



Horse Protection Society of North Carolina

a 501(c)(3) nonprofit organization

OVER HERD

Volume 15 Issue 12

Newsletter

December 2012

Merry Christmas

Under your Christmas Tree

The Christmas season is upon us and you've had your shopping spree,
The carefully selected presents are placed while on your knee.
Christmas Eve has arrived and your home is aglow with lights of the tree,
Yet in the still of the night your mind is not free.
"What have I forgotten on this special eve?"

The horses have been talking and rallied to take care of their needs,
"How shall we help them remember to send a little to buy our feeds?"
They talked and they argued and laid all their plans, each of the breeds,
It was a desperate plan that called for some brave deeds.

Inca taught all the horses the skill of opening door knobs,
Navajo showed how to open latches and a hook with head bobs.
All the horses and ponies left so quietly knowing their jobs.
Each found the lovely home of their choice and crept inside,
All the presents, stockings and good smells and each cried.

*"This family forgot me this year, but never again, for I will wait for morning,
All snug in the presents under the tree and there I will be with no warning.
I have been so hungry and starved, for so long, but now HPS has made me free
He-He! You will never forget again once you find a horse under your tree."*





The Economy Hits the Most Dependent Creatures

By Joanie Benson

While dogs and cats can sometimes get by on cheap foods for a while (but still is not a good idea), horses cannot. They need a good diet to maintain their weight and to stay healthy. The young owner was so concerned for her older horse that in desperation she called the sanctuary and sent pictures that were taken October 6th. One look at the picture and we agreed to take in the older mare.

This sweet mare stepped off the trailer on a Saturday morning and was a low 3 on the Body Condition Scoring. She had obviously gained some weight since the picture had been taken, but it would not take much for her to go right back to the low weight of the photo. The owner's parents could not continue to provide what she needed. It will be easier for the family to now provide for their other couple of horses.

The mare is between 20 and 30 years old, has white line disease in all four hooves that needs to be treated, and we are treating both of her eyes with a triple antibiotic eye ointment. The cracks in her hooves will just have to grow out. Usually we see this when the hooves are not kept trimmed and they get long in the toe and nutrition is poor. (She had been trimmed just before coming to the sanctuary.)

Kelly, one of our young gals helped her to pick the perfect name – Aurora.

A couple of us were laughing about how quickly Aurora was changing because we did not get a photograph done of her until the Monday after her arrival. After only three days of correct feeding, she was already showing good gain on her top line! I would expect Aurora to be up to full weight by the time the newsletter arrives on your doorstep, unless she has an underlying issue. The new mare at the sanctuary is a good example of how quickly a horse can start to turn around when provided the correct feed. We would rather take in a horse at this stage than wait until she was in desperate condition come winter.

We put her in the front field, but Cree was not willing to share his new friend Mingo and showed signs of possibly acting mean to her. We took Cree and Mingo out of the field and planned to put Honeysuckle in with her. Mingo was already in love with her, so we returned him to the front field and Cree went off to see his friend Taiga.

We usually ask for veterinarian records when we are told by the owners that the horse has been under the care of a vet. The interesting part is, those same owners often aren't able to provide the records. We then have the owner sign off so we can get the information directly from the vet's office.

The owners told HPS they had Aurora for 12 years and she had not been ridden in five years. We were told the previous owner used her as a broodmare. She is a beautiful Quarter Horse and the flame colored mane and tail are very showy.

As the economy has slowed, donations have dropped. Please help to make sure HPS is able to continue to rescue horses in desperate need.

Health Tip ~ Give Yourself and Your Family a Great Christmas Present

By Joanie Benson

MSM (which stands for Methylsulfonylmethane or dimethyl sulfone) is a natural organic, sulfur-containing compound. A new study has shown a previously unknown benefit of inhibiting breast cancer growth. Here is something I did not know: Sulfur makes up .25% of our total body weight. New research suggests that sulfur is almost as significant as Vitamin C because the human body must maintain a minimum level of sulfur for normal function. It is not stored in the body and is excreted in the urine or is stored as glutathione if you take more than is needed. The body uses up to an eighth of a teaspoon of sulfur daily to keep cell membranes open and prevent hardening of tissues. New cells need an exorbitant supply of sulfur which is even in the hemoglobin of the blood.

