GREEN-BROKE - not broke

READY TO START - halter trained.

LOVES TRAILS - hates arenas

Auction: A popular social gathering where you can change your horse from a liability into an asset.

Colic: Gastrointestinal result of eating at horse-show food stands.

Additional Colic Information

Colt: What your mare gives you when you want a filly.

Endurance ride: End result when your horse spooks and runs away with you.

Feed: Expensive substance used to manufacture manure.

Fence: Decorative structure built to provide your horse something to chew on.

Grooming: Fine art of removing dirt from your horse's body and applying it to your own.

Hock: Financial condition of all horse owners.

Lungeing: Popular training method in which a horse exercises his owner by spinning him in circles until dizzy.

WAYS TO TELL A PERSON UNDERSTANDS A HORSE:

Watch a person handle, lead, work and ride a horse. You can tell if they really know and understand a horse.

How they Handle a horse:

Good: If they handle the horse calmly, smoothly and with confidence. Does the horse respond to their request with ease and respect. Do they communicate clearly with cues and body language on what they want. Are they consistent. Do they move the horse when the horse test them or acts disrespectful. Are horse's calm with them or nervous, upset and uneasy.

Bad: If they fight, argue and force the horse to do everything. If they talk to the horse like they talk to their kid. Does the horse react to their demands with fear. Do they chastise the horse verbally like he understand what they are saying. Do they blame the horse for everything bad it does wrong. When they correct the horse do they have to talk about and explain and make a big deal about it. By drawing attention they think they are showing how good they are? Do they use stud chains, tie downs, big bits, draw reins, bungee cords, or twitches? Do they tie bags in the stall or put other scary things in the stall thinking they are sacking out?

Leading a horse:

This is a dead give away. I can watch a person lead a horse and know with 95% accuracy that the person either has horse sense or has no clue.

Good: The horse follows the person on a SLACK rope. The person communicates with body language and encourages the horse to follow on a SLACK rope. The horse follows calmly with his head down like he is comfortable and knows what to do. The horse stops when the person stops and walks when the person walks. You will not hear or see how the horse knows to stop or start. They will not be raising their voice, yanking the head, have a tight rope, talking or dragging the horse. It is smooth and easy. Other people will comment that the horse is good and calm. They don't get it, the person causes a horse to be the way it is. If they got it, they would know the person knows what they doing and that is why the horse is good. However if they admit this, then they would have to admit that their horse is bad because of them and then they could not blame the horse for being bad! They will not be yelling raising their voice and making a big deal out of everything. Quiet mouth and quiet hands!

Bad: The person holds the horse by the snap or right under the chin! Dead give away. The person is not confident, thinks they can control the horse if their hand is close to halter. The horse is pulled when you want it to walk. The horse is pulled or yelled at when you want it to

stop. The horse looks around and is not comfortable. The horse pulls towards food or other areas and tries to drag person. The person ignores the horse and does other things like talk, answer the phone and then blames the horse for pulling and not standing still. The person will be constantly correcting the horse, changing directions trying to pull the horse and be angry and upset or always in a hurry and complaining about how bad, stubborn and hardheaded their horse is.

Riding a horse:

This will tell a lot about the confidence and riding ability of the rider.

Good: The person prepares the horse to mount. The person mounts by jumping up into the saddle smoothly, puts their leg over softly and sits softly in the saddle. The horse does not walk off or try to leave during mounting or after being mounted. The reins are not pulled, yanked or tight. The rider sits in balance has the horse stands calmly before riding off. The horse walks off without the rider appearing to do anything. NO KICKING the horse to make it go. The reins are kept loose and the horse moves like he knows what the rider wants. The rider's hands are slow, smooth and do not move much. You will notice the reins are always slack or released when the horse gives a correct response. The less movement you see from the rider the better they are.

Bad: The person fights with the horse before mounting. The rider tugs and yanks on the horse to try and make it stand still to mount. The person hops with their foot in the stirrup trying to get the horse to stop moving. The person pulls the saddle to them as they slowly struggle to get up into the saddle, pulling the horse and saddle off balance. While getting on they are unaware how they are pulling on the reins and the reins are tight and pulling to stop the horse from moving. The rider appears off balance and leans back and forth trying to get their foot into the stirrups. The horse walks off and the rider yells at it and yanks on the reins and blames the horse for not listening or standing still. Then the horse walks off and the rider lets it and laughs and makes a joke that the horse is ready to go. The reins are held in one hand and tight and the horse's head is pulled or yanked in the direction the rider wants him to go. You will not see any release from the rider when the horse gives a correct response. As you are watching you will not even know what the rider wants from the horse and the two will not be working as a team, they will be both wanting different things, trying and doing different things. The rider will constantly move their hands and use the reins for balance. The horse will ignore the reins from all the movement that means nothing. The horse or rider will not be relaxed.

Round Pen Work or Lunging:

Good: The person will have a horse respond calmly. The horse will appear to know what the person is asking and will do what is asked. The horse will not appear scared and fearful. The horse will move in a direction told at the speed requested. The horse will stop and come when asked. There will not be a whip used or popped to scare the horse. The person will use multiple cues, voice, body, movement, and others to ensure the horse knows the right answer and what to do. The person will not chase the horse to make it run. They will not make fast running movements which threaten the horse. They will get the horse to do inside and outside turns in the round pen. The person will immediately stop pressure when the horse moves. They will not continue to chase or spin a rope after the horse moves. If the horse tries to put pressure, the person will respond appropriately with just enough pressure to overcome the horse's pressure and get the desired response. The horse will move not run fearful. The horse will come to person when told to and will lock (hook on) on to person and follow person while off line.

