



Huge Sale - Horse Tack and Much More!

HPS needs your help to spread the word. Folks who receive the newsletter by email will have an attachment of the flyer for the sale. Please print some off and post them anywhere people may see the flyer. You can also send the information to your email list and ask them to send it on to their horsey friends.

On the weekend of September 3rd, which is the one before our sale, we may still need help with getting everything marked and ready for the sale. Can you come help? We need extra help as well the day before the sale to get everything set up and to put the signs out—that's Friday September 9th. And do you have time to help on with the sale on September 10th? Please email us with the times you can come lend a hand for this very important fundraiser: hps@horseprotection.org.

Details for our Horse Tack Sale:

DATE: Saturday, September 10th,
9:00 AM - 3:00 PM

LOCATION: 2135 Miller Rd, China Grove, NC
Rain or shine – to be held in our new Indoor Arena

Some of the items to be sold: English and western saddles, saddle pads, saddle bags, English girths, western cinches, halters, bits, blankets, fly masks, half chaps, English riding boots and clothes, training carts (2) and harness, horse tire swing, riding mower attachments, gas pressure washer, chain saws, and antique mirror and table. This is just a partial list - - there is so much more! Please help HPS to promote this fundraiser and come help out.

Thank you!

Tacoma Returns

by Joanie Benson



In April of 2004, Tacoma and Shiloh came to the sanctuary. They were from Union County and involved in a court case. Tacoma was just two years old at the time and had not been gelded.

Tacoma was undersized and looked like a yearling, not like the beautiful American Standardbred that he would become. Over the next year, Tacoma's transformation was wonderful to watch as he grew

stronger, was gelded and his energy levels hit new highs. (You can read his story in the May 2004 *Over Herd*.)

In November 2005, member Susie Lurz requested the opportunity to take Tacoma to her home in Leatherwood NC and work with him. Her goal was to slowly get him under saddle and then return him to HPS. Well, she fell in love with him and his personality. The years slipped by and we were delighted he was being ridden and living happily in the mountains with Susie's other horses.

Susie is now making some life changes, and brought Tacoma back to the sanctuary. He is BEAUTIFUL! Well-muscled and ready for a new career. Susie felt that with his flexibility, dressage would be a good choice for Tacoma. He is a happy guy who does well with the other horses. He joined the pond field horses and fit right in.

It is wonderful to have a horse at the sanctuary that is well-muscled and ready to start some more serious training. *Please help Tacoma find the perfect home!*

Finally - the Right Livestock Guard Dog

By Joanie Benson

The Anatolian rescue delivered our new livestock guard dog to the sanctuary. He was handpicked by the rescue based on knowing their dogs and what they felt would be the right dog for HPS. Turk is a handsome tall fellow who enjoy attention. It took only a short time for him to become comfortable with the horses moving around him. Turk is also accepting of the chickens and our two kitties, Zucchini and Pumpkin.

Turk is doing his job of discouraging unwanted wildlife from the property. Skunks often carry rabies and opossums carry the EPM protozoa. Neither species is a welcome guest at the sanctuary. When we did not have a livestock guard dog monitoring our pastures and barns, we had an unwelcome fox den on the property. Many of the cases of rabies that have shown up have been due to rabid foxes attacking animals and people. Turk will help to discourage the wildlife from taking up residency on the property, thus keeping your horses safe from predators and disease.



Volunteer Norma Miller taking a break from her work with Turk, new livestock guard dog, at HPS.

Hidden Costs and How You Can Help

We love to share our experiences and information with you, but in these days of smaller contributions, we have to find every way possible to cut costs without cutting services to the horses or to you – our sponsors, donors and supporters. An easy way for you to help us with this challenge is to receive your copy of Over Herd by email. The Postal Service has increased the prices for our mailings, and we still send out on average over 830 newsletters each month. If we could get that cut in half, we could put that money towards our vet bills or farrier costs, supplements or other expenses each month. The cost of rehabilitating one horse who has been neglected, starved or turned out can be huge; we know you care about these loving animals and want to help in any way you can.

And if you already get Over Herd via email, please be sure to let us know if you change your email address. We receive many delivery failure notices each month – and we don't want you to be one of them. Thanks!!

Memorial

Queenie, some horses come into our lives and
quickly go. Others like you stayed long enough to
make hoof prints on my heart
and I'll never, never be the same.

By Dottie Rebhan

HPS OFFICERS

These are the people who oversee the day-to-day operations, plan and organize the fund-raisers, and make sure that horses, volunteers and members are cared for. If you'd like to become more involved, contact any of them for more information.

President	Deborah Baker	704-855-1267	de_bakre@yahoo.com
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Monthly Donations & Contributors

The list this month is small, but our hearts are full of thanks to those of you who continue to support the horses of HPS. You KNOW we could not do this important work without you. And there are still many horses who would benefit from an Angel Sponsor or your Honor or Memorial for a friend or loved one. Thank you for considering this.

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The People's Corner Health Tips from Joanie Benson

Coming to you from Joanie's personal experiences or research

Have you had shortness of breath or chest pain, fatigue or feeling weak, dizziness, trouble with balance, feel faint, confusion, memory loss or dementia, coldness, numbness or tingling in the hands and feet, slow reflexes or diminished nervous system function, pale skin or even yellowing of the skin, or a sore mouth and tongue? If you are having any of these symptoms, it maybe a vitamin B-12 deficiency which, according to the University of Oxford study, can actually cause brain shrinkage. Research is suggesting a link with Alzheimer's.

Not all Vitamin B-12 is created equal. The most commonly available form of vitamin B-12 on the market is the cheap synthetic form that's actually bound to a cyanide molecule (yes, cyanide, the poison). It's called **cyanocobalamin**, and you'll find it in all the cheap vitamins made by pharmaceutical companies and sold at grocery stores and big box stores. If your B-12 contains cyanocobalamin, throw it out!

The safe vitamin B-12 is methylcobalamin. This is what you should be taking. Most people are deficient in B-12.

Most people think of themselves as human beings. Sometimes you may hear people say they had a spiritual experience at some point in their life. The vast majority of people seem to be more concerned with material things than with their spiritual well-being, which promotes health in the body.

If you change your thinking to "I am a spiritual being having a human experience", it changes everything. When the heart and spirit reconnect, there will be no more fear or hate, and material things just will not be that important anymore. You will start to feel a oneness with all people, nature and the world. Your purpose and reason to be here will become the important things in your life. We are living in a material-based world.

What would the world be today if we were all spirit-based?

Donation From: _____ Phone# _____ Address _____
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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.

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What's a Pond Without Horses?

By Joanie Benson



Tacoma quickly made friends and they all took a roll in the pond. On the picture to the left, Tacoma is in the front, the white butt is Snow Storm, Salida has the white blaze, Autumn is tucked in behind Salida, and Cinder in the back right.

HPS has many beautiful, **fully recovered** horses. These lovely babies need Angel Sponsors until they can find new loving homes.

Any monthly amount is greatly appreciated. If you fill out a Membership form, you are welcome to come and spend time with your Angel-Sponsored horse. HPS needs your aid for the horses!