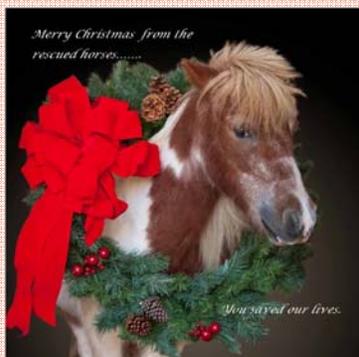




OVERHERD



2014 HPS Calendar

The best Christmas present ever for yourself and your horse-loving friends and family is **HPS's 2014 calendar**. They will appreciate your thoughtfulness and that their present is helping rescued horses. The calendar pictures represent the beauty of the recovered horses under our care.

Our home website was down for almost two weeks due to an error made by the web hosting company and it hurt our sales for the calendar last month. This is a very important fundraiser to help pay for the horses' expenses. **Please help make this a Merry Christmas for the rescued horses!**

The cost is **only \$19.50 each!** Postage for one calendar: \$3.00 or postage for two calendars: \$3.50.

You can go to our website: www.horseprotection.org and order the calendars on our home page or mail your check to: Horse Protection Society, 2135 Miller Road, China Grove, NC 28023

HPS is doing everything we can to promote this important Fall fundraiser. Please help!



Stardust Returns

Three cheers for the folks who have cared for Stardust since 2009! I always hold my breath as a returning horse comes off the trailer but Stardust looked beautiful! This lovely mare is now 29 years old. Stardust's young person so wanted to keep her, but like many families, they can only afford one horse for their young person. It was time for her to move on to a horse that had started training in dressage and jumping. As well, most folks do not have time to keep two horses properly exercised.



HPS knows that at some point there was a good chance that Stardust would be coming back to the sanctuary and a higher level horse would be wanted. Stardust was a great as a first horse for a child. Stardust loved her family and is missing them. It will take time for her to settle back in, make new horse friends and be happy here again.

Stardust claimed back her old stall and we had to move Diego to a different stall. We are hoping she will make friends with the horses on either side of her stall. We may have to put her in the small front field with another horse for them to get acquainted if she does not find a friend soon.

It is stressful for any horse to be moved from where they have been happy and comfortable or even the starved horses that come to HPS. Any stress may cause ulcers. A 1/2 cup of Aloe Vera juice for three months will cure ulcers providing the horse has settled into the new home. It took Stardust a while to settle when she was first moved to her new home in 2009. She was happy here at the sanctuary with her horse friends.



We have also often speculated that when a horse leaves the sanctuary for a new home, the horse may be afraid they are going to be returned to the terrible place they came from. This can make them reluctant to get on a trailer even when a loving home has been found for them.

New volunteers are always welcome at the sanctuary. You do not need horse experience! Just a big heart and willingness to help!

A Special Thanks To Our Wonderful Contributors

Sybil P. Athey	Katherine B. Featherstone	Mrs. Betty Laferty	Patricia A. & Howard Schaeffer
Deborah Baker	Janet A. Fields	Alex D. Laws	Robert H. Schantz
Linda Bartlett	Sandy Fisher	Gerry Layson	Anthea, Andy & Cooper Scott
Judy L. Blackmon	Phoebe Fleming	Judy & Mike LeGrett	Harriet A. Seabrook
Joan S. Bowen	Sandy & Dennis Foltz	Betty & Floyd Lentz	Ann Farrar & Benjy F. Seagle
Patrick Boyce	Sheri E. Freeman	Gayle J. & Gary Libberton	Gail Shinn
Tara M. Boyce	Donna Frescatore	Jeff E. Lindle	Lisa M. Slatt
Martha Branden	Tracey A. Gardner	Katherine B. Lofgren	Jane Smith
Barbara Braun	Linda H. Gaydick	Shannon T. Long	Sharon & Jerry Smith
Joanne Bunch	Mary May Gillespie	Diane Lovett	Judy L. Smith-Ballard
Cathy & Ben Byers	Gina Goff	Nancy & A. Burton Mackey Jr.	Sally Stapleton
Jerry Caldwell	Ernest C. Griffith Jr.	Roberta A. McCardle	Jan B. Stevens
Janell R. Cameron	Tina L. Hamlin	Jennifer K. McNeil	Sherry Stewart
Pam & Steve Carlton	Connie Harter	Jill L. & Charles Messer	Mary E. & David Stout
Susan C. Caudill	Veronica Harter	Norma & Jim Miller	Linda P. Strong
Pam Chandler	Charles & Brenda Hemperley	Cathy M. Morris	Claudia I Sturges
Alan B. Church	Dr. Leslie C. Henson	Debbie O. Morris	Erika & Paul Torrence
Kyri W. Claffin	Nelson Hill	Mary A. Myers	Elaine E. Towner
Michelle O. Colton	Joyce Hixson	Sarah Newell	Rita A. & George Tucker
Patricia S. Crews	Brown Hobbie	Karin Nifong-Schnell	John Vinal
Robin L. Croswhite	Lilyan S. Hunter	Michelle & Bill Ownes	Gregory S. Wagoner
Pam Currie	Rebecca E. Hyde	Julia E. Parker	Carol B. Waite
Spunky Dagenhart	Suzanne T. Immen	Sharie L. Penney	Paul Walcheski
Deb D'Amato	Carol F. & Dale Johnson	Pam Perez	Sherrie 'Topsy' Wallace
Lynn Davidson	Kasandra Johnson	Pam Petroski	Barbara White
Diamond B Saddle Club 4-H	Sarah Johnston	Ann C. Powlas	Ann L. Whitworth
Theresa Anita Dott	Mary & Peter Jurgel	Russell Riggins	Michael E. Williams
Jodi Douthit	Teri Kaler	Debra T & Ken Rockett	Susan L. Williams
Janet G. Elmo	Nancy Kirkner	Christian & Christine Roedlich	Laura A. & David Willis
Chele Fassig	Deborah Knoblock	Paige Rouse	Linda Yarrington

