

OVER HERD

Lee County Horses Saved by joanie benson

The cold weather is just starting, and already there are horses suffering in the fields from lack of food. The grass is gone, and if caretakers don't provide adequate hay, horses suffer. This is so unnecessary because the solution is so very easy!

Because horses are herd animals, they live in a hierarchy. The horses at the top eat first, drink first and move all the other horses around. If an owner puts out "just enough" hay, the horses at the top will get it all and those at the bottom will go without. If there are six horses in a field, the rule of thumb is to spread out at least seven piles of hay so each will be able to get to food. Each horse can guard only one pile at a time.

Despite the cold, there are families looking for horses, and this story is about one that drove three and half hours to Lee County. The seller's description of two gentle horses sounded perfect for their family. Upon arriving, they were at first speechless due to the body condition of the two horses they had driven so far to meet. The gray is

supposed to be an Arabian. He has a terrible skin condition on his neck and face, old scars on his legs and a body score of two. The bay Quarter Horse also has a body score of two and a bad open sore on a back leg. That leg also has old scars that look as if he had been tangled in something. Both horses desperately needed farrier care.



The owner tried to convince the family that the horses were fine. He went so far as to swing up on the back of the gray, and the horse almost collapsed. The owner said the only problem was that the other horses would not let the two horses have any of the hay. (See paragraph # 2 for the easy solution!!) The family watched as the horses ate pine needles and were told that no grain was being fed. To the average person, this is not a huge unsolvable problem. (See paragraph #2) But the owner seemed unwilling to take this simple step. The family suggested that the owner give the two horses to a rescue so they could be cared for, but the seller would not even consider this possibility. The owner did say he would give the two horses to the family. The buyers told him they would go to lunch and talk about it.

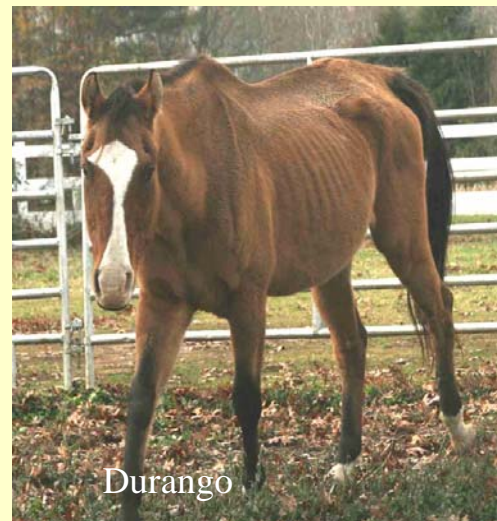
I believe there is no such thing as a coincidence: this family had been looking at our website the evening before as they continued their search for the right horses to bring to their home. Their visit to our website enabled them to call us on the spot. Their description of the horses convinced me that they needed us. Luckily, the family had taken their trailer with them thinking they had finally found the

perfect horses to bring home. Once on site, however, they were aware they did not have the knowledge to bring the horses back to health. They agreed to take them, loaded them up and headed back—to us. It was a long drive, and they arrived after dark but all was ready in the round pen (lots of hay and fresh water) for the horses. Each has his own stall so there will be no competition when fed their morning and evening pelleted feed, supplements and soaked alfalfa cubes. They are now feasting on a round bale of their own.

We have been told that both horses are in their late teens; we'll see later. I do not like handling a horse's mouth that has not had a rabies vaccination, so aging them will have to wait awhile.

The gray is named Flint. It's difficult to tell his breeding at this point, possibly Polish Arabian. Many Arabians of European decent will be taller and of heavier build than those bred elsewhere. There are also many Arabian crosses that have been imported and then bred in the United States. One is the Anglo-Arab, a cross between a Thoroughbred and Arabian, bred both in Europe and here in the US. The National Show Horse, another breed here in the US, is a cross between American Saddlebred and Arabian horses. Once Flint has recovered, he is going to be showy with his flaxen mane and tail.

Flint has large areas of sarcoids on his neck, face and a smaller area on his off-side. HPS has had success in curing sarcoids in the past and hope we will be able to help Flint.



