

Merry Christmas Everybody,

Included is the Weekly Pile of Information for the week of December 17th, 2017, 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. Gift Ideas

2. Transportation and Health

3. Preventing and Treating Colic

4. You Asked

5. Feeding the Overweight & Underweight Horse

6. Deworming Horses

7. 2018 Piedmont Regional

Beef Conference March 1

8. 2018 Regional Sheep & Goat Producer Training January 20

9. RECYCLE

10. Three Not-So-Common Myths about Feeding Horses

11. Hay

12. Swap Shop

13. Take A Load Off

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1. Merry Christmas Everybody!

It is sure is a busy time of year and I hope that you will slow down enough to enjoy those you Love and to remember the reason for the season!

Gift ideas for any horse barn owner

If you have a horse barn owner on your holiday shopping list, this is maybe what you've been searching for.

Taylor Fabus, Michigan State University Extension

The excitement and anticipation for the upcoming holiday season often bring with it some gift-giving anxiety. What do we get for those special people in our lives, and how do we get them something thoughtful

while staying within a strict budget? I'm here to tell you that if you have a horse barn owner on your holiday shopping list, this article is just what you've been searching for.

Many of the following gifts are thoughtful and useful while being inexpensive and easy to find. The hard-working equine enthusiasts in your life will be sure to appreciate these kind gestures!

Useful stocking stuffers. Do not underestimate the value in some of the smallest useful tools. Any barn owner will find great value in a stocking filled with double-ended snaps, zip ties, Duct/Gorilla tape, Magic Erasers, Chicago screws, a screwdriver, permanent and dry erase markers, LED light bulbs, headlamp for short winter days, calendar, high-quality pair of scissors, pocket knife, lip balm, hand salve (try O'Keeffe's Working Hands) and a pair or two of gloves.

If purchasing gloves, try to pay attention to what the person you're purchasing for most often wears. Buying their favorite kind will show even more thought and preparation.

Barn tools. Although at first glance it may seem like a very lackluster gift, any barn owner will be surprisingly excited to receive nice, new barn tools like pitchforks, brooms and shovels. A variety of sizes and types of each of those are often ideal to have on hand.

In addition to these hand tools, if you're looking for a bigger gift, a new wheelbarrow will make you an instant favorite.

Heated water buckets or heated hoses are often a necessity that any barn owner can quickly utilize but they might not have spoiled themselves with quite yet.

Acts of service. If your budget is limiting your gift-giving abilities, the most coveted present you can offer is your time. As the owner of a horse boarding facility, one of the sweetest gestures we received during a previous holiday season was the surprise of a boarder who cleaned stalls for us on Christmas Day. Even sweeping the aisles unexpectedly, offering a rain check on barn sitting duties, helping wash dirty blankets or bringing dinner one night can make a thoughtful and appreciative gift.

Does someone in your immediate family have a special skill? The welder, carpenter or electrician can even offer their expertise to help finish a new barn project.

Important note: Unless you're very comfortable with the facility, its owners and the animals, it would be a good idea to check with the barn owner if it's OK that you step in and help.

Gift cards. The opportunities are nearly endless with gift cards, but there's still an opportunity to show that you put thought into this present as well. A restaurant gift card and the offer of a babysitter (farm or children) is a great excuse for a date night for an over-extended farm family.

A gift card to the local farm supply store can help them fill any voids needed at the facility. You can even check with the local elevator and get a gift certificate towards their next order of feed (be sure you know their current feed supplier).

Personalized dry erase board. Many companies offer personalized dry erase boards for horse farms that can help keep track of feed, farrier needs, turnout, exercise, medications and more. Don't be too intimidated; this can also be a great DIY project with a new dry erase board, vinyl pinstriping and some creativity.

Looking for more ideas for that horse lover in your life? Check out the following Michigan State University Extension articles: "Six great gift ideas for the horse-crazy kid in your life" and "Ten things under \$5 you need in your horse show bag."

