Howdy Horse Folks,

Included is the Weekly Pile of Information for the Week of June 10, 2012, 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.

- provided information is a resource to the citizens of Rockingham/Guilford Counties.

- provided information does not require extra time or effort to be listed.

- Listings for Swap Shop will not list pricing details.

- Please E-mail information to me by Wednesday each Week.

- Please keep ads or events as short as possible – with NO FORMATTING, 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 alike.

- PLEASE PUT WEEKLY PILE IN SUBJECT LINE when you send into me.

- The Weekly Pile is not for listings for Commercial type properties or products.

If I forgot to include anything in this email it was 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!
1. Help Your Horse Beat the Heat this Summer
2. Responsible Horse Care In Summer
3. Fly control in horses
4. You Asked
5. Grazing Management
6. Equine Event Permit
7. Advisory Golf Tournament
8. Piedmont Horseman’s Association
9. Cooler Natural Horsemanship Schedule
10. Open Fun / Game Show - June 16
11. A&T Small Farms Field Day June 21
12. Bryan Park horse trails
13. Food Drive
1. Help Your Horse Beat the Heat this Summer

Your horse depends upon you to provide all its basic needs for survival and good health. High heat and humidity can require you as a horse owner to make changes to your horses management strategies during the summer. During hot weather, horses are vulnerable to heat or thermal stress.

Of the five basic nutrient groups - protein, carbohydrates and fats (energy sources), water, minerals and vitamins - water is the most essential to your horse. Research has clearly shown that horses deprived of water for three to four days will not consume feed. Since horses cool themselves primarily by sweating, there is an increased need for water and mineral intake during the summer. A minor reduction in water intake, an increase in sweat loss or if horses do not have access to water, they risk becoming dehydrated, which can lead to more severe problems such as decreased performance, shock, and even death.

Water composes the majority of the horse's body and accounts for several very important functions including:

1. Regulation of body temperature
2. Aide in the transportation of nutrients
3. Necessary for waste removal
4. Aids in digestion, absorption, and utilization of nutrients
Under ideal conditions horses should have free access to water, comparable in quality to human drinking water. Water should be free of chemical contaminants, bacterial and protozoa and contain acceptable levels of trace minerals and heavy metals.

Water intake levels very greatly from horse to horse. Normally a horse will consume one gallon of water per 100 pounds of body weight. Example: an 1,100 pound horse will consume an average of 10-12 gallons of water daily. The water intake rate can be quite variable, dependent upon the dry matter content of the diet, the environmental temperature and production stage or activity.

Estimated Water Intake For Horses

<table>
<thead>
<tr>
<th>Activity</th>
<th>Gallons/Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Working</td>
<td>4-8</td>
</tr>
<tr>
<td>Gestation</td>
<td>7-9</td>
</tr>
<tr>
<td>Peak Lactation</td>
<td>9-11</td>
</tr>
<tr>
<td>Medium Work</td>
<td>9-15</td>
</tr>
<tr>
<td>Heavy Work</td>
<td>12-15</td>
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</tbody>
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General Recommendations

1. Always provide fresh, clean water free choice, except limit to hot horses immediately following exercise.

2. Monitor water intake daily.

3. Clean water buckets and water systems daily. Frequent cleaning of water buckets prevents horses from ingesting anything that may
have fallen into them, such as feces. Cleaning also prevents algae or bacteria buildup on the walls of the bucket.

4. Water temperature should range between 45° to 65°F (7° to 18ºC), because horses will be reluctant to drink water that is too hot or too cold.

5. Test water quality of new water sources

Other Summer Tips

- Don't ride your horse during the hottest time of the day. If you must, don't push your horse to its physical limits. Make sure you give your horse plenty of rest time and watch for signs that the heat is having a negative effect. Give the horse a little extra cool down time after a ride before putting the horse in the stall or back in the pasture. Make sure he has access to fresh clean water to replenish the fluids lost during the ride.

