Hey Folks,

Included is the Weekly Pile of Information for the Week of April 29, 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!

Included in This Weeks Pile:
1. Management and control of internal parasites in horses
2. Refeeding a Horse in Poor Condition
3. Safety at Horse Shows
4. You Asked
5. Grazing Sticks Available
6. What are your kids doing summer?? How about 4-H?
7. Meat Handling & Cutting Workshop
8. Bryan Park Workday
9. Flintrock Farm Activities
10. Cooler Horsemanship
11. Piedmont Saddle Club
12. Activities at Chestnuthill Stables
13. MAY 5 - North Carolina Angus Association’s 29th Annual Spring Fever Sale
14. Regional Hands-On Beef Cattle Workshop May 29
15. HAY DIRECTORY
16. SWAP SHOP
17. Take A Load Off
Craig Wood, University of Kentucky

Signs of Parasite Infestation

Contrary to popular belief, many horses that have dangerous parasite levels appear to be perfectly healthy. From the outside they may be fat, sleek, and shiny, while on the inside worms are doing irreparable damage. But in other horses, especially young ones, parasites can take a visible toll.

Signs of infestation might include:

- dull, rough hair coat
- lethargy or decreased stamina
- weight loss, coughing and/or nasal discharge
- tail rubbing and hair loss
- resistance to the bit due to mouth lesions
- colic
- summer sores
- depression
- loss of appetite
- unthriftiness or loss of condition
- diarrhea

Fecal Examinations - One of the most underutilized tools in an effective parasite control program is the fecal examination, which merely involves taking two to three fresh fecal balls to your veterinarian for laboratory analysis. This simple process can identify the specific parasites infecting a horse. Rarely are the worms themselves visible in the manure. But by counting the types and numbers of parasite eggs present in the fecal sample, your veterinarian can recommend the right deworming agents to do the job. Counts of fecal eggs per gram counts also tell an owner about the degree of parasite infestation on a farm or within a herd. The fecal exam is a cost-effective follow-up to deworming to determine
whether the dewormer has worked. It is good practice to do a fecal EPG count within two weeks after deworming.

Management - Management programs that interrupt the life cycle of the parasite before infestation occurs are the keys to successful control. Clean and sanitary stall areas are essential. Manure should be removed and placed in a compost pile or spread on cropland or pastures not being grazed by horses. The larvae in composted manure will be destroyed if sufficient heat is built up. Spreading manure by dragging pastures will decrease incidence of infective larvae if the climate allows for drying of manure.

Alternative grazing with ruminants (cattle or sheep) and pasture rotation schemes will aid in disrupting the parasite life cycle. Grazing ruminants in rotation with horses will reduce parasite infestation, because most internal parasites are host specific. Pasture rotation may also help by decreasing incidence of overgrazing, thus decreasing ingestion of parasites.

Vacuuming or collecting fecal material in pasture is expensive, but it can be very effective. Grouping horses in pastures according to age will help minimize young horses coming in contact with heavy larval infestations. For example, pasture mares and foals away from other horses less than 2 years of age. Yearling horses often need a different control program than a broodmare. It can be more difficult to control parasites in a herd if all ages and classes of horses are in a pasture together. Be sure to isolate and deworm all new arrivals to the farm. When feeding horses, always provide hay mangers and feed bunks. Feeding horses on the ground and not out of containers increases the risk of parasite infestation. All feeders, buckets, and water troughs should be routinely cleaned to help prevent fecal contamination of feed or water.

Control - Various types of chemicals called anthelmintics, or antiparasitics, have been developed to eliminate parasites. These chemicals work in a number of ways. Some paralyze the parasite, thus allowing the host to expel them. Other chemicals prevent nutrient utilization or limit reproductive capabilities in the parasites, thus killing them or stopping the life cycle. A large number of commercial antiparasitic compounds are currently on the market to remove internal parasites from horses. These antiparasitics are separated into six major classes. The more common classes are avermectins/milbimycins, benzimidazoles, and pyrimides. These anthelmintics are available in different physical forms (paste, feed additives, gel, drench) and are sold under several trade names.
Antiparasitics are effective by all routes given, provided an appropriate dose is administered based on the horse’s weight and the entire dose gets into the horse.

Knowledge of antiparasitics is important because these chemicals vary in their ability to remove specific parasites. For example, a compound may be effective at controlling strongyles and ascarids, but not bots or tapeworms, whereas another chemical is effective in controlling ascarids, strongyles, and tapeworms, but not bots. In addition, some anthelmintics are not safe for certain classes or ages of horses.

A rotational treatment protocol, which is alternating between classes of anthelmintics, is often utilized to avoid resistance to an anthelmintic class. There are several deworming strategies used in equine parasite control and all have advantages and disadvantages. Some of the common strategies are:

- Interval rotational treatment (rotating drugs four to six times a year)
- Annual rotation (using a different drug each year)
- Daily (continuous) treatment (also administering a botacide at least twice a year)
- No rotation (using the same drug four to six times a year and the same one every year)
- Targeted treatment (targeting specific parasites)
- Strategic treatments (administering drugs at specific times of the year)

Factors such as climate, humidity, season, rainfall, stocking rate, age of the horse, and financial resources of the owner all affect which strategy is chosen. It is critical to consult a veterinarian in establishing an effective parasite control program.

In most circumstances, a horse will need to be dewormed four to six times a year starting at about 4 to 8 weeks of age. Some anthelmintics are toxic to young foals, and the labels and package inserts should be read carefully.

Typically, parasite control programs are most effective if treatments are administered at the times when environmental conditions are favorable for hatching of eggs or development.
of larvae, which is the time when transmission of infection is likely to occur. An essential component to an effective parasite control program is checking the efficacy of that program by evaluating fecal samples for parasite eggs on an annual basis.

Management Practices

Deworm all foals at 4 to 8 weeks of age. Repeat every 30 to 60 days, depending on the circumstances of the environment.

Regularly rotate pastures.

Small pastures from one to 10 acres can be divided into smaller areas so horses can be rotated. This will help lower the worm burden as well as give forage a chance to recover.

