



OVER HERD

Honeysuckle By Joanie Benson

Sometimes a person calls to report a starved horse and they are so upset with making the call that the information and address is incorrect. That was not the case with the person who reported this horrifically starved horse. She was trying to find a way to help him and was doing the best she could by giving him a little to eat.

Deborah and I followed the instructions and had no problem locating the starved little horse. From all appearances the horse had been abandoned. Every bit of the property was overgrown. There was an old trailer that looked as if no one could live in it. But, in fact, the owner of the property did live in the trailer. We both knew that if we did not get him out quickly he would die. The water in the 20 gallon plastic tub was green and there was nothing in his small fenced area to eat. There was no sign of any hay or feed on the property. His enclosure was constructed of a heavy woven wire and he had pushed the top of the fence down as far as possible to eat the honeysuckle and weeds on the outside, creating a perfect dirt path around the outside. The only trail through the weeds to his small fenced area was made by the folks bringing clean water and carrots and apples to him by way of a bordering road. They even brought him some hay and cut grass from the outside of his fence to eat. As we were leaving, we told him we were going to try and help him. He reached over his fence as far as possible and whinnied and whinnied.



Honeysuckle *(continued from page 1)*

The owner of the property was home and told us that his ex-wife owned the horse and was at work and would not be there until 6:00 to 6:30 pm and slammed the door in our faces. I have had doors slammed in my face before. Later that day I went back to the property with another volunteer, Lisa, and staked it out until past 7:30 pm. Once again we had a chance to look over the area around the trailer since the property owner said he could not walk out to see the horse behind the building. I took him an 8" by 11" picture of the horse that Deborah had taken earlier in the day. Once again door slamming. We decided that a vehicle had not been pulling into the area every day and leaving, the grass and weeds were too high.

Lisa and I left so I could try to track down the ex-wife. Contact was made and we agreed that the best possible solution was for HPS to take the horse in. It was too late to pick him up and I needed the signed release, which I had emailed to her. I was told that this pony size horse is a registered Quarter horse and about 30 years old but I don't think he is that old, we will see.

The next morning I received a call that the release had been left on the property for the horse. I called our wonderful trailer driver Tom and shortly we took off to go pick up this poor baby. It is great to have someone who has 38 years of tractor trailer driving experience who can get us in and out of some difficult places. Tom took a look at the starved little guy and announced that his name was "Honeysuckle." Not a bad name since all he had to eat was the honeysuckle he could reach outside his fenced area and, he seemed to like the name.

I hiked through the tall grass to his bare enclosure and he was waiting at the gate for me. Honeysuckle stood perfectly still staring at the trailer while I put on his halter. He never even stopped for a bite of grass going to the trailer. Usually a horse will stop and smell the trailer before loading, not this little guy, he walked right on. He looked back at Tom as if to say, "Hurry up and close the doors! I want to get out of here!" Then he went to work eating the hay on the floor. The ride was not far since he was located in Rowan County. Honeysuckle walked politely off the trailer at the sanctuary and announced his arrival with a couple of loud whinnies.

"Welcome home Honeysuckle. A lot of good folks care about you and your recovery, for you surely would have died. We will do everything possible to help you become the pretty little horse you could be. I pray we are not too late." Please help with his costs; they are going to be high!

White Mare

By Deborah Baker

Three equine abuse investigations were scheduled that Sunday morning Joanie and I met over coffee in her kitchen. She was going to be too busy to leave the sanctuary so she asked me to go out and cover them with our new volunteer. “Uh, sure,” I replied wondering what I was getting myself into. I can no longer count the number of investigations Joanie and I have been on together over the years in her little red car, but this will be the first time I will handle an entire investigation. The ramifications to the sanctuary and the horses if I screwed up made me a little nervous.

Two cases are in Rowan County; one is in Cabarrus County. I know nothing about the one in Cabarrus and Joanie will get details before heading out. We visited the home of the one in Rowan County earlier in the week when the owner was not at home so I had an idea of what we were walking into. The other is a herd of 7-8 horses that a gentleman took to help out some friends and has gotten himself “over horsed.”

As Lisa Asmo and I load up the car to head out, Joanie tells us to cancel the Cabarrus County call. She knows who the person is and will give them a call. *No problemo*. Off we go, taking the larger case first. On the ride over, I make a mental checklist of all my bases: check water supply, check feed supply, check for salt & mineral blocks, check pasture, fencing & shelter conditions, notice manure or lack of, check hay, discuss de-worming, check hooves, get names, ages, & body score of each horse in the herd.



White Mare , *(continued from page 3)*

We drive by a place where a man is putting out a large, round bale of hay. A group of horses, all thin to varying degrees, is jockeying and shoving one another for a place to eat. This looks like our place. We creep up the gravel drive trying to avoid the dogs that are up under our wheels and park. The man on the tractor and an old guy in a lawn chair look amused. We get out and introduce ourselves and the amusement fades. “Yes, Animal Control was here a few days ago,” the tractor man sighs. “Well, they are looking thin. Let’s take a look at them and see what can be done to help,” I reply.