- With the heat & humid conditions, providing shade and plenty of fresh water is very important to keep horses healthy.

- Pay special attention to fly control and keeping the barn clean and reducing dust. Flies carry disease and torment horses and dust can irritate the respiratory tract increasing the chance of illness, collect in water buckets and make the horse less likely to consume adequate amounts of water. A little extra effort can keep your horses comfortable and healthy this summer.

2. Responsible Horse Care In Summer

Steven M. Jones, Extension Horse Specialist

Your horse depends upon you to provide all its basic needs for survival and good health. The enjoyment of horse ownership is dependent on your animal’s health and condition. A sick or poorly maintained animal cannot be pleasurable. Consistent maintenance of your horse’s health is much less expensive than the costs associated with returning your horse to good health should it
become sick, not to mention your emotional strain and loss of potential riding time.

Basic horse care includes proper nutrition, a planned health maintenance schedule, adequate housing and space and a hoof-care routine. Other considerations include exercise programs, training programs and proper riding equipment. All these factors must be considered if you are sincere about responsible horse care.

Environmental changes also must be considered. Although you have no control over seasonal changes, they have an effect on horses that you must recognize. Extreme variances in temperature require adjusting your management programs for the benefit of the horse.

Prevention of Thermal Stress

Horses are unique among large domestic animals. They are not raised to produce meat, milk or wool for human consumption. Instead, horses are raised to be athletes, with work as their principle productive function. There are many different types of work that horses are asked to perform. These range from high-speed racing events to pleasure rides on the back-forty.

In the hot and humid weather, horses generate a significant amount of metabolic heat during exercise that must be dissipated to prevent thermal injury. During hot, humid conditions sweat will not evaporate; therefore, evaporative cooling becomes ineffective, quickly leading to debilitating and potentially life-threatening situations.

We often use the phrase, “sweating like a horse.” Horses and men are the only athletic mammals that cool themselves primarily by sweating. Some heat dissipation occurs by means of radiation, conduction, convection and respiratory evaporation. Evaporative
cooling through sweating is the most important route for release of heat from the body to the environment.

Thermoregulation for exercising horses requires ample blood flow to carry heat from the body core to peripheral blood vessels in the skin, where dissipation of heat can occur. Simultaneously, the heart begins delivering blood to working muscles, essential organs, tissues and the brain. At the onset of exercise, blood pressure is preferentially maintained at the expense of thermoregulation, resulting in an increase in body temperature. As heat accumulates, blood flow from the body core to the surface of the skin is increased to transport the heat from the body core to the surface. As exercise continues, sweat, made up of water and minerals, carries the heat through the sweat glands to the body surface, resulting in heat loss to the environment. Continued exercise and sweating lead to progressive dehydration and loss of plasma water from the bloodstream. The greater the exercise intensity of an event, the greater the heat load generated, resulting in a greater need for heat dissipation.

Thermal injury is caused by animal dehydration. With prolonged exercise, water intake may increase 300 percent. Research in humans and a recent series of equine studies show a positive correlation between fluid losses, inability to maintain temperature and onset of fatigue during endurance exercise. The consequences of excess dehydration can be severe: electrolyte and pH disturbances, fatigue, gait incoordination, increased risk of orthopedic injury and death. Under normal conditions, dehydration can be minimized through the provision of adequate water, salt and mineral supplementation, and balanced diet. Horses rehydrate within a 24-hour recovery period between exercise programs.

Another measure used in the prevention of thermal injury is monitoring of weather conditions to determine the potential risk to
the horse. Several inexpensive devices are available for quick measurement of temperature and humidity. These are used to calculate the "comfort index," which is the sum of the temperature in degrees Fahrenheit and the relative humidity as a percentage. If the sum is below 130, thermoregulation should not be a concern. When the comfort index is between 130 and 150, horses will sweat, but they should be able to exercise without major problems if normal fluid replacement is allowed. When the comfort index exceeds 150 and the humidity is greater than 75 percent, heat dissipation can be a problem. Horsemen should monitor their horses very carefully during strenuous workouts under these conditions. When the comfort index exceeds 180, normal routes of heat dissipation fail to work and workouts should be discontinued.