Bad: The person will be loud, fast and jumpy. They will chase the horse, they will run after the horse after the horse is moving. They will not stop pressure after the horse gives the a correct answer. The horse will appear to be fearful and running and reacting not responding. The horse will appear to be looking for the right answer and will not look confident or will not know what the right answer is. The horse will not move correctly and will try and run past the person and will not turn with asked but will race to get past person faster. The person will blame the horse for not know how to lunge and not being a smart horse. They will say this horse is bad, stubborn and untrained. They will get mad at the horse and use a whip to make it run faster and cut the horse off with a whip to make the horse turn. After all it has to be the horse's fault, it can't be the person's fault.(

Conclusion:

A good horseman knows it is never the horse's fault. They will never blame the horse. A horse only reacts to the people around them. There are no bad horses, only bad and uneducated people that cause a horse to do bad things. If a horse is good, he is being handled by a good person who understand horses. (Unless the horse is being bullied or controlled by pain) A horse is good when he feels safe, secure and is treated fairly. By fairly, I mean he knows what to expect, he does not get ambushed or surprised, he is NOT always guessing what will happen next, he knows, because he gets good clear and consistent cues, he is prepared for a move (not ambushed) and he gets release of pressure when he gives the right answer. If a horse gives the wrong answer, you asked the questions wrong. If a horse fails, the person caused him to fail. If a horse blows up, the person pushed him too far, too fast. If a horse acts bad, he was not given the right direction to find the right answer. When a horse is good, the person is giving good guidance, when he is bad, the person is confusing or scaring him to react and not respond. A horse is only a reflection of the person handling him. Where you see good horses, you will find good horsemen. A horse is not good if he is being controlled by big bits, spurs, pain or fear. Only when you accept that you cause all actions from the horse, will you be able to learn, grow and critically evaluate yourself as to what you are doing right and what you are doing wrong. Remember, it is never the horse's fault.

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Horse or Frog (Optical Illusion)

Here is a good video about the negative affects of a bit.

:Negative Affects of Bits

Observation is key with horses. If you get focused on seeing things as a human you will never see the horse as a horse and see the world as a horse sees it. You have to have the ability to look at things differently from what you are used to and be able to see life from the horse's point of view. The pictures below are the same, depending on how you look at them?



33 Truths about Horses:

1. People who don't take care of their own horses will be the first ones to tell you how to care for yours.
2. You should never buy a cheap girth!

3. A handsome horse who's badly behaved will become a lot less attractive in about 15 minutes
4. People who think they have nothing more to learn about riding hit the ground the hardest.
5. Children and ponies are natural allies and often have identical dispositions.
6. The richest horse people often look the poorest. (horse sense wise)
7. The closeness of a horse is one of the sweetest smells in the world.
8. A solitary ride through the woods is more beneficial than six months with the best psychiatrist.
9. The worse a person rides the more likely they are going to blame it on the horse.
10. The best thing about going to the barn first thing in the morning is that horses don't care how you look.
11. If a dealer insists a horse is worth twice what he's asking he's usually worth half that much.
12. The best way to appreciate how another person rides is to get on their horse.
13. I can recognize another horse person no matter what town, city, state, county or country I visit.
14. You can never have too many hoof picks.
15. It is not always wise to argue with something that outweighs you by 1,000 pounds.
16. I'd rather have a horse with a perfect mind than a perfect head.
17. Eight hours is not too long to be in the saddle! (For you and your horse)
18. If you think you left the water on in the barn you have, if you think you closed the pasture gate you haven't.
19. When someone asks you if you like their horse, always say yes
20. The happiest people I know own horses, dogs, cats and at least one deranged goat.
21. If you're looking for the perfect horse you will never own one.
22. Owning a horse can either make a marriage or break it.
23. I'd rather lose my Chap Stick than my curb chain.
24. You shouldn't talk about your first place ribbon to someone that came in second.
25. If someone says that horse has a little buck, it has a BIG buck.
26. If we need rain, schedule a show.
27. I've never warmed up to someone that didn't want to walk down to the stables.
28. A clean stable and a sparkling horse are among life's great pleasures.
29. A Free horse is not a cheap horse.
30. No matter how badly behaved you are, your horse always gives you a second chance.
31. A expensive horse or good breeding doesn't make a better horse.
32. I can't stand to have an empty stable.
33. Losing a horse can break your heart, but it will have been worth it.

Horse's view of world:

Arena: Place where humans can take the fun out of forward motion.

Bit: Means by which a rider's every motion is transmitted to the sensitive tissues of the mouth.

Bucking: counter-irritant to the person riding poorly

Crossties: Gymnastic apparatus to practice pulling, rearing and twisting

Dressage: Process by which some riders can eventually be taught to respect the bit.

Fence: Barrier that protects good grazing.

Grain: Sole virtue of domestication.

Hitching rail: Means by which to test one's strength.

Horse trailer: Mobile cave or bear den.

Hotwalker: The lesser of two evils.

Jump: An opportunity for self-expression.

Latch: Type of puzzle.

Lunging: Procedure for keeping a prospective rider at bay.

Owner: Human assigned responsibility for one's feeding.

Rider: Owner overstepping its bounds.

Farrier: Disposable surrogate owner; useful for acting out aggression without compromising food supply.

Trainer: Owner with mob connections.

Veterinarian: Flightless albino vulture

Sea sawing bits: bad hospitality and just plain meanness

Horse heart rate facts:

Sleep heart rate is usually about 5-7 bpm lower than when an awake

Equine is in transport: The horse's heart rate increases to about 20 bpm above normal during Trailering

Exertion through exercises increases the heart rate as follows: Extended walk 62 bpm
Collected trot 80-100 bpm Collected canter 100-120

Grooming: If you want to make your horse feel good, and reduce his heart rate significantly (up to 22%), try imitating the common social grooming behavior of horses in a herd

On the Bit:

This is a term that is talked about a lot. This site explains this very well and is worth reading.

[On the Bit](#)

Common Horse Leg Injuries:

Bone Spavin: Inflammation of one or more bones located between on the inside of the hock joint. Can lead to arthritis. Early stages will be extremely painful in late stages less so as the joint surfaces fuse together.

