



Happy May Days, my friends!!!

Spring, or nearly spring, to many of our followers hopefully brings lovely foliage back into your everyday world. Recently I was asked how I chose flower pictures for our newsletter – every blossom has come from the farm, most blooming within the featured month! Come along with my daily visits to plant life in peaceful Levy County, Morriston, Florida!



Mint, daisy (wafting in the breeze), cactus flower, trees, bushes, groundcover or vine, there is beauty showing everywhere. Sometimes we must look into the tiniest corners, other times nature's wisdom jumps to the forefront as in my brilliant cactus bloom! Recently, a friend brought me a piece of cactus from our front field. While I was deciding which garden to plant it in, not wanting to wait, he blossomed anyway, so I stepped onto my porch the other morning, to be greeted by his bright yellow face.



Purple, lilac, snow-white or gold; pink, red, blue or peach, our browns & greens surround them all.

We just *love* color here on the farm, but some things look better in black & white! Dedicated followers might think these are pictures of CarlBob BUT, they are not. This is sweet Mhinah & her beloved Khlaptin. Music lovers might know of another Clapton nicknamed 'slow-hand'. Well our Khlaptin has plenty of fingers to be called 'fast-hand'! He loves to show his multi-mitts (properly called polydactyl). Mhinah enjoys showing off her unusual paws too! Born with her middle toe on her left paw black, while her twin brother has the exact toe black on the other foot! Cool!



A very wild Khlaptin fell in love with home-raised Mhinah & completely 'tamed' himself to be near her.



What is the face of a rescue sanctuary, you ask...? Stars, stripes, snips, blaze or plain, their colors & markings may make it easier to identify who's who to a newcomer but the lesions, scars & empty places inside are what define so much more. An individual who came to us so lame he could not use all 4 legs to hop to the safety of his new stall. A horse who failed at everything – until he met us. A gentle giant who was removed from the clamor of 'more' when his injury couldn't bring home the awards again. Another who lost his home with no direction into a new chapter, or a quiet spirit who was hidden from the needle intended to close out his young life. Every face here, has been with us for over a decade, some over 2.



Some incredibly brilliant spirits have blessed us with their presence. In our struggle where to plant them in our mind when the powers of breathing leave them behind, we carve pieces of them into our soul forever. To such dear ones, we send you love & honor your love for us in oh, so very many ways. To all who read these words & feel the passage of time in a difficult way, please know our own hearts feel the same.



From Lana's Garden to our farm, all the way to Ellie's haven, there are Rainbows for us everywhere...



Look, and ye shall find, the spirit from deep within their eyes, as one who loves you looks back into who loves them. There is a greatness to be had in the everyday magic of mother nature & what those gifts mean to each, and every one. From a kitten's purr to waggy tails, a soft nicker or a gentle moo they speak to us so assuredly. It is up to us - to listen...



Last month I asked about a cartoon, well it's not a cartoon at all! In fact, this nifty logo has made thousands smile – us included! Meet Harriett Downs Real Estate. With a population of less than 3000, Williston is a small town in Florida right next to our awesome area of Morriston. Dedicated followers of Amik's Legacy may remember our local 'marshmallow farming' feature. All of those pictures were taken by me – all in Williston, a quiet town with many surprises.

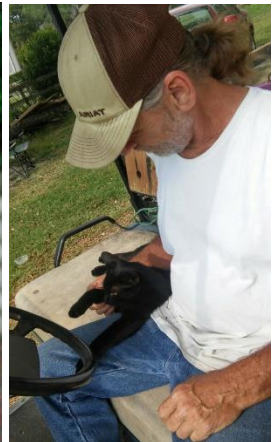
One of those surprises was my meeting of Marc Pompeo, Harriette Downs owner, realtor & now a friend. In 2014, I walked into Marc's office in need of a location for our forever home non-profit animal sanctuary.