If possible, pasture cattle, sheep, or goats behind the horse(s). These species consume the infective larvae of the horses’ parasites, and the larvae will be inactivated.

Clean stalls on a regular basis and compost manure or spread thinly over pasture not being grazed by horses. Stalled horses become reinfested from larvae crawling up the walls and being licked off by the horses.

Mowing and harrowing pastures to break up fecal piles during the hottest and driest season of the year will decrease numbers of infective larvae.

Feed horses grain and hay from some type of rack or trough. This includes pastured horses.

A yearly fecal examination by a veterinarian will help you evaluate how well the program is working.

Avoid overstocking a pasture, as this will increase the risk of exposure to infective larvae or eggs.

Remove bot eggs quickly and regularly from the horse’s hair coat to prevent ingestion.

Alternate anthelmintic classes to decrease possible parasite resistance to an anthelmintics class and administer anthelmintic to all horses at the same time when they are kept together.

Always read and follow the label instructions of an anthelmintic when administering.
2. Refeeding a Horse in Poor Condition

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Nursing a horse in poor condition back to a more desirable body condition requires time, knowledge and an adequate refeeding plan. This article explores research on the refeeding of these horses and provides suggested feeding plans for reconditioning.

Poor body condition in horses can be caused by many factors. Age, disease and lack of adequate nutrition are three of the most common. Usually, nutrition-related reasons are due to a lack of carbohydrate, fat or protein intake. However, even with appropriate care and nutrition, elderly horses may not be able to maintain a desired body condition. Similarly, numerous diseases can lead to poor body condition, from a lack of appetite, or the inability of the horse's body to function normally.

A refeeding plan coordinates nutritional and veterinary therapies that combine to improve body condition of the horse. Successfully refeeding a horse in poor condition can be extremely difficult, even with knowledgeable supervision and a detailed, well-referenced plan. One veterinary science study reported that nine of 45 horses that had previously been subjected to prolonged malnutrition died after being placed with a responsible caregiver who provided an appropriate diet. Defining a refeeding plan requires in-depth diagnosis of the health status of the horse. Veterinarian intervention, therefore, is necessary prior to and during the refeeding period of poorly conditioned horses. Typically, veterinarians will perform physical examinations that include a detailed dental exam and subsequent diagnostic tests to evaluate concerns noted during physical examinations.

Assessing Body Condition

Body condition relates to the amount of visible fat cover on a horse’s body. The most commonly accepted assessment method is a scoring system using a scale of 1 to 92. A thorough explanation of the scoring system is discussed in OSU Extension Fact Sheet F-3920 Body Condition of Horses.http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-3273/ANSI-3927web.pdf

BCS 1 defines the locations on a horse’s body that have observable differences of fat cover at different body conditions. Horses in the low end of the condition scale have little noticeable fat cover at locations along the neck, behind the withers, along the ribs and on the hip. The individual bony structures of vertebra and the pelvis are noticeable
Horses in poor to very thin body conditions (Scores of 1 or 2) have little visible fat and appear to have had appreciable horse lean tissue degradation. Body fat provides the major energy reservoir. The horse’s body systems will mobilize fat for fuel when energy needs are greater than the daily energy intake. As the time period of inadequate nutrition is prolonged, fat stores are depleted and noticeable amounts of muscle are broken down for use as energy.

There is no uniformly agreed upon benchmark as to what constitutes a horse in undesirably low body condition. It is common for some highly trained equine athletes to have thin to moderately thin body conditions and be in the peak of health. Generally, most reports from veterinarians and nutritionists consider horses in body condition scores of one or two as emaciated, malnourished or under-conditioned as a result of being underfed, combating a disease or having an age-related condition that restricts weight gain.

Poor body condition is usually associated with insufficient intake of energy or protein. Malabsorption, parasitic infestation, old age, senility and a number of diseases can also cause emaciation. Thus, to be effective, nutritional therapies for correcting poor body condition must be aligned with the correct diagnosis of the cause and the health status of the horse.

Review of Published Reports on Refeeding Poor Conditioned Horses - Some horses with poor body condition may be so dehabilitated that they are unable or lack the desire to eat. Horses in this condition will require veterinary intervention. A feeding tube can be placed into a horse’s stomach so a liquid diet can be administered if a horse is unable or unwilling to eat. Placing a nasogastric tube into a horse’s stomach should be performed by a veterinarian as an improperly placed tube can result in death. An intravenous catheter can supply nutritional support if a horse’s digestive tract cannot handle liquid or solid food. This type of nutrition is costly and is only used short term until the digestive tract will accept and utilize feed.

The feeding frequency, dietary nutrient profile and physical form of the diet will define the refeeding plan. Although limited in both number and scope, there are reports in veterinary and nutritional science journals that provide guidance for refeeding plans. The rations recommended in specific reports likely are influenced by the availability of specific feeds and processing methods at the time and location of the report, regional traditions of what routinely is fed and personal experience. As such, the specific ingredients mentioned may not be as important as are similarities of nutrient composition and routines among the reports.
In general, it is recommended to provide grain following one or two days after feeding long-stem forage. Grains are relatively high in starchy carbohydrates, and there is some concern among veterinarians and nutritionists that horses in poor condition may not utilize these ingredients initially with as much success as high-fiber feedstuffs. Recommendations are to begin refeeding by starting with water, electrolytes, and in most cases, hay, followed with frequent meals of small amounts of grain 3,4,5.

One suggested protocol is to begin with offerings of small amounts of hay, that is, 2 pounds every two hours. After several meals, amounts are increased to levels approximating about one-half the needs for dietary energy for maintenance by feeding hay in four meals per day for two days. Hay is then offered free choice.

This diet should continue for a couple of weeks, after which additional nutrient sources such as grains are introduced. Similar to hay, grains should be introduced gradually by initially feeding small amounts at frequent intervals.

One such recommendation is to introduce grain by apportioning into five to six daily feedings of 1 pound to 1.5 pounds each. This level should be tolerated well by most averaged sized stock horses. Even so, recommendations emphasized the need to treat horses individually and adjust rationing frequency and levels according to the horse’s response.