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2. Transportation and Health

Summarized by: Devan Catalano, MS, University of Minnesota

Changes in the immune system and risk of respiratory disease in response to travel are well documented in horses. However, information on mucosal immune responses and how quickly changes occur is lacking. The goal of the research, conducted at the University of Florida, was to determine the onset of changes and the mucosal immune response to long distance road transportation.

Three cecally cannulated geldings were tied with their heads elevated and transported for 24 consecutive hours. Nasal flush (NPF), whole blood, cecal fluid, saliva and fecal samples were obtained before, during, immediately after, and five days after transportation.

Transportation resulted in bodyweight losses of 77 pounds despite access to hay and water while in transit, and was not regained by five days post transport. Neutrophils (a type of immune cell) were elevated from hour 6 of transit through 24 hours after transport and had returned to baseline by 72 hours post-transport. A decline in the number and percentage of white blood cells occurred during transport. However, white blood cells continued to increase five days posttransport. White blood cells in nasal flush samples had returned to baseline by 72 hours post transport. Both salivary and nasal flush samples had recovered to pretransit values 72 hours post-transit. Fecal measurements of immune function were variable and lacked a clear pattern in response to transport.

Together these data indicate that transport can cause immune function changes. The consequences of these changes may be a predisposing factor for respiratory disease.

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3. Preventing and Treating Colic

Colic indicates a painful problem in a horse's abdomen. Horses are naturally prone to colic and many types of colic cannot be prevented. However, there are some relatively simple steps that can be taken to reduce the risk of colic in your horse. The following nine steps are recommendations summarized from numerous research studies evaluating several risk factors for colic in horses. Following these nine steps should reduce the risk of colic, but are not guaranteed to eliminate it.

Steps to reduce the risk of colic

1. Always have fresh, clean water available

Horses without water for as little as 1-2 hours, were at increased risk of colic in one study. The risk was especially high for horses over 6 years of age. Additionally, horses have been shown to prefer to drink out of buckets compared to automatic waterers, likely due to the ability to ingest large quantities quickly. In the winter, it is important to ensure automatic waterers and other water sources have free flowing water. In colder weather, horses drink more water if it is warmed. Twice daily addition of hot water to buckets works as well as continuous warm water. When traveling on longer trips, stop to let horses drink and/or have a veterinarian pretreat them with mineral oil before starting.

2. Allow pasture turnout

Horses that have access to pastures have been shown to have a lower colic risk than those without pasture access. Feeding from round bales increased the risk of colic in one study. This increased risk may have been related to decrease in quality in the round bales due to exposure and storage (stored outside), types of hay baled, and/or uncontrolled ingestion of certain types of hay. More information on pasture management and hay is available in the two following fact sheets: "Selecting and Storing Horse Hay" (publication #08463) and "Managing Established Horse Pastures" (publication #08460).

3. Avoid feeding on the ground in sandy areas.

Horses may ingest enough sand to irritate their intestines. Feed in tubs or hay racks. Place rubber mats or catch pans underneath racks to enable horses to get the scraps without getting sand.

4. Feed grain and pelleted feeds only as needed.

Colic risk increased 70% for each pound increase in whole grain or corn fed in some studies. Horses eating pelleted feeds and sweet feeds are also at increased risk for colic compared to horses on a 100% hay diet. More information on basic nutrition is available in the following fact sheet: "10 Things Everyone Should Know About Nutrition for the Mature Horse" (publication #08548).

5. Watch horses carefully for colic following changes in exercise, stabling, or diet.

Colic risk increases during the two weeks that follow changes. Farms that make more than four changes in feed in one year have three times the incidence of colic than farms with less than four feed changes. Even changing the batch of hay can increase the risk of colic. Make only gradual changes in diet, housing, and exercise whenever possible. To make changes in feed, mix $\frac{1}{4}$ new with $\frac{3}{4}$ old for about seven days, then increase the percent of new feed gradually.

6. Horse's teeth should be floated every six months.

This ensures good ability to properly and thoroughly chew hay and other feed stuffs.

