



# OVER HERD

## Back and Forth Across the Country

By Joanie Benson

Some folks who sell a horse stay in touch with the new owner to make sure all is going well with the horse. Such was the case here when, about ten years ago, the owner sold her Thoroughbred gelding to a woman who moved him west to Oregon. All went well until about four years ago when the new owner could not pay for his expenses any longer. Happily, they agreed that the horse would come back to North Carolina until the owner could get her finances straightened out.

All was going well until the NC caregiver got an offer of a new job in California. The large 16.3 Thoroughbred lost a great deal of weight over the winter but it was not noticed until the winter blanket was removed. (This is, unfortunately, not unusual for blanketed horses – which is why it is SO important to remove blankets regularly to check your horse's Body Condition Score.) The horse was able to gain back some weight, but his diet was not what he should have been getting. It is difficult when boarding a horse to make sure that your horse is getting what you have purchased for him. In this case, too much rice bran was being given to the horse. Too much fat can raise the cholesterol levels on a horse to unhealthy levels. A big TB needs a high quality feed that is well balanced - not one of the lower-level cheaper feeds.



I am not sure why horse owners think that high fat is good for a thin horse. Even some veterinarians think this is good for a thin horse. If you want to build muscle, you would not add fat to your diet, but you would add healthy protein. The best and healthiest protein for horses is alfalfa (and one of the best ways to add weight to your horse is with free-choice, high quality hay of any kind). The first studies were done in about 1998 at Davis University.

Finally a study agreed with what I had been saying for years about re-feeding starved horses and their need for alfalfa, not fat. (Ed. note: protein addresses muscle building; fat addresses weight building. These are two distinct and different needs.) HPS's refeeding program is a lot more extensive than Davis' recommended program. Yes, starved horses need some healthy fat added to their diet depending on the feed, the fat present in it and the source of fat. One cup of Rice Bran is more than enough added to the small starting feed when the fat is about 5% in the feed (do make sure it is fortified rice bran or you will be throw the nutritional levels of your feeding program off. Unfortified rice bran has an inverted calcium:phosphorus ratio which is not good.) There are a number of needed supplements and without them, the horse could develop Refeeding Syndrome. Just because a feed is pelleted does not mean it is a healthy feed; it just refers to the processing type, not the nutrient value.

This big boy is a delight, 26 years old and trained in jumping and dressage. The owner and caregiver were considering putting him down if they could not find the right home for him. He has always taken an inordinate amount of feed to keep up and be healthy. This is no surprise because he is a big horse with a heavy build who has been in work; he is not like most of the Thoroughbreds we see. He needs more weight than his picture shows, due to his heavy bone structure. One of the biggest challenges will be his dental condition. We have a list of horses that need dental work done and he has moved to the top of the list. I have never seen a mouth that looks like his.... Very odd, and it looks as if some side teeth are lying sideways. We have seen a lot of strange tooth problems, but I have never seen anything like the inside of his mouth!

Please consider being his Angel Sponsor. As such, you would be able to come and spend time with him and enjoy his company. If you live too far away to visit, we will keep you updated with photos and information throughout the year.

## Herd Update

By Joanie Benson



Baby April 2012



Baby May 2012

“**Baby,**” the mare featured last month from Cleveland County (see photos, below), is doing as well as can be expected. We are still dealing with her white blood cell count continuing to drop. We have treated one very bad infection and there may be another that has yet not shown where it is located. Her clotting factor has improved which allowed her to have some needed surgery. I am sorry I cannot give you more details, but it is an ongoing abuse case and, as such, we have to be prudent about information-sharing. I can tell you that her veterinarian costs are almost \$1,500 thus far, and her **weekly** costs are \$105 not counting the antibiotics she requires. No court date has been set yet. Your financial support of our efforts to return her to health would be greatly appreciated.

\*\*\*\*\*

**Shaman,** who returned to us recently, is gaining his weight back slowly. We are able to report that he is very happy to be back with some of his old friends.

