

Hey All,

Included is the Weekly Pile of Information for the week of July 24th, 2016, 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. August 13th - Guilford County**
Jr. Livestock Show
2. Rotational Grazing Research
3. Feeding the Easy Keeper
- 4. You Asked**
5. Pasture Height and NSC
6. Basic Trail Riding Etiquette
- 7. Caring for Horses in *Hot Weather***
- 8. Help Your Horse Deal with Heat Stress**
9. Abnormal Horse Behavior
- 10. NC Horse Lawyer's Blog**
- 11. HAY**
- 12. Swap Shop**
- 13. Take A Load Off**

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1. August 13th - Guilford County Jr. Livestock Show

Excitement is in the air about the 4th Annual Guilford County Junior Livestock Show that will be held on August 13th, 2016 at the Guilford County Agricultural Center. The Guilford County Extension Livestock Show Committee and the Guilford County 4H Livestock Club host this event with Farm Bureau being a major Sponsor and Farm Credit Sponsoring the Show Circuit. The show will begin on August 13th at 8:30 am with the Steer Show with Heifer, Goat & Sheep shows to follow. The Guilford County Agricultural Center (Arena & Barn) is located at 3309 Burlington Road in Greensboro.

We would like to invite you to come and be a part of this event!

This show is the beginning of the Fall Livestock Shows which will conclude at the North Carolina State Fair in Raleigh in October. This is a Great opportunity for local youth to participate in this area show to gain show experience. As participants in the livestock projects at these shows, these youth are responsible for raising and training their animals for exhibitions and as part of showmanship they are also responsible for knowledge pertaining to the Management, Business, Herd Health & Marketing of these animals. This show on August 13th is also part of a Multi-County Livestock Show Circuit. These youth that are participating in this Show Circuit earn points at the different shows and then are compiled & recognized at the completion of the Circuit Show Season.

We are very excited to host this event in Greensboro and the youth that show Livestock are very excited about it too. The Guilford County Junior Livestock Show is open to youth 5-19 years old and enrolled in 4H Club or FFA program in their school. Any students or parents with questions pertaining to the livestock show should contact Ben Chase Extension Livestock Agent in Guilford & Rockingham Counties at 800-666-3625, ben_chase@ncsu.edu or Livestock Show Committee Chair, Rhonda Ingram at 978-5897.

Please make plans to attend the Annual 2016 Guilford County Junior Livestock Show on August 13th starting at 8:30am & held at the Guilford County

Agricultural Center, located at 3309 Burlington Road in Greensboro. You will have an enjoyable time watching the Youth and the Animals.

It takes a lot of volunteers to help put on a show such as this. If you would like to volunteer to assist with working at the Show on August 13th, please let me know of your willingness to help.

(Show Prep will begin at 7am on the 13th)

Hope to see you there!

2016 4-H Farm Credit Showmanship Circuit

(At this site you will find Entry Forms & Rules for each Show in the Circuit)

<https://richmond.ces.ncsu.edu/site-richmond-9/>

4-H Farm Credit Showmanship Circuit Rules & Registration

Livestock Show Family Registration Form

GUILFORD County Show Rules

<https://richmond.ces.ncsu.edu/wp-content/uploads/2016/06/GUILFORD-County-2016-Rules-1.pdf? fwd=no>

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2. Rotational Grazing Research

Summarized by Michelle DeBoer, University of Minnesota

Rotational grazing is often recommended but not widely adopted by horse farms. The objective of this research, conducted at Rutgers University, was to compare the effects of rotational and continuous grazing systems on horse health and pasture performance.

Two continuous and two rotational grazing systems were established. Rotational systems

were divided into four paddocks and a drylot. Twelve mature mares were used with 3 horses in each system for a stocking rate of 1.3 acres per horse. Horse condition was assessed by monthly bodyweight and body condition score. Pasture performance was assessed monthly by estimating vegetative cover and pasture height. When housed in the drylot or during the winter months, horses were fed grass hay and a concentrate to meet nutritional requirements.