Possible Causes: joint stress from concussion on hard surfaces, quick & sliding stops such as those which occur during roping and reining. Mineral deficiencies Poor confirmation.

Bog Spavin: Soft spongy Bursal enlargement of the hock joint capsule. Located towards the front inside of the hock joint.

Possible Causes: bang or blow to the joint, wear and tear from work on hard surfaces. Poor confirmation and possible vitamin/mineral imbalance while horse is young.

Bowed Tendons: Inflammation and in severe cases even rupture of the sheath encasing the tendon from the knee to the fetlock. One or both the deep flexor tendon and superficial flexor tendons on one and/or both front legs may be affected.

Possible Causes: severe trauma and over extension of the one of more of the tendons. Insufficient conditioning, fatigue and possibly blow to the leg.

Capped Hocks: Bursal Enlargement - up to the size of a tennis ball on the point of the hock.

Possible Causes: a blow or bang to the point of the hock - usually from horse kicking a wall or from lying down on a hard concrete surface.

Capped Knees: Acute inflammation (bursal enlargement) or bruise of knee joint (carpitis) and/or the tendon that runs over the front of the knee.

Possible Causes: Blows to the knee joint from a fall or from animal banging its knees on a feed manger. Stress on the joint from over work and poor confirmation. Poor conformation. Note: Damage to the joint capsule could be allowing synovial fluid to leak out into the surrounding tissues. Open knees wounds could need veterinary attention.

Curbs: Inflammation on the upper rear of the cannon area just below the point of the hock

Possible Causes: Bang or blow the back of the leg - possibly from kicking the wall. Stress and trauma from a violent extension of the Plantar Ligament.

Jack Spavin: A bony growth that can irritate tendon that lies over the inside hock. Can be very painful when the hock is flexed or bent.

Possible Causes: a bang or blow to the joint. Stress or trauma or poor conformation.

Knee Spavin: Bony growth at back of knee on inner side. Not very common.

Possible Causes: Joint stress, trauma from a blow.

Osselets Green: Inflammation of the joint capsule in the front of the fetlock joint is referred to as "green" osselets.

Possible Causes: Excessive racing of young horses while joints are still developing.

Osselets True: Bony growth at the front of the fetlock joint.

Possible Causes: A late stage development of "green osselets" that were not allowed to heal.

Sesamoiditis: Inflammation of the bone above and at the back of the fetlock joint.

Possible Causes: Blow, Bang or trauma to the back of the fetlock joint.

Shin Splints or Bucked Shins: Inflammation of the membrane that covers the Shin bone (cannon bone).

Possible Causes: Concussion - especially in young horses.

Speedy Cut: Injury do to striking the inner and lower side of the knee with the inside toe of the opposite hoof.

Possible Causes: poor conformation, occasional erratic movement of limbs during turnout or exercise.

Splints: Bony enlargements (sometimes up to the size of a half golf ball) usually on the inside of the front legs just below the knee. Sometimes multiple smaller bumps running down between the Splint and Cannon bones. Most often on forelegs but can occur on hind legs.

Possible Causes: poor conformation, rapid growth, trauma or striking the leg with the other hoof.

Sprained Ankle: Affecting one or more of the ligaments the support the fetlock joint.

Possible Causes: stress to the ligaments of the joint from over extension.

Sprained Suspensory Ligament: Inflammation and strain of the suspensory ligament the runs down from the knee and wraps around the fetlock joint.

Possible Causes: stress and trauma to the ligament from over extension and fatigue.

Stocking Up: Fluid retention in the lower limbs.

Possible Causes: poor circulation due to lack of exercise and overfeeding of grain. Some horses legs will fill if confined to a stall or trailer after strenuous exercise. May or may not indicate initial kidney problems. Some horses are predisposed to stock up.

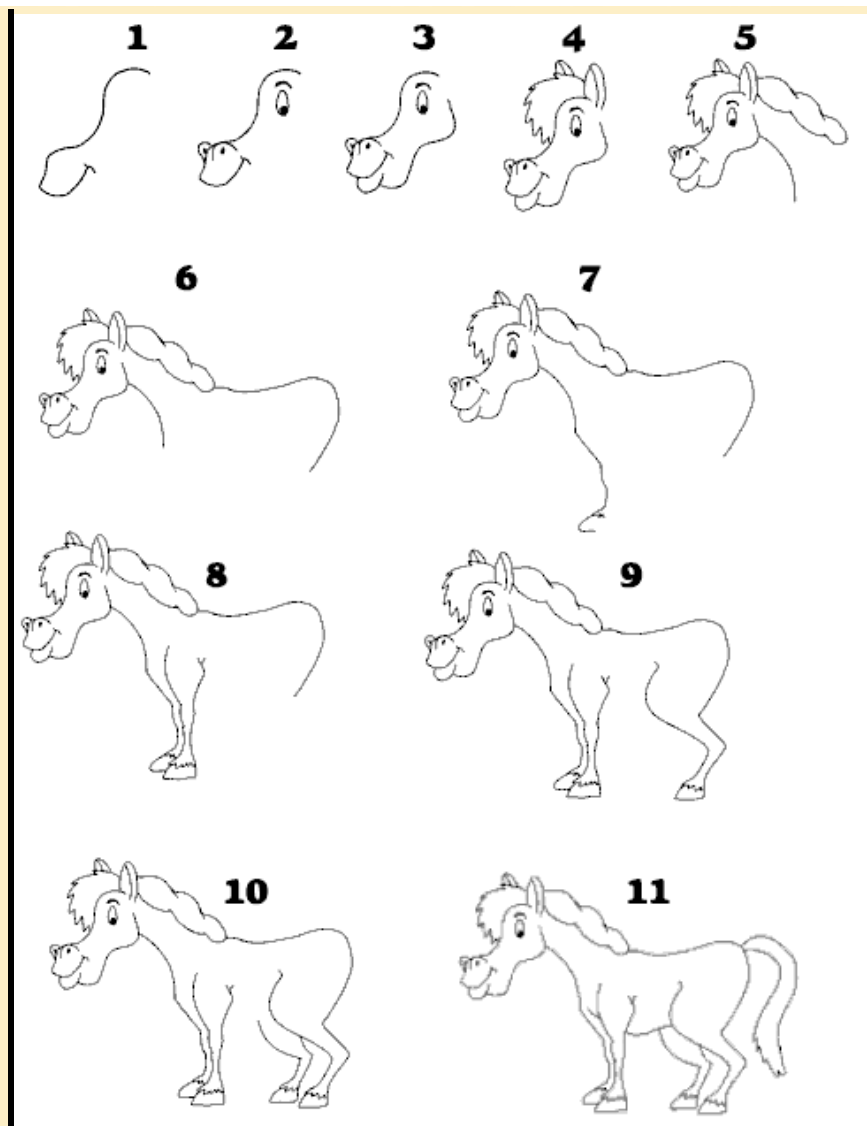
Thoroughpin Bursal enlargement of the deep digital flexor tendon sheath in hollow area between the back of the hock joint and the point of the hock.