Honors and Memorials

To the volunteers, "Thank You" for all your hard work and love for the horses! By Robin Croswhite

In honor of Jodi Douthit and Dottie Rebhan's birthdays. By Sybil Athey

In loving memory of my mother, Rachael Watson. By Kyri Claffin

In loving memory of Sunni, Sudi and John Adam. By Mary Myers

In memory of Barry Powlas. By Ann Powlas

Happy Birthday to Susan Williams. Much love the Rockett's

Merry Christmas to my Mom, Betty Laferty. Your heart, arms and door always welcomes me home. I love you, Pam

In honor of Paul and Peggy Stella of Durham, NC. By Jules Norwood

News from the Herd

- **Seven** of our newer horses have recovered enough to receive their rabies vaccination.
- **Five** horses had an EPM titers test.
- **Cree** was rechecked for the second time after treatment for EPM. His titers were normal and he is cured.
- **Wind Dancer** had ulcers in both eyes and is recovering nicely.
- **Cayenne** had her needed vaccinations to help prepare for her coming foaling.
- **Hopi** had two strange colic-like events. We feel it may have been from her eating the fruit of a plant that grows in the woods. The fruit looks like miniature oranges when ripe. After looking the plant up, we learned the oils in the skin can cause irritation in the digestive system. Over the years the number of the plants has increased and we will remove the plants before next year's crop of fruit.
- **More of the older** horses had their eyes checked for cataracts.

Christmas at the Stable



The HPS devoted volunteers are caring for all the critters both big and small,
The horses are playing and hiding in the woods, there is an impending storm.
The blistering winds are freezing cold carrying icy rain and you take a fall,
“I know you like the cold, but if you come to the barn you’ll be nice and warm.
It is time to fill your bellies and I have given you extra so come to my call.”

The folks here during both sunny days, rain and snow doing all for the horses,
Supplying their needs of hay, feed and calling the vet because of your devotion.
The cost of care for each wonderful horse is so high and it takes many sources,
Christmas time reminds us of the love we are given and installs many emotions.

It is the time of the year to show you care for we celebrate the birth of our Savior,
Who was born in a primitive stable, you can honor His birth by aiding the horses.

*It takes everyone to care to do this mission. Some come and provide the long hours of labor,
and so many are required to provide the funds for all the rescued horses’ needs.
HPS has to depend on others to provide the funds to make this mission possible.*

Merry Christmas from your horses and the many volunteers. May you be blessed!

Order Your 2014 HPS Calendar Now!!



**Help the horses and have a beautifully photographed calendar to display
on your wall!**

See Page 1 for details!

There is a limited supply being printed so get yours now!

Wondering what to get the person who has everything? **Honoring** them in a donation to HPS is a thoughtful present. A note will be sent to the person when name, address and email are provided. Please provide the information as early as possible before Christmas to make sure your information arrives on time. Your message will appear in the January 2014 Newsletter.

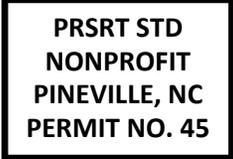
We pray that each of you have put a gift to the rescued horses on your Christmas list.

Donation From: _____ Phone# _____
 Address _____ City _____ State _____ Zip _____
 Email address _____ Please use my donation for: \$ _____ General Use ,
 Angel Sponsor\$ _____ Angel Sponsor: \$20 for 1 month \$60 for 3 months \$120 for 6 months \$240 for 1 year
 Whom would you like to receive your - Honor, - Memorial, or Angel Sponsor (please circle)?
 Name: _____ Email: _____ Phone _____
 Address _____ City _____ State _____ Zip _____
 Your message for the newsletter: _____

 **Any donation is appreciated. Please make your check payable to Horse Protection Society.
 **For a \$25 or more donation, the named person can receive "Over Herd" for 1 year.



Check our out website:
www.horseprotection.org
 Horse Protection Society
 2135 Miller Road
 China Grove, NC 28023



Address Correction Requested

Health Tips

Alzheimer’s disease is the fourth leading cause of death in the US. Research has shown that magnesium is very important to maintaining brain function. The bad news is that the majority of over-the-counter magnesium supplements do not cross the blood-brain barrier. Magnesium is the fourth most abundant mineral in the body, but today half of all people in industrialized countries are living with magnesium deficiencies that may generally impair human health, including cognitive functioning. At the present time the only way to get the right kind of magnesium to aid brain function is the old fashion way.... by eating *lots* of healthy food.



Once again, good health depends on a good diet. A deficiency in magnesium can lead to muscle spasms, cardiovascular disease, diabetes, high blood pressure, anxiety disorder, migraines, osteoporosis and contribute to Alzheimer’s.

The current recommended daily amount (RDA) of magnesium is 400mg. To give you a couple of examples: 1 cup of cooked spinach is 157mg, ½ cup of pumpkin seeds – 606mg, 1 cup of beans & lentils – 148mg, 1 avocado – 58mg, 1 banana – 32mg and my favorite, 1 square of dark chocolate – 95mg. (I find the healthiest dark chocolate at Aldi’s for the best price!). Always read ingredients on all food in a package.

Wishing you a Happy Healthy Holiday Season!