Out of 184 days, horses in the rotational systems grazed 97 days. Grazing system had no effect on horse condition; however body condition score was highest in September and November and lowest in January. Pasture height differed between months and grazing system. Except for one month (November), the rotational system had higher pasture heights than the continuous system. Ground cover consisted of a higher percent of grasses and lower percent of bare ground in the rotational system compared to the continuous system. Researchers expect to see more differences between grazing systems during future grazing seasons.

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3. Feeding the Easy Keeper

Martin W. Adams, PhD, PAS – Equine Nutritionist for Southern States

Some people can eat whatever they like, even in large amounts and remain lean. Other folks must be careful in the amount and type of foods they eat, and may even need to add an exercise program to maintain a desirable body weight. Just like people, some horses gain weight even under conditions where other horses will lose weight. A horse is considered an easy keeper when it is able to maintain an optimal body condition on less than average amounts of feedstuffs. Such horses are less demanding on the budget than a hard keeper that requires a more substantial diet, but feeding an easy keeper presents a different nutritional challenge. The challenge of maintaining the easy keeper is to meet the nutritional requirements (besides calories) while managing to avoid obesity.

The tendency to become obese is one of the most common problem among easy keepers. Obesity is detrimental to horses for many reasons. The biggest problem facing the athletic obese horse is decreased performance due to heat stress. Excessive fat acts as insulation and decreases the horse's ability to cool quickly, which causes increased sweating and reduction in physical performance due to fatigue from overheating. Additional body fat will also increase oxygen needs due to the extra weight, but the ability to take in oxygen is also more restricted in obese horses. Extra weight may also induce joint problems in horses,

which could shorten the career of a horse involved in a performance activity. Obesity will cause insulin resistance in many horses, which is called equine metabolic syndrome (EMS), and is known to be associated with a higher incidence of laminitis in affected horses. Obese horses are also more prone to lipomas, which are fatty tumors that can develop in the abdominal cavity. The intestines can become entangled with a lipoma, resulting in strangulation colic. Strangulation colic is a serious, life-threatening condition requiring surgical correction.

Weight reduction will only occur if the horse's energy expenditure is greater than its energy intake. Weight loss can only be accomplished by reducing the number of calories going in and increasing the number of calories expended. So a combination of diet and exercise is in order to shed extra weight from the easy keeper. Especially if turnout space is limited or unavailable, the horse should be exercised regularly, provided it is sound and healthy. This is one of the best options for weight loss, especially if the horse is usually sedentary. If possible, exercise the horse more often than it had been before dieting, to increase the rate of weight loss. If an exercise or dry lot paddock is available, where there is no pasture available for grazing, regular turnout will allow for increased activity and weight loss.

To start a weight reduction program for an overweight horse, pony or miniature horse, provide moderate to good quality grass hay at 1.5% of the horse's target weight, not the current weight if it is obese. We have several feeding options for overweight horses. Feed Triple Crown Lite Formula at the rate of 0.2% of body weight per day. This would be 2 pounds daily for a 1,000-lb horse ($1,000 \times .002 = 2$). Or you can feed Triple Crown 30% Ration Balancer or Legends CarbCare Balancer Pellet at the rate of 0.01% of body weight or 1 pound per 1,000 pounds of the horse's body weight per day. For example, one pound of Triple Crown 30% or Legends CarbCare Balancer Pellet per day would be adequate for a horse weighing 1,000 pounds ($1,000 \times .001 = 1$), or $\frac{1}{2}$ pound for a 500-lb pony ($500 \times .001 = 0.5$), or $\frac{1}{4}$ pound for a 200-lb miniature horse ($200 \times .001 = 0.2$).

Triple Crown Lite Formula, Triple Crown 30% Equine Supplement and Legends CarbCare Balancer Pellet are low-calorie, nutrient-dense, pelleted horse feeds with low starch and sugar content, and are formulated to meet the nutrient requirements of a horse on a forage-only diet. Also have water and a salt block available on a constant basis for your horse. Once the horse has reached the desired weight or body condition, increase the amount of hay or pasture to the point where the horse is no longer losing weight.