\*\*\*\*\*

**Commodore** seems to be doing well with his treatment for Allergic Encephalitis. If he continues to improve, he will soon be able to go back under saddle. He has turned into a beautiful healthy horse that anyone would be proud to have. Once Commodore’s treatment is completed, we will start **Teton**’s treatment for the same condition.

\*\*\*\*\*

**The Herd in general** - All the rescued horses are doing great! We are not dealing with any major issues, other than “Baby.” We have 11 horses in our training program, several of which are ready for new loving homes. If you or someone you know is looking to add a great horse to his/her life, please refer them to HPS. Photos and the horses’ stories can be found on our website: [www.horseprotection.org](http://www.horseprotection.org)

## **New Coat of Paint**

By Joanie Benson

A wonderful surprise occurred at the sanctuary. As you may know, there is an old house that provides shelter (and restroom facilities) for the many volunteers who work so hard for your horses. This old house gets very little attention because the residents of the farm are the main attraction. Therefore, there are parts of the old house main floor that still looked like an unfinished construction site. A very kind person who wants to remain anonymous stopped by and said, "I cannot stand to look at these unfinished walls and ceilings any longer. I have a good painter who will bring a couple of his guys and get this painted for you."

What do you say to such a kind offer? Of course the answer could only be "That would be tremendous!" If left to the folks at HPS, the wall repairs and painting would never have gotten done. All the funding we receive goes to the horses - - and there is always an additional list to be filled if we have extra funds. No one had the time to work on the walls to finish the patching and sanding, let alone the painting. And the cost was simply out of the question.

For those who have not had a chance to see the old farm house, the kitchen, dining and living room are open with no walls between the rooms, and the front entranceway opens off the living room. It was decided to paint the walls a soft yellow while the ceilings, utility room off the back door, hallway and downstairs bathroom would be painted a crisp white. Samples were purchased and put on the walls for folks to look at and everyone agreed on a butter-like color.

The painters arrived, patched and sanded, painted and even cleaned up most of the plaster dust. In three days the change was astounding! The pale yellow was perfect for the north inside of the old house. It has made an astounding difference in the feel of the area and goes great with the kitchen Joyce and Teddy Hixson put in a few years back.

A huge "Thank You!" from everyone who calls the farm house their second home.

## **Cinco de Mayo – HPS Style**

By Joanie Benson

Once a year, we try to set aside a time when our volunteers can get together to relax and become better acquainted. This year, many of the folks who help at the sanctuary planned an evening get-together at I Bambini Restaurant in Mooresville. So many times when something is planned, at the last minute I have to bow-out due to an issue at the sanctuary. I love Italian food and was looking forward to some time away from the farm.

So of course something had to take place! About 4:30 PM, we heard it before we saw the out-of-control truck. I ran for the house to call 911 and the others ran toward the accident to see if they could help. (Long-legged Stu sure can move fast!) A 16-year-old had run off the road and took out a good bit of our new white vinyl fencing and the electric pole. The good news is the young man was not hurt; the bad news is it made a terrible mess and now we have to deal with an insurance company. The field cannot be used until we string some new fencing to close off the area with the damaged fence and the glass all over everywhere.

Still, I was determined to make dinner! But the electric pole was leaning more and more as time clicked by. The pole was broken in two places and the electric wires were getting lower and lower over the driveway. I warned the feeders to move their cars to the other side of the road or they might not get out of the driveway; Duke Power had not arrived yet and the electric lines could have come down anytime. Some of the folks were planning on meeting at the sanctuary and carpooling, but a lot of Miller Road was closed. Deborah tried to reach everyone to change the meeting place. I drove out the drive wasting no time, and headed off to meet some of the other gals. Dinner was great fun and the food was very good! Ha – ruined plans were foiled again!

