

## Weekly Pile for week of March 28 2011

Hey Folks,(Horse Emailer's),

Included is the Weekly Pile of Information for the Week of March 28, 2011, Extension's Equine related educational information & announcements for Rockingham & Guilford Counties. To have something included in the Weekly Pile, please follow these simple guidelines.

- Information included needs to be educational in nature &/or directly related to Rockingham or Guilford Counties.
- Please E-mail information to me by Wednesday each Week.
- Please keep ads or events as short as possible - with NO FORMATTING with NO unnecessary Capitalization's, and NO ATTACHED DOCUMENTS. (If sent in that way, it may not be included)
- Please include contact information - Phone, Email and a like.
- PLEASE PUT WEEKLY PILE IN SUBJECT LINE when you send in to me.
- THERE ARE NO CONTINUAL RUNNING SPOTS - Ads must be sent in each week
- The Weekly Pile is not for listings for Commercial type properties or products.

If I forgot to include anything in this email it was a probably an oversight on my part. BUT PLEASE, LET ME KNOW!

If you have a question or ideas that you would like covered in the Weekly Pile, please let me know and I will try to include. As Always - I would like to hear your comments about the Weekly Pile or the Extension Horse Program in Rockingham or Guilford Counties!

Included in This Weeks Pile:

1. A Day late and a Dollar Short
2. Equine Limitations of Performance
3. Theft
4. Small-scale pastured livestock production is under Grave Threat
5. You Asked
6. Free Pesticide Collection Day In Rockingham County
7. Endurance Division at Yadkin Valley Hounds
8. Food Safety Course for small producers Marketing Rabbit Meat
9. Rockingham County Clean Up Week
10. Guilford County Spring Clean-up
11. Equestrian Trail Alliance Meeting April 7
12. Open Community Fun Show, April 16, @ Piedmont Saddle Club
13. Fun Open Horse Show May 14th Hardin's Farm and Stables
14. Hay Directory
15. Swap Shop - For Sale/Wanted - Equestrian Facilities Available
16. Take A Load Off.

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1. I know, I am a Day late and a Dollar short! Sorry about the delay but like everything else in my life right now I am behind but I am working to catching up.

To assist me, Don't forget to send me questions, ideas or information to include in this newsletter.

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## 2. Equine Limitations of Performance Craig Wood, University of Kentucky

During anaerobic exercise, lactate production is the most limiting factor of performance. Low oxidative muscle fibers do not contain a great concentration of lactate dehydrogenase, the enzyme that converts lactate to a usable form. Muscle is unable to continue working in the presence of a high level of lactic acid and, therefore, fatigue occurs. Lactate decreases the pH of the muscle (acidosis), resulting in a decreased ability to use carbohydrates for ATP production. It has been postulated that the decrease in muscle pH due to lactate accumulation also decreases the muscle's ability to uptake calcium for contraction.

Heat is a by-product of the metabolism of fuels and is also a cause of fatigue in the equine athlete. As muscle temperature rises, certain enzymes that are used in the metabolism of fuels are unable to function correctly. High muscle temperature, along with decreased muscle pH, has also been related to the decreased ability of the muscle to uptake calcium for contraction.

Environmental conditions play an important role in the performance of a horse. It has a large effect on the ability of a horse to dissipate heat produced during exercise. Loss of heat by convection and radiation depend on a temperature difference between the skin and the air. When environmental temperature is low (10°C), convection and radiation are able to dissipate a large amount of heat produced; however, when environmental temperature increases (36°C), convection and radiation are ineffective, and the horse must rely on sweat as its primary method of heat loss. Humidity also limits the amount of heat that can be dissipated from the body. High humidity decreases the ability of a horse to sweat because the water vapor content in the air is high. In conditions of high heat and humidity, horses are severely limited in their ability to dissipate heat, and precautions must be taken to prevent dangerous elevations in body temperature.