Under normal conditions, a balanced ration and a salt-mineral supplementation program should be sufficient to maintain electrolyte balance. However, with intensive exercises, substantial sweating occurs, leading to water and electrolyte deficiency that results in weakness, muscle cramps, acid-base imbalance and decreased performance. Mechanisms for the conservation of sodium and potassium improve with the horse’s acclimation to temperature and humidity. A sodium and potassium deficiency occurs additionally in untrained and nonheat-acclimated horses. It is critical to monitor and, when appropriate, to provide electrolyte supplementation to horses beginning a vigorous training schedule or adjusting to elevated environmental temperatures.

Thermal stress resulting from exercise-induced dehydration can affect performance, causing serious problems or even death for your horse. However, thermal stress is preventable with provision of adequate water and minerals, along with monitoring environmental conditions and using common sense.
Fly control should be initiated in late spring or late fall. Weather that is hot and dry or cold and wet produces fewer flies. Warm, wet weather means more flies. Cool, wet weather will delay fly life cycles.

Adult flies live for about two to three weeks in warmer weather and longer during cooler weather. Stable flies develop so rapidly that they can complete several generations each summer.

Numerous repellent sprays, wipe-ons, roll-ons, salves, lotions, and slow release insecticidal devices are available for on-horse fly control. There are many brands of fly repellents, but basically they can be divided into those containing:

1. natural pyrethrins (usually with the synergist piperonyl butoxide), which are derived from plants; or
2. synthetic chemical formulations that often include pyrethrins.

Those that use natural pyrethrins may give nearly 100 percent repellency for hours. Some combination products may claim to work for several days or more after applying them to the horse.

Fly repellents used on horses may be oil-based, alcohol-based, or water-based. Most are available either in ready-to-use or concentrated form. Roll-on repellents are available for use on the horse's face and near open wounds. Repellent ointments keep flies away from cuts and other injuries as well. Some the repellents on the market also contain sunscreen and aloe, lanolin, and other emollients to condition and moisturize the skin and coat. Sunscreen fly repellents will help to prevent sunburn on horses with mostly white heads. Fly sheets are good for body coverage, but they don't protect the forelegs from biting flies. Fly masks provide excellent nonchemical fly control for a horse's face and ears but need to be removed at night.
Natural, noninsecticidal repellents are available. Many people prefer to use a natural product. Typically, natural repellents are less effective but do offer other advantages. Aside from the appeal of not using harsh chemicals, a natural repellent can be effective in a light fly season or at the beginning and end of the season. However, you should consider using a stronger insecticidal formula during the height of fly season.

An integrated pest management program provides the best opportunity for an effective external parasite control program.

4. You Asked:

Is it true that the more protein you feed, the more hyper your horse gets?

Excess calories affect a horse’s attitude, not excess protein. If your horse is hyper, it is likely not due to the protein level in the feed. You could be feeding more grain than required for the activity level of your horse, and the daily energy intake is too high. Protein may not be a large contributor to the energy value of the ration; however, excess protein is converted to energy. If you are
feeding several pounds of a 14% crude protein grain with a high-quality hay or pasture, it is possible that protein is being fed at levels well beyond requirements.

The % protein on the tag matters little until you calculate the protein intake. For example, a horse that eats 10 lbs. of a 10% protein feed consumes 1 pound of protein; further, the same horse eating 7 lbs. of a 14% protein feed consumes 0.98 lbs. of protein. Therefore, protein intake is the same, even though the tags are different.