7. Control parasites.

Horses on a daily wormer or horses regularly dewormed are less likely to colic. More information on vaccinations and deworming is available in the following fact sheet: "**Vaccinations and Deworming**" (publication #08540).

8. Closely monitor your horse and care for it as much as possible yourself.

Owners who take great interest in their horse's care on a day-to-day basis have fewer incidences of colic. Early signs of impaction colic include dry fecal balls or fecal balls that are smaller than usual. Some horses with impactions, may go slightly off feed (particularly off grain) or change drinking habits during the early stages of colic. Subtle signs will be picked up more quickly if you are familiar with what is normal for your horse.

9. Watch broodmares and horses who have had horses colic previously.

Watch broodmares closely in the two months following foaling. Monitor any horses that have been ill or have had colic episodes before as all are at an increased risk of colic, and early treatment is essential. Treatment with phenylbutazone (bute) can also make horses prone to types of colic and can hide early signs of colic. Discuss the appropriate levels of bute with your veterinarian and avoid using large amounts or prolonged treatment whenever possible.

Above all, be a proactive owner. If your horse is being placed at unnecessary risk for colic, try to adjust the situation. If your horse does colic, appropriate and timely care makes a great deal of difference in the outcome.

If your horse colics

If you know how to take vital signs, this information can help your veterinarian determine how severe the colic is before arriving at the farm. In particular it is helpful to know how to check your horse's temperature, heart rate, respiratory rate, mucous membrane color, capillary refill time, and gut sounds. While you are waiting for the veterinarian, remove the horses' food to prevent additional problems. More information on

vital signs is available in the following fact sheet: "Equine First Aid: What to Have and How to Use it" (publication #08459).

If the horse is crampy, or it is early on in the colic, walking can help provide pain relief and encourage defecation. Walking can help prevent horses from rolling. Rolling can lead to injury to both the owner and horse. If the horse wants to get down and roll frequently, it is better to be in an open area instead of in a stall where they may become cast. However, if the horse is uncontrollably thrashing, stay out of the way. It is unclear whether walking a horse during a colic reduces the severity of colic.

Some horse owners believe that if a colicking horse has a temperature, then the horse should not be walked. However, this is not the case. Some types of colic are associated with fevers, and it is okay to walk the horse to keep them comfortable while waiting for the veterinarian to arrive. However, diseases such as pleuritis, tying up, and laminitis may present signs similar to colic and walking will only confound the disease in these situations. In general, if the horse feels better walking, do it. If walking seems to make the horse worse, or if you detect signs of rib pain, foot pain, or muscle pain, then stop. Neither you nor your horse should walk until exhaustion.

When your veterinarian arrives to examine a colic, they will try to determine the severity and the general type of colic. Keep in mind, that its very unusual to be able to diagnose the exact cause of colic. Your veterinarian may be able to determine if it is more likely to be an impaction or gas colic, or if it may involve damaged bowels or toxemia.

Most (75%) cases of colic readily respond to treatment and most are due to gas colic or probable impactions. Veterinary treatment usually involves controlling the horse's pain with analgesics, softening the impaction with mineral oil or other laxatives, and encouraging motility by having you walk the horse. In general, horses should not be fed hay or grain until they pass manure and the colic has resolved. If an impaction is present, more food worsens the constipation the horse is experiencing. Walking and grazing on a small amount of fresh grass may help stimulate bowel movement. Most cases of colic will respond to this type of treatment within a few hours. A few horses will need additional fluids for rehydration (oral or intravenously) and may need to be reexamined. If the colic pain is more severe and requires intensive treatment, a veterinarian may recommend the horse to an equine hospital equipped for intensive care and abdominal surgery.

At the hospital, many of the tests will be repeated to assess how the horse has responded to your veterinarian's treatment. Constant monitoring of the horse guides the decision to continue medical treatment, or perform surgery to diagnose and treat the problem. Success rates after colic surgery vary with the type of intestinal involvement. In general, horses have better than a 75% long term survival rate after colic surgery, with early diagnosis and proper treatment.