A different report provides another routine for introduction of a grain mix. Horses in extremely poor condition are to be offered hay and water if they are initially unable to walk, along with initial diets prescribed by a veterinarian. Once they are stabilized, a 12 percent crude protein grain mix with mineral supplement, molasses and bran is prescribed to be fed three times daily at levels of about 1 pound per feeding. After one week, the levels are increased to 2 pounds per feeding for the a.m. and p.m. feedings, with the noon feeding remaining at 1 pound. Once the horse's condition has improved somewhat, the grain mix is to be fed at levels of 3 to 9 pounds per day, depending on the size of the horse. The horse continues to receive free choice levels of hay and unlimited access to grazing. After 30 days of feeding, zero to 16 pounds of the grain mix is fed daily into two allotments each day. The estimated time period to improve body condition from a very poor condition to a moderate condition is six to 10 months.

A 2004 report from the College of Veterinary Medicine at the University of Minnesota provides a refeeding protocol based on their college's experiences of treating poorly conditioned horses. A systematic protocol is outlined that includes monitoring of weight, physical examinations, parasite treatment and blood chemistry profiles. The dietary protocol begins with restricted intake of high quality grass hay. Hay is offered by hand at
hourly intervals for the first day if horses had no oral intake for the previous 24 hours. If
the horse had some feed before admission, it was permitted full access to grass hay. A
complete feed is gradually introduced beginning on the fourth day at 1/2 pound per meal,
twice daily for an average size horse. A complete feed is formulated to contain all nutrients
needed in the diet of a horse in a processed mix and does not require the addition of hay for
balancing nutrient needs. The amount or frequency of feeding the complete feed is
increased gradually every other day to a maximum of 3 pounds per feeding as long as the
horses are consuming the allotted amount.

Trace minerals are added in block or loose form beginning on the fourth day.

Twelve horses receiving this protocol reported weight gain that varied greatly, from horses
showing little to no gain to some gaining as much as 6 to 7 pounds per day for 11 days.
These high levels of gain per day are likely to be reflective of body-fill of forage and water
in the digestive tract. Rates of gain of actual tissue may be more in the range of 1 to 3
pounds of gain per day during the initial refeeding period. Body condition scores averaged
a score of 2 with a range of 1 to 3. Body weights ranged from approximately 400 to 1,100
pounds and ages from 5 months to over 20 years.

Most reports, as those above, have made recommendations based on clinical experience
and review of case studies instead of controlled research studies that accurately quantify
the response of undernourished horses to different diets. One trial that has conducted such
research has been reported by investigators at the School of Veterinary Medicine at
University of California, Davis7. Twenty-two poorly conditioned horses were divided into
three groups. The previous histories of the horses were unknown. On average, the horses
weighed about 700 pounds, between 14 and 15 hands tall and in a body score of 1 or 2.

The groups differed in the type of diet: alfalfa hay, oat hay or a third diet made of a
combination of oat hay with a commercially available, complete feed containing grain and
high-fiber components. The horse’s physiological response to the initial 10 days of
reefeeding were observed and compared.

The three different diets were fed at equal levels of energy intake. For the first three days,
the horses were fed six times per day at levels estimated to provide 50 percent of their
normal digestible energy requirements. This equated daily to 6 to 7 pounds of alfalfa hay,
about 9 pounds of oat hay or 57 pounds of the oat hay with the complete feed. Amounts
were increased to estimated levels of 75 percent of their normal digestible energy requirements for the following two days, and then increased to 100 percent of their estimated digestible energy requirements for the last five days of the investigation. The number of meals fed was reduced from six to four times per day during days six through 10. Total intake on day 10 averaged about 13 pounds of alfalfa, 17 pounds of oat hay or 13 pounds of the oat hay-complete feed mix.

Weight gains were not different between the three groups of horses, although alfalfa hay was suggested to have several advantages. The oat hay was very bulky and caused diarrhea in several horses, and the oat hay was lower in some essential minerals. The authors cautioned against the initial use of the higher starch-containing ration of the oat hay combined with a complete feed because of evidence suggesting the potential for adverse blood insulin responses. An undesirable insulin response to the initial period of refeeding is one of the noted concerns with researchers studying the effects of reintroducing food following prolonged malnutrition.

The same researchers subsequently compared alfalfa hay with an alfalfa hay combined with corn oil. The addition of corn oil reduced the amount of hay needed to be fed at comparable estimated digestible energy intakes. While the addition of corn oil had no harmful effects, the investigators still recommended the alfalfa hay without corn oil. More hay was fed without the addition of corn oil, which increased the intake of minerals contained in the hay.

Regardless of diet composition, the researchers emphasized the need for small, frequent allotments of food being offered in the initial refeeding period. They recommended that horses can be fed as much as they will eat of an alfalfa hay diet after 10 days to two weeks. Although some weight gain can be expected after one month of care, they suggested that three to five months will be necessary for the horses to return to normal body weight.

Suggested Feeding Plans for Reconditioning Horses in Poor Condition

Several recommendations for the initial refeeding of horses in poor condition can be developed from the suggestions and research discussed above. A physical examination, including careful examination of the oral cavity and appropriate diagnostic tests, should be performed by a veterinarian so nutritional plans can be aligned with the health status of the horse. It is possible that appetite or ability to eat solid feed may be compromised. In that case, supportive liquid diets may be prescribed by a consulting veterinarian.
Water should be offered and intake documented. The most common course is to feed hay or coarsely processed forage for the first several days. Forage should be of high quality, and alfalfa is recommended as one suitably desired forage type. If hay is not available, alfalfa cubes may be an alternative. Softening cubes by soaking in water may be necessary if the horse’s dental condition is poor. Indigestible, bulky, poor quality forage is not recommended because of its poor digestibility and lower levels of nutrients.

High quality pastures can be used as the initial source of nutrition. Intake patterns should be observed to ensure horses are eating. Restricting horses to limited grazing may be necessary on pastures with moderate to lush vegetation. In these situations, turning horses to pasture three to four times a day for one or two hours is a logical starting point.