5. Grazing Management

(Taken from Extension Publication - Forage Programs for Horses in Georgia)

Animal performance improves when pastures are closely and uniformly grazed. The forage in these pastures is younger and has a higher leaf content and protein level. It is also more digestible than forage in under-grazed pastures where excess forage accumulates and matures.

There is a major difference between close grazing and overgrazing. When pastures are overgrazed and forage availability is limited
(not enough feed available), animal performance declines due to reduced intake. A closely grazed pasture can become overgrazed very quickly if forage growth slows and the stocking rate is not reduced. Overgrazing can weaken pasture plants, causing stands to thin and allowing invasion of undesirable weedy plants. Most managers operate on the safe side by allowing some forage to accumulate as a buffer against periods of reduced forage growth.

How close pastures can and should be grazed varies with species. Perennial pasture grasses such as bermudagrass, and tall fescue will tolerate close grazing (2- to 4-inch stubble height) and maintain good stands. When white clover is grown in association with tall fescue, periodically grazing to a 2- to 3-inch stubble height is necessary to maintain clover in the stand.

With continuous grazing, horses graze the same pasture for extended periods of time, perhaps for the entire season. With rotational grazing, horses move from pasture to pasture during the grazing season.

Continuous Grazing

A continuous grazing program requires less fencing to subdivide large pastures and less time and labor to handle horses; however, the major disadvantage is matching the stocking rate to the forage growth rate. During periods of rapid forage growth, the supply of forage exceeds demand and excess forage accumulates. Since young forage is more digestible and palatable than older forage, the horses start to “spot graze.” Some areas of the pasture will be grazed heavily while the forage in ungrazed areas grows and matures. When pastures are spot grazed, it may be beneficial to mow to promote more uniform grazing.

When conditions are unfavorable for forage growth, the pasture may be unable to supply enough forage for the horses, causing over-grazing. Under these conditions, supplemental feed is needed.
Rotational Grazing

Large pastures are fenced into smaller units for rotational grazing. Horses are confined in one area until the forage has been grazed down to the desired stubble height and they are then moved into the next area and the process repeated. The length of the grazing period in each area depends on stocking rate and forage growth rate. When conditions are favorable for rapid growth of forage crops, it may be unnecessary to graze each grazing area or paddock.

The forage in areas not needed for grazing can be harvested as hay and stored for feeding during the winter or stockpiled for later grazing.

When forage growth is slowed by dry weather or other growth-limiting conditions, all of the grazing areas may be needed to meet the demand for forage. A rotational grazing program provides flexibility and allows more efficient use of the forage produced.

Several new fencing options available reduce the costs of cross fencing and make rotational grazing a viable alternative.

Horses seldom graze pastures to a uniform height unless the stocking rate is very high. After rotating the horses out of a pasture, it may be useful to mow the pasture to a uniform height. Mowing helps control weeds and other undesirable plants, promotes uniform regrowth of forage for the next grazing cycle, and helps break up dung piles.
Rotational grazing helps maintain quality pastures and is important for the health of the horse. Internal parasite infective larvae and/or eggs are not as likely to survive when horses are periodically removed from the pasture. The deworming schedule can also be planned so a horse is passing very few parasite eggs when it goes into a new pasture.

Grazing cattle following horses also helps to control horse internal parasites, since the stomach worm (Trichostrongylus axei) is the only internal parasite common to horses and cattle.

6. Equine Event Permit - Horse owners can apply for interstate health permit
   http://www.ncagr.gov/vet/equineevent.htm

   Equine Event Permit FAQ - Horse owners can apply for interstate health permit
   http://www.ncagr.gov/vet/EquinePassportPermitFAQ.htm

   NC Veterinary Laws and Regulations
   http://reports.oah.state.nc.us/ncac.asp?folderName=\Title%2020\Agriculture%20and%20Consumer\Services\Chapter%20Veterinary

7. Rockingham County Farm Bureau® 2012 Second Annual
Rockingham County Cooperative Extension - Advisory Golf Tournament
Date: June 20th, 2012

Location: Deep Springs Country Club
160 Country Club Drive, Stoneville, NC

Purpose: To establish an endowment fund for the support of our Rockingham County Extension
Agents with program costs in their vital educational role in areas such as Food Safety, Local Foods,
Youth Development and Leadership Skills, Crop/Livestock Production, Horticulture and Recreational

Opportunities – just to name a few!

