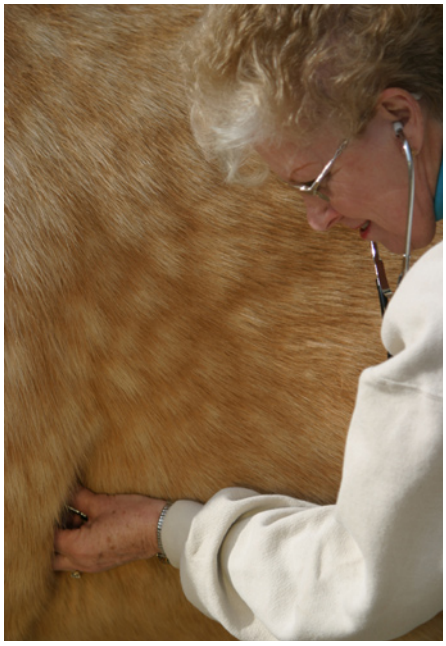
By René E. Riley

Focus on Health

James Pickens Jr. was devastated when he lost his roping horse, Smokey. The horse's death brought home the importance of having all his horses seen by a veterinarian twice a year. Now, Pickens has joined with the American Quarter Horse Association and Fort Dodge Animal Health in a national public awareness campaign, "Keeping Horses Healthy." Pickens, a Quarter Horse owner, AQHA member, competitive roper, and star of ABC's *Grey's Anatomy*, lends his celebrity power to the television and radio public service announcements.



The "Keeping Horses Healthy" campaign educates horse owners on the importance of twice-a-year wellness exams from a veterinarian.
HEIDI NYLAND PHOTO

City to Saddle, which provides equestrian opportunities to disadvantaged children, is expanding its reach.

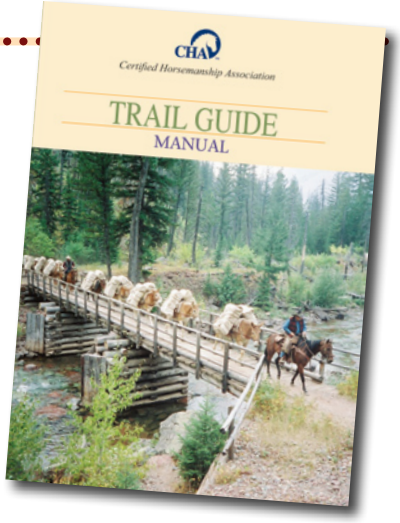
Help a Child

Since 2004, City to Saddle has provided riding lessons, summer camps, and other equestrian opportunities to economically disadvantaged children in the Boston metro area. The nonprofit organization, through a Charter Member Initiative, is expanding to major cities nationwide.

City to Saddle is based on an innovative, community-wide collaboration. Youth mentoring organizations, such as Big Brothers Big Sisters, identify interested children. Licensed riding stables offer horsemanship-centered riding programs. Business owners and individuals donate equipment and volunteer their time. Artists celebrate the successful partnership.

"Through our Boston program, we've created a template so that other like-minded individuals can take what we've built and offer it in their cities and communities." said City to Saddle co-founder Kim Summers. Click here for more information on donating, sponsorship, volunteering, or starting a program in your area.

Learn Trail Skills



The Certified Horsemanship Association's *CHA Trail Guide Manual* is a comprehensive guide to trail riding, camping, and packing out with your horses and mules. Learn horsemanship, knots, packing, trail safety, Dutch oven cooking, and more. The manual, complete with how-to illustrations and photographs, was written by leading trail-guide professionals from around the United States and Canada, and edited by top trainer/clinician Julie Goodnight, the CHA's international spokesperson. **Cost:** $40.45.

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