Muscle glycogen depletion is not a factor in fatigue of horses working at high intensities, but it can affect horses working at prolonged, low intensities. During submaximal exercise, free fatty acids and glycogen are the major fuels for energy. When glycogen is depleted from the liver and working muscles, ATP production decreases and fatigue sets in. Although fat stores are not depleted, they cannot be metabolized without carbohydrates

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### 3. Theft - In our difficult economic times thefts increase. I know that the horse market is down but someone looking to make a quick dishonest dollar will steal anything. Some places I have visited have nice tack & equipment & would be easy targets if that was someone's motive.

15 Steps to Minimizing Theft of Horses and Equipment  
Pete Gibbs and Leman H. Wall, Professor and Extension Horse Specialist, and Extension Assistant-Animal Science/4-H; The Texas A&M University System

Individuals can take several precautions in the management and care of horses, facilities and equipment to minimize the risk of theft. This article contains 15 steps to minimizing theft on any horse farm.

Almost any victim of horse theft can attest to the emotional and economic effect of such a crime. Over the past several years, both large- and small-scale owners have suffered thefts of horses, trucks, trailers, saddles and other tack.

Horses and equipment are stolen from barns, farms, pastures, boarding and training facilities, competitive events -- even from backyards. Tracking stolen horses can be difficult because theft reports are often delayed and stolen horses can change hands frequently and at remote locations.

Individual horse owners can take steps in the management and care of horses, facilities and equipment to minimize the risk of theft. Here are 15 steps to curbing horse theft. At least some of them should be applicable for every horse owner.

1. Permanently mark horses using one or more methods. Thieves are less likely to steal horses that are permanently marked, and those that are stolen are easier to track and recover. Horses can be marked permanently by:

Freeze brand -- using customized, number or letter iron and by alpha angle code methods;  
Hot iron brand;  
Microchip, an implant; and/or  
Lip tattoo.

2. Photograph horses & equipment and keep photos current.

Photograph both sides of the horse as close as possible, being sure to get the entire horse in the frame. Although saddles, blankets, leg wraps and people may look good in a photo, they often impair the photo's usefulness for identification.

Photograph the front of the horse, being sure to get a clear picture of the head. If possible, also take a rear view.

Take close-up pictures of any unique, identifying characteristics, such as a brand, permanent scar or white markings.

3. Establish an organized, easy to find, proof of ownership file. To save valuable time and frustration in proving ownership should a theft occur, keep on file:

Registration papers, if the horse is registered with a breed association;  
Dated bill of sale, and/or breed association transfer of ownership paperwork;  
Photographs; and  
Description of mark or brand and written description of all unique characteristics.

4. Record the permanent brand or mark with the county clerk's office in the county where the horse lives. Registration helps law enforcement officers and brand inspectors communicate and determine ownership and can speed the process of filing theft reports.

5. Secure barns, corrals or pens from the road with a good perimeter fence and well-built gates that can be locked.

6. If you plan to build a barn or corral, locate it away from the road.

Place facilities beyond your house if at all possible. They are less likely targets if more difficult to access and require thieves to pass by a house.

7. Manage pastured horses to make theft more difficult.

For safety as well as theft deterrence, never leave halters on pasture horses.

Do not feed horses close to the pasture gate or near the road. Although convenient for owners, this practice actually helps potential thieves. Hungry horses will congregate around the usual feeding area making them easy to catch.

Keep pasture gates locked.

Check on pasture horses regularly and vary the time of your trips to the pasture.

Absentee owners sometimes don't realize for several days that their horses or equipment have been stolen from barns or pastures.

8. Do not hang halters and lead ropes on stall fronts, corral gate posts or anywhere in the open.

Secure halters in a locked tack room or feed room.

Avoid the temptation to leave halters on pastured horses.

9. Permanently identify and lock up expensive tack.

Consider having your driver's license number engraved on the underside of saddles, expensive headstalls and other valuable items. While it will not prevent theft, locking the tack room does deter it by increasing the time a thief must be on your property.

Deter theft by locking up halters and lead ropes.

10. Make horse and livestock trailers inaccessible, hide them from view and be able to prove ownership. Use commercially available locks to secure the hitch on a bumper-pull trailer. Many gooseneck trailers can be padlocked.

Park trailers in a barn or somewhere hidden from traffic to make it harder for thieves to determine what is available and when or if horse owners are home.

