Hey Y’all,

Included is the Weekly Pile of Information for the week of **August 31, 2014**, 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!

*I NEED YOUR FEEDBACK & IDEAS!*

**Included in The Pile this Week:**

1. Insulin Resistance
2. 10 Rules for Feeding Horses
3. Not All Horses Should Graze
4. You Asked
5. Ann Isley Memorial Ranch Horse Classic - September 6
6. Flintrock Farm Schooling Hunter Show - September 6th
7. Piedmont Horseman’s Association show on September 13 at Fox Den in
Insulin resistance is a newly recognized problem in horses that may have been around a long time. You may be wondering what it is all about and how your horse may/may not be affected. It is probably not as common a problem as it may seem. This article will discuss insulin resistance including its causes, effects, diagnosis, treatment and prevention.

What is Insulin Resistance?

Glucose (sugar) normally functions to fuel many metabolic processes in the body and is the primary energy currency of the body. Insulin is normally produced in response to elevated blood glucose and is key to the regulation of blood glucose concentrations and glucose utilization. Insulin promotes glucose uptake by cells and promotes formation of glycogen or fat. Insulin resistance is defined as a reduced sensitivity of the body’s cells to insulin’s facilitation of glucose uptake.

Basically what happens in insulin resistance is that the cells become resistant to the glucose uptake action of insulin. Initially, this just means that more insulin is needed (hyperinsulinemia) to keep blood glucose concentrations within normal limits after a starchy or high sugar meal. If it is severe enough even super high insulin concentrations are ineffective and blood glucose may also be abnormally high. The problem is that not only does this limit energy availability to the cells but insulin also has other effects on the body that may be detrimental when it is higher than normal for prolonged periods of time. Unlike humans, horses rarely go into the second stage, where the pancreas becomes “exhausted” and no longer can secrete adequate insulin.

Causes

The exact cause of insulin resistance is still unknown. However, several possible causes include:

Diet - In a recent study, horses had increased insulin resistance when fed high sugar/starch feeds compared to high fiber and fat rations, especially when they were not obese.

Obesity - Overweight horses tend to be insulin resistant, as are “easy keepers” even if they are not obese.

Age - Old horses (>20 years) seem to be more prone to insulin resistance, probably secondary to pituitary dysfunction (Cushing’s disease) which is extremely common, especially in mares.

Breed - Ponies were found to have higher degrees of insulin resistance than Dutch Warmbloods or
Standardbreds. Breeds that are prone to developing cresty necks and obesity, such as Morgans and some lines of Arabians, Quarterhorses, and Thoroughbreds may be more likely to develop the problem, although a study conducted at the University of Connecticut comparing exercising Morgans and exercising Thoroughbreds did not find a difference between breeds in insulin resistance.

Laminitis - Horses with a family history of laminitis and horses that develop laminitis without an obvious cause (grain overload, sudden access to lush, green grass) may be insulin resistant.

Effects of Insulin Resistance

Insulin resistance may result in:

- Loss of weight
- Loss of muscle
- Lack of stamina
- A condition similar to human Type II diabetes
- Laminitis

Diagnosis

Your veterinarian will be able to diagnose insulin resistance. A single blood sample drawn within 60 to 90 minutes of eating a meal of grain is a quick screening test for hyperinsulinemia. If the results are abnormal the veterinarian should perform a more reliable test by administering a glucose challenge orally or intravenously and measuring the glucose/insulin response over the course of two or three hours. This is not usually practical in the field and the horse may need to be referred to a clinic to get such tests done.