Grains can be introduced into the feeding program after using forage for the first several days. By doing so, horses are consuming most of the intake of carbohydrate as fiber rather than starch. However, note that not all processed feeds are high in starch. Soyhull pellets, alfalfa meal pellets or other high-fiber byproducts may be a logical alternative to long-stem forage if lower starch, higher fiber rations are desired.

Grains will provide a more concentrated source of useable energy as compared to a high-fiber feed because starch will be more digestible than fiber. As such, it is advantageous to introduce grains soon after the initial refeeding period of one to four days. Grains should be fed in several small meals per day and amounts gradually increased to levels typical of horses of similar size and weight when in moderate condition. Feeding amounts for a 900- to 1,000-pound horse can start at 1 to 2 pounds of grain per day for the first two to four days, and increased to twice that amount by seven to ten days. Feeding frequency of grain can be reduced to two to three times per day sometime during the second week of feeding. Horses should be monitored closely for signs of laminitis or founder. These conditions are evidenced by reluctance to move, by walking very gingerly or tenderly, and by increased time spent lying down or rocking back on the hind legs before moving the front legs. A veterinarian should be contacted immediately when any of these signs are observed.

There are differences in the nutrient content of commercially prepared concentrate feeds. Some mixes have large amounts of fiber added to a grain and are labeled as complete feeds. These mixes can substitute the need for forage more so than mixes containing larger amounts of higher starch-containing ingredients. These feeds will usually have increased fat levels by inclusion of plant oil to the mix. Supplying supplemental oil as part of the
processed mix, or supplementing grain mixes and pelleted high-fiber feeds by topdressing an oil, has the advantage of increasing the energy density of the feed. Vegetable oil contains much more energy per weight as compared with high carbohydrate, low-fat feeds.

There is little information as to determining the need for increasing levels of protein above amounts normally recommended to be fed to horses of similar size. However, protein tissue may have been broken down, thus requiring a need for protein growth during refeeding. As such, it is logical to suggest protein requirements are increased to represent levels more characteristic of younger horses in similar growth. Increasing the suggested requirement for crude protein by about 20 percent above normal maintenance levels may better meet needs during initial refeeding of poorly conditioned horses. As an example, a 1,000-pound horse may require approximately 1.25 pounds of crude protein in maintenance conditions. When refeeding a horse in poor condition of similar size, requirements for crude protein may increase to 1.5 pounds of crude protein per day. To determine the protein intake of a horse, the amount of ration by weight is multiplied by the percent crude protein of the ration. For example, a horse consuming an all-alfalfa hay ration, which is 20 percent crude protein at levels of 10 pounds per day, would be consuming 2 pounds of crude protein.

Similar adjustments to minerals and vitamins could be assumed for similar reasons when refeeding a poorly conditioned horse. As such, grains and complete feeds formulated for horses in growth may have advantages of use for refeeding as compared to formulations with fewer nutrients per pound intended for horses at maintenance.

Total intake of feed will be limited to the horse’s level of appetite and the maximum voluntary intake. In most situations, horses will voluntarily consume as much as 3 percent of body weight per day in diet dry matter. While the dry matter of pasture can vary greatly, most grains and hays are about 90 percent dry matter. For example, a 1,000-pound horse may be expected to consume as much as 30 to 35 pounds of hay per day voluntarily. In some situations, the appetite of the horse will restrict voluntary intake to levels much lower than normal when the horse is in poor condition. Also, a grain mix will likely be combined with hay when refeeding poorly conditioned horses. The addition of a higher energy feed will decrease the need to feed rations at maximum levels of voluntary intake.

Accurately assessing improvement is important. Initial body weight and weight gain should be recorded. Weigh tapes can be used if large animal scales are unavailable. Weight gain is expected to be highly variable between horses. Initial weight gains of 1 to 2 pounds per day would be expected for favorably responding horses with a body weight between 900 and 1,000 pounds. Significant weight gains sufficient to change body condition score will take a
minimum of several weeks. Also, veterinarian assessment of health should be routinely scheduled as part of the refeeding plan. Related health factors, degree of emaciation and the horse’s response to refeeding will direct the refeeding plan, so use the suggestions as a general guide.

Body Condition Scores

1 Poor. Animal extremely emaciated. Spinous processes (portion of the vertebra of the backbone which project upward), ribs, tailhead, and bony protrusions of the pelvic girdle (hooks and pins) projecting prominently. Bone structure of withers, shoulders and neck are easily noticeable. No fatty tissues can be felt.

2 Very Thin. Animal emaciated. Slight fat covering over base of spinous processes and transverse processes (portion of vertebrae which project outward) of lumbar (loin area) vertebrae feel rounded. Spinous processes, ribs, shoulders and neck structures are faintly discernable.

3 Thin. Fat built up about halfway on spinous processes, transverse processes cannot be felt. Slight fat cover over ribs. Spinous processes and ribs are easily discernable. Tailhead prominent, but individual vertebrae cannot be visually identified. Hook bones (protrusion of pelvic girdle appearing in upper, forward part of the hip) appear rounded but are easily discernable. Pin bones (bony projections of pelvic girdle located toward rear, mid-section of the hip) not distinguishable. Withers, shoulders and neck accentuated.

4 Moderately Thin. Negative crease along back (spinous processes of vertebrae protrude slightly above surrounding tissue). Faint outline of ribs discernable. Tailhead prominence depends on conformation; fat can be felt around it. Hook bones are not discernable. Withers, shoulders and neck are not obviously thin.

5 Moderate. Back level. Ribs cannot be visually distinguished but can be easily felt. Fat around tailhead beginning to feel spongy. Withers appear rounded over spinous processes. Shoulders and neck blend smoothly into body.

6 Moderate to Fleshy. May have slight crease down back. Fat over ribs feels spongy. Fat round tailhead feels soft. Fat beginning to be deposited along the sides of the withers, behind the shoulders and along sides of neck.

7 Fleshy. May have crease down back. Individual ribs can be felt, but noticeable filling between ribs with fat. Fat around tailhead is soft. Fat deposited along withers, behind shoulders and along neck.