On commercially manufactured trailers, know where the VIN or serial number is located -- often on the frame or tongue -- and have the number on file.

Know and record your trailer's license plate number.

Take and file photographs of your trailer.

11. Use signs and warning posters where appropriate.

To signal to potential thieves that the owner is informed, active and aware, post such notices as:

No trespassing signs;

Security system signs; and

Farm or livestock association membership signs.

12. Install motion-sensor lights.

Motion-sensor lights turn on when they detect activity in strategic areas.

Park trailers where they are hidden from view.

13. Talk to local law enforcement authorities about the value of dogs and other animals in deterring theft.

Thieves dislike dealing with dogs. However, consider that dogs also require management.

14. Keep the activity level up around horses.

Horses isolated from well-traveled areas and often left alone are easy targets. To deter theft: Vary your routine to make it difficult for potential thieves to know when you will be away. Avoid advertising when you are leaving town.

15. Establish a horse and facilities watch program with other horse owners in your area.

Take turns checking on each other's horses.

Check on group members' horses regularly when they are out of town.

Although horses and equipment will never be entirely safe from theft, many are stolen simply because it was made easy for thieves. Taking these steps to prevent theft will help you keep your horses and equipment safe.

For more information or more specific guidelines for individual situations, contact law enforcement authorities in your town, city or county. Many communities have crime prevention guidelines, suggestions or programs and sometimes even resource people who will speak to equine groups and associations.

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4. Small-scale pastured livestock production is under Grave Threat

Forwarding from Roland McReynold's at the Carolina Farm Stewardship Association. We very much appreciate CFSA leadership on this issue. Please read closely and contact your NC representatives today.

Casey McKissick

NC Choices

The state's support for small-scale pastured livestock production is under grave threat in the ongoing state budget debate, and the Legislature must hear from you!

The NC Dept. of Agriculture's Meat and Poultry Inspection Division provides inspection services for 188 meat processing facilities in the state. The plants inspected by the NCDA are small or very small businesses that accept orders from small farmers that bring just a few animals at a time. These animals do not have to be uniform in size or weight as those processed by the large USDA inspected slaughterhouses. The small slaughterhouses provide product for rural independent grocery stores, direct marketing farms, and restaurants, and are a vital part of our regional food system.

Most of these small plants are in rural areas of the state, and so the state meat inspection program helps the economy of our rural areas. These small plants employ more than 3,000 workers and generate approximately \$6 billion in income a year. There are more than 430 farmers with meat handlers licenses from the state, many of whom use state-inspected plants to process a small number of animals at a time and sell the meat at local farmers markets.

Elimination of the state meat processing inspection program would result in the closure of many small processors and economic hardship for farmers who rely on the plants. For example, when Michigan and Arkansas state meat inspection programs were eliminated in 1981, leaving only USDA inspection, the number of plants dropped dramatically, with Arkansas losing 213 of 339 and Michigan 236 of 487 plants within 10 years.

Take Action!

The Joint Appropriations Subcommittee on Natural and Economic Resources is considering cutting funding for the state meat inspection program, which costs about \$3.5 million per year. Now is the time to contact your state House and Senate member and tell them not to eliminate this vital service. To find your legislators, visit the NC Legislature's website, <http://www.ncleg.net/GIS/RandR07/Representation.html>

Here's the message to share:

Dear Rep./Senator:

The NCDA meat inspection program is vital to creating jobs and economic opportunities for small livestock producers and rural communities. Unlike large, factory-style slaughterhouses, the plants under NCDA inspection accept orders from small farmers that bring just a few animals at a time. The NCDA provides small meat processing businesses with more assistance and greater accessibility than they would have under USDA oversight.

The small processing plants working under NCDA inspection provide 3,000 jobs and \$6 billion in annual revenue to our rural communities and small farmers. Other states that have cut state meat inspection services lost 50 to 60 percent of their small meat processing plants as a result.

Please protect this essential service for a growing part of North Carolina's local food economy and fully fund the state meat inspection program.

Thanks for taking action to help the pastured livestock industry in NC thrive.