Possible Causes: stress to the tendon from over exertion, over extension and trauma to the tendons and joint. Poor conformation of the hock joint.


Wind Puffs or Wind Galls: Soft "spongy" swellings around the back, front and or side of the fetlock joint. The inflamed joint capsule distends with additional synovial fluid in an effort to protect against injury.

Possible Causes: A joint concussion, excessive work while horse is young & joints are still developing, stress & fatigue due to intense work load on the joints.

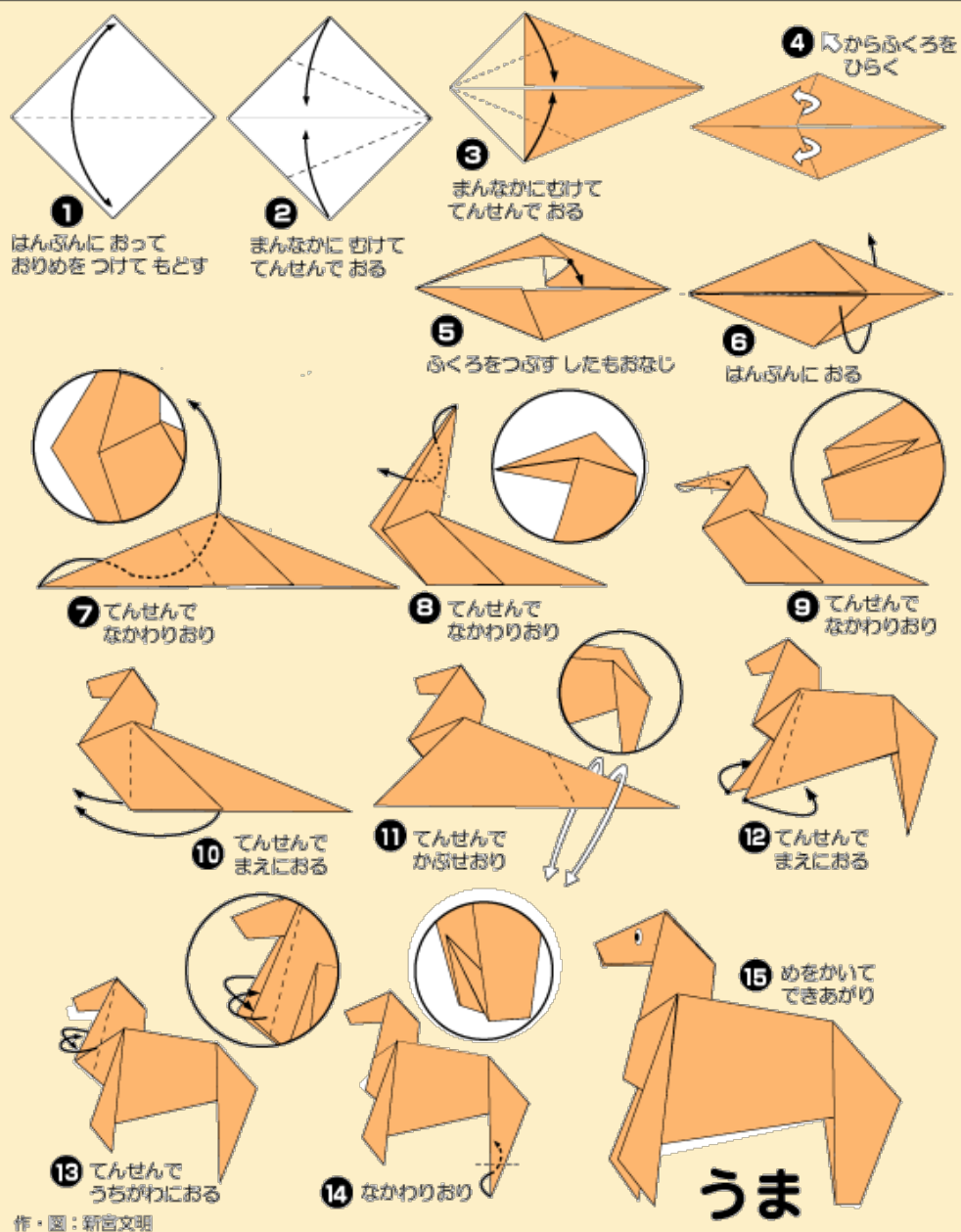
How to Draw a Horse:



Horse Origami:

 B5・A4サイズでプリントアウト

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Answers To Test Questions:

1. Where is the frog located on a horse? A: Hoof
2. What candy bar was named after a horse? A: Snickers
3. A horse is what type of animal and what is its first type of defense? A: Prey and run
4. Why do people mount on the left side of a horse? A: An old tradition from the Knights
5. What teaches a horse? A: Release
6. The Gaskin is located where on the horse? A: The back Legs
7. What is a white spot/marking between the eyes of a horse called? A: A star
8. What is the part of the hoof at the top of the hoof, where the hair meets the hoof, called? A: Cornet
9. How long does a horse carry its baby before birth? A: 11 Months