The bay Quarter horse's new name is Durango. He is smaller than Flint and also has a quiet nature at this point. Of course this can change as the horses start feeling better and their true personalities show. Our big concern for Durango is healing his back leg and getting him sound. He's a cutie!

Come meet these two new babies. Please consider becoming an Angel Sponsor for one or both. Let's give them a **Happy New Year.**

**Some of you may remember Moncha and Salida, two mares who came from Lee County. Both are in wonderful loving homes now. Happy New Year to you two girls and your families!

The People's Corner

HEALTH TIPS from Joanie Benson



I'm pretty upset with what is going on in the health industry and the new national health care program. I recently saw a TV ad for Uloric, a drug for gout sufferers. Both this and another "approved by the FDA" gout drug have some pretty interesting potential side effects: heart problems, compromised liver function and death. As a result, I've decided to start giving health tips *based on my own experiences and research.*

Health Tip #1

This is personal to me as I had gout back in the early 1980s. I went to the family doctor who gave me a prescription for Allopurinol. I went to my favorite pharmacist who saw me coming and pulled out his big drug book knowing I would not fill a prescription until had we looked it up and read the side effects. I limped out without filling the prescription and headed over to my favorite chiropractor. He took one look at my toes and laughed saying, "What have you been eating?" I told him I had fixed a big ham for the family for Easter and cooked two rhubarb pies. Nitrate and nitrite were the problems in the ham and rhubarb pies. He told me that I should never eat any lunchmeat, bacon, ham, hot dogs or most processed meats, or anything with this chemical added, including some canned soups. Who knew? I always read labels for harmful chemicals, but I did not know how bad nitrates were for my health and my children's health. Fortunately, I was able to find some cured meats without nitrites/nitrates.



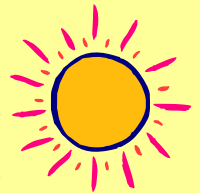
My chiropractor told me that the nitrates/nitrites also contribute to cancer. (Studies have shown a huge increase in cancer rates for people who eat products with these chemicals. Today some DNA mutations, one type of kidney stones, and COPD rates can increase with each serving of cured meats eaten each month.) Today, there are more and more products being offered to the public that are nitrate/nitrite free. Harris Teeter sells chemical free bacon which I buy a couple of times a year.



When I left the chiropractor, my toes still hurt like #@^* but what I was told to do seemed too simple: Eat just five or six cherries each day and in three or four days the gout will be gone. Well, I followed the instructions and, to my amazement, the gout was gone. My family's diet was changed forever. I have never had another attack of gout, and I did not have to take a terrible prescription drug that could have destroyed my health in the process of curing the gout. (Side note: The FDA stopped the cherry industry from advertising their healing properties.) By the way, we give 100% cherry juice to the horses when they have kidney issues. Works better than cranberry juice.

Health Tip #2

Low vitamin D status is a widespread problem in the US. Research has shown that serum vitamin D concentrations previously considered in the normal range are not sufficient for optimal health. Vitamin D plays a role in a wide range of ailments such as osteoporosis, cancer, cardiovascular diseases, and diabetes. Recently, a role for vitamin D in cognitive function and mental health has also been reported. Vitamin D concentrations have been shown to be low in patients suffering from mood disorders and have been associated with loss of cognitive function.



In the winter, it's virtually impossible to produce vitamin D from the sun if you live north of Atlanta because the sun never gets high enough in the sky for its ultraviolet B rays to penetrate the atmosphere. Summertime, on the other hand, is a great time to stock up on the nutrient. When the sun's UV-B rays hit the skin, a reaction takes place that enables skin cells to manufacture vitamin D. If you're fair skinned, experts say going outside for 10 minutes in the midday sun in shorts and a tank top with no sunscreen will give you enough sun to produce about 10,000 international units (iu) of vitamin D. (But be careful—you want to avoid getting sunburned.)



Dark-skinned individuals and the elderly also produce less vitamin D, and many folks don't get enough of the nutrient from dietary sources like fatty fish and fortified milk.

An easy way to test whether your vitamin D is high enough is to press your sternum up and down. Also, press up and down on the front of your shinbone. If there is any discomfort, you may be low on vitamin D. The FDA's current recommendations for vitamin D seem too low; many people need 3,000 to 4,000 iu a day.