I explained our circumstances & said if he was not laughing; I would tell him more. In his typical calm, reassuring demeanor he replied, "I'm not laughing, sit down." And from there it all changed. Now, over a decade later we are still on the farm he helped negotiate for us. Ups & downs, buy & sell, Marc has been there guiding our way. To us, honesty & integrity are not just what we believe in, it is part of our very essence; it is who we *are*... Marc has proven to us, to be the same. Great advice, honest opinions & outstanding real-estate knowledge, we cannot thank him enough for his expertise... & his friendship. If you feel like buying a farm, a cottage or a family home, give Harriette Downs a call - & tell Marc, the animals sent you! (352) 538-5551; (352) 528-4400 marc@hdownsrealestate.com 147 N. Main Street - Williston, FL, 32696. Thank you Marc, for your knowledge & undying faith in what we do.



So what on earth is a cribber, we asked? Here Rheitah, Nikki (with her dear friend Marla), & Hari all display their take on cribbing... straps & collars. All 3 came to us as confirmed cribbers. Rheitah & Nikki had raced & produced babies, while Hari had failed miserably at racing, as well as showing. Although there is often a connection, being a cribber does not necessarily prevent success or failure.

Cribbing: scientifically called equine oral stereotypic behavior. Fancy words refer to “abnormal, compulsive behavior”, or in horse terms - a vice. Mentioned in literature early as the 1500s, there is continued speculation as to cause. Regardless of reasoning, techniques can damage teeth as well as fence or stable railings. With pressure on a solid object, a ‘cribber’ will use jaw & neck muscles to pull air into their esophagus which often causes a ‘burping’ sound. Studies have tried to prove which ages, breeds or disciplines create or support more cribbers. Truth is, the response is most often stress related & although there are numerous ‘treatments’ (even surgery) or devices (as straps & collars) they are meager attempts to curtail the action. Since cribbing releases endorphins, it offers a sense of calm or stress relief. Very often, simply allowing freedom in pastures & more accessible forage lessens the objective, allowing the horse more ‘normal’ peaceful stable or pasture time.



Whether you came into this world together or on your own, our hearts celebrate the gifted day of your May births. A beginning for some, another year for others, while some watch over us from the beyond... a Happy & Peaceful Springtime to all our Equestrian Spirits Family – near & afar...



It is quite common for us to celebrate elder birth recognitions a bit different from those of youth. Time alone is vital to any free spirit, but it is wonderous when a ‘spa day’ drops in. Although everyone pictured here was a May baby, the center photos are of 2 horses in their 30s, getting the blessing of chiropractory!



Your challenges for June: who is our wisest matron & what is maremma?

As winter closes out & summer comes upon us, it is a time to rejoice at the glory of spring & prepare for the full tilt of summer. To those of us in Florida (& other similar climates), I wish for us cool thoughts & breezy work hours. To those recovering from melting snow, put away your cap & coat while you open windows & freshen ideas. However much it may rain, however warm the sun may shine, may we each step into the newest season & see how life will let us fit in. Our best to all & to another visit next month!

If you would like to donate to our Rescue Fund to help save the animals - please visit: <https://www.EquestrianSpirits.ORG>. All proceeds go only to animals, as our board is unpaid.

As a 501(c)(3) Forever Home, our Sanctuary relies on donations & your spirit of giving. Neverending supplies from companies like Sparr & Chewy help ensure all our residents are properly fed. As grand as the green grass may look, grazing in our area often falls short on nutrition so year-round, free-choice top quality Timothy, alfalfa, oat & grass hays are provided by our dear friends from Triple J Ranch in nearby Williston, Florida. Holistic veterinary care from Chi University, Dr. Sue Howell from Thrive, or Dr. Kristi Fox from Blue Run as well as conventional medicine provided by Peterson & Smith Equine Hospital are all part of our pledge for bodily comfort & physical well-being. Ongoing hours spent in the field, preparing meals, shopping for supplies, spending time with farriers, groomers or visitors, all bring a peace to the hearts of our animals, as they revel with the company & attention. Histories of negligence or abuse will not be forgotten, but a new world in the safety of our haven often blur the memories so that happiness & joy may rise to the surface while we help them to 'redefine their lives.'



*'the path less taken...has made all **my** difference'... to you, Casche Point,
& to all your gentle friends, you heal my heart throughout my attempts - to heal yours...*

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Very sincerely, and in the spirit of all who have gone on before me... many thanks for your interest -
Laurie L. Wolf

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