If weight loss does not occur very quickly, or you have a horse with a history of obesity, insulin resistance and chronic laminitis, consult with your equine veterinarian about the therapeutic use of Thyro-L (levothyroxine) to increase the rate of weight loss and reduce episodes of laminitis.

Remember that diet and exercise are the keys to weight management.

Easy Keeper Feeding Tips

1. Limit pasture grazing time. This is especially true in spring and early summer, when pasture growth is most rapid. If this is not possible, fit the horse with a grazing muzzle, a device that reduces the amount of forage the horse can consume.
2. Don't feed high-fat supplements. Corn oil, flaxseed and rice bran are high in fat and so are high in calories. Eliminate these supplements from your horse's diet and you can cut out some calories and prevent excessive weight gain.
3. Eliminate high-calorie concentrates. Most concentrates or grain-based feeds are formulated for a minimum feeding rate of 0.5% of body weight (5 pounds daily for a 1,000 pound horse) to provide the proper amount of required vitamins and minerals. This amount of feed usually provides an excessive amount of calories for an easy keeper. Legends Ration Balancer is a low calorie and low starch, vitamin and mineral fortified supplement in a pelleted form that supplies the missing nutrients for a horse consuming only hay or pasture.
4. Start an exercise program. If your horse is not involved in a performance activity, the best type of exercise for any type of horse is of low intensity and long duration. The main purpose of exercise is to increase energy expenditure or calorie loss. Other benefits of daily exercise include an increase in metabolic rate, a possible reduction in appetite, and prevention of bone and mineral losses that may occur during calorie restriction when the horse is inactive.
5. Replace legume hay with grass hay. Legume hay, such as alfalfa and clover, contains more calories per pound than grass hays. Instead of alfalfa, feed a high-fiber, good quality grass hay free of dust, mold and weeds.

6. Limit the amount of hay fed and divide it into several daily feedings. Horses are continuous grazers by nature because the capacity of the stomach is limited. This behavior also ensures that stomach acid is buffered by saliva and ingested plant material. Infrequent meals can result in gastric ulceration due to constant exposure of the stomach wall to acid. Divide the amount of hay fed into 3 or 4 daily meals to increase meal frequency along with salivation and stomach fill to prevent ulcer formation. Limit the amount of hay fed to 1.5% of body weight, this is enough to insure maintenance and proper digestive function. If the horse's body condition is still excessive after weight loss has stabilized, then decrease the feeding rate of hay to 1.25% of body weight or less and continue feeding management for weight loss.

7. Use the following formula to determine and manage the proper healthy weight for your horse. Take a weight tape and measure body weight (Starting BW) and body condition score (Starting BCS) of your horse. With these two values, use this formula: (Starting BW - (Starting BCS - Desired BCS x 50) equals Desired BW. For example, your horse weighs 1,200 lbs. and has a BCS of 8. You want a BCS of 5 so the formula is: 1,200 lbs. - (8 - 5 x 50 lbs.) = 1,050 lbs., which is the proper healthy or target weight for your horse.

4. You Asked: Rain barrels are commonly used to collect rainfall for watering plants. Is this something that can be done to using gutters and downspouts to catch rainwater in stock tanks with the goal of watering horses, livestock or pets?

This is not a recommend practice to use rain barrel water for human or pet consumption, or even for watering root crops and vegetables that maybe consumed. There are potential issues with runoff from rooftops in terms of safe drinking water.

There is a possibility of the water containing atmospheric deposition of fine metals and particulates can be carried into roof runoff and possibly concentrated in the rain barrel water, as can petro-chemicals from shingles. New roofs can be especially prone to releasing particulates and chemicals into runoff, particularly when there hasn't been much rainfall for a while and the sun has been heating the rooftop. One must also

consider that birds roost or rest on the rooftops and there could be a significant amounts of bird droppings in the runoff, and that can contain salmonella and other bacteria that can be potentially pathogenic (disease-causing).