We discuss his feed choice. It seems every call we go on the horses are being fed sweet feed and they’ve just run out. The pasture is overgrown with weeds and the fescue has grown tall and gone to seed. Horses will not eat this. The hay is not horse quality. It’s a lot like his pasture, all stem and seed. Horses are only being de-wormed twice a year. We continue to cover all the bases. This horse owner seems very receptive to learning and doing better. How I wish there were programs in Rowan County to educate horse owners & potential horse owners on the basics of equine care! I truly believe having one could make a difference in the number of complaints both HPS and Animal Control receives every year.

We move on to look at the herd. There are seven horses, most of which score at low 3s, a white mare is a high 1 and a large black mare is a 2. He says his kids have been “riding the hell out of the horses.” I tell him that’s part of his problem, he needs to keep the kids off the horses until they are back to a normal weight. Two belong to a friend that lost his home and he’s only keeping them for another month or two until his friend gets on his feet again. He thinks he has a buyer for the little Arab. The big, black 27-year-old TWH is his daughter’s childhood horse and he plans to keep it along with a few others and a weanling.

The white mare is obviously the mother of the foal. She fights the larger and stronger horses for a spot near the hay to no avail. There’s a weakness in her hindquarters that could be from starvation or EPM. She’s a 20-year-old mare and he doesn’t want her. She came to him in November when someone couldn’t pay for hay any longer. He wants to keep the 6-month-old foal for his son. The foal is a tiny little fellow for his age. He hasn’t been de-wormed yet and is already cow-hocked and stunted from poor nutrition. We give him the name of a quality feed for foals, tell him to de-worm the foal and get it vetted. We offer to take the white mare off his hands. He signs her over and agrees to bring her to the sanctuary the following morning.

Upon closer inspection the white mare appears to be a faded paint. Maybe a blue roan? Her head never comes out of the hay bale and she has put on several hundred pounds. This is surprising to many people because her large belly from her pregnancy gives the impression that she’s heavier than she is. However, her wasted neck, the spine that rises 4 inches above her body, and the protruding bones on her pelvis tell differently. She’s now in the front field with two geldings, Shaman and Honeysuckle, who are also recovering from starvation. They seem to be a little intimidated by this plucky little mare.

(We went to the second abuse investigation but the horse was no longer on the property and no one was home. We will continue to monitor the rest of the herd with the tractor man.)

HONORS and MEMORIALS

The only thing my sister Pam Chandler wants for her birthdays is to help the horses!
Happy Birthday Pam!
by Elaine McAndrews

In memory of Lou Elmo's father Louie.

by Danny Moore

In honor of Pam Chandler
by
Steve Chandler

*In Memory of our dear friend, Mardy Zimmerman
Frech. A wonderful person with a deep
spiritual connection with horses and a
commitment to the protection and well
being of all animals.*

RIP

Bu Roz Graves & Sue Fryman

***Thank you Joanie and Deborah for your love,
dedication and hard work!***

By Gena Haviland

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The People's Corner

Health Tips from Joanie Benson

I just read that one in ten is type 2 diabetic and one in three is pre-diabetic. This will significantly lower their quality of life and lifespan. *The American Journal of Clinical Nutrition* reported that providing more flavonoids significantly lowers the risk of type 2 diabetes. Flavonoids from dietary sources improve metabolic syndrome, a series of biomarkers that lead to diabetes. Flavonoids also help to protect against cardiovascular disease risk, help to prevent cancer, neurodegenerative disease and chronic diseases.

Blood sugar levels spike in response to a diet of highly refined carbohydrates, sugars, wheat products and excess processed foods. We are killing ourselves by eating these foods and setting the path for a huge array of illnesses.

Meat use to be the center of the meal. It should not be any longer, it should be the smallest part or no meat. Plan at least three to four vegetarian dinners each week. Meat makes your body more acidic and an acidic body contributes to cancer.

The best way for me to get the fresh fruits and vegetables I need is to make smoothies. I do not use a juicer, but a blender. By using a blender, most of the good stuff is not lost, like the white pulp of citric fruit and the seeds. I throw in whatever fruits I have on hand and leftover slightly cooked fresh veggies, like carrots and sweet potatoes or a raw vegetable. Adding cilantro to your smoothie will help to detoxify heavy metals and chronic inflammation.

Here is a good recipe: 1 grapefruit, 1 kiwi, large strawberries, a banana, a few raspberries or blueberries, and then a veggie. This makes two large glasses and one glass can go into the refrigerator for the next day. You can add anything you like, dark colored grapes with seeds are better than green grapes, pears, apples, frozen fruit, spinach leaves and/or a zucchini. You want your blender about ¾ full and then press it all down. This is a great way to get your kids to eat their vegetables. Adding a little green tea is healthy also or add a couple of green tea bags to your ice tea or just use green tea bags. So much better for you than soda! Quit the addictive soda. Eat healthy and stay healthy!