Sulfur deficiency is linked to a host of degenerative diseases, such as pain, joint trouble, arthritis, fatigue, increased psychological and physical stress and depression, and many more issues. When the body is injured, MSM promotes healthy circulation to the injured area. MSM has an antiseptic and cleansing effect on the digestive tract while stimulating bile secretions, improving hair condition, and helping liver function while boosting metabolism. MSM helps prevent the accumulation of toxic impurities.

Years and years ago, a scientific study stated that science has proven what horse owners have known for years: MSM will help to rebuild damaged cartilage in joints. It also makes tendons and ligaments more flexible. You may never get a sprained ankle again. MSM makes all connective tissue more flexible as well as lungs, veins and skin. Are you starting to get that wrinkly skin on your arms and legs that comes with age? Just add MSM to your supplements and you will be amazed; stop taking it and watch the wrinkly skin return.

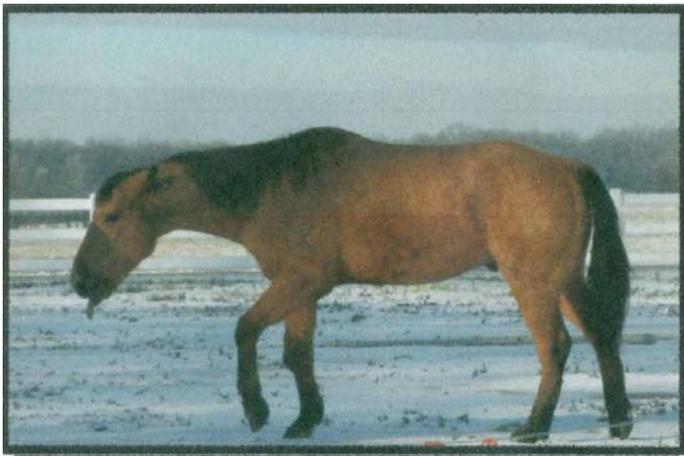
I can sing the praises of MSM because I have been taking it for a good part of my life. I was diagnosed with arthritis when I was about 32 years old and anyone who knows me also knows I do not have arthritis. I take the horse variety from Vita Flex at ½ teaspoon a day. It is the same stuff you will pay much more for in little capsules at the drug store (and that may be coming from China instead of the United States). If you buy a one pound container of MSM from Vita Flex, transfer a smaller amount to a glass jar and cover the jar with aluminum foil. Supplements should not be exposed to light. One pound will cost you less than \$10.00 ordered over the Internet.

Every horse at the sanctuary is on MSM and our dogs are, also. We watch the arthritic horses improve with daily MSM.

Give yourself, family and pets a Christmas present of getting everyone started on MSM.

Solve your Christmas Shopping Issues

The Horse Protection Society is offering a 2013 calendar featuring pictures of the rescued horses. Place your order now since we have a limited number available. The cost per calendar is only \$15.00 each and we will happy to mail it to you for only a \$1.00 each. The calendars will be delivered to HPS the first week of November.



January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Please remember to add the rescued horses to your Christmas list! They are so deserving!

2013 Calendar Order Form

Numbers of Calendars _____ X \$ 15.00 = _____

Mailing costs: Number of Calendars: _____ X \$ 1.00 = _____

I will pick up my Calendars at HPS: _____ **Total enclosed:** _____

Mail To:

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Special Honors and Memorials

*May God richly bless
all the volunteers who look after the
horses.*

By Jane Billingsley

*In memory of Sunni, Sudi and John Adam.
I loved you and miss each of you.*

By Mary A. Myers

*In loving memory of my high school
sweetheart and my life partner, Eddie
Woody.*

*I will always love you,
Jean Woody*

In honor of Wendy Sloan.