Treatment

Treatment may consist of the following:

- Weight loss through diet and exercise if the animal is obese
- Addition of a minimum of 30 min of exercise
- Limiting carbohydrate intake through elimination of grain and high sugar feeds
- Soaking hay if it is known to contain high amounts of sugars (> 10 to 12% soluble sugars)
- Feeding warm season grasses, such as Bermuda grass, or feeding beet pulp that does not have added molasses
- Cutting down on free choice intake of grass if the horse has a history of founder and is obese

Prevention

Preventative measures to reduce insulin resistance are:

- Feed primarily grass or legume mix hay or pasture. If the horse tends toward obesity, limit access to the forages and feed no grain at all!
- If concentrates are needed to maintain body condition, feed products formulated to have a low glycemic index. For example, oats are commonly used as the standard with an index of 100. Plain beet pulp has the lowest index in most studies and barley has the lowest index of the commonly fed grains.
- Test pastures and dry forages for amounts of sugars present.
- Soak high sugar hay in hot water for 30 min or cold water for 60 min
- Restrict grazing time but only if the horse has a pre-existing case of laminitis and grass is lush
- Add fat and fiber to the diet at 6-10% for fat and at least 12% for fiber.

Insulin resistance can be a serious problem, but actual statistics on insulin resistance are currently unavailable. An accurate medical diagnosis by a veterinarian is extremely
important. As with most equine health concerns, prevention is better than treatment. By paying careful attention to diet and condition of your horse, you may be able to prevent insulin resistance from becoming a problem in your horse.

Sources:


Recommendations for Low Starch Feed. Look into a senior diet with beet pulp and added fat, It is probably your best chance at limiting carbohydrates. Also, limit fructan intake in pastures.

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

Eliminate grain and sweet feed (both high in NSCs) from the diet.

Sugar Content in Feed and Forage Affects Horses Health
http://www.ext.colostate.edu/pubs/livestk/01818.html

Carbohydrate Metabolism in Horses
http://www.ivis.org/advances/Ralston/hoffman/IVIS.pdf

EQUINE METABOLIC SYNDROME
http://www.myhorseuniversity.com/resources/eTips/October_2010/Didyouknow

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2. 10 Rules for Feeding Horses

ALABAMA COOPERATIVE EXTENSION

1. Put Forage First!

All feeding programs should begin with good-quality forage, either as hay or pasture. For pleasure horses, this may be their entire diet, consuming as much as 2½ percent of their body weight per day. Horses consuming large amounts of concentrates should consume at least 1 percent of their body weight in forage per day. Adequate intake of good-quality forage is important for proper gut function. In addition, it prevents boredom and the development of stall vices. Good-quality hay is generally characterized as having a fresh (not musty) smell, green color, high leaf content, and no weeds and other debris. Pastures should be composed of forage plants that are
safe, palatable, and free of toxic weeds and trees.

2. Clean, Fresh Water

The average horse will consume 8 to 12 gallons of water per day, more if it is a lactating broodmare or exercising horse. In the summer, water intake may double as the horse expires and sweats large amounts of water. Clean, fresh water should be available at all times, particularly before and after feeding. Exercising horses should also be offered water immediately after working, but the amount a horse drinks at one time should be limited until it is completely cooled down.

3. Feed by Weight, Not by Volume

Scoops and coffee cans may be handy, but they don’t tell us how much feed a horse is actually getting. Feedstuffs vary in density, so a scoop of oats and a scoop of pellets are by no means the same weight. Commercial concentrates also may vary across manufacturers or even from batch to batch. The same is true for hay, as not all flakes or blocks within a bale are the same weight. A simple kitchen scale can be a very handy tool in the feed room for ensuring your horses are getting the appropriate amount of feed.

4. Small Meals

Horses evolved as continuous grazers, and their stomachs can hold only small amounts of feed at a time. Furthermore, feeding small meals ensures a horse can absorb as many nutrients as possible before the feed passes into the hindgut for fermentation. If a horse consumes more than 0.75 percent of its body weight in concentrate per day, it should be divided into at least two equal meals. For an average 1,100-pound horse, anything over 8 pounds per day must be divided into at least two meals, though many horse owners will divide smaller amounts to prevent gastrointestinal problems.