## HONORS and MEMORIALS

In honor of Mrs. Laferty for all her kindness  
by Carolyn Tice

In honor of Sybil Athey, a devoted volunteer at HPS  
by Rebecca D. Lyerly

In honor of Betty Lentz for Mother's Day  
By Floyd Lentz

Blessings to all the volunteers.  
By Dianne Doub

In memory of Augustine Elmo  
By Anthony & Judith Leonardo

*In memory of kitties "Simba" & "Chopsticks"*  
By Pam Chandler

In loving memory of my mother, Laura L. Saints  
By Sheila Saints

Happy Mother's Day to Alice Bischoff  
By her husband  
Robert Bischoff

**M  
O  
N  
T  
H  
L  
Y  
  
D  
O  
N  
O  
R  
S  
  
&  
  
C  
O  
N  
T  
R  
I  
B  
U  
T  
O  
R  
S**

**Somewhere in time's own space,  
There must be some sweet pastured place,  
Where creeks sing on and tall trees grow.  
Some paradise where horses go,  
For by the love that guides my pen,  
I know great horses live again.**  
-Stanley Harrison

This poem embodies the efforts of the mission of HPS and underscores the devotion of the many volunteers who give so freely of their time and talents. But without the support of the folks listed here every month, the poem would be just a poem. And so we thank you with full hearts for making life better for the equines who find their way here.

JoAnn Abair  
Sybil P. Athey  
Karen W. Beck  
Rob Berry  
Alice L. & Robert Bischoff  
Judy T. Blackmon  
Yvonne & Pete Blowers  
Teresa M. Bonk  
Victoria S. Breece  
Mitch & Montana Brown  
Joanne Bunch  
Pam & Steven Carlton  
Billy & Frances Caudle  
Pam Chandler  
Vicki Childers  
Alan B. Church  
Kathryn V. Clancy  
Robin L. Croswhite  
Patricia L. Curran  
Rita T. Curran  
Pam Currie

Leatrice S. Davis  
Jennifer Claire Dellinger  
Sandra J. Dermer  
Dianne Doub  
Jodi Douthit  
Ronda H. Duncan  
Deborah L. Eldridge  
Janet & Lou Elmo  
Susan S. Ferguson  
Victoria & Alfred Fichera  
Janet Fields  
Sandra Fisher  
Mary F. Fitzgerald  
Donna M. Frescatore  
Randi M. Gress  
Tina L. Hamlin  
Rich B. Hansen  
Ann Charlot H. Harvey  
Bev Hatfield  
Dr. Leslie C. Henson  
Virginia M. Johnson  
Sarah Johnston  
Floyd L. Kirby  
Carolyn Kirsh  
Deborah Knoblock  
Cathy Lambert  
Judy & Mike LeGrett  
Betty & Floyd Lentz  
Floyd T. Lentz  
Anthony & Judith Leonardo

Jeannie & Mark Lins  
Katherine B. Lofgren  
Rebecca D. Lyerly  
Nancy & A. Burton Mackey Jr.  
Elaine & Mario Merida  
Norma B. Miller  
Debbie O. Morris  
Emily Nantz  
Doris Porebski  
Michelle O. Rivers  
Jo & Mick Rowell  
Sheila J. Saints  
Mary Jo Scarlette  
Elaine & Gregory Scott  
Harriet Seabrook  
Gail M. Shinn  
Sharan S. Shively  
Wendy A. Sloan  
Sharon & Jerry Smith  
Sherrie Stolarik  
Mary Tarillion  
Carolyn J. Tice  
Elaine D. Towner  
John Vinal  
Michael & Suzanne Webb  
Mary West  
Ann L. Whitworth  
Brian Wickens  
Susan L. Williams  
Linda Yarrington