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5. Pasture Height and NSC

The nonstructural carbohydrate (NSC) value in forages is an analysis of the simple sugars, fructans, and starch content of a plant. This nutritional component is an important factor in horse nutrition as it has been linked to health problems including obesity, laminitis, equine metabolic syndrome and tying up. Much attention has been given to NSC content of forage since it comprises the majority of most equine diets. However, it is important to consider the total amount of NSC in the diet (i.e. forage, grain, treats, supplements, etc.).

A recent study, conducted here at North Carolina State University, determined the effect of pasture height on pasture NSC and horse grazing preference. In the fall (November), four mature, idle stock horses with an average age of 8.5 years grazed small pastures containing tall fescue that was mowed to different heights before grazing. Forage heights were short (4 inches), medium (8 inches) and long (12 inches). Pasture height and biomass (yield) was measured in each pasture before horse grazing. Forage samples from each pasture were collected and NSC was calculated. Time spent grazing in each pasture was recorded. Pasture NSC concentrations were lower for the short compared to the medium and long pastures. Horses spent more time grazing long compared to the shorter pastures and as expected, the taller pastures resulted in more biomass (yield) compared to the shorter pastures.

These results suggest that horses prefer to graze tall pastures which contained greater NSC concentrations. Future research should include different locations, seasons and types of forage.

The use of brand names or any listing or mention of products or services does not imply endorsement by the NC Cooperative Extension Service nor discrimination against similar products or services not mentioned.

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6. Basic Trail Riding Etiquette

With our active and large equine industry with many miles of horseback riding, trail riding seems to be a year around activity these days and fall is a wonderful time to explore trails and enjoy fall colors, cooler temperatures and fewer bugs. In a recent survey, in Minnesota, horseback trail riders identified seven major reasons for trail riding, including to view the scenery, be close to nature, get away from the usual demands of life, experience nature, explore and discover new things, relax physically, and be physically active.

All riders should remember basic trail riding etiquette. Trail etiquette and safety are closely related since poor trail etiquette typically leads to an unsafe riding experience.

Basic trail riding etiquette includes:

- Ensuring your horse is properly conditioned for the trail ride and hoof care is appropriate for the terrain
 - Checking tack regularly for proper fit
 - Ensuring at least one rider carries a working cell phone
 - Packing basic horse and human first aid kits and a trail map
 - Suggesting all riders, especially youth, wear helmets
 - Encouraging all rider to wear appropriate clothing and foot wear (boots)
- KNOW HUNTING SEASONS & WEAR ORANGE during these seasons.
 - Riding at the level and speed of the least experienced rider
 - Maintaining at least one horse's body length between horses
- Announcing trail hazards including low branches, holes, dogs and other trail users and rocks
 - Checking with other riders before changing gaits
- When passing other horseback riders or trail users, ride single file
 - Ensuring horses depart and return to the trailer at a walk

- Allowing horses the opportunity to drink at water crossing and waiting nearby until all horses have drank
- Waiting for other riders in your group who have dismounted, for any reason, to remount
 - Placing a red ribbon on tails of horses known to kick
 - Avoiding drinking alcohol while riding

Many trails are open to multiple users (i.e. hikers or bicyclists) and part of good trail etiquette is ensuring horseback riders are respectful of trails and other trail users. This includes:

- Parking only in designated areas
- Riding only on trails designated for horseback riding
 - Not littering
 - Greeting other trail users
- Announcing your presence and passing other trail users slowly, in single file and on the left side

Good trail riding etiquette includes ensuring safety of horses and riders and consideration for fellow horseback riders, other trail users and the environment. Remember to expect the unexpected and be prepared to cross paths with other trail users. Finally, make sure to enjoy the ride!

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7. Caring for Horses in *Hot* Weather

Christine Skelly, Michigan State University Extension, Modified by Ben Chase

Most of America is experiencing record high temperatures and North Carolina is no exception. Horses can succumb to heat stress, especially if they are older, overweight or have a compromised respiratory system. Keep your horse safe during heatwaves by following these tips:

1. **Provide fresh cool water and a trace mineral salt block to your horse**

continuously. Even a resting horse will sweat to cool off. Horses need plenty of fresh water and salt to balance their electrolytes and stay hydrated.