- 10 Where is the coffin bone located? A: The Hoof
11 Zebra Stripes are normally located where on a horse? A: Legs
12 The normal body temperature of a horse is: A: 101
13 If a horse attempts to hit you with its front foot it is called a: A: A Strike
- 14 A horse produces how much saliva each day? A: 12 Gallons
15 An average horse's stomach holds how much? A: 4 Gallons
16 A horse can breathe through their mouth when? A: Never
17 Horses have the largest eye of any land animal? A: True
18 A horse is the only animal that sweats like a human? A: True
19 A horse uses more energy laying down than standing up? A: True
20 A horse uses less energy swimming than running? A: False
21 The average horse's heart weighs approximately how many pounds? A: 9 to 10 pounds
22 HIPPOPHOBIA means? A: Fear of Horses
- 23 Horses belong to the Equus family. Equus comes from the ancient Greek word meaning?
A: Quickness
24 Quarter horses were developed in America from crosses between _____ and
descendants of Spanish horses. A: Thoroughbred
25 Horses have about how many bones in their body? A: 205
26 A Quarter Horse belongs to what breed? A: Warm blood
27 A Mustang belongs to what breed? A: Warm Blood
28 A Clydesdale belongs to what breed? A: Cold Blood
29 A Thoroughbred belongs to what breed? A: Hot Blood
30 A mare that has never been bred. A: Maiden Mare
31 The bars on a horse are located where? (Not the bars on the hoof) A: The mouth (where
the bit sits)
32 The Guttural pouch is located where on the horse? A: The head under the ear
33 What percentage of a horse's body weight can a horse safely carry? A: 20%
34 Rope halters are better for horses why? A: Stronger and no buckles
35 Horse shoes are bad for horses why? A: All of the above
36 The driveline of a horse is located where? A: the front legs and or shoulders
37 Where should you be positioned on the driveline to make a horse go forward? A: Behind
the driveline
38 A leverage bit give the rider more power by changing the ratio of pull (like 3 to 1 or 5 to 1).
The thing that determines the ratio is the length of the _____. A: The length of the
shank
39 The horn, on a western saddle, sits on what part of the saddle? A: Pommel
40 A snaffle bit is what type of bit? A: Non-leverage and direct rein bit
41 A bucking strap is also called a _____ which helps a rider stay in the saddle
when tired. A: Nightlatch
42 When leading a horse you should always wrap the rope around your hand in case the
horse pulls, so you will not drop the rope. A: False
43 If a horse pins his ears, it always means he is mad. A: False, it can mean pain or listening
behind him
44 When a horse swishes his tail, he is always trying to warn you to get away. A: False,
swatting a fly
45 You should always keep the reins tight so your horse cannot run away. A: False, lose
should be loose
46 Direct reining is used with what type of bit? A: Snaffle and non-leverage
47 The normal resting respiration rate of a horse is about _____. A: 10 to 20
48 The normal resting heart rate of a horse is _____ bpm. A: 30 to 40
49 When a horse runs at full speed his heart rate can rise to _____ bpm. A: Over 200 as
high as 250
- 50 A horse that has a dorsal stripe and zebra striping is commonly called a _____. A:
Dun

Here is a link to a report on [Horse Riding Injury Stats](#)

Here is my response to this report:



I am a horseman, not to be confused with a horse owner or horse rider. I did an article in direct conflict with your stats. I push for better education and smarter decisions and I think a helmet is a false sense of security. Your stats are compelling and make my point. The fact that only 10% of injuries were work related demonstrates that people who need and work with a horse for a living are less likely to be injured since they are more likely experienced horsemen.

However, in the horse world nowadays, where 90% of all horse owners are women and 80% of all horse owners get out of horses in the first year (normally from fear or injury), shows a huge turn over which results in many inexperienced horse owners. The majority of horses now are kept in Boarder Barns where experience is low and with the high turn-over of horses and owners, the same bad lessons are being taught and repeated. It would be interesting to know how many hurt people owned horses and for how long, were they rented horses, borrowed horses or leased, all of this would show, in my opinion that experience, confidence and expertise was a big factor in the injuries. I wonder how many or what percentage of injuries were from working horsemen that worked, lived and owned their own horses for many years? I work with so called dangerous horses and work in herds of horse where the odds of getting kicked or hurt is tremendously multiplied, yet I have not been hurt in these higher risk scenarios. I do not wear a helmet and when I have tried, it did some negative things that for me, made it more dangerous such as, impeding my vision, interfering with my hearing, throwing off my balance from adjusting and moving the helmet as I tried to ride and all of this distracts me from the much needed attention that should be devoted to watching my horse, observing my surroundings, predicting danger or communicating with my horse with full attention. Also knowing I am not wearing a helmet keeps more focused that my risk of injury is greater if I slack off my horsemanship skills.

My web site (www.thinklikeahorse.org) is very informative and I try and educate people to understand a horse better so they are safer with knowledge and understanding rather than just putting on a helmet. I think education and understanding of a horse will keep you safer in the long term than just wearing a helmet. I know the argument is if it may help why not use it, I think it hurts more than it may helps in many cases.