9 Extremely fat. Obvious crease down back. Patchy fat appearing over ribs. Bulging fat around tailhead, along withers, behind shoulders and along neck. Fat along inner buttocks may rub together. Flank filled in flush.

3. Safety at Horse Shows

Doyle G. Meadows, Professor, Animal Science, University of Tennessee; Warren Gill, Professor, Animal Science

Common sense is the key to safe and successful horse showing. Safety procedures should not only be practiced at horse shows but also at home every day. This article discusses safety issues at home and at the horse show, for both the exhibitor and show manager.

Safety at horse events, such as horse shows, should always be given the highest possible priority. The horse show environment with many different horses and people mixed together in a sometimes hurried and stressful situation is a blueprint for violations of basic safety procedures.

Each year thousands of horse-related injuries occur in the United States. However, many of these accidents could be prevented by observing some basic safety principles. Safety for both riders and horses is a responsibility shared by everyone, including exhibitors, parents, trainers and show management.

Safety Inspections at Home - Obviously one of the first things to be inspected is the tack. Make sure the halter and lead rope are the appropriate size and strength for the horse. A cheaply made, low-quality halter or lead rope may not be strong enough to restrain a horse during an unexpected jerk or bolt. The snaps and buckles should be inspected for possible breaks or signs of stress or weakness. A heavy-weight snap on the end of a lead rope may prevent a horse from getting away from the handler.

Bridles should also be inspected. The rider should always check the entire bridle for any abnormal wear or weakness. Reins should be well attached to the bit by rivets or screws or secured by leather ties. The head piece of the bridle should be properly attached to the bit to prevent an accident while a rider is mounted. All the leather should be properly conditioned to prevent breakage due to drying and cracking. Cleaning your leather tack
after riding by simply wiping down with a damp cloth will extend the life of the leather. Frayed or worn places in the leather should be replaced immediately. Metal parts on the bridle and bit such as hinged cheek pieces and buckles should be rust-free and in good working order.

The primary safety inspection site of a saddle is the girth. Make sure the girth is strong and long enough so that undue pressure is not placed on it. Additionally, the cinch, whether webbed nylon or leather, should be strong and free from excess wear. Stirrup leathers and stirrups should be routinely checked and replaced at the first sign of weakness or wear. The saddle should be clean, well-conditioned and stored in a clean, dry area when not in use. Safety inspections of the towing vehicle and horse trailer are critical for a safe journey. Proper health documentation necessary for hauling horses as well as numerous other considerations are addressed in two fact sheets provided by The University of Tennessee Agricultural Extension Service. These fact sheets, TNH-3000 Traveling With Your Horse and TNH-3001 Tips for Trailering Your Horse.

Safety at the Horse Event - Horse shows can be hectic, but there should always be enough time for safety. Upon arrival at the event, inspect the horse and tack stalls for safety hazards to people and horses. Look for nails, loose boards or other hazardous objects that are potential problems. Check for electrical wires and outlets that are exposed and otherwise unsafe. The tack room and aisle ways should be free from debris and always clear and open. Inspect for fire hazards in and around the stall area.

Closely inspect wash racks before rinsing or bathing the horse. Slick concrete floors, missing or stopped-up drains and loose bricks or concrete can cause severe injury to horses and people. Any of these problems should be reported to the event manager immediately.

Indoor and outdoor arenas, rings or riding areas should be observed prior to riding or exercising the horse.

Unsafe footing, abnormally dark corners or potentially dangerous fence line objects should be noted and subsequently avoided until corrected by management. Low-hanging lights, rafters or overhead doors may appear to be safe while the rider is on the ground; however, they may cause a safety threat to both horse and rider while the rider is mounted. Elimination of potentially unsafe situations can increase the chances for a fun-filled horse show.
Equestrian safety helmets can significantly reduce head injury to the horseback rider. Each year more than 120,000 horseback riders are treated at hospital emergency rooms in the United States. Approximately 20 percent of these injuries are head injuries, thus emphasizing the need for all riders to wear safety helmets. Safety helmets and harness to secure the helmet are too often overlooked as a tool to reduce injury and death to horseback riders.

There is no such thing as a totally safe horse. Horses just have varying degrees of training. Typically, the better trained horse is a safer horse. Allowing youth to ride “greenbroke” horses at horse events is a serious safety violation and can result in severe injury. On the other hand, horses ridden for years on the farm may be totally unacceptable mounts in a horse show environment. The noise, people, vehicles, trailers and other horses can often cause trained and untrained horses to buck or rear. Horseback riders should not expose themselves to danger with an unfamiliar horse.

Beware of horses with behavioral problems. Some horses will kick other horses or riders as they approach or pass them. Others horses may kick or bite while tied in an alleyway. Always use precautions while walking near or around all horses. A horse that kicks should have a red ribbon attached to its tail. The red ribbon is a universal sign that the horse tends to kick. Stay well clear of a horse with a red ribbon on its tail.

Exhibitors should always practice show-ring courtesy. Riders should maintain a safe distance from other exhibitors and pass with care. Failure to follow show ring instructions promptly can cause unsafe riding conditions, as horses may be executing different gaits and traveling at different speeds.

Although it may be convenient, do not tie horses to an unstable object. Horses should be tied to secure objects such as stall walls, sturdy fences or a horse trailer with appropriate tie hooks or specific hitching rail. Never tie a horse with the reins. Remove the bit and bridle and tie with a halter and lead rope. These simple procedures may prevent an injury to the horse or even a spectator.

Tying to horse trailers that are not hooked to a vehicle is a very popular but unsafe practice. Small trailers that are parked on a slope may start to roll with a small amount of pull from a horse. These unattached trailers are generally convenient and safe if properly
blocked and secured. Completely close and latch all trailer doors to prevent them from abruptly opening due to wind or other movements and causing injury to the horse.

Do not attach a horse in any way to the exhibitor or rider. It is a serious mistake to wrap a lead rope tightly around a hand or arm. Many serious accidents have resulted from this mistake.

Many injuries occur while exhibitors are grooming their horses. One of the most common injuries to exhibitors is injury to their feet. Leather shoes with hard soles or boots are a must while working around the horse. Tennis shoes are unsafe and should never be worn when working with a horse. The horse may step on an exhibitor as an escape response to grooming or to avoid and dislodge flies. Reducing fly annoyance is a safety precaution and provides more comfort to the horse.