By William & Linda Sloan

*In loving memory of Snickers, gentle pony
and boon companion to Miss Angel Lettoug and
Comanche, "The three Amigos." By*

Roberta

*In loving memory of Inca. She gave me the
two greatest gifts there are, trust and love.
She will live in my heart forever.*

Judy LeGrett

*In loving memory of Eli and Hucklebery,
two very special horse members of*

The Oliver Family.

By Sharon Smith & Louise Ross

*In honor of Dottie Rebhan and
Jodi Douthit's December birthdays.*

By Sybil Athey

Merry Christmas!!

*A "Thank You" and to honor to a bunch of special
friends who have done so much for me and my critters.
And in honor of Joanie Benson, HPS and all the devoted
volunteers. A very Merry Christmas and much appreciation!!!
My Critters and Me! (Spunky)*

In loving memory of Jennifer Zirt.

*A wonderful woman whose love will always remain
in our hearts*

*By Norma & Charles Goldman
By Zandra Spencer & Bill Wallin*

By Kevin S. Walser.

By Cynthia Lauer

By Harriet Lyerly

By Jean McCoy and Rick Travis

By the "Lanny Bost Family"

By friends at Carolina Golf Mart

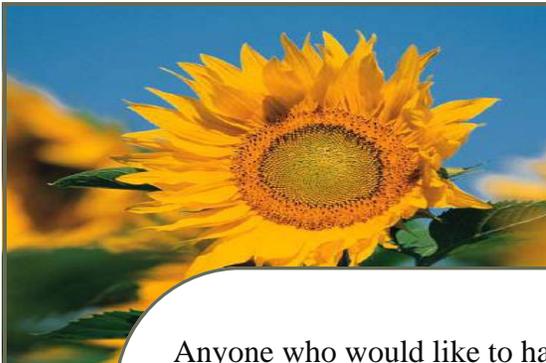
*By Jordan & Cort Adair and everyone at The Adair
Group*

By the Horse Protection Society's volunteers

*In honor of Betty Laferty. The best
mom ever. Love Pam and Mike*

A Special Thanks To Our Wonderful Contributors

Jordan & Cort Adair & (everyone at The Adair Group)	Rhonda H. Duncan	Katherine B. Lofgren	Ingrid & Hans Schreiber
Sybil P. Athey	Deborah Eldridge	Angela Ellen Lopez	Harriet A. Seabrook
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	Gayle J. Libberton	Jeri J. Schoenhals	



January Newsletter Notice

Anyone who would like to have an Honor or Memorial placed for January newsletter needs to have the information to HPS by December 20. We have to close the information for the newsletter by that date in order to have it to the printer in time for delivery the first of January.

The HPS Officers

<u>President</u>	<i>Deborah Baker</i>	704-855-1267	de_bakre@yahoo.com
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<u>Volunteer Coordinator</u>	<i>Lara Smith</i>	803-467-7440	charlsmith5270@yahoo.com
<u>Angel Sponsor</u>	<i>Tracey Harris</i>	704-433-3328	tracey_r74@yahoo.com
<u>Head Fundraiser</u>	<i>Jane Fitch</i>	704-564-9800	DrJFitch@carolinarr.com

Free Grocery Coupons and Help Feed the Rescued Horses

This is so easy and you get to feed your family for less and help to feed the starved horses too. Just go to : <http://www.commonkindness.com/> To the right is a "Find" block for nonprofits. Type in **Horse Protection Society of North Carolina Inc.** A page will come up for you to sign in under our name. Then, when you print coupons and use them at your local grocery store, a small percentage comes to HPS. Why spend more for groceries when you can save using coupons and donate at the same time? Thank you for helping.

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 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

Merry Christmas and a wonderful New Year!

From all of us at HPS....