Co Sponsored By: NC Agricultural Foundation, Inc. In conjunction with Rockingham County

Cooperative Extension Service.

Tournament Prizes: All Ties Split

1st Place ~ $800 Team / 2nd Place ~ $600 Team / 3rd Place ~ $400 Team / 4th Place ~ $300 Team

Entry Information:

- $300 per team or $75 per player ~ Four Person Captain’s Choice
(Includes green & cart fees, player gift, local food lunch, closest to the pins & prizes.)

- Payment MUST accompany completed registration form to reserve your entry.

- Pre-Registration Deadline: Monday, June 11th SPACE IS LIMITED ~ Limited to the first 27 teams!!

- Local Food Lunch served to all golfers.

- Pre-Paid Registration includes one complimentary practice round of golf at Deep Springs Country Club ~ cart fee only required

Please call 336-342-8230 for more information.

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8. Piedmont Horseman’s Association

Are you looking for a local open horse show association that is friendly and offers a variety of classes for all ages? Look no further…Piedmont Horseman’s Association has been around for 41 years and still going strong! Whether you show halter, showmanship, English, Western Pleasure or Working Western; PHA has classes for you! Piedmont Horseman’s Association (PHA) helps create a wholesome, family
atmosphere in the great sport of Horse Showing; and for each member to exhibit his or her horse or pony in a sportsmanlike manner. There are many benefits of being a member of PHA; reduced entry fee at sanctioned shows, accumulate points for year end awards, recently APHA PAC approved and much more! Horse Show season is upon us and currently PHA has eight shows scheduled. Our next show is August 4 at Jerome Davis's Ranch in Archadale, NC. This is a night show that starts at 4pm. Great high point awards will be handed out!! You can find all the details such as membership forms, class lists, calendar, etc on the PHA website at: http://www.phasince1971.com/ PHA is also looking for class/show sponsors to make this the best year ever! Feel free to contact one of the officers from the website if you have any questions. We hope to see some new people at the Piedmont Horseman’s Association shows!
9. Cooler Natural Horsemanship Schedule

Group Sessions - 6:30pm - 8:30pm
$40/person, $5 to audit
Wednesday June 13th
Thursday June 21st
Tuesday July 3rd
Wednesday July 11th
Thursday July 19th

Saturday, June 30th - Clinic Day
Morning Session, 9:00am - 12:00pm
Afternoon session, 5:00pm - 8:00pm
$100/person/per session.
Auditors welcome: $10
Sunday, July 1st - Trail Session
9:00am - 12:00pm
$100/person

Saturday, July 28th - Clinic Day
Morning Session, 9:00am - 12:00pm
Afternoon session, 5:00pm - 8:00pm
$100/person/per session.
Auditors welcome: $10

Sunday, July 29th - Trail Session
9:00am - 12:00pm
$100/person

www.CoolerHorsemanship.com
kate@coolerhorsemanship.com
843-304-3407
10. Open Fun / Game Show - June 16

"Open Fun / Game Show" @ Piedmont Saddle Club in Colfax, June 16th @ 5:00pm and July 21st @ 5:00pm. $2 per class or $10 per horse & rider combo for all classes all day. No admission fee onto grounds. See [www.piedmontsaddleclub.org](http://www.piedmontsaddleclub.org) for class list and more information.