Most colic episodes will fully resolve with no long lasting consequences. However, if toxins are released into the abdominal cavity or bloodstream, or if colic surgery is required, the horse will be at risk for other problems. Many horses will have diarrhea following intestinal disturbances. If a horse has colic surgery, it will also be watched for incisional infections, infections within the abdominal cavity, and motility disturbances.

Some horses will get motility problems following small intestinal surgery that can significantly prolong nursing care and hospital stays. Performing surgery also places a horse at risk for developing intestinal adhesions. Adhesions may make the intestines stick to each other or be placed in abnormal positions. Some adhesions can cause repeated bouts of colic. In general, surgery for large colon problems has a greater success rate than surgery for small intestinal problems.

Keep in mind that each colic is unique. Horse owners need to balance the factors involved in their horse's care, feeding, and activity level. Work with your veterinarian and barn manager (if boarding) to determine the best plan for your horse. Revisit those plans annually to make sure adjustments aren't needed due to changes in activity, feeding practices, illness, and/or other management factors.

Reviewers: Brenda Postels and Betsy Gilkerson Wieland, and Krishona Martinson, PhD, University of Minnesota Extension; Abby Duncanson, Indigo Acres; Harlan Anderson, DVM; and Missie Schwartz, MN Horse Council and Tucker Road Stables.

Photo Credits: Figures 1 and 3, Erin Malone, DVM, University of Minnesota; and Figure 2, Dr. Jason L. Turner.

How do I know if a colic episode can be managed at the farm or if it needs to be treated at an equine hospital?

<http://www.horsechannel.com/horse-experts/horse-vet-advice/2017/evaluating-colic.aspx>

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4. You Asked: When to Blanket a Horse? I'm confused about blanketing my horse during the winter. I grew up with horses happily housed outside and un-blanketed during the winter months. The horses had access to shelter. I'm now boarding my horse and everyone at the barn blankets their horse and thinks I'm crazy not too! The horse do have access to shelter while outside. Please give me some advise on blanketing during the winter?

Marcia Hathaway, PhD, University of Minnesota

Most horses are blanketed for various reasons (i.e. show schedules) or due to personal preference of the owner. However, blanketing a horse is necessary to reduce the effects of cold or inclement weather when:

1. There is no shelter available during turnout periods and the temperatures drop below 5°F, or the wind chill is below 5°F;
2. There is a chance the horse will become wet (not usually a problem with snow, but a problem with rain, ice, and/or freezing rain during cold weather);
3. The horse has had its winter coat clipped;
4. The horse is very young or very old;
5. The horse has not been acclimated to the cold (i.e. recently relocated from a southern climate); and/or
6. The horse has a body condition score of 3 or less.

A horse will continue to develop a natural winter coat until December 22 (Winter Solstice), as days are becoming shorter. Horses begin to lose their winter coat, and start forming their summer coat, as the days begin to get longer.

Blanketing before December 22 will decrease a horse's natural winter coat.

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5. Feeding the Overweight Horse

There are health implications for horses that are classified as overweight or obese. Unlike humans, there is no universally agreed upon definition for an overweight or obese equine. In humans, obesity is a medical condition in which excess body fat has accumulated and results in adverse health effects. People are considered obese when their body mass index (BMI) is ≥ 30 . As for horses, when using the body condition score system a score of 7 is usually considered *overweight* (fat deposited along neck, withers, shoulder; soft fat around tailhead; may have positive crease down back; ribs can be felt but noticeably filled with fat), whereas a BCS of 8 or higher is considered *obese* (thickening of neck; fat filling in withers, shoulder, tailhead, and inner buttocks; difficult to feel ribs; positive crease down back).

