



# OVER HERD

## Overworked and Starved

By Joanie Benson

Our latest rescue is once again from Iredell County. I am so sick and tired of seeing horses that have literally been ridden into the ground. When are people going to learn that it destroys a horse to be galloped distances over hard-packed ground or ridden long distances when the horse is not in condition? When are they going to care? Horses' joints cannot take the pounding, but because they are loyal animals, they will keep doing what is asked of them instead of dumping their rider on the ground, which I think they deserve.



When their use of the animal has ended because the horse can no longer be ridden, the pattern is to just starve it to death or give it to some unsuspecting new person who does not have a clue how to care for the horse or even afford its care. Of course, they are told, "The kids can ride the horse." Finally, Animal Control is called and the horse is surrendered. Over the years, I have seen this same story repeated time and time again with only minor differences.

Horses can be cantered for short distances on soft ground safely when they are in good muscled condition. A horse in poor muscle can be severely damaged by one thoughtless time of galloping.

Both front knees, fetlocks, pasterns and back hocks of this bay gelding have extensive damage and extreme arthritis. The poor boy is a "one" on the body conditioning scale. His belly is swollen with an overload of parasites. Who knows how long it has been since this starved gelding ever had any type of care!

There is no hope for quality of life in the long run for this sweet horse. We will give this old boy a window of time to be loved and well fed. Then we will have do the "last kind act" of his life.



## Two Horses Return to HPS

By Joanie Benson

### Salida is Back



Pretty Salida left for her new home in 2008. All went well until about eight months ago. Salida decided to take a "Walk About" ...right through the fences. Sometimes, she would do the "Salida dance" right in the middle of the road. Her caregiver tried to figure out what was causing this issue, to no avail. Things were progressively getting worse.

While working nights, neighbors would call and tell her that Salida was out and in the road. Her caregiver would have to leave work and drive 45 minutes to get home and put her back up into the field, do the best she could to repair the fence and race back to work.

One time, Salida even took down the electrical charger box to escape. The fencing coincided with a hog fence that had an electric tape at the top. How she kept from hurting herself is anyone's guess!

While here at the sanctuary before her placement, Salida always had an entourage of mares following her around and, of course, she bossed them into her way of thinking. At her new home, she was with two geldings and she may have been bored with the boys. Breaking out may have been her way of telling her caregiver that she did not care for the geldings. Horses tell us things all the time - we just have to figure out how to understand what it is that they tell us!

Has anyone ever dealt with a situation like this? I would love to hear about it and what caused the escaping issue. At the sanctuary the horses normally will not leave the property except to go visit in a different field with other horses.

The caregivers were so desperate and at the end of their rope being unable to keep Salida contained that they paid someone to bring her back to the sanctuary. She now has her girls, Autumn and Cinder, following her around and is growing her group. Her old buddy, Sahara, is not interested as she has become so bonded with Anza and Cherub.

### The Return of Renegade

Some of our rescued horses that are placed in their new homes stay there for the rest of their natural lives. Some stay for years and for some of the horses-only months.

When any horse goes to a new home, time must be given for the horse to trust and bond with its new family or person. Bonding is not just a given, but must be earned. Each horse is different and the time it takes may vary.



It took Renegade time to bond with his new person, but then life changed for his person and he had to come back to the sanctuary. They could no longer afford to keep him.

Renegade is in fine body condition and should be ready to be placed in just a few weeks. HPS always likes to take some time to observe, make sure every thing is okay with the horse and to complete any needed elective procedures like vaccines, dental and chiropractic adjustment.

Renegade is a beautiful Quarter Horse, only 17 years old and in great health. If you know of anyone interested in a good horse, please mention Renegade.

And please help HPS to be able to continue to provide all the needed care of your horses. We simply can't do this without your support.

## News From the Sanctuary

By Joanie Benson

**Dental:** We are working our way through the herd of horses that need dental work. We like to do this when the weather is neither too hot nor too cold because it's easier on the horses. The average cost is \$110 to \$120 per horse. Each time a new horse comes to the sanctuary, her/his name is added to the list. This costs HPS thousands of dollars. Please help with this so important medical need. By keeping the horses' teeth in good grinding condition, it helps them digest their feed and hay better. Often the older horses may have a loose tooth that needs to be pulled so they can chew more comfortably.

**Chiropractic Adjustments:** Each horse that goes back under saddle needs a chiropractic adjustment. This makes the horses more comfortable when we start working with them and it helps to keep our riders in the Training Program safe. At the present time we have about 12 horses that need this important vet care done. The cost is \$40 a horse or \$480. It is almost impossible to place horses if they are not going well under saddle. Please help make this possible.

**Indoor Training Arena:** Thank you so very much to the kind folks who donated a total of just under \$2,000 in April towards the Indoor Training Arena. We are still in need of donations for this specific need, and I ask for your help.