11. A&T Annual Small Farms Field Day

June 21

Improving Practices to Profits

11th Annual Small Farms Field Day

Thursday, June 21, 2012
8 a.m. – 12:30 p.m.
Rain or shine

UNIVERSITY FARM at N.C. A&T State University
3136 McConnell Road • Greensboro, NC

Advance registration suggested; contact Alexis Gaines at 336.334.7956 or ajgaines@ncat.edu

FARM TOUR SITES
• Pastured poultry
• Alley cropping: pecan trees and watermelons
• Mixed grazing: meat goats and hair sheep
• Managing parasites in small ruminants
• Managing pests on collards
12. Bryan Park horse trails…

Great turnout for the trail ride!

Save the date for the bridge building July 1 Sunday 2 pm.

13. Food Drive

All Food Collected Is Used To Feed The Hungry Here In Rockingham County! - Canned – Frozen – Refrigerated – Dry - Fresh

Cold Donations:

American Red Cross,

3692 Highway 14, Reidsville, NC 27320  (336)349-3434
Dry Donations:

Farm Service Agency,

525 NC 65 Suite 120, Reidsville, NC
27320 (336)342-0460

Summer Food Drive ends on September 1, 2012

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 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!

Please let me know if you have hay to sell!

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15. SWAP SHOP

- AQHA Mare 12 years old - Solid Red used in 4-H and fun shows, parade and trails. 14.2 hands Great ground manners and all up to date on coggins and shots. Need to sell as daughter has gone to college and horse no longers gets ridden. Asking $900. Located in the Gibsonville area. Call 449-9879 for more

- FOR SALE- 2002 Horse Trailer, bumper pull, step up, with stabilizer attachment, steel frame, galvalume shell, two horses slanted, step up, tack/changing room, saddle area. Drop down windows w/bars and screens. Lights. Lightly used. Excellent shape. Email Ms. White @ fwhite2@triad.rr.com or call (336)817 2144

- FOR SALE- four 275 gallons plastic Totes, used only once. Features: large opening on top, spigot with valve at bottom, a galvanized protective cage with lift fork set up. Excellent shape.
Great for water storage. Email Ms. White @ fwhite2@triad.rr.com or call (336) 817 2144 for information.

- For Sale - 6 yr old QH Mare for sale 14.3 hands, Bay with star and socks, very fancy. Loves to jump, might make a nice barrel horse. Must have an experienced rider, not a beginners horse.

$2500 to the right home.

Contact Carin 336-349-8765

- Timothy mix hay. $2 a bale if you come get it. Not moldy. 750 bales available" Contact Sharon: 336-601-5577

- DONKEY OR DONKEYS WANTED FOR JULY 4th PARADE. Guilford County Democratic Party will pay $1 per mile for one way, with the loan, delivery and assistance with a donkey entry in the Greensboro Fun Fourth Parade. Please call Cathy Kimel, 336 273 4276.

- Pine Shavings etc. - 2.8 cuft compressed plastic bags, easy to pick, no waste, easy to store $ 4.50 + tax per bag. Contact Terri C. Aprile @ (336) 698-0207 shoponys@gmail.com

- Equine Sports Massage Therapy - Certified since 1994 from Equissage. Appointments on site at your farm. Contact Terri C. Aprile @ (336) 698-0207 shoponys@gmail.com
16. Take A Load Off –

I need your clean Jokes, so please send em to me! -

(This was emailed in to me)

Marriage Joke

Sarah was reading a newspaper, while her husband was engrossed in a magazine. Suddenly, she burst out laughing. Listen to this, she said. There’s a classified ad here where a guy is offering to swap his wife for a season ticket to the stadium. Hmmm, her husband said, not looking up from his magazine. Teasing him, Sarah said, Would you swap me for a season ticket? Absolutely not, he said. How sweet, Sarah said. Tell me why not. Seasons more than half over, he said.
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 Newsletters!*****

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!

Have a Great Weekend!

Thank You!

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 does not imply endorsement by the NC Cooperative Extension Service nor discrimination against similar products or services not mentioned.

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