A WORD FROM OUR TREASURER, ASHLEY BETHEA:

A new year is upon us, and we'd like to offer our appreciation to all HPS supporters who have donated, volunteered, and in any way assisted the horses throughout 2010. This is going to be an arduous winter for everyone due to the economic climate. The horses depend on you! Without you, this glorious sanctuary cannot exist. Your financial contributions are the lifeblood of our operations; and so, too, are your contributions of time. We can never have too many people trained to feed the herd or people willing to come and clean the barns. If you have a skill you can donate, please let us know and we'll see if we can match your talents to our needs.

Our volunteers are paid in soft nickers of appreciation and the glorious sights of horses who feel good and run, kicking up their heels. Your "pay" is the knowledge that you develop, the relationships you make and cherish, and the warm feelings of satisfaction in knowing that you have made a difference in the life of an animal whose trust in people had been damaged.

The sanctuary runs on volunteers and financial contributors. We cherish each of you, and wish you health, happiness and success in the coming year.

From A to Z, eight years and counting..... by Ambe Lewis (written in 2007)

She cried the entire forty-minute ride home. It was 2001 and my family had just made our first visit to HPS. My daughter Danielle, 11 at the time, had been driving us crazy with her dreams of owning her own horse. I had discovered HPS on the web and talked the family into riding out to check it out.

One of the members gave us a tour and introduced us to some of the horses. Their stories broke your heart – how could someone tie up their horse with barbed wire (**Phoenix**), leave a horse with a broken knee to heal without medical attention (**Cloud Dancer**), lock a horse in an 8X8 shed without food or water every day (**Legacy**). As we listened my heart broke and upon getting back into the car to ride home Danielle burst into tears and stated emphatically that she was never going back. Sometime during the ride home, as we reassured her of how lucky the horses were to have been rescued, her attitude changed. She did ask to go back, the very next day.

It's been nearly eight years; Danielle is now a college sophomore but Sunday mornings still find us at the ranch. HPS has led us on an amazing journey. From science fair projects (thank you **Maya, Whisper, Bo, Willow, Meadow Flower, and Snowstorm**) to Parelli Natural Horsemanship training (**Chinook** and I didn't pass that one). Off property rides with **Firebreeze, Starfire, Navajo, Chief, Dakota, Salida, Mancha** and quiet moonlit evenings with new arrivals such as **Patience** and **Tonto**. Special moments watching horses load up for the trip to new homes (**Choctaw, Babes, Skittles, Falcon** to name a few). We've helped celebrate 50th birthdays (**Angel**) and said goodbye too many times (**Gummy Bear, Sequoia, Mystic Dream, and Queenie** immediately come to mind).

We have learned horse skills that we didn't know we needed (thanks to the first **Cheyenne** and Cari for that sheath cleaning lesson years ago) and ones that brought tears of joy; socialization with our babies **Itsy Bisty** and **Munchkin**, have folded countless newsletters, and have done the Sunday AM feeding at least 300 times.

The ranch can be a great diet and exercise program. Even with **Oreo, Licorice, Jelly Bean, CandyCane, Popcorn, Molasses, Toostie Roll, and Snickers** stalking your every move.

You'll need your car to get to there but once you arrive trade up to: **Denali, Durango, Cherokee, Tacoma** or **Wrangler**. Over the years we've seen the **Majestic** sights of **Sahara, Teton, Dallas, Tulsa, Aspen, Nevada, and Montana**.

If you are looking for a way to build special memories with your family, come out to the ranch. I'm **Dizzy** with the number of horses, ponies, mules and donkeys that have touched my life over the past eight years – 150 plus that I remember. So from A to Z (**Alamo to Zuni**) and everyone in between thanks for the experience! See you on Sunday!

[Editor's Note: Ambe and daughter Dani continue to volunteer countless hours at HPS, and have aided many more horses than are listed here. Dani participates in the equine training program, building her horsemanship and riding skills while helping horses build confidence and muscle. Thank you Ambe & Dani for your amazing devotion.]

