

Mules Cure Heart Disease!!

By Cindy K. Roberts

A shocking and new discovery that is true. **Mules cure heart disease!** What better reason do you need to celebrate National Mule Day on October 26th, 2007. (Keep reading...we'll cover the heart disease stuff in a minute.) Although your employer will not grant you the day off with pay, it is a day of recognition for the mule. That official day of recognition began in 1985 when the National Mule Day bill was designated and signed into effect during the Reagan Administration. The date chosen, (October 26, 1985) was exactly 200 years after a Spanish ship carrying a jack named "Royal Gift," docked in Boston. The jack was a gift to the first President, George Washington, from King Charles III of Spain. The American Donkey and Mule Society says Royal Gift was the predecessor of many of the country's mules. In effect, we are celebrating the arrival of the first jackass to America. And since **mules are able to cure heart disease**, they are surely deserving of having a holiday dedicated to them.



Having a bill passed doesn't happen overnight, and it took some prodding and pushing from several mule supporters. Actually, it was many motivated mule supporters that consistently wrote to their senators and representatives to get the bill passed.

The resolution that went before the house and the senate states:

...whereas mules bred from these jacks began a tradition of service to our Nation in agriculture, mining, transportation, territorial exploration, war and countless other endeavors;

Whereas mules have been such an important part in the building of the Country; and whereas this is the bicentennial anniversary of the arrival of the first mules in America; now therefore, be it resolved by the Senate and House of Representatives of the United States of America in Congress assembled, that October 26, 1985 is hereby designated as 'Mule Appreciation Day'. The President of the United States is authorized and requested to issue a proclamation calling upon the people of the United States to recognize October 26, 1985 as 'Mule Appreciation Day'.

As recorded on Congressional Record, that does make it official. Finally, the beautiful, intelligent, long eared creature has a day of recognition all to himself.

Surprisingly the mule was not officially documented as Missouri's State Animal until May 31, 1995, when Governor Mel Carnahan signed a bill designating the Missouri mule as the official state animal. The bill was put together after Sue Cole, Editor of Mules and More Magazine worked on the project for more than seventeen months. Sue testified before the house and the senate about the importance of officially recognizing the mule as Missouri's State Animal. "I was very honored", said Sue Cole, "to testify before the house and the senate to give the Missouri mule the official title of being Missouri's State Animal. It needed to be done."



The mule is good for business too. Any marketing guru will tell you that, your ad has to have a kick to it, something to remember your product by...and who does it better than the mule? As one mule owner puts it, "Ride a horse down the street, people will look. Ride a good looking, mule through town and heads will not only turn, people will look twice." If you want to be smart and innovative in business at your next grand opening, bring your mules.

In the United States, the mule is also recognized as a novelty. The mule comes in many sizes and colors. It is fascinating...this hybrid's image is marketed through mule souvenirs that are sold in gift shops, drugstores, department stores, web sites, magazines, gas stations, trail rides, flea markets and antique stores across the country. And by the way, collecting mule shot glasses can be a real nice kicker to add to your kitchen or bar. Want to kick up some of those recipes? Add a shot of Apple Mule to your next batch of pumpkin bread. (Drinking it is optional.)

The Apple Mule: 1 ounce Jack Daniels, 1 ounce Southern comfort, 1 ounce Amaretto, 1 ounce Triple Sec, 1 ½ ounces lime juice, 2 ounces orange juice. Mix in shaker with ice. Add to your baking recipes or serve as shots. Tastes similar to a fresh apple, of course after having a few they will kick you in the butt!

Want to celebrate mule day? There are annual events that share in celebrating the mule, below is a short list:

Bishop Mule Days, the granddaddy of mule days, is the place to be the week of Memorial day holiday. (www.muledays.org.)

Mule Day in Columbia, Tennessee has been a tradition since around 1840 when the first Monday in April brought huge crowds to the animal livestock show and Mule Day Market. (www.muleday.com.)

Montana Mule Days – Drummond, Montana (www.montanamuledays.com.)

Jake Clark Mule Days – Powell, Wyoming (www.saddlemule.com.)

Hells Canyon Mule Days (www.hellscanyonmuledays.com.)

Rocky Mountain Mule Days - Eagle, Colorado (www.rockymountainmuledays.com).

Cimmaron Annual Mule Days , Cimmaron, New Mexico (www.cimarronmuledays.com.)