2. Provide good ventilation with shade during the hot part of the day. Horses turned out should have access to shade, either from trees or an open shed. If you don't have a shady spot in your paddock, consider turning your horse out at night. Fans may help increase airflow in a barn with poor ventilation.

1. Exercise your horse in the coolest part of the day. Work your horse and do barn chores either in the early morning or late evening to help keep both you and your horse safe from the heat. Exercising in the heat is much harder on the horse, so remember to decrease both the intensity and duration of the workout.

2. Allow for a longer cool down period. It takes horses longer to cool down from a workout in hot temperatures. In addition, horses need exposed skin to take advantage of evaporative heat loss. Be sure to remove the horse's tack during the cool down period for a faster recovery. Hosing or sponging the horse off with water will help bring the horse's core temperature down quicker.

3. Watch for signs of heat stress in your horse, including:

- Rapid respiratory rate or labored breathing
- High rectal temperature at rest
- Unusual sweating response (too much or too little sweat)
- Lethargy
- Decreased appetite

If your horse is showing signs of heat stress, move the horse to a cool, shady spot and run water over the horse's legs and abdomen. Call your veterinarian for supportive care and evaluation. There may be an underlying health condition that is making your horse more susceptible to heat stress.

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8. Help Your Horse Deal with Heat Stress

Jason L Turner and Sandra Barraza

Authors: Respectively, Extension Horse Specialist, Department of Extension Animal Sciences and Natural Resources; and Extension Agriculture Agent, Chaves County Extension Office, both of

New Mexico State University.

Introduction

Summer is the primary season for many equine competitions, and intense exercise coupled with a high ambient temperature can quickly put horses in the danger zone for heat-related illness. In this guide, we will discuss heat-related illness, physiological mechanisms of heat loss, and techniques for relieving heat stress in equines.

Overview of Hyperthermia

Before going into greater detail, it is necessary to define some basic terms related to thermoregulation—or the regulation of body temperature. The normal rectal temperature of the horse ranges from 99 to 100.5°F.

The horse's natural thermoregulatory mechanisms are capable of maintaining this normal body temperature except when overwhelmed by severe circumstances, such as disease or intense exercise in hot climates

Hyperthermia (heatstroke) occurs when the core body temperature starts to rise because these regulatory systems can no longer effectively cool the horse. Heatstroke is a serious condition that can be fatal if not dealt with quickly. The most common clinical signs include an elevated respiratory rate of 40 to 50 breaths per minute (normal at rest is 8 to 16) that does not slow when at rest, a heart rate of 80 or more beats per minute (normal at rest is 36 to 44) that does not slow down after a few minutes of rest, a rectal temperature of over 103°F, lethargy, and/or profuse sweating or an absence of sweating altogether. Some horses may suffer from a condition called anhidrosis, a disorder where the horse does not sweat normally.

These horses are especially prone to hyperthermia if not managed appropriately. The specific cause of anhidrosis is unknown; however, it is thought that there is a physiological defect at the level of the sweat gland that inhibits sweating. Your veterinarian can perform diagnostic tests that can confirm this condition if you suspect that your horse might be afflicted.

Hyperthermia most often occurs as a result of inadequate physical conditioning (poor fitness), extreme hot and humid conditions, a weakened thermoregulatory system, or a combination of the three. The heat index (HI), which is the temperature (in °F) plus humidity (%), gives a means of assessing the danger that extreme environmental conditions pose to horses performing intense exercise in such an environment. If the HI is less than 130 (e.g., 90°F and 20% relative humidity), then the horse's built-in cooling mechanisms are usually capable of dissipating the excess body heat generated during exercise. However, when the HI is greater than 150 (e.g., 100°F and 60% or higher relative humidity), the horse will probably need assistance in order to prevent heatstroke. Owners should proceed cautiously when, or seek alternatives to, exercising horses in situations where the HI is greater than 170 or the relative humidity is above 75% since these conditions severely diminish the effectiveness of the horse's thermoregulatory systems.

