



OVER HERD

Project Day at the Sanctuary



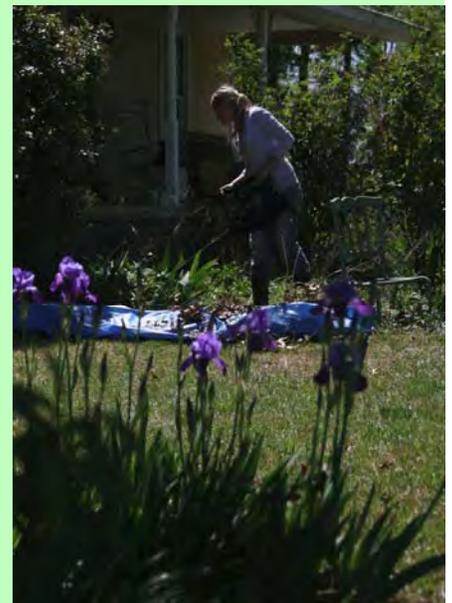
We have scheduled Saturday, March 10th for a much-needed Project Day at the sanctuary and invite all readers of *Over Herd* to come out to help. Our wonderful oak trees drop tons of leaves, and a huge clean-up of them is necessary. Things will get started at 9:00 a.m., and we expect to end about 1:00 pm. To get the job done, gas leaf blowers, rakes, and work gloves will be needed. We will be burning the leaves, so please leave children under 10 years old at home.

We could use a chainsaw (and operator) as well as a gas weed-eater for a couple of areas (electrically-powered equipment isn't feasible at the sanctuary due to extension cord limits. Tarps will be helpful for moving leaves to the burn piles. So gather your tools together and come join in on Project Day. (It would be great if someone with carpentry skills could come as there is a large door that was blown off by the wind and needs to be put back up.)

If you prefer to work indoors, there are plenty of chores to be done inside the barns, including cleaning out cobwebs and sweeping out the corners. If the day is mild and we have sufficient volunteers, Flatbed Annie would love to have a bath! Help get her ready so we can really show her off to prospective new owners.

Our date is contingent on the weather. If it's rainy or windy on Saturday the 10th - or if it rains on Friday the 9th - our Project Day will be delayed for one week, to the next Saturday, March 17th.

We hope to see a huge group of folks so we can make short work of the cleanup! HPS is located at 2135 Miller Rd, China Grove, NC 28023. Gather your friends and family, mark your calendar for March 10th - and we'll look forward to seeing you soon!



Taj Joins the Sanctuary

by
Joanie Benson

Many of you had met our beloved Sirius, the large Rottweiler/German Shepherd cross dog who let me share the house with her for many years. In mid-December, Sirius was diagnosed with a very fast growing cancer in her back leg. Very few folks knew the sad situation since I just could not deal with the words of sympathy that I knew would be forthcoming. We spent our last weekend together and Sirius got all the things I would not normally allow her to have. Sirius was 13 or 14 years old.

The house was so empty without the spirit of Sirius that, finally, at the end of January, I could not stand it any longer. Anatolian Rescue had a large female dog the same age as Turk (see September 2011 issue of *Over Herd* to meet Turk). She had spent time living inside and also as a livestock guard dog. Arrangements were made, and Taj joined the sanctuary.



Taj's second home before going to the rescue may have been abusive. She acts in some respects as if she had been beaten. The report was that she would not stay on the property and the owner put her in a small pen where she chewed through the wire.

The first orders of business for Taj were to adjust to the ebb and flow of folks coming and going in the house, to learn her new name, and to come when called. The next step was to start introducing her to all the critters at the sanctuary a little at a time. She is doing great in all aspects except coming when called... that still needs work. Taj and Turk are proving to be great friends; she does not bother the chickens or the cats, and the horses have accepted her. She does like to explore off the property, which is something else we need to work on. Livestock guard dogs will want to explore all surrounding property of the animals they are watching over. They are exceedingly fast running dogs and you do not have a prayer of keeping up with them! Anatolians notoriously do not make good family dogs. They need a job to be happy. Soon Taj will be out with Turk during the day and in only at night.

I have so missed the spirit of a dog in the house and Taj is a great companion. She has decided that she now likes to ride in the car and go for short road trips to China Grove.

Updates at HPS

by Joanie Benson

Inca started our month off with what should have been an easy fix. She had an ulcer in one eye that was not responding to treatment. First, she was given a small amount of sedation to which she had too great a response, so a reversal drug had to be given. Her eye was doctored with standard accepted treatments. Within an hour, she was passing huge blood clots through both nostrils and her mouth. Our vet rushed back and by the time she arrived, the worst was over. Blood was drawn to see if there was a liver issue or if something else would show up, but no clue was provided as the blood panel was normal. There was no explanation for the sudden blood loss.