Here in North Carolina, the summer weather is already starting to show itself. It's not even out of April yet and we are looking at temperatures in the 90s. That kind of sun and heat make it much too stressful to work the horses out in the open air, but with the enclosed arena, we can work with our horses regardless. And if we can work with our horses, we can have them ready to go to new, forever and loving homes. Their lives will be re-purposed and it will also make room for those like the one on our front page to find some respite from abuse and starvation.

## Update on Fund-Raising Efforts

As you are probably aware, we have some on-going fund-raisers to help defray the expenses incurred on a regular basis. With approximately 45 horses onsite, our "regular" vet bills take a large chunk of our monthly outlay, as does feed and hay. (To keep our equines as healthy as possible - both mentally AND physically - they have free access to hay 24/7. )

Here's a reminder about and update on a couple of ways you can help as a by-product of taking care of yourself and your family:

**Shop at Food Lion and Help HPS:** There are two ways to help the horses when you help yourself at the grocery store. One way is to link your MVP card to us, and the other is to order Food Lion gift cards through us. Please contact Ashley Bethea at 704-855-5447 or check the website (<http://www.horseprotection.org/id18.html>) for more details.

**Aluminum Beverage Can Recycling:** We're thrilled that the wholesale price of aluminum has risen—Roberta reports that the last run from our Can City netted \$201.50. That represents about one month of expenses for one horse. We currently have 45 horses at the ranch—so we need a lot more cans! Please collect aluminum beverage cans at your work, at your favorite hangout, at church socials, from your neighbors—well, you get the idea. Bag them and bring them to Can City at the sanctuary. We'll do the rest. The horses can't enjoy the beverages but they appreciate the empties!

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## Monthly Donations & Contributors

If you listen to the news each day, the big messages are 'uncertainty' and 'change' - from dictatorships being toppled to gas prices rising here at home to political wrangling in Congress, etc., etc., etc. The one thing that has remained *certain* and *unchanged* is the devotion of our monthly Angel Sponsors to ensure that the horses left behind have a safe haven at HPS. Thank you for keeping your eye on the constant goal of rescue, rehabilitation and re-homing. And thanks to all who donate for allowing us the means to take in and care for those abused animals who cannot be fixed but who can be loved and fed and to know human kindness before taking their leave of this planet. You have our gratitude and love.

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## memorials

HONORS  
*In honor of my wife, Betty, on  
 our anniversary, April 16th.  
 By Floyd Lentz*

*In honor of all the workers there  
 at the farm for the wonderful job  
 you do!  
 By Jill Messer*

In memory of Firelight & Cortez.  
 By Sybil Athey

*In memory of Chloe. Beloved com-  
 panion of Tracy Byrnes.  
 By Janet & Lou Elmo*

In memory of Denali, "A short time  
 with me - but remembered forever."  
 By Dottie Rebhan

*In memory of Spirit who crossed over  
 the Rainbow Bridge on March 15th.  
 By Jill Messer*

In memory of Pawnee and in honor of  
 the HPS Angels who cared for him.  
 Run Free, Pawnee!  
 By Dianne Doub

In memory of our dear friend,  
 Donald Hornburg.  
 By Don & Jane Koester

In memory of Donald Hornburg.  
 By Barbara & William Epps

In loving memory of Sir Harley.  
 A Great Dog!  
 A Friend to Many.  
 An Inspiration to All.  
 The Light in Eva's Life.  
 YOU WERE LOVED.  
 By Andrea Radabaugh  
 And  
 Millie & Andre Norris

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 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)



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 email link?

### The People's Corner

Health Tips from Joanie Benson

Coming to you from Joanie's personal experiences or research

**GMO grains:** Whole Foods and Trader Joe's use only explicitly non-GMO products for their in-store brands. If you have not read about GMO grains, you should become aware of the health issues. GMO stands for Genetically Modified Organisms.

**Pecans:** Just three ounces of whole pecans a day can decrease LDL cholesterol levels in the body by 33% and double your vitamin E, which is closely associated with inflammation reduction. These nuts contain antioxidants and provide a protective effect against disease. Pack healthy snacks of walnuts, almonds, raisins, pecans, or healthy dried fruit. For that afternoon slump, grab a little healthy cereal rather than the junk in the snack machine. Of course a piece of fresh fruit is always a good choice.

**Acid Reflux or GERD:** One tablespoon of organic apple cider vinegar in four ounces of water before meals has been shown to calm the stomach and help with digestion. One ounce of Aloe Vera juice mixed in two ounces of water can be taken as soon as the reflux symptoms start. This might enable you to stop the pills.

**Dr. Oz:** Dr. Oz has a daily TV program packed with healthy information. If you can't watch when it's on, just tape it and make a habit to watch every day at your convenience. If you don't care about your health, who will?