As a retired cop and retired military, there is a behavior called the 'Superman Syndrome (SMS)'. It results when people are so protected that they feel safer and are more willing to take greater risk since they think they are more protected and less likely to get hurt, even if something goes bad. This happens when race car drivers get 5 point seat belts and helmets

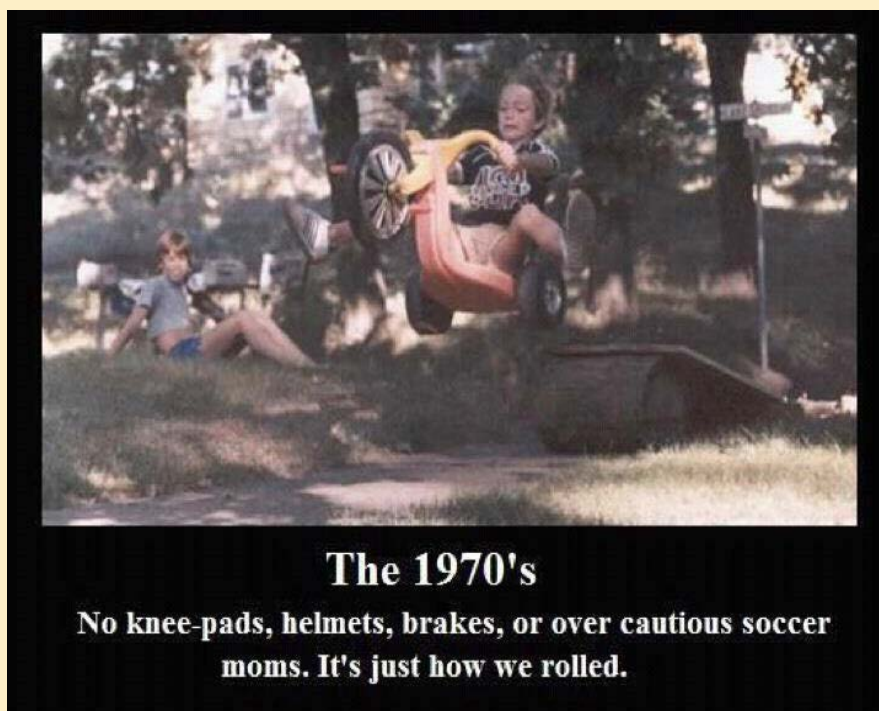
and fire proof suits, it also happens when SWAT teams get better full bullet proof protection suits so they don't use tactics and rely on their bullet proof attire and in the military, people will take unnecessary risk since when they know they have better equipment and lots of back up with aircraft and artillery support as opposed to being on their own with little back up. I think this happens in the horse world with the "magical" helmet protection theory.

I see people riding and working with horses all the time and they do not know what they are doing or how much in danger they are. I see people get on horses that I know should not be ridden and are going to buck or run off and yet lots of people, mainly women with helmets, do things they should not, but they get this false sense of security from the helmet or fall into the SMS and do things they should not. And of greater interest to me, the horse pays every time a person gets hurt. So, from my view, a helmet not only gets people in trouble, it hurts horses as well.

Just thought I would share an experience horse guy point of view with you. Thanks of again for the info.

Rick Gore
Think Like A Horse

Here is a link to my video on this topic: [Why Riding Helmets are Bad](#)



Why does a Horse Yawn:

My own personal theory and answer on this is the same answer for most all horse questions, "It Depends."

Let's talk about what a yawn is. A yawn is a reflexive and involuntary action. It causes the jaw to drop, the mouth to open, an inhalation of air, filling of the lungs, increasing air intake, the abdominal muscles flex, the diaphragm is pushed down, the jaw is stretched, opening the tubes of the ear canal and eardrums and equalizing pressure in the inner ear. Then it is followed by exhalation of air in a calming release of energy and relaxed type action. **The average yawn last a bout six seconds.** Yawning is said to be involuntary since humans yawn before they are born. A person's heart rate can rise up to 30 percent during a yawn. The elevated heart rate could be caused by a stimulation of the Vagus nerve. There is some

evidence that suggest when yawning, the extended jaw stimulates the Vagus Nerve, which controls the heart and is located in the neck, and this stimulation contributes to the elevated heart rate. Many think a yawn is associated with boredom or a lack of interest. Other evidence suggests it occurs when a person is faced with worrying or a dangerous situation. Folklore states you should cover your mouth when yawning to prevent the soul from escaping. There is also a Brain cooling theory. Since Cool Brains can think more clearly, a sudden increase of oxygen can cool the brain, therefore preparing for clearer thinking or better decisions.

Some causes or reasons for yawns vary. Some say it is from tiredness, lack of sleep, boredom, mimicking behavior, warning, threat, health benefit or to increase alertness. **As humans most can relate to yawning when bored, tired or yawning when we see others yawn.** Other animals prey and predator will yawn for different reasons. There is some evidence that some yawning can be medically related, like in diabetes, medicine side affects, and stroke or chemical/adrenaline release. Another medical belief is that when the body lacks oxygen, a yawn is a way to increase the oxygen content of the blood and a way to get blood rich oxygen to the brain. This oxygen can also cause alertness and help to keep you awake or it could be to make you more alert. The side affects of this and what could be another cause, is the body may sense too much carbon dioxide in the blood and by getting a big breath with a big exhale; you increase oxygen and decrease carbon dioxide. Could a human yawn be a survival instinct that was previously used for preparing for battle or a fight, could it be instinctual, could it be the body's way of giving an oxygen boost before a confrontation to assist in strength or speed? In police work and in the military, people yawn before and after high stress situations. Paratroopers yawn before jumping out of a plane, SWAT members yawn before a hostile entry, cops yawn after they are shot at or after they shoot at someone, all related to stress, lack of oxygen or need for oxygen, using too much oxygen, increased heart rate and other reasons. **You can read more about the affects of fear and the body's response on my [Horse and Rider Fear page \(Click here\)](#).**

Next time you go to the gym look around, you will see people yawning. This could show a lack of fitness, a lack of oxygen, an expression of tiredness or a way to get a boost of oxygen before a big lift or strain. Since yawning is contagious, it can be caused by seeing a yawn, talking about a yawn or suggesting a yawn. **The odds are that before you finish reading this article, you will yawn at least once. Did you do it yet?**

Side Fact: All vertebrates (including fish) yawn, but only humans, chimps and dogs find yawns contagious.