While brushing or grooming the horse, always keep the free hand on the horse as a method to push away from the horse in case of emergency. This practice also keeps you and the horse in direct communication. Never get directly in front or behind the horse. The horse cannot see directly behind it. The closer you are to the horse, the less likely you are to be injured from a kick. You can also keep your hand on the horse as you walk around just to let the horse know everything is all right. Do not try to go in front of the horse in a restricted area and never go underneath a horse, regardless of the age or presumed safety of the mount.

One of the most common occasions for a horse to escape from its handler at a horse show is during the change from a leather or nylon work halter to a show halter. Show halters should be put on horses in the stall or outside with ample assistance. The nylon work halter should be unbuckled, taken off the head and buckled around the horse’s neck before the show halter is put on the horse. The work halter should not be removed from around the horse’s neck until the show halter is completely fastened and secure.

Many horse and rider injuries occur because the rider surprised the horse and the horse overreacted, causing an injury. Always approach the horse toward the head and shoulder, giving verbal greetings. Never surprise a horse from behind. Always give the horse a rub on the neck along with kind words after the approach.
Although rarely discussed as a safety problem, family and personal safety against theft and bodily harm should be practiced at all times. Young people should avoid unfamiliar people, places and situations and always stay with their family and friends. Trucks, trailers, purses, tack and equipment could also be easy prey for vandalism or theft. Always secure valuables, not only during non-show hours, but also during the show itself. Exhibitors cannot be too careful.

Safety Considerations for Horse Show Managers - Horse show management should set the stage for safety. An excellent way to establish and enforce safety standards and regulations is to appoint a safety officer. The safety officer is responsible for maintaining safety standards throughout the show. The officer observes operational procedures around the grounds and evaluates each event or class for potentially dangerous situations. For example, in over-fence classes, the officer would first make certain the jumps are safe and that the height and orientation of the jumps match the skill level of the competitors. Speed events such as pole bending, barrel racing and the stake race should be held in an arena with adequate wall height and appropriate running surface. A safe, well-lighted arena is a must for safety at night horse shows.

Horse show management should avoid hanging banners, bunting, flags or other items in places that could cause a horse to become startled. Streamers and banners hung across the entrance gate are common safety hazards. Excessive wind can cause these to move or flap, resulting in an injury to horse or rider. In indoor arenas, these flags or banners should always be placed high enough for horse and rider to easily ride under them. Although these forms of advertisement may be financially necessary for show management, precautions should be taken to ensure adequate safety standards.

Personnel trained in handling emergency medical situations should be available throughout the show. Emergency procedures should be prepared in advance of the show and “no parking” lanes strictly enforced to allow for emergency medical transportation. Local hospitals should be on alert and proper authorization for attending physicians documented prior to the show.

Emergency health care should also be available to the horse. It is always good to have an equine veterinarian located on the show grounds. In lieu of this, a list of local veterinarians and their office, mobile and home phone numbers should be posted outside the horse show office. The veterinarians should be notified prior to the show and their consent obtained before posting their phone numbers. A scheduled time for a veterinarian to be on the grounds is also an effective way to provide veterinary care for horses.
Show management should be aware of weather-related safety hazards. When showing in an outside arena, stop the show as soon as lightning is observed. Avoid holding over-fence or speed events on rain-slick or muddy surfaces. Hot, humid weather can also be hazardous. When temperatures soar, be prepared to provide plenty of liquids. Encourage exhibitors to seek shade when not competing and relax attire requirements. Show management can also encourage the judge to not overwork horses.

Discourage or prohibit dogs on the grounds. Under no circumstances should dogs be off a leash, if allowed on the show grounds. Dogs make some horses nervous and can be a safety threat. This is particularly true at youth horse shows, where numerous horses and exhibitors who are unfamiliar with one another are brought together.

Rules and regulations about dogs should be made available to exhibitors prior to the horse show.

Exhibitors with problem horses may be a threat to safety. Horses that cannot be controlled should be dismissed from competition. A horse-wise ring steward can assist the judge and show management in averting problems and can help prevent a potentially bad situation from becoming dangerous.

Security measures should be taken to ensure that participants are not at risk due to fire, vandalism, theft or criminal misconduct. Show management should always enforce no-smoking rules at horse shows. Security is a 24-hour concern and must be adequately addressed throughout the show.

Common sense is the key to safe and successful horse showing. Safety procedures should not only be practiced at horse shows but also at home every day. Safety precautions must be used daily before they become habit and second nature. Thinking and planning ahead may save the life of an exhibitor or horse. Have fun, but remember, horse play with real horses can be dangerous.

NC Ag Safety & Health Bureau Publications
4. You Asked: What time of day is the sugar highest in grass? I had thought it would be the heat of the day, a friend said it was in the early morning. Our horses are a bit overweight this spring and only get out on the grass for a very small amount of time during the day. We want to be sure we aren’t putting them out at the most potent time or when they are at their highest levels??

- GOOD QUESTION! In general, pasture content of storage carbohydrates including non-structural carbohydrates is highest in the spring, lowest in midsummer, and intermediate in the fall. Most nutritionists refer to the storage carbohydrates as water-soluble carbohydrates which include glucose, fructose, sucrose, and fructans. Fructans have been implicated as a cause of laminitis. The theory is that fructans, which can only be digested by fermentation in the hind gut of the horse, when at high enough levels, create the same problem as undigested starch reaching the hind gut. This, however, is only a theory and has not been scientifically documented. For example, there is limited information on the quantities of pasture fructan or other water-soluble carbohydrates required to cause significant changes in hind gut function that may increase the risk of laminitis.
If you are grazing a cool-season grass such as fescue, bluegrass, orchardgrass, ryegrass, etc., the most active period of growth (most photosynthesis) will produce higher levels of water-soluble carbohydrates. Weather/temperature (environmental) conditions can change the most active periods of growth. There are also daily fluctuations that coincide with patterns of energy storage and utilization. Pasture water-soluble carbohydrate tends to rise during the morning, reach a maximum in the afternoon, and decline overnight. If you have horses that are prone to laminitis, there is some rationale for restricted access to pasture, particularly during the portion of the growing season when you would see the greatest rate of growth of the particular pasture grass.