5. Feed on Time

Feeding meals on a regular schedule, preferably every 12 hours, maximizes nutrient absorption and minimizes the risk of colic. If a horse requires more than 1½ percent of its body weight in concentrate per day, the total amount fed should be divided over three or four meals of equal size, spread evenly throughout a 24-hour period. For an 1,100-pound lactating broodmare or intensely exercising horse, anything more than 16 pounds of concentrate needs to be divided into at least three feedings spaced 8 hours apart.

6. Maintain Proper Body Condition

Horses feel and perform best at their ideal body condition. For pleasure and performance horses, this is a moderate body condition where the ribs can be easily felt but not seen, the back is relatively flat, withers have a rounded appearance, and fat deposits around the tailhead are slightly spongy. Broodmares should be kept closer to a fleshy body condition, characterized by a crease down the back, spongy fat around the tailhead, and ribs that can still be felt even though there is fat between them.

7. Make Changes Slowly

Any changes in feed type or amount should be done carefully to avoid upsetting gut function. It takes at least 2 weeks to do this safely. When changing feeds, begin by substituting a small amount of new feed for the present feed (on a weight basis) and then gradually increasing the proportion of new feed until it is the only feed offered. To increase (or decrease) the amount of feed offered, adjust the amount by ¼ to ½ pound per feeding each day, allowing 1 or 2 days between increases. When introducing horses to pasture, limit grazing to a couple of hours per day, and gradually increase grazing time.

8. Separate Plates, Please

When feeding horses in groups, such as in pasture, use individual feeders for concentrates. Space feeders out of kicking range from one another yet close enough that all feed can be put out in a short amount of time. Providing each horse with its own feeder will cut down on fighting for feeder space and allow more timid horses the opportunity to consume their ration.
9. Storage Is Key

Minimize spoilage and contamination of feed by storing it properly. Hay should be stored in a covered, dry place, away from moisture that may cause the growth of toxic mold. Grains and other concentrates should be stored in a secure area that keeps out rodents, insects, and wandering horses. Purchase no more than 2 weeks worth of grain or concentrate at a time to minimize spoilage. Store all feeds and supplements away from chemicals and cleaners. Implement rodent control practices to reduce the spread of disease.

10. Maintain Appropriate Dental, Vaccination, and Deworming Schedules

Poor teeth make it difficult for horses to chew and physically break down feed. Weight loss and quidding, or dropping of partially chewed feed, can be a sign that a dental exam is needed. Horses that are sick or have a high parasite load are also unable to properly utilize the nutrients provided in the feed. Visit with your veterinarian to set up dental, vaccination, and deworming schedules appropriate for your horses.

References

3. Not All Horses Should Graze

Susceptible horses include, but are not limited to, overweight or easy keeping horses, ponies, horses with metabolic syndrome, and horses that have foundered in the past. These horses should have limited grazing, or no grazing at all.

There is a lot of interest in the sugar content of forage grasses. Pasture-induced laminitis (founder) can be triggered when susceptible horses ingest high amounts of sugar or fructans that are naturally found in forage species commonly grown.

Susceptible horses include, but are not limited to, overweight or easy keeping horses, ponies, horses with metabolic syndrome, and horses that have foundered in the past. These horses should have limited grazing, or no grazing at all.

Sugar content depends on the weather, plant stress, forage species, species maturity, time of day and time of year. Any time forage species are photosynthesizing (producing energy from sunlight), the plants are producing sugars. When plant growth is limited from temperatures lower than 40 degrees or from drought, sugars normally used for growth will begin to accumulate in plants.

During these plant stresses, susceptible horses should not graze. Cool spring and fall weather can cause sugar accumulation, and increase the risk of pasture-induced laminitis for susceptible horses. Any time forage species are using sugars for rapid growth during warm weather or during respiration (using energy during dark periods) is a better time to graze. However, laminitis in susceptible horses can still occur if overeating is allowed. Better times to graze include cloudy days and dark hours.