Prevalence of Overweight Horses

Many horse and pony owners fail to recognize changes in BCS or body weight and tend to provide calories in excess of their horse's energy requirements. As a result, excessive body weight has recently become a major health issue in the equine industry. A 1998 horse owner-reported survey conducted by the USDA's National Animal Health Monitoring System (NAHMS) suggested that about 5% of horses were overweight. However, these estimates were based on surveys of horse owners who self-reported the condition of their horse rather than independent assessments of equine BCS. More recently, researchers across the country have estimated that an average of 26% of horses surveyed were overweight based solely on body condition score. These results also support the theory that horse owners are becoming increasingly accustomed to seeing overweight horses, and may consider this the new normal.

Why has there been an increase in equine obesity? Horses evolved as a free-roaming grazer on sparse pasture. In the 1800s and early 1900s, horses were used primarily as work animals, serving as a source of transportation and draft power. Today, most horses ($\geq 75\%$) serve as companions and light performance animals (i.e. used in trail riding). The general equine population is working less and eating more high quality feed, benefiting from better dental care and deworming programs, and likely responding to show ring standards where over-feeding sometimes replaces adequate conditioning.

Feeding the Underweight Horse

The ideal Body Condition Score (BCS) is a 5 on a scale of 1 to 9. If the horse is "very thin" (BCS 1-2, very little to no fat over neck, withers, shoulder or tailhead; ribs are easily visible with no fat cover), it is considered *starved or malnourished* and needs to be refed very gradually. If the horse is "thin" (BCS of 3, slight fat cover over ribs; spine and ribs are easily discernable; tailhead prominent; hip bones appear rounded but are easily discernable; withers, shoulders and neck accentuated) the refeeding schedule is not as extreme.

Refeeding a malnourished horse is not as simple as giving it lots of extra calories. A careful and gradual schedule must be followed to avoid causing more damage.

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6. Deworming Horses

Are there any published guidelines for deworming horses in the southeast? Which wormers to use spring/fall based on fecal egg counts? Which wormers are recommended regardless due to worms that don't tend to show up in samples (I think I've read tapeworms are one)? I'm generally confused about the transmission of worms. I've read to only harrow pastures on the hottest summer days. But then I've also read that worms don't survive the heat well period, so is dragging necessary or helpful then? I would happily read and study any document that would help me better grasp the situation. I have not been able to find one.

Judy Marteniuk, DVM

Parasite control is not a simple matter, as you have discovered. It is important that you work with your veterinarian to develop a control program that is best for your farm. Along with the region that you live in, other important issues are the age of your horses, their exposure to parasites (primarily stalled, small paddock turn out, pastured), their level of egg shedding (high versus low shedders), what drugs work on your farm. Some farms only have one or two drugs that currently work. Pasture dragging is important to break up fecal piles as the fecal piles protect the strongyles from drying out.

Also as you stated, tapeworm treatment is important for horses that graze. Tapeworms are not readily seen on a fecal exam and should be dewormed for one to two times per year based on exposure rate.

AAEP.org (American Association of Equine Practitioners) has an excellent paper on the current understanding of parasites and their control.



7. 2018 Piedmont Regional Beef Conference

Guilford County Agricultural Center
3309 Burlington Rd Greensboro, NC

March 1, 2018

Join us for the 2018 Piedmont Regional Beef Conference to be held on Thursday, March 1, 2018 at the Guilford County Extension Office. If you are a beef cattle producer or connected to the beef cattle industry you will not want to miss this event!

Conference topics include:

- Cattle Industry Structure and Changes
- Panel Discussion on Feeder Calves

- Cattle Market Outlooks
- Hoof Anatomy, Care, & Management with Demonstration
- Vendor Trade Show

The North Central District Livestock Extension Agents have teamed up to bring you the best speakers in the country on the topics presented.

Duane Lenz, Cattle-Fax
 Chris Jeffcoat, American Angus Association
 Ritchie Roberts, Double R Cattle Services, Inc.

Speaker Bios

Pre-registration is encouraged, but not required. If you pre-register before February 16, the cost is \$15 (non-refundable), whereas cost is \$20 at the door.