Roland McReynolds, Esq. Executive Director  
Carolina Farm Stewardship Association  
PO Box 448, Pittsboro, NC 27312  
[\(919\) 542 2402](tel:9195422402) [roland@carolinafarmstewards.org](mailto:roland@carolinafarmstewards.org)

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5. You Asked: How can I Extend an Orchardgrass Stands Life?

There are some Orchardgrass growers that are unhappy with the stand persistence of newer varieties. Like most grass species, the height that it is grazed or cut can make a big difference. Hot & dry weather may be one reason in the last few years that may explain why orchardgrass utilized for grazing isn't lasting longer. Another major reason is that many of our orchardgrass pastures (and other forages) have been overgrazed and abused, which results in pastures grazed to low or to the ground. Carbohydrates are stored in the lower part of the plant and consistent low grazing heights will have a detrimental impact on root development.

For Orchardgrass start to graze when grass is at a height of 6-8 inches and stop grazing at 3-4 inches. When doing this the recovery period (or pasture rest period) should be 30-60 days. The longer you can keep off each time the better, better for root development and the well being of your investment.

In haying operations, growers should consider orchardgrass cutting heights of 3.5-4". cutting orchardgrass at 1-2" repeatedly will certainly reduce stand life.

It takes management, and many times it is trial & error to get a system that works for you and your farm. You don't just turn the animals out to have at it; if you do this you will find that you will have less grass & have to feed more hay, decreasing the weight of your pocketbook.

I have sent out the Grazing Management information before, but if you have not seen it before or would like it, just send me an email asking for the Grazing Management Information and I will be glad to send it to you.

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6. Free Pesticide Collection Day In Rockingham County

Do you have pesticides at your home or farm that you no longer need or use? If your answer is 'yes', then you'll be interested in the Rockingham County Pesticide Collection Day on Wednesday March 30, 2011.

The Rockingham County Extension Office, in cooperation with the NC Department of Agriculture and Consumer Services' Pesticide Disposal Assistance Program, a NON-Regulatory and Cost-Free program, will be offering this Pesticide Collection Day for residents in Rockingham County and all of the surrounding North Carolina counties.

County Agricultural Extension Agent Kathryn Holmes will be the local contact for the event. The Collection will be from 10:00 a.m. to 2:00 p.m. at The Rockingham County Agricultural Center, 525 Hwy 65 Reidsville, NC 27320.

Nearly all pesticide products will be accepted at this amnesty collection event, including banned and out-dated pesticides. For pesticides with unreadable or missing labels, please contact the Cooperative Extension Office for instructions. Please save any portion of the label to help identify the material so you can be assisted with disposal. Unknown materials cannot be accepted.

For gas cylinders or containers greater than 5 gal in size, please contact the Extension Office BEFORE the Collection Day for special instructions and information. For tips on transporting the pesticides safely to the Collection event, contact the Extension Office.

Each year the Pesticide Disposal Assistance Program ([www.ncagr.com/PDAP](http://www.ncagr.com/PDAP)) visits between 40-50 counties to collect unwanted and unused pesticides through this NON-regulatory amnesty Program. This means that a Collection Day of this kind only happens about once every other year in each county!

Don't miss this pesticide collection opportunity in Rockingham County co-sponsored by NCDA&CS and

the NCCES. For more information contact Kathryn Holmes, Rockingham County Agricultural Extension Agent at [\(336\) 342-8230](tel:336-342-8230).

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7. Endurance Division at Yadkin Valley Hounds  
From: BJ Rierson

Most of you know that Tammy and I went to “timed rides” at Yadkin Valley Hounds last year and had an absolute blast. Well, we apparently had an impact of sorts as well They recently voted to add an endurance division to the rides. Hee hee We just can’t seem to help ourselves.

You will do the marked loop twice which means around 10-12(?) miles total. This is perfect because most endurance rides consist of 10-15 mile loops with 40 min holds in between. Now you can prove to yourself that you and your horse CAN go the distance! Even better, is that there are hot dogs, hamburgers and cold drinks at the end... and you didn’t even have to pack OR cook them. (just pay for them –hee hee) And that is nothing when you add to it the great bunch of people that are there and love horseback riding as much as you!