The modern mule is bred for athletic ability, correct conformation, refinement and color to compete in today's show ring. They are definitive by nature, complex and are very calculating. Directly speaking, that means they are smart asses (pardon the pun) that are precise in their thinking and deliberate in their actions. They do well with kind treatment, encouraging words and enjoy daily conversation with their owners. You see, each mule is different in personality...just like children. That is why it is important that an individual training program be developed for each



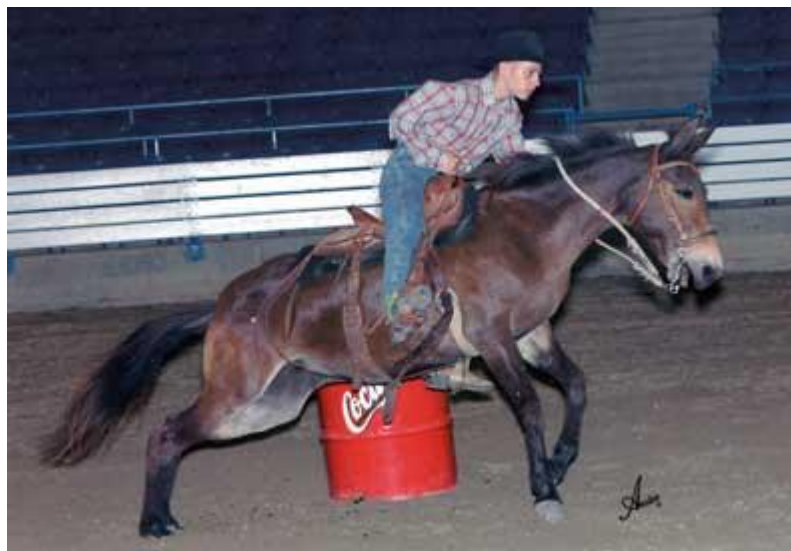
mule. In other words, there is a whole lot of head scratching and backing up a step or two to figure out...what is going to work for this particular mule? The mule savvy person has the advantage, he or she will be able to move along faster in the mule's training with positive results. Here's another way to look at it. Think of it as deciphering the mule code. Every mule's brain is like a combination padlock. If you take the time to find the right "combination" and you are able to crack the code, then the sky's the limit with training your mule. Every successful mule owner with positive results will say, you have a dance partner and companion for life. Now that's sweet.

Those who have cracked the hybrid code with their mules are competing at some pretty impressive equine events. One in particular...a mule has placed in the finals in the extreme cowboy races competition to be held at Saddle and Sirloin (www.saddleandsirloin.com) in Kansas City, MO November 2-4, 2007. Now that should stir things up a bit. Extreme Cowboy

Races are timed races with obstacles designed to not only push horse and rider out of their traditional comfort zone, but also to test the communication and horsemanship of each team. Judges award points based on a set of five criteria: 1. Horsemanship, 2. Cadence, 3. Control, 4. Horse's attitude, and 5. Overall execution. It is a very challenging event that truly tests your skills as a rider and horseman. What better athlete to compete in the Extreme Cowboy Race Finals than the mule. This is exactly what the mule is bred for. You get versatility, strength and endurance...all in one package.

OK, pay attention. Here comes the part about **mules curing heart disease**.

Mules are the kick ass vitamin to a healthier you. That's right, save your money and cancel your gym membership. Physically and emotionally, this special, long eared critter is much better for your health. They will keep you active simply by participating in trail rides, mule and horse shows, hunter/jumper activities, endurance rides, eventing, speed



events and not to mention doing the barn chores. That alone will lower your cholesterol. And if you ever had to catch a loose mule or two in the middle of the night, that is a real special treat. Catching mules after dark, is an exceptional nighttime, hybrid-fitness activity that requires using high energy while on foot and **dressed only in your boots and underwear during inclement weather**. This is guaranteed to increase your heart rate and that's suppose to be good for you too. Oh yes, if you ever had your mule get away after he spotted the vet coming around the corner, there's thirty minutes of aerobics for you, right there.

No doubt about it, **mules are better health for you**. Yes, mules are wholesome, hardy and vigorous. They are as special as Aunt Bea's home-made apple pie. Patriotic as in red, white and blue...America. The original hybrid with a kick. Mules are the foundation in which this country was built on. They have the strength of a Dodge Ram pick up truck with the four wheel drive option and they are smarter than your laptop.



They are to many, "better than sliced bread." And we all know that bread is nothing but carbs, right? Any questions? I didn't think so. Therefore, having read all of this helpful information...and knowing this, you can honestly say, **mules cure heart disease**. Go ahead, ask your doctor. I am sure the medical board will agree. On this October 26th, celebrate National Mule Day, tip your glass with red wine, (one glass of red wine a day will

help keep prostate cancer away) saddle up your mule and share a bag of carrots with him.



Next time, we'll talk about how **mules add fiber to your diet**, the mule's healthy solution to constipation. Happy National Mule Day everyone. For more information about mules, go to www.mulesandmore.com. Photo credits – Mules and More Magazine. Thank you to Will Long for contributing to this article. [The author can be reached at cindy@everycowgirlsdream.com]