Let's talk about some things that most people do NOT associate yawns with. Some animals will sometime yawn to show off their large teeth or big mouth, a show of strength or to threaten or intimidate others. Some say a yawn can be a warning to other herd members to get prepared for flight or fight or to wake up the herd and to make them more alert. When an animal is nervous they sometime will yawn and this could be from stress and this stress could be emotional and or physical. Nervousness can be caused by fear or threat of fear. Some Primates and Feline species see a yawn as a form of challenge or disrespect. Others species may yawn as a way to show submission or respect. When a foal or young horse meets an older horse they clack their teeth, this is accompanied with an out stretched neck, open jaw and mouth, much like a yawn. Dogs will open their jaws when dominating lower dogs. After a dog pins a lower dog and gets on top of the lower dog, the dog on top will open his jaw wide, like a yawn and show his strength and to show off his large canine teeth. Some yawns may be a way of deception to make the enemy appear safe and relaxed before a surprise attack. Some Penguins use yawning as a way to court the opposite sex. Dogs will sometime yawn after humans yawn. I have seen dogs yawn when they are confused or trying to figure something out. Snakes yawn or do a yawning type motion when trying to align their jaw after swallowing a large meal. Some animals yawn when in pain or discomfort. **So as you can see the causes of a yawn are varied.**

Most agree that yawning normally increases your state of alertness and awareness. Many humans can understand this if they have every driven when extremely tired. I remember yawning almost uncontrollably five or ten time in few minutes in an attempt not to fall asleep

while driving long distances. I now look back and see that the yawning could have been a way for the body to warn me of danger. The danger was if I fall asleep while driving on a highway at 60 mph I could kill me or someone else.

An important thing to remember is to notice and be aware of what is going on when your horse yawns. That is key to better understand of why your horse is yawning at a particular time. No right or wrong answer and no one will know for sure. However, I am sure there are lots of barn managers and life long horse owners that will have the absolute one answer for every horse problem and will be willing to share it with you. That should be a big clue that they do NOT know what they are talking about.

NOTE: This is important to know and remember: It is OK to say I don't know or I am not sure when it comes to horses. Knowing and accepting that there are so many variables and unknowns in horses, anyone that claims to know it all, only proves they don't know much at all. ***Good Horsemen do not ever think they know it all and will always be willing to listen to their horse and learn more from the horse.***

There is none so blind then those who do not want to see.

In closing this simple and non-complex topic about horses and the reasons they MAY yawn. Horses yawning could be a way that a horse clears dust from their airway; it could be a sign of abdominal pain or colic; it could be to relieve the pain from ulcers; to dislodge something from the cheek and gum; it could be to release endorphins for calming; it could be a sign of submission; a sign to warn or alert the herd; lack of oxygen; release of stress; showing of teeth; a threat or warning; a show of tiredness; a realigning of the jaw after a metal pain bit is removed; possible oral or jaw pain; some horses yawn when mourning the loss of their close friend or companion and a horse could yawn for many other reasons.

I am sure that many have heard when a horse chews or licks his lips he is learning or just has learned something. I debunk this and give a more reasonable alternative answer to this on my site. I think the same argument can be made about yawning. It could also be associated with learning, release of pressure or relaxing.

I think the best indicate on why a horse has yawned is paying attention to what just happened or what is happening in the horse's environment. I think it is best, like most things with horses, ***when a horse yawns you should examine the circumstances or situation the horse is in or has just come from.*** Things to consider could be new training, fear, pressure, excitement, boredom, herd dynamics, release of pressure and other things.

By being the smarter dumb animal and by looking deeper and seeing the world through the horse's eyes, we are more likely to figure out why a horse yawns in each specific situation. ***Always looking at things from a horse's point of view will help you understand more about the horse.*** Like all things in horses, if you look for the easy or fast answer, you hinder advancement for yourself and your horse. Like most horse questions, there are no easy or short answers, it depends on many other factors, known and unknown. So the next time you see someone yawn or see another animal yawn, stop and think about what is going on, why it may be happening and what might have been the possible causes.

So this article started out from a question from someone that wanted me to tell them why their horse yawned. And like most things I cover, I only scratched the surface of this complex and ever expanding topic. I have hopefully demonstrated once again, that there are no easy or short answers in horsemanship and no one will ever know it all, but that should not stop anyone from continuing to try and learn as much as they can about our faithful loving companions, Our Horse.

Going to college never made anyone smart, it normally shows someone how little they know and how much more there is to learn.

If you remember the movie the Sixth Sense where the little boy sees dead people. This is what horse see.



"I see Stupid people, There everywhere.
They walk around like everyone else.
They Don't even know they're Dumb!"

Horse Scratching Post:

Horses like to scratch. If they are not provided a place to do this they will use small trees and break them, they will use fence post or fences and will bend them or they will use gates and bend them. By providing a scratching post like this that is solid and in the middle of an open area, you keep it safe for the horses and help them feel good. This post is nice but it would be nicer with some old carpet tied around it, no bolts or sharp edges.



Zebra Trivia:

Many people think Zebras are white w/black stripes but they are really black w/white stripes, hence the black noses. Their stripes are vertical on their neck and body, but change to Horizontal on their butt and flanks. Lots in common w/horses both are part of the Equine family and Hippo species. Hippos are called water horses by some. Hippophobia is a fear of horses. Hippo = horse and phobia = fear.



[More Zebra Information Click Here](#)

Bits and Tie Downs:

I continue to get people defending bits and tie downs. I also get a lot of questions on how to read or talk to your horse. To be clear this horse is screaming: This horse is saying ouch, I am in pain, I am scared, I am confused, I am NOT learning, I am just in pain and fear... any questions? And someone will say it is not the bit it the hands. The Hands put the bit on and the tie down on. So trying to justify this by saying it is the hands is BS. If you don't control of your hands, you should put a bit on a horse, yet it is done everyday by the majority of horse owners.