Get the rest of the story at: [www.yadkinvalleyhounds.com](http://www.yadkinvalleyhounds.com)

Remember: Helmets are not required for adults, but if you fall off without one, and bust your noggin – I’m off duty!

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8. NCSU & NCDA&CS to host 2 day food Safety Course for small producers interested in marketing Rabbit meat

Janna Spruill, Regulatory Programs Coordinator  
Food and Drug Protection Division  
[\(919\) 733-7366](tel:919-733-7366)

RALEIGH -- A two-day course geared toward rabbit producers interested in marketing rabbit meat for sale will be held April 11 and 12 at the N.C. State University Animal Poultry Teaching Unit. The deadline to register for the course is April 6.

If you are currently involved in rabbit production and are interested in selling your rabbits to restaurants or other locations regulated by Health Departments, then you will want to sign up for the upcoming Rabbit HACCP training, scheduled for April 11-12, in Raleigh.

The NCSU Poultry Science Department and the N.C. Department of Agriculture and Consumer Services are hosting the event to provide the basics for rabbit producers. Course topics include rabbit processing, the principles of Hazard Analysis and Critical Control Point, small business management, good manufacturing practices and sanitation standard operating procedures. Attendees will also participate in practical exercises as part of the course.

Cost for the workshop is \$50 and includes snacks, lunch and printed materials. Space is limited to 20 participants. The registration deadline is April 6. You can access the registration form here: [http://www.ncagr.gov/markets/agribiz/Rabbit\\_HACCP\\_Flyer.pdf](http://www.ncagr.gov/markets/agribiz/Rabbit_HACCP_Flyer.pdf)

For details on the program content, contact Janna Spruill, [janna.spruill@ncagr.gov](mailto:janna.spruill@ncagr.gov) or [doug\\_smith@ncsu.edu](mailto:doug_smith@ncsu.edu).

Registration questions should be directed to Ron Fish: [ron.fish@ncagr.gov](mailto:ron.fish@ncagr.gov).

To register by mail, make checks payable to N.C. Ag Promotions and mail to NCDA&CS, 1020 Mail

Service Center, Raleigh, NC 27699-1020, Attn. Ron Fish. For more information, contact Janna Spruill at (919) 733-7366 or [janna.spruill@ncagr.gov](mailto:janna.spruill@ncagr.gov), or Doug Smith at (919) 513-7157 or [doug\\_smith@ncsu.edu](mailto:doug_smith@ncsu.edu).

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#### 9. Rockingham County Clean Up Week

From: Jack Brinkley, Solid Waste Program Manager, Rockingham County Environmental & Engineering Services

The Environmental & Engineering Services Department and Keep Rockingham County Clean & Green (Beautification Council) are joining forces to plan for an annual "Clean Up Week" for Rockingham County residents who participate in this program. Judy Wall, Chair of Keep Rockingham County Clean & Green, has requested and the Board of Commissioners has approved the week of April 11 to April 16, 2011 for this year's annual event. With the approval, tipping fees for County residents will be waived at the Rockingham County Solid Waste Management Facility (Landfill), in order that citizens can clean up around their respective residential properties and dispose of their discarded items and wastes at the Landfill at no charge.

The following conditions and restrictions will apply to the "Clean Up Week" event.