If the grazing is tied to exercise, consider using a grazing muzzle to limit the amount of forage the horse can ingest, and restrict the grazing to periods when the sugar content should be lower. Specifically, graze
between 3 a.m. and 10 a.m., on cloudy days, and during periods when the night temperatures are above 40 degrees. Grazing in areas shaded by trees or buildings may allow longer access to grass as sugar accumulation will be less. Allowing pasture grasses to become more mature should also reduce the sugar content and will result in less (and a slower) intake.

Grazing during these times or scenarios do not guarantee the sugar content will be lower. There are other factors to consider that contribute to sugar content. Some pasture species have a higher genetic potential to accumulate sugars under stressful conditions than others. These species include timothy, bromegrass, orchardgrass and most cool season grasses that are commonly used in horse pastures. Most forage species store sugars in the bottom three to four inches of growth.

Making sure pastures are not overgrazed will help avoid laminitis. Forage species store sugars when they are under stress. Make sure pastures are properly fertilized, and avoid grazing susceptible horses during drought and in the fall when nights are cool (less than 40 degrees).

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4. You Asked: I have had some questions about Vesicular stomatitis and wanted to give you a little information about this Virus. To verify the Status in NC, the NCDA & CS State Veterinarians office was called and said that this is not presently active in North Carolina but has been active in the Texas & Colorado areas of the country. Below is a description.

Vesicular Stomatitis
Kathy Anderson, Extension Horse Specialist, University of Nebraska

Vesicular stomatitis is a viral disease which affects horses, cattle, swine, and occasionally sheep and goats. Additionally, numerous species of wild animals including deer, bobcats, goats, raccoons and monkeys are susceptible. The virus causing vesicular stomatitis can also infect handlers of infected animals.

Vesicular stomatitis most commonly occurs during warm months in the Southwest region of the United States, particularly along river ways and in valleys. Recent outbreaks in the Southwest have occurred from May to December in 1995, 1998, and 2005. Livestock owners and veterinarians must stay alert for animals displaying signs characteristic of this disease.

Blister-like lesions may form in the mouth and on the dental pad, tongue, lips, nostrils, hooves, and teats of infected animals. These blisters swell and break, leaving raw tissue so painful that infected animals go off feed and water, suffer mild-to-severe weight loss, and may show signs of lameness.

Aside from the economic loss to livestock producers, vesicular stomatitis is significant because the outward signs are similar to (but less severe than) those of foot-and-mouth disease. Foot-and-mouth disease is a devastating foreign disease of cloven-hooved animals that has not occurred in the United States since 1929. The only method to differentiate between these diseases is through laboratory tests.

Because of the similarity of vesicular stomatitis to foot-and-mouth disease, the potential negative impact on livestock production, and its public health implications, the U.S. Department of Agriculture’s (USDA) Animal and Plant Health Inspection Service (APHIS) works to keep this disease from becoming established in the United States. Vesicular stomatitis is recognized internationally as a reportable disease, and exports of livestock, horses, and animal products from the U.S. would be restricted if vesicular stomatitis were allowed to spread here.

Clinical Signs - The incubation period for vesicular stomatitis is two to eight days. The most common early signs are excessive salivation and drooling. Increased body temperature may occur either immediately before or at the same time as lesions develop.

Close examination reveals blister-like lesions on gums and lips; lesions may also occur on the nostrils, teats, and coronary bands. In horses, the lesions
generally occur on the upper surface of the tongue. In cattle, lesions usually appear on the hard palate, lips and gums sometimes extend to the muzzle and nostrils.

When blisters break open, painful ulcers develop that cause horses to drool and froth from the mouth. This sign can be mistaken for biting problems, dental abnormalities or colic. Infected animals generally go off feed and suffer mild to significant weight loss. Additionally, mild lameness may occur if lesions develop along the coronary band. Some cases of severe lameness have been reported in horses with sloughed hooves.

The number of affected animals on a property varies. Five to 10 percent of horses within an infected herd typically show clinical signs. If there are no complications such as secondary infections, affected horses may recover as little as two weeks. However, more severe cases can take up to two months to heal; horses continue to be contagious during this time. Animals rarely die from vesicular stomatitis.