Monthly Donations & Contributors

As we begin another new decade in this relatively new millennium, it saddens us to know that issues of equine abuse and neglect continue. And yet, we remain hopeful that this will change one day, in large part because of your support in helping to spread the word about proper care and feeding as well as your support of this refuge. Our work at the sanctuary doesn't end when a starved horse steps off the trailer - it actually just begins. Our goal is to stamp out the need for rescues, but until then we will *rescue, rehabilitate, retrain and re-home* as many of these marvelous animals as your support provides.

Thank you for continuing to demonstrate your care. We wish you a healthful and happy 2011.

Missy & Douglas Anderson	Lori Drake	Diane & John Kibler	Sarah Robinson
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Chris Donaghy	Ken Kennedy	Margaret M. Reed	Jennifer L. Zirt
Jodi Douthit	Anne N. Kenny	Judy M. Reuter	

HONORS

In honor of my BFF, Mary Bleskin.
By Mary Jurgel

In honor of Lisa Murray's birthday.
By Sybil Athey

In honor of Jane Oglesby.
By Inger Leo

In honor of Jessica & Jay Griffin.
By Carol & Laird Griffin

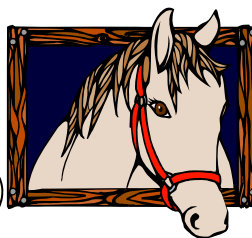
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In honor of all the Volunteers.  
By Cindy Brooks

In honor of Floyd's birthday on December 2nd.  
By Betty Lentz

Merry Christmas to Betty Lentz, to help with the  
Indoor Training Arena.  
By Floyd Lentz

In honor of Betty & Floyd Lentz. Merry Christmas!  
By Kim Clark



In honor of Joe Snipes,  
in recognition of his love of horses.  
By Dale McAndrews

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Merry Christmas and Happy Trails  
From Jasmine & Silver Cloud Carroll

In honor of Amy & Philip Blumenthal,  
Edward & Marun, Joan & Don Brown,  
and Tiffany Ferebee.  
By Ann & Benjy Seagle

Janet & Lou Elmo made donations  
to honor their special friends  
Susan & Andy Mackay; Donna  
Sherrin; Sharon & Charney Brom-  
berg; and send gratitude and  
thanks to the many tireless volun-  
teers who tend our precious herd.

With thanks from the horses  
of HPS to Mrs. Jane Oglesby's  
2nd grade class at Coddle  
Creek Elementary School who  
sold "Reindeer Munch" and  
made a large donation to HPS.

In honor of John & Holly Robbins.  
By Robin Moor, Susan & Justine Keever

\*\*\*\*\*

In honor of my sister, Elizabeth Smith.  
By Alice Smith

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In honor of Alan Rauch.  
By Coren O'Hara

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In honor of Janet Elmo.  
By Kathryn (Wink) Bullard

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In honor of Tiffany Ferebee.  
By Chris & Charlotte Ferebee

In honor of Ginnie & Katie Little.  
By Eric & Betty Little

In honor of Suzie Lurz's birthday.  
By Flo & Mel Kostur

In honor of Kathy Smith & Kit Kat.  
By Mama & Jack

In honor of Doris Crumpler for her  
birthday.

By Marilyn & Harry Swimmer

In honor of Mary McNeilly for  
Christmas.

By Marjorie Green

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In honor of Joanne Johnson.  
By John Casey

# MEMORIALS

In memory of Alma Yard.  
By Jerry L. Messer

In memory of BOBBY LEE.  
By Candy Woody

In loving memory of Angel's dear friend,  
Snickers—January 30, 2002.  
By Roberta McCardle

.....

In memory of Crimson, my Quarter Horse.  
By Pamela Chandler

In memory of Sassy, our beloved Blue Heeler of 12  
years, who died last summer.  
God Bless You All!  
By Beth Jenkins

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

### Joanie's Message: Please Say a Prayer

What would you do if your doctor told you, when you were only 25 years old, that you had a very serious illness? MS (Multiple Sclerosis) is an illness that normally progresses over 20 to 25 years. However, in some cases it is fast moving and the person may have only a few years. Unfortunately, this is the case for a wonderful horse owner. Three years after the original diagnosis, the doctor tells her "It is time to get your affairs in order while you can." Please say a prayer for this gal. Prayers work!