The next morning Inca was acting really weird, with continual head bobbing, a swollen lower face and colic. Once again the veterinarian was called. We were all mystified as to why she colicked and the only explanation was the use of a very small amount of atropine in her eye twice, the night before and that morning, standard practice for her eye ulcer. Inca also received the standard colic treatment with the addition of a very small dose of steroids to help reverse whatever was causing the other issues. Strange things can take place in a horse who has EPM.

Inca is fine now and back to her usual funny self, including not liking to be bothered at feeding time (she will threaten to take your face off). Other times, she likes attention and scratching. What can you expect from a horse with white eyebrows!

Waco has had a slight cough so we had him checked by the veterinarian. He has now joined Legacy and Flint in receiving a low dosage of Albuterol and is doing fine now. The thought is that he is not used to the normal dust in hay, since he has never had much hay in his life.

Cherub's blood was drawn for another EPM test after we tried a natural product. Unfortunately, it hasn't seemed to make a difference in her condition. On February 20th, we put her on the new medication 10-day treatment compounded from Franck's pharmacy. We'll give you a further update next month.

The Herd: Everyone is doing great except for some small issues like an abscess, a small abrasion from playing too rough with each other, and a little fungus, which a couple of them get it at this time every year.

Abuse Calls: Now that we have had more cold weather and the grass is gone in many peoples' fields, we are responding to more abuse calls. I have also had more inquiries from folks who have taken in a starved horse. I am always so happy to hear from them - smart folks who are willing to learn the correct way to bring them back to health.

Thank you for your continued interest in and support of
the horses of HPS. For too many, this sanctuary
is the only kindness they have known.

The People's Corner

Health Tips from Joanie Benson

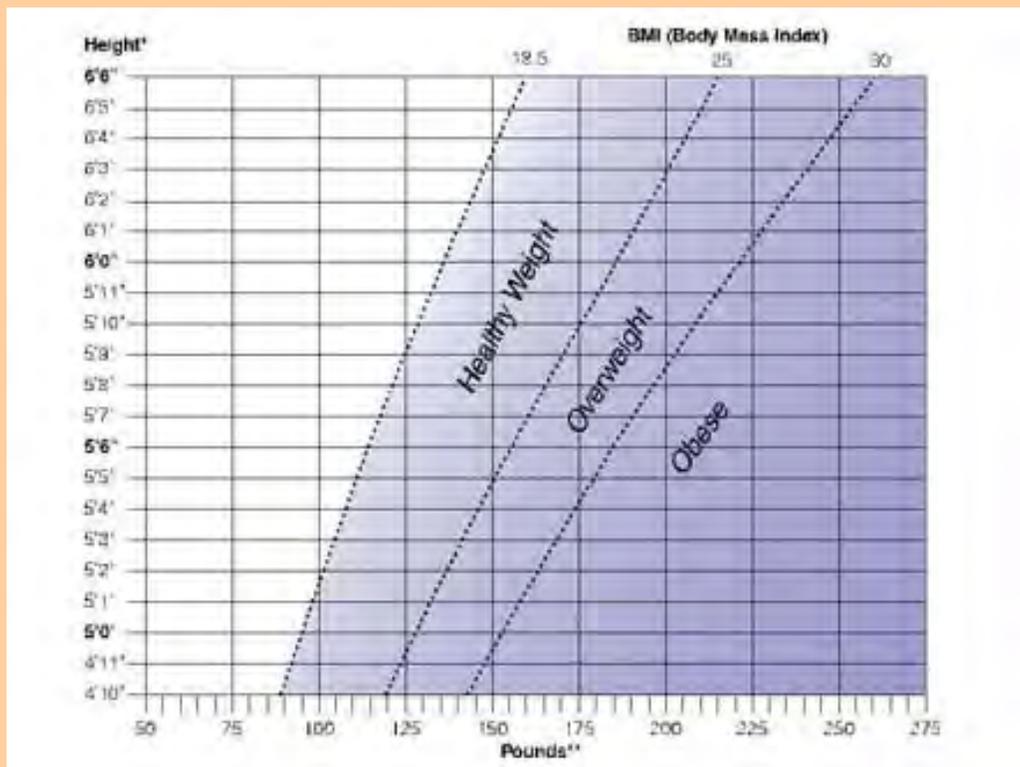
Coming to you from Joanie's personal experiences
or research

I had planned a different article this month, but then heard something on the morning news that sent chills down my back. Researchers performed 600,000 brain scans and found that people who are overweight **have brain shrinkage!** Most of us know of the all the other health risks of being overweight, so I did a search on the Internet to see what

else I could find. There are so many studies that have been done in the last year showing brain damage in people. Where does this shrinkage occur? Most is located in the frontal lobes of the brain, the very important part of the brain for memory and so many other key functions. This is not a "maybe", but they state that overweight will cause dementia which can turn into full Alzheimer's disease. Some scans showed a 12% brain loss! Over the years, people have said to me, "I just can't find the motivation to lose the weight." Maybe this is the motivation that will do the trick for them.