Transmission- Vesicular stomatitis has been confirmed only in North and South America. The disease is endemic in warmer regions of the Western Hemisphere, but outbreaks occasionally occur in temperate geographic areas.

How vesicular stomatitis spreads is not fully understood; insect vectors, mechanical transmission and movement of animals are all believed to play a role. One type of vesicular stomatitis is known to be spread by phlebotomine (bloodsucking) sandflies. Once introduced onto a property, the disease apparently moves from animal to animal by contact or exposure to saliva or fluid from ruptured blisters.

Humans can contract vesicular stomatitis by not following proper biosafety practices when handling affected animals. Prevalence of this disease in humans may be under-reported because it often goes undetected or is misdiagnosed.

In people, vesicular stomatitis causes acute influenza-like illness with symptoms such as fever, muscle aches, headache and malaise. People who handle potentially infected horses should wear gloves and shouldn't allow saliva and blister fluids to come in contact with open wounds or mucous membranes such as the eyes or mouth. Producers and other individuals who handle horses and who experience symptoms of illness should contact their physicians immediately.

Diagnosis and Treatment - Laboratory blood tests can be used to diagnose vesicular stomatitis. Additionally, the virus can be isolated from epithelium around vesicles or from vesicular fluid. Veterinarians need to differentiate between vesicles in the mouth caused by vesicular stomatitis and vesicles caused by photosensitization or trauma due to rough feed. Other vesicular viral diseases such as foot-and-mouth disease don’t occur in horses.

There isn’t any specific treatment or cure for vesicular stomatitis other than supportive care. Owners can protect their animals from this disease by not allowing animals to congregate in an area where vesicular stomatitis has occurred. Mild antiseptic mouthwashes may provide comfort and more rapid recovery to an affected horse. Good sanitation and quarantine practices on affected farms usually contain the infection until it dies out of its own accord.

When a definite diagnosis is made on a farm, the following procedures are recommended:

Separate animals with lesions from healthy animals, preferably by stabling; animals on pasture apparently are affected more frequently with this disease.

As a precautionary procedure, don't move animals from premises affected by vesicular stomatitis for at least 30 days after the last lesion has healed (unless they are going direct to slaughter).

Implement on-farm insect control programs that include:

- Elimination or reduction of insect-breeding areas
- Use of insecticide sprays or insecticide-treated ear tags on animals.

Use protective measures when handling affected animals to avoid human exposure to this disease.

Economic Impact of Vesicular Stomatitis

The majority of horse owners with infected animals will suffer economic losses in caring for sick animals. In an effort to assess the financial impact of vesicular stomatitis, New Mexico horse owners were surveyed following the 1995 outbreak in the Western U.S. Costs, including labor, veterinary fees, and medicine were
Restricting horse movement and refraining from participation in events should prevent spread of vesicular stomatitis, but such restrictions may cause additional economic losses. When a horse tests positive for the disease, generally it’s not allowed to move between states or nations. Infected horses also aren’t allowed to compete in most shows, rodeos, fairs, and other events. When such events are canceled due to an outbreak, owners of healthy horses suffer as well.

Health certificates issued within 24 to 48 hours of transport may be required to bring a horse to some facilities or move it across state lines. Additionally, certain events may require that each horse be examined for lesions before being allowed on the grounds. Horse owners should check to determine restrictions before moving horses.

Report Suspicious Cases
Veterinarians and livestock owners who suspect an animal may have vesicular stomatitis or any other vesicular disease should immediately contact State or Federal animal health authorities. To report suspect cases or answers to questions regarding vesicular stomatitis in Nebraska, contact the Nebraska State Veterinarian at 402/471-2351. (NORTH CAROLINA, STATE VETERINARIAN 919-733-7601)

For more information, contact USDA, APHIS, Veterinary Services Emergency Programs 4700 River Road, Unit 41, Riverdale, MD 20737-1231, (301) 734-8073.