**SO**

- graze in early morning/night
- limit grazing time from first growth until temps rise
- regulate grazing time in the mornings on grasses during normal rainfall periods
- remove horses during environmental stress (drought, frost)
- after killing frost, remove until the plant is dead, allow rainfall to leach out sugars
- reintroduce on dead/stock piled fescue up to 6 hours daily
- Test hays for non-structural carbohydrate levels (NSC) Feed hays with fructan levels below 10% Soak hays for 60 minutes prior to feeding
5. Grazing Sticks Available –

Grazing sticks are handy tools that simplify the tasks of when to rotate animals on and off a pasture to graze, measuring pasture yield, and tracking changes in productivity. These are all critical aspects of good pasture management.

Grazing sticks are a simple and useful tools for making immediate pasture management decisions, but also good records of pasture yield, grazing days, and other data will provide a means to evaluate past efforts to improve the system.

The grazing stick is a quick guide, so carry the stick with you whenever you check animals or move fences; you can quickly assess pasture regrowth and readiness for grazing. You will see the suggested starting height for grass species on the stick for height when to graze which ensures that forage is in a high-quality vegetative stage, and when to stop grazing height that ensures that some leaf tissue is available for grass regrowth. Removal of basal leaves will slow grass regrowth and limit yield. If pastures are growing quickly in the spring, you may
NEED TO HARVEST OR CLIP THEM TO KEEP THEM PRODUCTIVE AND IN A HIGH-QUALITY CONDITION.

THERE ARE GRAZING STICKS AVAILABLE FOR PURCHASE.

IF YOU WISH TO HAVE ONE OF THESE GRAZING STICKS – PLEASE CALL OR E-MAIL ME FOR DETAILS! THESE ARE GREAT MANAGEMENT TOOLS!

6. What are your kids doing summer?? Rockingham County 4-H provides a safe, educational place for your youth. Rockingham County 4-H Summer Adventures has great summer programs planned. We have fun, full day programs on a variety of topics such as robotics, land navigation, leadership, forensic science, 4-H camp and much more! All programs are very reasonably priced and are FUN! Youth do not have to be a 4-H member to participate. For more information about 4-H Summer Adventures, contact Morgan Maness, 4-H Agent at 336-342-8230 or morgan_maness@ncsu.edu.
7. Meat Handling & Cutting Workshop

Cooperative Extension In Rockingham County will be holding a Meat Workshop on June 1st at the Rockingham County Agricultural Center from 1-4pm.

There will be a registration fee of $20 for this workshop.

At this workshop we will have a Meat Cutting Demonstration & Discussing things such as: Perceptions or Misconceptions of the Meat industry, Food Safety Common Calls

Meat Myths Meat Quality
Freezing Packaging

Handling Meat for Market

We will also have time allotted for Questions & Answers.

Go ahead & make plans to attend this workshop. Space Will Be Limited to 50 participants.

To reserve your place for this event, fill out the registration form and turn in your $20 fee.
8. Bryan Park Workday –

The next workday will be Sunday afternoon, May 20, starting at 2:00 PM. Come to the Gram’s airpark entry off Doggett Rd just south of Hwy 150 in Brown Summit. Go through the gate and park in the field to the right. Bring loppers, mattocks, work gloves, and friends.

We need more volunteers if we are going to finish this trail. Free beverages afterwards.

9. Flintrock Farm Activities

Fun Show at Flintrock Farm on May 5, 2012 from 9:30 to 4:30. Divisions include Over Fences, English, Western, Therapeutic and Fun classes. New this year is high point champion and reserve champion ribbons for each performance and age division. Grilled hotdogs and hamburgers concessions will be on site. $7/class or $50 all day. All proceeds go to benefit HorseFriends Therapeutic Riding Program! For more information please visit www.horsefriendsnc.org. The Event and class list can be found at https://www.facebook.com/events/291348067606249/

Flintrock Farm 2012 Schooling Hunter Show Series

2nd show May 12th......www.flintrockfarm.com

May 12th - Schooling Hunter Show

June 2nd - Open Show www.flintrockfarm.com for more information For class sheets, entry forms and more information... www.flintrockfarm.com
10. Cooler Horsemanship Trail Sessions and Clinics

Need to build your horse’s confidence outside the arena and on the trail? Want better control while riding in a group? Join us at Fiore Farms for our Trail Sessions.

Saturday May 19th, 9am - 12pm

Have a group that wants to do a Trail Session, contact us to schedule a date.

May 25-27 - Weekend Horsemanship Clinic at Fiore Farms

Friday evening overview/demo - 5:00 - 7:00 pm

Saturday and Sunday Clinic - 9:00 am - 6:00 pm

Auditors welcome: $5 for Friday overview, $15/day, or $25/for entire weekend

www.CoolerHorsemanship.com for more info on all upcoming events.

kate@coolerhorsemanship.com This e-mail address is being protected from spambots. You need JavaScript enabled to view it , 843-304-3407

Fiore Farms, 7600 Millbrook Road, Summerfield, NC 27358

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11. Piedmont Saddle Club - May 19th, 2012: NC QHA Novice Horse Show. please feel free to e-mail us at info@piedmontsaddleclub.org if you would like to schedule an event at the piedmont saddle club

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 with the next show being on Saturday, May 26 at Circle S in Gibsonville. We have some great high point prizes!! 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!

12. Activities at Chestnuthill Stables

Chestnuthill Stables - Judged Pleasure Trial Ride

May 26th

Pee Wee - $15.00

All other divisions - $30.00 (1 horse/rider combo)

Includes meal!!

Stalls are available upon request.@ $10.00 each

A fun way to show off your trail riding skills - Non formal attire - All breeds & riding styles are welcome -

Safe well marked trails - Obstacles will be natural in nature & color - No traps or other situations intended to scare the horse or rider. All obstacles are marked on map & will be described in your rule handout prior to the ride.
Anyone willing to volunteer as a judge will receive one free entry for another rider or ride date and free lunch. Please contact us if you would like to help out !!!!