Mechanisms of Heat Regulation or Heat Loss

In order to maintain a normal body temperature, the horse must dissipate heat that is produced as a result of normal body processes (e.g., digestion and muscular exercise). There are four main mechanisms that allow for this: evaporation, conduction, convection, and radiation. Evaporation (sweating) is the most important cooling mechanism for the horse because it removes heat as water (sweat) changes from a liquid to a gas (water vapor). Conduction occurs when heat is transferred from a hotter object to a cooler object by direct contact, such as using an ice pack on a sprain. Convection is heat exchange that occurs when an air current moves over the skin to pick up heat and/or moisture from the skin and carry it away. Radiation occurs when infrared rays carry heat from a hotter object to a cooler object. The heat that we feel from the sun is an example of radiation. Below is a description of the practical significance of these mechanisms later in this guide when we discuss means of relieving heat stress.

How to Prepare Your Horse for a Heat Stress Environment

Prevention is the best medicine also goes for heat stress in horses. If at all possible, avoid strenuous exercise of horses when the heat index is near the danger zone. This may require adjusting your training/exercise schedule to do intense work early in the morning or late at night when ambient temperatures are lower.

If a horse must be worked in a high heat index situation, take extra precautions to prepare the horse for the challenge. First, make sure that the horse is physically fit and accustomed to the exercise program. Also, make sure that the horse does not suffer from anhidrosis before putting it in a potentially dangerous situation. Second, take frequent breaks that allow the horse to return to a resting heart and respiratory rate. Third, make sure that the horse has adequate access to clean, fresh water and salt through its normal diet in order to prevent dehydration during intense exercise. If you expect that your horse will be worked enough to sweat profusely and "lather up," you may wish to provide an equine electrolyte supplement according to the manufacturer's directions. If electrolytes are added to the water, make sure that the horse also has access to plain water with no electrolytes. Be sure to accustom the horse to the electrolyte solution before relying on it in a heat stress situation. Accustom your horse to the active cooling methods described later (such as a cold water bath with a sponge and garden hose) so that it is not frightened by the procedure. Finally, make sure that you are able to consistently monitor your horse's vital signs (rectal temperature, heart rate, respiratory rate, and hydration status) so you can determine if they are entering a "danger zone" for heat stress.

Means of Relieving Heat Stress

During intense exercise in a high heat index, the horse's rectal temperature may exceed 103°F. Therefore, it is crucial to monitor your horse's vital signs. If the horse recovers normally after exercise, then the heart and respiratory rates should be near normal after 30 minutes of rest following exercise. While rectal temperature may actually rise in the first 5 to 10 minutes after exercise as the horse dissipates the heat generated during exercise, the horse's rectal temperature should begin to decline within the 30 minutes of rest following exercise. If the temperature doesn't decline or if the rectal temperature is over 105°F, this is a cause for concern and the following methods should be used and you should seek veterinary guidance if available.

The primary goal is to lower the horse's body temperature as rapidly as possible, and this is best done by employing "active cooling" methods that make the most efficient use of the heat loss mechanisms described previously. Once the horse's rectal temperature has dropped below 101°F, active cooling can be reduced and the horse can be walked leisurely until all vital signs are normal.

Cool water bathing. The primary purpose of cool water bathing is to maximize conductive heat loss. The most efficient method is a cool water bath with a garden hose or a sponge and bucket. The goal is to cool the blood in the major vessels along the neck, on the belly, and inside the legs. The cool water will take up body heat as it is warmed, so the water will need to be scraped off with a sweat scraper in order to remove the heat. This situation might require a team of three people, one to hold the horse, one to hose or sponge water onto the horse, and one to scrape the warmed water off of the horse. If water is not limited, it can be applied to the horse's entire body, taking care not to get it in the horse's nostrils or ears. If water is scarce, then towels wetted with a 50/50 mixture of water and rubbing alcohol might be helpful. Be sure to remove the towels, wring out the warmed water, and rewet them frequently to continue the cooling process.