Vesicular Stomatitis Virus - http://veterinaryextension.colostate.edu/News/VS.shtml

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5. Ann Isley Memorial Ranch Horse Classic - September 6
The final show for the 2014 Ann Isley Memorial Ranch Horse Classic will be held September 6 @ 10 am at the Isley Ranch located at 105 Driftwood Rd in Reidsville. Classes include Conformation, Ranch Riding, Trail, Showmanship, Horsemanship, Ranch Roping, Herd Work, Ranch Cutting, and Roping. Make plans to attend for a great day of competition. Contact Jim @336 669 9548 or visit our website jimisley.com for more details.

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6. Flintrock Farm
Schooling Hunter Show
September 6th
www.flintrockfarm.com

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7. Piedmont Horseman's Association show on September 13 at Fox Den in Lexington!
On September 13th we will have the next PHA show at Fox Den in Lexington. Their show will benefit the Davidson County Humane Society! The show will start at 10am with halter. The show is open to everyone. We have something for everyone; adults, youth, novice. This year PHA is offering field hunter, stock type hunter, working western and western pleasure.

You do not have to be a member to show, but there are many benefits of being a member of PHA; reduced entry fee at
sanctioned shows, accumulate points for year-end awards, and much more.

We hope you will become part of the PHA family!!
You can find all the details about all the shows as well as membership forms on the web site: http://www.phasince1971.com/index.htm
Also find us on Facebook

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8. Pastured Egg Production Field Day

North Carolina State University and North Carolina Cooperative Extension will conduct a Pastured Egg Production Field Day from 8:00 am-3:00 pm on Wednesday, September 24 at the Center for Environmental Farming Systems (CEFS) in Goldsboro, NC. http://www.cefs.ncsu.edu/

Topics:
- Paddock Stocking Density and Egg Safety Impacts
- Integrated: From Meat to Eggs and Back Again
- Nutrition: What Can I Feed the Chickens that I Can Raise Myself?
  - Processing: Home Processing and Regulations
- Biosecurity: Why Is it Important to Small Producers?
- Small Flocks: Fencing and Predator Prevention
- Tour of Small Farm Organic Unit

Cost of the field day is $35 and includes lunch.

The registration deadline is September 10.


Checks must be mailed along with the form and received by September 10.

Questions? Contact Ken Anderson at kanderso@ncsu.edu for more information.

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9. Benefit Horse Show for Michael Chapman

You are invited to a benefit horse show for Michael Chapman, a 3 year old being raised by his grandparents who was recently diagnosed with leukemia. Come out to show, participate in the silent auction and much more to support this wonderful family! The show will be held on October 11 at Circle S Arena in Gibsonville at 10am. There will be halter, showmanship, trail, huntseat, western and fun games classes. Sponsorships, silent auction items and volunteers are welcomed! 100 percent of the proceeds will go directly to this family. A facebook page is being created for this event with all the details. Hope to see you there!

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10. Guilford Counties Centennial Celebration- 100 Years of Local food
The North Carolina Cooperative Extension service turns 100 this year and we are Celebrating! We invite you to join us as we look back at 100 years of Extension, and forward to an exciting future. This event will take place on October 6th from 4:00 – 6:30pm at the Guilford County Agricultural Center, 3300 Burlington Road in Greensboro. Our vision is to celebrate 100 years of local food production by inviting the community to attend and see how far we have come!

Local farmers and chefs will be offering taste tests. (If you are interested in participating and maybe bring animals, products or meat to sell to this just let me know) You can shop for local specialties items, from ice cream to beef and everything in between. Displays will include photographs from the canning clubs of the 1930s, corn clubs in the ’20s, and pictures displaying how the community has evolved over the last 100 years. There will also be exhibitions of antique farm equipment versus new, cooking demonstrations, and much, much more. Special presentations will be made at 5:30pm.

We sincerely hope that you will take this opportunity to come and celebrate with us.

Help us make this a celebration to remember!

11. 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!