Family members have agreed to take in the other horses, but what about her beloved mare? Normally we will not take in healthy horses that owners can no longer keep. This is an exception that no one would oppose. If it were you in this position, how important would it be to you to know your horse will always be cared for and looked after for the rest of her life? (HPS always retains ownership of horses it places.)



This has to be the finest Quarter Horse I have seen since I came to North Carolina. She is the picture of good care and beauty! Her age is also perfect at 14 years, she is trained western and is a gorgeous bay with a full tail that touches the ground. [One of the secrets to your horse having a beautiful long mane and tail is to never comb it! They should be gently brushed with a soft face brush only. If there are tangles, use Cowboy Magic Detangler. It's a little pricey, but worth the money. (If you want to send a bottle to HPS, we would be thrilled! It's not in our budget, unfortunately.)] Sage is a fine horse who would be a joy for anyone to have as their personal horse.

HPS planned to give Sage time to get comfortable at the sanctuary before we put her under saddle. She was put on Aloe Vera juice to help prevent ulcers from the stress of being moved to a new place. We put her in the small side field with the little guys to start. The horses can get acquainted with our new girl over both the fencing and the stall door before joining the horses in the pond field. Sage let us know quickly she wanted to be with the other horses so she joined the pond field group. She quickly became friends with Autumn and Cinder.

We knew Sage would not be at the sanctuary long, but it had to be the perfect placement. A family was looking for a nice quiet horse for their young daughter. Desperado was a natural for this family and their application had already been approved. They kept going back to Sage and finally decided they would like to have both of the horses. This was exactly the type of quality home we knew would be perfect for Sage.

*The horses love attention and would welcome a nice brushing. Take a little time to love on a horse and reflect on the coming year. As you may have heard, "The outside of a horse is good for the inside of a person." And the serenity at the sanctuary puts life in perspective. Visitors are welcome on Saturdays from 10—4; members may come any day during daylight hours. The sanctuary is closed on Sundays.*

### HPS OFFICERS

The HPS Officers meet monthly at the sanctuary, generally on the 2nd Sunday of the month. All members are welcome to attend these meetings and to offer their ideas to help in the day-to-day operations. If you have a skill that you would like to apply to help in our efforts to save, rehabilitate and find new homes for our horses, please contact one of the officers named below. No one can do it alone; become part of the solution.

|                              |                 |              |                             |
|------------------------------|-----------------|--------------|-----------------------------|
| President                    | Deborah Baker   | 704-855-1267 | de_bakre@yahoo.com          |
| Treasurer                    | Ashley Bethea   | 704-855-5447 | abethea125@gmail.com        |
| Recording Secretary          | Norma Miller    | 704-542-6162 | kz5nm@juno.com              |
| Corresponding Secretary      | Jane Oglesby    | 704-896-8251 | janeog@bellsouth.net        |
| Executive Director           | Joanie Benson   | 704-855-2978 | hps@horseprotection.org     |
| Newsletter                   | Janet Elmo      | 704-843-2073 | janet48@windstream.net      |
| Web Administration           | Deborah Baker   | 704-855-1267 | de_bakre@yahoo.com          |
| Web Administration           | Stephanie Mills | 704-560-9712 | slmills@windstream.net      |
| Feeding Schedule             | Joanie Benson   | 704-855-2978 | hps@horseprotection.org     |
| Medical Needs                | Ashley Bethea   | 704-855-5447 | abethea125@gmail.com        |
| Stallion to Gelding Support  | Janet Elmo      | 704-843-2380 | stalliontogelding@gmail.com |
| Pet Finders                  | Elena Bogan     | 704-680-2492 | laney_grace@yahoo.com       |
| Riding Program Coordinator   | Deborah Baker   | 704-855-1267 | de_bakre@yahoo.com          |
| Equine Placement Coordinator | Elena Bogan     | 704-680-2492 | laney_grace@yahoo.com       |
| Volunteer Coordinator        | Tammy Seifert   | 704-243-4444 | tlc.homes@live.com          |