- The following items are banned from disposal at the Solid Waste Facility: aluminum cans, auto batteries, liquids, used oil, used oil filters, antifreeze, paint, hazardous waste, pesticides, whole scrap tires, wood pallets, asbestos, drums, barrels, pressurized containers, yard waste, and appliances/scrap metals. RECYCLING is provided for aluminum & steel cans, auto batteries, antifreeze, used oil, used oil filters, whole scrap tires, clean wood waste, appliances & scrap metals and these named items will be accepted for recycling. Glass (clear, brown, & green)bottles, jars, & jugs, news paper, mixed paper, cardboard, plastic (bottles, jars, & jugs), 20 Lb. propane tanks, and wood pallets, can also be recycled. Bulk oil recycling (drums) is scheduled for Wednesday morning, April 13th from 8:00 AM to 12:00 noon at the Facility.
- Regular residential solid waste will be accepted for disposal from County residents, and items from the usual municipal "clean up" collections programs conducted during the "Clean Up Week". Waste from "clean up" collection programs conducted by DOT will be accepted during the separately designated Spring Litter Sweep. However the municipalities and DOT must receive prior approval from the E & E Services office prior to the "Clean Up" week.
- Recyclable materials including scrap tires, appliances & scrap metal, antifreeze, used oil, used oil filters, wood pallets, clean wood waste, and auto batteries must be separated from other solid waste materials brought for disposal. These materials should be brought on loads separate from wastes brought for landfill disposal. During "Clean Up Week" only, a maximum of 25 scrap passenger tires per each County resident or approved clean up campaign will be accepted for processing during this week. Prior approval must be requested and received from the E & E Services office for special clean up of more than 25 tires.
- No "Commercial" solid waste material will be accepted for free disposal during the week. This includes shingles, remodeling and construction materials, demolition materials and other waste so recognized as commercial waste. No industrial waste will be accepted for free disposal. No animal carcasses will be accepted for free disposal.
- Commercial haulers of residential waste will not be allowed free disposal.
- Residents are urged and encouraged to remember those charitable organizations such as the Salvation Army, Goodwill and church & civic groups who may provide benefit to those less fortunate with donations of usable discarded items. These are good recycling efforts and avoids disposal in the Landfill.
- Questions and requests for approval of "clean up" collection programs are to be directed to the E & E

Services Office as soon as possible and prior to the "Clean Up Week". Fees will be charged for those wastes not approved for waiver of fees. Contact 427-5421 and 342-8371 during regular office hours.

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10. Guilford County Spring Clean-up – Saturday, April 16th – 9 am to 3 pm at the Guilford County Ag Center (HHW, e-waste, white goods, tires, household recyclables)

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11. Equestrian Trail Alliance Meeting April 7

Equestrian trail alliance of Guilford county, next meeting April 7th 6:30 pm Kathleen Clay Library located at 1420 Price Park Road Greensboro NC. Will be discussing Bryan Park trail clearing days, If you have questions or need more information please contact Betsy Rice at [336-307-1092](tel:336-307-1092)

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12. Open Community Fun Show, April 16, @ Piedmont Saddle Club in Colfax. No class entry fees; admission \$5 per person, \$5 per horse. Contact Jenny Taylor [919-323-9910](tel:919-323-9910) or [info@piedmontsaddleclub.org](mailto:info@piedmontsaddleclub.org). See [www.piedmontsaddleclub.org](http://www.piedmontsaddleclub.org) for class list, release form, sponsorship, directions, etc. Sponsorship info contact Carol Merritt [336-312-4149](tel:336-312-4149) or [ckmerritt@bellsouth.net](mailto:ckmerritt@bellsouth.net). Last year's attendance: over 600 people

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13. Fun open horseshow Saturday May 14th 9:00 am

Hardin's Farm and Stables - 8201 Millrun Rd Stokesdale NC 27357 for more information see website [www.cc-ha.org](http://www.cc-ha.org) or contact Steve Nelson at 688-8845 or Helen Isley 580-4532

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14.. HAY DIRECTORY - A Hay Directory is maintained by the North Carolina Cooperative Extension Service for the Rockingham County and Guilford County area. This directory is intended as a service to both hay producers and buyers in the area. If you are in need of hay or would like to be added (or removed) from this list please call me at [1-800-666-3625](tel:1-800-666-3625) or 342-8235 and let me know your name, address & phone #, type of hay, number of bales, (square or round bales) and weight per bale.

MANAGE YOUR PASTURES!

WHEN YOU HAVE CUT HAY AND HAVE SOME TO SELL, PLEASE LET ME KNOW!!

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15. Swap Shop - For Sale/Wanted - Equestrian Facilities Available

- Need a gift for your pet lover? Pastel pet portraits from an e-mailed photo. Reasonable and quick turn around time. E-mail [ammbigmac@yahoo.com](mailto:ammbigmac@yahoo.com)

- Stall and pasture boarding available in Liberty, NC. Great facility has round pen, lighted riding ring, and friendly atmosphere. Safe secure facility, owner on-site.  
Pasture Board \$150/mo. Incl board, feed and hay.  
Stall Board \$250/mo. Incl board, feed and hay.  
Training and lessons also available at reasonable rates.  
Call for more information, [336-708-1759](tel:336-708-1759).