I am always told how great Polo is and how good the riders are. This picture of a Polo rider only proves the Polo Horse sport is not different than any other horse sport. When time and winning is involved, the Horse Pays! Is there anyone that cannot see the pain, fear and confusion in this poor horse's eyes?



Introducing Horses to New Homes or places:

Getting or moving horses to new areas can be stressful for horses. If you understand a horse and know how they think, you can better prepare both horse and arrival so it is less stressful for the horse.

Plan not to arrive at new places at night. Even though a horse can see well at night, it increases the chance of accident and the horse will take longer to relax or settle in. Plus you want other horses to be able to see each other to lessen the change of an accidental kick or bite, since pecking order, hierarchy and herd dynamics will be an issue.

This is common sense to me, but I think like a horse. So I always ask myself, if I was a horse what would I like or dislike. I would like to be able to relax after any long trailer ride, get some water, see my new area with my leader and make mental notes of danger areas or areas that concern me, new things and areas where things can jump out and possibly eat me.

So, when introducing a horse to new areas there are many things to consider. I will list some things to be aware of and to consider below:

Arrive in day light, easier for horse to see and adjust

Make sure your horse has time to get his bearing and ground legs after long trailer rides

Don't just take out of trailer at new location and throw horse into new area with new horses

Feed light so the horse is not too hungry and will not be trying to eat when scared or working into herd

Don't feed a lot since stress can cause colic and the horse will be more active & stressed at new place

Good fresh water available and the horse knows where it is

Maybe a holding pen or round pen to put horse in alone so it can get settled before throwing into new herd

If hot cool down and wet horse, small bath may cause him to roll at new place and get local scent on him

Long trailer rides mess with ears, wind, dry eyes, hearing, stress legs, dust/respiration and hooves, be aware

Some horses do better meeting with a fence between them, others do better to let them in herd

Identify dangers in new pastures, fencing, horses with shoes, corners, choke points, bad fencing, barbed wire

Maybe feed herd with several piles spread out of hay so they will eat and not all concentrate on new horse

Walk horse around fencing so the horse will see poles, fence, holes, obstacles and know boundaries

No fly mask at new places, obstructs vision, same with blankets

Don't leave horse, walk in with herd, let horse get settled before you drop off and abandon

Maybe tie horse to trailer for a while, give some hay, let him check out things from a place he knows

Keep all the new people from gathering, crowding, wanting to see and putting pressure on horse

Slow is fast, don't be or get into a hurry

If horse is alone then don't leave, they will be very insecure, nervous and stressed

Don't use flashlights or bright lights at night to see, it will blind horses (stop night vision) for over 30 mins

Control things to keep clam and less chaotic, no rushing, slow is faster

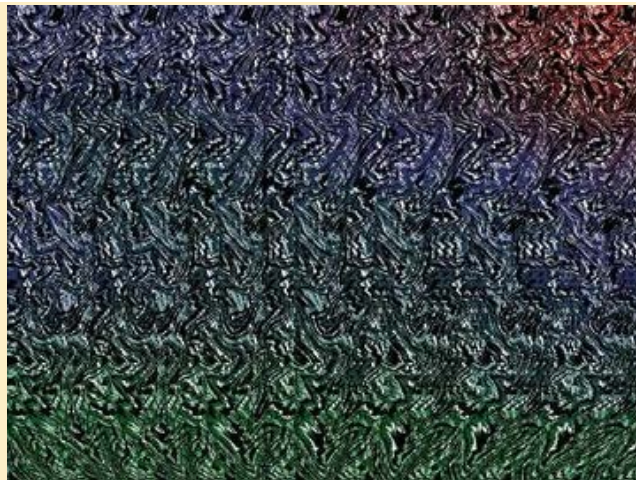
NO training or expecting a horse to be prefect or listen, the horse will be in fear and survival mode

Be aware of new pressures, listen to your horse, they will talking so listen

Understand your horses concerns and fears, don't try and fix them or teach the horse, less pressure

Obviously this is a short list, many other things, but thinking like a horse, seeing the situation from the horse's perspective and knowing there will be confusion, fear and insecurity and that all of those things are normal, will help you be more confident and that will help your horse be more confident.

Here is a picture, you may see nothing more than blurry paint, but if you stare at this for long enough a 3D picture will appear. The more you find the hidden picture, the easy it is to find. Just another example knowing what to look for, where to look for it and how to see something that appears NOT to be there.



Is a Stallion Mean? Why should You Geld a horse?

I discuss this in many videos but I wanted to cover this topic briefly. In today's world, there is NO place for Stallions. The only reason to have a Stallion and not a gelding, is for breeding. There are too many horses now that no one wants or can take care of. So why would idiots want to breed more horses? Money, ego, winning, all the things I show time and time again that is bad for horses.

With all the land being used and taken over by man, there is not enough room to allow horses to free breed, meaning letting Stallions run free in herds and breed mares as they wish. Therefore, what happens now is people keep Stallions locked up, caged up, trapped, and boarded up in stalls. That makes a horse crazy and this done just so humans can breed the horse and sell a baby for profit.

No horse is meant to be caged and for sure, NO Stallions are meant to be caged. If Stallions are allowed to be with herds, they take over, it is their nature, like they should and then people want to label them and kill them for being mean.

Therefore, in my opinion, Stallions have NO place in today's world. The slaughterhouses are full, the rescues places are full, the open lands are over-crowded with Mustangs, so they are caught and killed, so why are people even thinking of keeping a Stallion? The answer is selfishness and money.

If you keep a Stallion, you have to do lots of extra work to keep him locked in and to prevent him from breaking out and breeding, it is what they are born to do and their drive is so strong they will do anything to breed and that includes becoming dangerous.

Geld your Stallion, and don't curse a horse to life of misery being caged, alone, trapped and locked up; forever preventing it from being a horse with a herd and friends.

[Move to top of page](#) 

run!

Rick Gore Horsemanship -- Think Like A Horse -- Horsyguy@yahoo.com