Increasing air flow. You can increase air flow over the skin by standing the horse in front of a fan or in a natural breeze if available. Convection pulls heat and moisture away from the skin, allowing it to cool.

Shading. Keeping the horse out of the sun can minimize heat gain from the sun's radiation and help maximize the heat loss gained by convection and conduction.

Drinking cool water. Giving your horse cool drinking water can help with conductive heat loss while restoring the body fluids lost in sweat. Sweating results in a significant loss of body fluid, so it is important to monitor the horse and ensure that normal body fluid levels are maintained. Horses with mild dehydration (a loss of less than 4% body fluid) typically show no visual signs. Horses that are moderately dehydrated (4 to 9% loss) will show decreased skin elasticity (skin pinch test), poor capillary refill time of the gums, reduced saliva production, sunken eye sockets, muscle weakness, and fatigue. To perform the skin pinch test, take a fold of the horse's skin on the side of the neck between your thumb and index finger and gently pull it away from the horse's neck to create a "tent." Then count the number of seconds that it takes for the "tent" to return to normal. In a properly hydrated horse, the "tent" should immediately go back into place.

The more dehydrated the horse becomes, the longer it takes for the skin "tent" to return to normal.

We have all heard "you can lead a horse to water, but you can't make him drink." This is all too true, but research has shown that providing horses with a normal saline solution (0.9% saline or 2 tablespoons of normal table salt per gallon of water) to drink may encourage them to drink more and further aid in replenishing their body fluids. However, this is definitely a case where "more is not better"; be sure to provide the proper amount of salt in the saline solution, and also provide a bucket of plain water without any salt. Another study compared voluntary water intake of exercised horses that were offered water at three different temperatures (50°F, 68°F, and 86°F). Results showed that the greatest intake of water occurred when the temperature was 68°F. Offering a cool normal saline solution (68°F) can help restore body fluids while also cooling the horse via conduction (cool water inside hot horse). While it is not a good idea to allow a hot horse to consume an unlimited amount of water (as this may lead to colic), it is important to note that an 1,100-pound horse that has a 5% loss in body fluid would require approximately 5 gallons of water to restore this loss. So, it is advisable to allow the horse to voluntarily drink 2 to 3 gallons of water at a time separated by 10- to 15-minute intervals until the horse is no longer thirsty.

Conclusion

The key steps in helping horses handle heat and humidity are to

1. determine the potential for heat stress using the heat index criteria,
2. make efforts to minimize strenuous work in high heat index conditions,
3. be able to recognize the signs of hyperthermia in horses,
4. understand how the horse's body cools itself, and
5. be able to employ active cooling methods in a critical heat stress situation.

Knowledge of these guidelines and methods will help you look out for the well-being of your horse during the hot, humid days of summer.

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9. Abnormal Horse Behavior

Clint Depew, Extension Horse Specialist, Louisiana State University

Animal behavior experts often refer to vices (bad habits) as stereotypies because they are often rooted in the behavioral nature of the animal. Understanding that vices are behaviorally based may assist in preventing and/or treating these problems. Common vices are described below.

Wood chewing This occurs with both stabled and pastured horses and research suggests that this can be due to a lack of fiber in the diet, or due to boredom.

Cribbing This term is sometimes confused with wood chewing; however, cribbing is more serious. It involves the grasping of a surface (often wood) with the teeth and swallowing air. It is unclear if there is a single cause or if there is an interaction of several variables that causes the behavior. This behavior can cause horses to lose weight, wear down their top incisors, and be more prone to colic.

Stall kicking This behavior involves a horse habitually kicking or pawing the walls and/or floor of its stall. This behavior often intensifies near feeding time.

Weaving or circling Weaving is the shifting of the horse's body from side to side. Circling and head bobbing are self-descriptive. All of these and other habitual movements may simply be annoying or may become so persistent that they actually result in a tired and listless animal.