Visit www.chestnuthillstables.com, Shelby Bivins - 336-613-3549

- CHS and Rockin’ Riders 4-H Open Horse Show Series

June 16th, August 18th and September 1st

9:00 am Jumping, Halter, Showmanship and western and English Flat Classes

Novice Division - Walk - Jog/Trot

Visit www.chestnuthillstables.com

Shelby Bivins - 336-613-3549

- CHS and Rockin’ Riders 4-H Open Night Show

Not included in Series division points - Separate Class List

July 21st - 5:00pm - Jumping and Novice classes before dark

Visit www.chestnuthillstables.com

Shelby Bivins - 336-613-3549

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13. Just a reminder - MAY 5 - North Carolina Angus Association's 29th Annual Spring Fever Sale - at the Upper Piedmont Research Station in Reidsville. Sale begins at 12 noon. Sale catalog is online at www.ncangus.org or contact NCAA by phone at 336-787-6222 or by email at ncangus@ptmc.net.

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14. Regional Hands-On Beef Cattle Workshop

Tuesday, May 29, 2012

1 PM - 4:30 PM
To be held in Guilford County, at the farm of Don York, 4627 Old Julian Road, Julian NC 27283

AGENDA:

- The NC Cattle Industry Assessment Program - What has been done and what has the impact been? Bryan Blinson, NC Cattlemen’s Association Executive Director

- Low-Stress Animal Handling, Animal Welfare & Weaning Management – Minimizing stress and maximizing performance in your herd. Dr. Mark Alley, DVM, NC State University College of Veterinary Medicine

- Improving Forage Quality and Utilization – Adding legumes to the pasture mix, dealing with fescue toxicity, improving pasture management and cow efficiency. Dr. Matt Poore, NC State University Animal Science Specialist
  - View Herbicide Treatment Demonstration – Scott Goodwin, Dow AgroScience

- Mineral Supplementation Management – Dr. Sharon Freeman (Livestock Nutrition)

- Update on Beef Cattle Marketing Programs in North Carolina - Neil Bowman, NCDA&CS Livestock Marketing Division

Refreshments will be provided by Scott Goodwin & Dow AgroSciences

The workshop is free, registration will take place upon arrival.

For More Information CONTACT:

Ben Chase, Extension Livestock Agent, Rockingham & Guilford Counties 336-342-8235, 800-666-3625 or ben_chase@ncsu.edu

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15. 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!

16. SWAP SHOP

- 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

- Riding Apparel for Sale - English (saddle seat-suits, day coats, shirts, jodphurs, ties/silk cumber bun sets & hunt seat-shirts, ties) & Western clothes, misc. tack, etc. Contact Terri C. Aprile @ (336) 698-0207 shoponys@gmail.com

- Switch Grass Hay For Sale - Large Square Bales $4.00 Leonard or Carole Moore 336-613-3549 or 336-613-3740 chestnuthill@bellsouth.net

- For Sale- 2008 Doubled registered 1/2 Welsh pony mare. North American Sportpony approved and registered, Awarded First Premium- stands about 14.1 hands, bay with tiny star and snip, white on hind pasterns. Started undersaddle Spring 2011, WTC, NASPR inspector noted at she has a powerful hindend and quality hunter movement. She is very quite, kind and willing, no vices. Handled daily since birth, clips, baths, trailers well. Regular trimming and is very good with the farrier- currently has front shoes as she is in work. Current Coggins. As a
yearling, she was shown at Gold Welsh show and was Reserve Champion in 1/2 Welsh in hand class.

- Sire- Stoney Brook Galihad- Section C Welsh
- Dam- 1/2 Thoroughbred X 1/2 Welsh- Oldenburg/ISR N.A. approved- mare

received a 7 for her swing and elasticity of gaits. She has been very successful in hunter lesson barn.

- Pre Season Special $2,500.00 until 07/01/2012, Special consideration given to proven show homes. Contact Angie at 336-669-1565, e mail Adm9876@aol.com

- Horse Stalls For Sale – NC State Surplus Property
https://www.ncstatesurplus.com/SSP-SealedBid/BidItemDetails.aspx?x=6BGfVa8hS5oMiyefGaKp4oMibiWiZPgm7QP1tg43ITa%2bjP78kt9cxnCgvLdzjTyY5eo9rPQYifrJ71%2b30cDBt8YBPjrwi5T5EvDSjKsJuICXq3iTTuTzEikWK59dTEjKmYVoBGn4%2bAwxaYy6iAynecx2frJtuPvosabE%2bornwWJoVaSG1tyBIW%2b%2byHCymyE1NJktrD62sJEx5JRBDrTWYIUKwp4ipjB3H8u2asSYIWeGy1yPvoVqqr0WCeFFQMK238%2fKLo%3d

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17. Take A Load Off –

I need your clean Jokes, so please send em to me! - (Thanks for this send in!)

AFTER BEING MARRIED FOR 25 YEARS, A MAN LOOKED AT HIS WIFE ONE DAY AND SAID, "YOU KNOW, 25 YEARS AGO WE LIVED IN A CHEAP APARTMENT, DROVE A CHEAP CAR, HAD ONLY A SOFA BED AND WATCHED A 14-INCH BLACK AND WHITE TELEVISION. BUT, EVERY NIGHT I GOT TO SLEEP WITH A HOT 25-YEAR-OLD BLONDE. NOW, HE CONTINUED, " WE HAVE A NICE HOUSE, A NEW CAR, A BIG FLAT-SCREEN TV, BUT I HAVE TO SLEEP WITH A 50- YEAR OLD WOMAN. IT DOESN'T SEEM FAIR...
A reasonable woman, his wife replies, "Well why don't you go out and get yourself a hot 25-year-old blonde? Then I'll make sure you will once again live in a cheap apartment, drive a cheap car, have only a sofa bed and watch a 14-inch black and white television!!"

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!

Thank You!

I hope that you all have a Great Safe 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.

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