Here is the good news about this topic: New research has proven that changing one's diet to healthy food, getting exercise, losing weight, getting good night's sleep, and taking a daily regime of good quality vitamins and minerals can reverse the damage! The trick is that you have to have all of these! Don't think you can simply add the vitamins and you will be okay... wrong! And I'd like to restate the importance of buying quality vitamin supplements for both yourself and your children. Many of the products carried at the big box stores are made from chemicals and not good for you. Here at the sanctuary, we use the quality products carried by Swanson Vitamins. (1-800-824-4491 or www.swansonvitamins.com) You can contact them for a catalog or a consultation.

I haven't looked at the Body Mass Index in many years and I bet many of you have not either, so we've included one here. Is being overweight affecting our children's' brains also? Since it affects adult brains so dramatically, surely it is causing damage to our overweight children. Given this information, today might be the perfect day to start on the regimen that will get you to great health!



HONORS and MEMORIALS

Happy Birthday Molly Meadows!
By Vicki Berman & Helene Levine

In honor of Betty Lentz's birthday, January 24th.
By Kim Clark

In honor of Betty's birthday.
By Floyd Lentz

In honor of all those
wonderful volunteers!
By Ingrid Schreiber

In honor of Ann Seagle's birthday, February 2nd.
By Tiffany Ferebee

Editor's Note: We deeply regret that the following *Honors and Memorials* were inadvertently omitted from our last issue, and apologize to our donors and their designees for the delay in acknowledging their gifts. Your generosity is greatly appreciated.

In memory of our daughter, Breann.
By Pam & Mike Currie

In memory of Bob Menius, Otho and Owona Earnhardt.
By Betty and Oron Earnhardt

Jane Oglesby's Mooresville elementary school class raised over \$400 in donations and by selling Reindeer Munch.
Huge Horsey **Thank You** to Jane and her class.

In honor of Jane Oglesby.
By Steve, Jane's son, & Carrie Oglesby

I thank all of you. I wish I could help! I am 91-1/2 years old. Margaret M. Reed

In honor of my sister, Wink Bullard.
By Dottie and Don Weissman

Merry Christmas to my sister, Ellen.
By Betsey Wu

In honor of Joanne Johnson.
By Suzanne & John Casey

In honor of my mother, Betty Lentz, for Christmas.
By Kim Clark

In honor of the birthday of Susie Lurz.
By Mel and Flo Kostur

In honor of Robert and Diana McVay.
By Derek Blott

In Loving Memory of our daughter, Kristen.
By Mark & Barbara Hinds

In memory of Jan Smith
by her father, Bill E. Eutsler

To all the amazing animals that have taught me so much
about love, kindness, selflessness and dignity.
By Luann McCain

Monthly Donations & Contributors

It brings such happiness and comfort to know how many of you make the effort to stay connected to HPS and your horses who live here. Your donations enable us to continue to care for those in need and to take in new horses whose lives are enriched by good hay and food, loving touches of our volunteers, and professional expertise provided by our veterinarians, equine chiropractors, farriers and dentists. There is so much these animals require—and *thanks to you*, they receive it.

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Buy your Groceries and Feed the Horses, too.

Food Lion donates 5% of what you spend when you **purchase** their grocery cards **through HPS**. We get the funds from them each month; this can really add up when enough people buy grocery cards. Minimum card purchase is \$5 – maximum is \$499.

Fill out the order form (below) and mail to Sandra Van Dyck *by the first part of the last week of the month*. The cards will be mailed to you right after the 1st of the month. The cards make great gifts too. Who doesn't need groceries?

Make **checks payable to Horse Protection Society**; **mail checks** to Sandra Van Dyck, 480 Stewart Rock Road, Stoney Point NC 28678 (704-818-7335) before the end of the month to receive your cards after the 1st.

~ Grocery Card Order Form ~

Name: _____

Address: _____

City, State, Zip: _____

Phone #: _____

of cards: # ___ @ \$ ____, # ___ @ \$ ____, # ___ @ \$ ____,
___ @ \$ ____, Total \$ _____

Ex: # 3 @ \$ 100. = \$300, # 4 @ \$25 = \$100, Total \$400.

— Register your MVP Card —

If you do not have Internet to register your card, just send the information to HPS and we will register your card for you.

Name: _____

Email or phone: _____

MVP # _____ (This is made up of 12 numbers, including the small printed ones at the beginning and at the end.)

OR

Go to www.foodlion.com

Then click "Community Rewards," and pick "MVP Rewards" from the drop down menu. Our last check was for \$361.57 with only 262 people registered. Please help!

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:
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Check out our Website:
www.horseprotection.org

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Please email us at
hps@horseprotection.org to help
 us save on printing & postage by
 allowing us to send you the news-
 letter through an email link.

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