Cribbing can be destructive to the horse as well as facilities.

Correcting behavioral vices can be difficult. Punishment is almost never effective and may actually worsen the condition. Try to determine the basis for the problem. For example, if the horse is chewing the planks on the stall because of a lack of fiber in the diet, simply feed it more hay or a lower-quality hay with more fiber. If the horse is chewing because of simple boredom, provide stimuli, such as stall balls or other safe toys to decrease the boredom and the wood chewing. It is also sometimes effective to put up a barrier such as metal flashing, over the favorite chewing place, or to use a deterrent such as hot pepper sauce on the wood. Sometimes a simple change can prevent wood chewing. Moving the horse to a different stall or allowing more pasture time could help.

Cribbing is even harder to correct, but it is more important to find the solution, because it is potentially more dangerous to the horse. Sometimes, a cribbing strap placed around the throat will make swallowing difficult enough that it curbs the habit. A grazing muzzle that allows grazing and drinking but prevents cribbing may also help.

Horses are social, or herd, animals. If part of their vice problem is boredom due to lack of companionship, providing a companion animal may help. A variety of companion animals, from chickens to goats, have been used successfully.

Sometimes horses that are developing a tendency toward weaving, circling, or other repetitive movement vices will stop the behavior if you simply introduce a companion animal in their stalls, enable them to get more exercise, or turn them out periodically into an open paddock or pasture.

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10. NC Horse Lawyer's Blog

Should I Let My Friend Ride My Horse?

<https://nchorselawyer.wordpress.com/>

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11. HAY

Hay Season is in High Gear, GET RIGHT, GET READY, LETS ROLL!

Let me know if you have hay to sell.

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 have hay to sell** (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!

If you have hay to sell, please let me know!

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12. Swap Shop

- Isley Quarter Horses – Full Board Stalls Available - \$300 per month – excellent care / Lessons also available for adult or youth – For More Information Call Ronnie Isley – 336-601-2275

- For Sale – Tamworth Pigs (& for Barbeque) – if interested call 336-496-6756

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13. Take A Load Off

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

GROUNDS FOR A DIVORCE

A judge was interviewing a woman regarding her pending divorce, and asked, "What are the grounds for your divorce?"

She replied, "About four acres and a nice little home in the middle of the Grounds property with a stream running by."

"No," he said, "I mean what is the foundation of this case?"

"It is made of concrete, brick and mortar," she responded.

"I mean," he continued, "What are your relations like?"

"I have an aunt and uncle living here in town, and so do my husband's parents."

He said, "Do you have a real grudge?"

"No," she replied, "We have a two-car carport and have never really needed one."

"Please," he tried again, "is there any infidelity in your marriage?"

"Yes, both my son and daughter have stereo sets. We don't necessarily like the music, but the answer to your is 'yes'."

"Ma'am, does your husband ever beat you up?"

"Yes," she responded, "about twice a week he gets up earlier than I do."

Finally, in frustration, the judge asked, "Lady, why do you want a divorce?"

"Oh, I don't want a divorce," she replied. "I've never wanted a divorce. My husband does. He said he can't communicate with me."

I always need more help with the jokes!

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

**PLEASE SEND TO ME YOUR IDEAS FOR ARTICLES IN
FUTURE NEWSLETTERS!**

I WANT TO HEAR FROM YOU!!!!

**Please remember our Troops who are serving our Country (and
their families), those who have come home with wounds, and
the families that paid the ultimate sacrifice.**

Have A GREAT

SAFE WEEKEND!

I Would Really Like To Hear From YOU!

Ben Chase

Rockingham and Guilford County Extension Agent
Agriculture & Livestock

North Carolina State University

North Carolina Cooperative Extension,

525 NC 65, Suite 200, Reidsville, NC 27320

(336) 342-8235 800-666-3625 Fax: 336-342-8242

Email : ben_chase@ncsu.edu

<http://rockingham.ces.ncsu.edu/index.php?page=animalagriculture>