12. Swap Shop

- WANTED - Goose Neck Aluminum Trailer Wanted – Please send Ben the description

- Equine Vaulting starting back up-Wednesday afternoons and Saturday mornings @ Fiore Farms. No experience necessary.

  Red Dog Farm gelding pony in need of his forever home. Trained and ready to go. Very personable, loving and sweet.

  Yoga on Horseback starting back up. E-mail BellEquine@gmail.com if interested.

  Limited availability for boarding at Fiore Farms. Contact Cheryl to set up a tour Tues-Sunday.

  -Packer Pony for sale/lease

    Fiore Farms.com or BellEquine.org 336.423.6981

  - For Sale – 2 well broke horses, trail broke, child broke. Call Ronnie 336-601-2275

  - For Sale – Stubben English saddle with irons, excellent condition – 14.5 inch, good for youth or small adult – Call Ronnie – 336-601-2275

  - Available – 2 stalls, full board, excellent care, turn out available, stalled at night, Gibsonville area – Call Ronnie –336-601-2275

  Western Riding Lessons For Adults or Youth – Slots open now – Please call Ronnie Isley – 336-601-2275

  - Winter Company UpRight Piano For Sale – $450 OBO 336-623-1783 – Nice!
13. Take A Load Off

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

How Fights Start
The Unreasonable Mother-in-law

One year, I decided to buy my mother-in-law a cemetery plot as a Christmas gift... The next year, I didn't buy her a gift. When she asked me why, I replied, "Well, you still haven't used the gift I bought you last year!" And that's when the fight started....

The Humour-less Wife

I took my wife to a restaurant. The waiter, for some reason, took my order first. "I'll have the rump steak, rare, please." He said, "Aren't you worried about the mad cow?"
"Nah, she can order for herself." And that's when the fight started....

The Mis-informed Wife

My wife and I were sitting at a table at her high school reunion, and she kept staring at a drunken man swig drink as he sat alone at a nearby table.
I asked her, "Do you know him?" "Yes", she sighed, "He's my old boyfriend.... I understand he took to drinking right after we split up those many years ago, and he hasn't been sober since."
"My World!" I said, "Who would think a person could go on celebrating that long?"
And that's when the fight started....

The Dangerous Wife

When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But, so always had something else to take care of first, the shed, the boat, making beer. Always something more it to me. Finally she thought of a clever way to make her point.

When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of scissors. I watched silently for a short time and then went into the house. I was gone only a minute, and when I came out again I handed her a toothbrush. I said, "When you finish cutting the grass, you might as well sweep the driveway."
The doctors say I will walk again, but I will always have a limp.

The Lazy Wife

My wife sat down next to me as I was flipping channels. She asked, "What's on TV?" I said, "Dust."
And that's when the fight started....

The Humourless Husband

Saturday morning I got up early, quietly dressed, made my lunch, and slipped quietly into the garage. I hool boat up to the van, and proceeded to back out into a torrential downpour. The wind was blowing 50 mph, so back into the garage, turned on the radio, and discovered that the weather would be bad all day. I went bacl house, quietly undressed, and slipped back into bed... I cuddled up
to my wife's back, now with a different anticipation, and whispered, "The weather out there is terrible."
My loving wife of 5 years replied, "And, can you believe my stupid husband is out fishing in that?"
And that's when the fight started....

The well rounded Wife

My wife was hinting about what she wanted for our upcoming anniversary. She said, "I want something shiny that goes from 0 to 150 in about 3 seconds."
I bought her a bathroom scale.
And that's when the fight started....

The Masochistic Husband

My wife was standing nude, looking in the bedroom mirror.
She was not happy with what she saw and said to me, "I feel horrible; I look old, fat and ugly.
I really need you to pay me a compliment.'
I replied, "Your eyesight’s dang near perfect."
And that's when the fight started....

OK – Y'all Need To Help Me Out With These

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.

HAVE A GREAT SAFE WEEKEND!

Thanks
Ben

Ben Chase
Rockingham and Guilford County Extension Agent
Agriculture & Livestock