- Pasture Board - NE Guilford \$150/mo. Good pasture, cross-fenced, run-in sheds, arena. Brought into 8-stall barn once daily to feed your grain. Tack room, hot & cold wash, trails in area. Call Sandy [336-584-5617](tel:336-584-5617) or [larknspursandy@bellsouth.net](mailto:larknspursandy@bellsouth.net).

- Saddle Seat clothes For Sale – Show & schooling quality Kentucky Jodhpurs, with & without suede knee patches, black & navy sizes 28 Long-32 Long; Carl Meyers custom 4 piece suit (hounds tooth w/brown jods/vest, cream shirt) size ladies 12-14 \$525.00; Reed Hill Day coat (linen blend-oatmeal/tan) size 16 (runs smaller) \$175.00; 2 - Custom Navy 3 piece suits sizes 8 & 10-12 \$150.00 each; Black/red reversible vest, size 14 \$50.00; sequined butterfly pleasure driving top \$50.00; various vests, shirts, more day coats, etc. Contact Terri Aprile [336-698-0207](tel:336-698-0207) or [shoponys@gmail.com](mailto:shoponys@gmail.com)

- Equine Sports Massage Therapy – Get ready for show season!! - Improve your horses performance with massage/physical therapy for your Equine Athlete (stiffness, soreness, injuries, disposition, etc.) or if you feel your horse just needs a good massage. All sessions are performed at your facility. I have been certified from Equissage since 1994. Terri C. Aprile, ESMT at [336-698-0207](tel:336-698-0207). References available upon request. Open to all disciplines and breeds.

- Bagged Pine Shavings for sale \$4.25+tax per bag, heavy vacuum sealed bags. Contact Tony Aprile at [336-698-0207](tel:336-698-0207)

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16. Take A Load Off – (Thanks for this send in)

How to install a Southern Home Security System

1. Go to a secondhand store and buy a pair of men's used size 14-16 work boots.
2. Place them on your front porch, along with a copy of Guns & Ammo Magazine.
3. Put four giant dog dishes next to the boots and magazines.

4. Leave a note on your door that reads:

"Bubba, Bertha, Duke, Slim, & I went for more ammo and beer. Be back in an hour. Don't mess with the pit bulls; they attacked the mailman this morning and messed him up bad. I don't think Killer took part, but it was hard to tell from all the blood. Anyway, I locked all four of 'em in the house.

Better wait outside. Be right back.

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I always want to know what you think of the Weekly Pile, good or bad, especially if it has had ANY IMPACT on you. Let me hear from you!

\*\*\*\*\*I NEED YOUR IDEAS FOR ARTICLES In FUTURE WEEKLY PILES!\*\*\*\*\*

I WANT TO HEAR FROM YOU!!!!!!!!!!!!!!!!!!!!!!

\*Please remember our Troops who are serving our Country (and there families) those who have come home with wounds and the families that paid the ultimate sacrifice. We owe everything to those who are and have served!  
Thank You!

I hope that you all have a Great & Safe GREAT Weekend!

Ben

North Carolina State University and North Carolina A&T State University  
Is committed to equality of educational opportunity and does not  
discriminate against applicants, students, or employees based on race,  
color, creed, national origin, religion, gender, age, or disability.

Moreover, North Carolina State University and North Carolina A&T State  
University is open to people of all races and actively seeks to promote  
racial integration by recruiting and enrolling a larger number of black  
students. North Carolina State University and North Carolina A&T State  
University regards discrimination on the basis of sexual orientation to  
be inconsistent with its goal of providing a welcoming environment in  
which all its students, faculty, and staff may learn and work up to  
their full potential. The Universities values the benefits of cultural  
diversity and pluralism in the academic community and welcomes all men  
and women of good will without regard to sexual orientation.

The use of brand names or any listing or mention of products or services  
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discrimination against similar products or services not mentioned.

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## **Ben Chase**

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