**H  
P  
S  
  
O  
F  
F  
I  
C  
E**

President Treasurer Recording Secretary Corresponding Secretary Executive Director Newsletter Web Administration Web Administration Feeding Schedule Medical Needs Stallion to Gelding Support Riding Program Coordinator Historian	Deborah Baker Cathy Lambert Norma Miller Linda Short Joanie Benson Janet Elmo Deborah Baker Stephanie Mills Joanie Benson Pam Currie Janet Elmo Deborah Baker Karole Northrup	704-855-1267 704-660-9121 704-542-6162 704-721-5965 704-855-2978 704-843-2073 704-855-1267 704-560-9712 704-855-2978 704-859-4944 704-843-2380 704-855-1267 704-932-1726	de_bakre@yahoo.com catherinelambert@windstream.net kz5nm@bellsouth.net linmgb77@carolina.rr.com hps@horseprotection.org janet48@windstream.net de_bakre@yahoo.com slmills@windstream.net hps@horseprotection.org gaelic@carolina.rr.com stalliontogelding@gmail.com de_bakre@yahoo.com knorthrup@windstream.net
---	---	--	---

Donation From: \_\_\_\_\_ Phone# \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email address \_\_\_\_\_  
 Please use my donation for: \$ \_\_\_\_\_ Indoor Training Arena Fund \$ \_\_\_\_\_ General Use  
**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 address \_\_\_\_\_  
 Phone \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Would you like the above recipient to receive "Over Herd" - **Yes No**  
 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.**

Mail completed form to:  
**Horse Protection Society, 2135 Miller Road, China Grove, NC 28023**

**Check out our Website:**  
[www.horseprotection.org](http://www.horseprotection.org)

PRSRT STD  
 NONPROFIT  
 U.S. POSTAGE  
 PINEVILLE, NC  
 PERMIT NO. 45



Horse Protection Society  
 2135 Miller Road  
 China Grove, NC 28023

«First» «Last»  
 «Address»  
 «City, NC » «zip»

Address Correction Requested

You can help support our efforts to save horses by  
 providing your email address to us at:  
[hps@horseprotection.org](mailto:hps@horseprotection.org)  
 This will save money in printing & postage.  
**THANK YOU!**

**The People's Corner**

Health Tips from Joanie Benson

**Lose weight naturally** as endorsed by Dr. Oz using **Green Coffee Extract**; you can find out more on his website. Pure Health Naturally looks like the type Dr. Oz recommended – Call: 1-866-640-6397 This may be one of the most important health tips I have ever posted. (You should be watching this program for a better understanding of your health and diet - then apply the information to your life.)

**Cancer:** There are many things that drive cancer; poor diet, chemical and radiation exposures, and certain infections figure prominently in the process. Stress is a major contributing factor that is often completely overlooked. New research, however, sheds light on just how critically important the physiological consequences of stress are on cancer cell progression.

**Become a label reader and lengthen your life:**

**Sodium Benzoate** is used to preserve foods and deprives cells of oxygen. When mixed with vitamin C or E, it causes benzene, a known carcinogen, to be formed. Parkinson's, neuro-degenerative diseases, and premature aging have all been attributed to this preservative.

**Canola oil** chokes out your mitochondrial cells & more, and is typically a GMO (Genetically Modified Organism).

**Monosodium Glutamate (MSG)** - the FDA allows 20 "pseudo names" like autolyzed yeast extract, free glutamate, soy lecithin, & so many more.

**Sodium Nitrates** are used in explosives and keep hemoglobin molecules from carrying oxygen. These are found in hotdogs, lunch meat, & bacon, and have been found to contribute to cancer & gout.

**Margarine** – this, like other partially hydrogenated vegetable oils, accelerates aging, causes deformed cellular structures & degenerative changes in tissues.

There are so many **more chemicals** that contribute to poor health. If you do not buy packaged foods, you do not have to read labels and be concerned with all the garbage in them like **artificial colorings, emulsifiers, artificial sweeteners, anti-foaming chemicals, and anti-caking agents.**

(Editor's Note: If you have pets, including horses, read their ingredient tags, too. So many of our animals have developed issues which can be traced back to poor nutrition and additives in their food.)