Conference Information & Registration Form

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8. Regional Sheep & Goat Producer Training

Saturday, January 20, 2018

Location: Guilford County Extension Office,
 3309 Burlington Rd., Greensboro, NC 27405

Please register online by January 8

Pre-Registration is \$15/person (Non-refundable).

Registration at the door is \$20/person. Please make check payable to Randolph County Cooperative Extension, and mail check to 1003 S. Fayetteville St., Asheboro, NC 27203, postmarked by January 8.

Register by January 8 at:
<http://go.ncsu.edu/2018goatsheeptraining>

Agenda

- 8:30 a.m. Registration
- 9:00 a.m. Opening Session – Predator Control – NC Wildlife
- 9:45 a.m. Break
- 10:00 a.m. Concurrent Sessions:
 - Session 1A: Purchasing Practices – Joe Hampton
 - Session 1B: Animal Soundness – Dr. Jesi Leonard
 - Session 1C: Artificial Insemination Part 1 – Dr. William Farmer
- 11:00 a.m. Break

11:15 a.m. Concurrent Sessions:

Session 2A: Hoof Health – Sara Beth Routh & Lauren Langley

Session 2B: Biosecurity – Dr. Jesi Leonard

Session 2C: Artificial Insemination Part 2 – Dr. William Farmer

12:15 p.m. Lunch

1:00 p.m. Closing Session – Producer Panel Discussion – Problems Faced &

Conquered in Small Ruminant Production

2:00 p.m. Wrap-up & Evaluation

Sheep-and-Goat-Training-Flyer-2018

Questions? Please Call: [336-318-6000](tel:336-318-6000)

For Inclement Weather Status: [1-800-666-3625](tel:1-800-666-3625)



9. RECYCLE

GUILFORD COUNTY ENVIRONMENTAL SERVICES

12/18/17

Contact: Clyde Harding [336-641-3792](tel:336-641-3792)

THINK GREEN This Holiday Season – For PETE’s sake RECYCLE your Christmas trees, obsolete electronics, old appliances and other holiday relics! Each year between Thanksgiving and New Year’s Day we Americans throw away 25% more trash than at any other time of the year! Give a gift to the environment this year by making sure the trash you throw away is truly trash, and by recycling those holiday items that can be recycled.

Christmas Trees – Please remove all lights, decorations, stands and covers from trees before dropping them off to be recycled. Wreaths, garland and artificial trees are not accepted. The County will turn the trees into mulch for use at County parks and other facilities. Guilford County residents can drop off their Christmas trees through January 15th at:

- Guilford County Farm (formerly Sheriff’s Prison Farm), [7315 Howerton Road, Gibsonville](#). Open 24 hours a day, seven days a week. Drop off hours are Monday through Saturday 7am to 6pm. From Highway 61, take County Farm Road then turn right onto Howerton Road. The drop-off location is ¼ mile on the right. Business waste is not accepted at this site.

- Please note that trees will no longer be collected at Piedmont Triad Farmers’ Market (off I-40 at Sandy Ridge Road) or at Tabernacle United Methodist Church (at the corner of Woody Mill and Methodist Roads). Some towns and cities within Guilford County provide residential curbside collection of Christmas trees:

- The City of Greensboro collects trees curbside. Be sure that you conform to the city’s yard waste collection procedures to take advantage of this service. Call [336-373-CITY](tel:336-373-CITY) for more information.

- The City of High Point collects trees curbside. Call [336-883-3111](tel:336-883-3111) for more information.

- Jamestown residents also have curbside tree collection available. Call the town hall at [336-454-1138](tel:336-454-1138) with questions.
- Town of Gibsonville residents may put their trees out at the curbside for collection. Call the town hall at [336-449-4144](tel:336-449-4144) for more information.

Cans, Glass and Plastic Bottles – Your holiday parties probably include beverages in aluminum cans and glass or plastic bottles. All of these can be recycled. ... just rinse and let dry before tossing them into your recycling container.

E-Waste – Did you replace old gadgets with new ones this year? All of your out-of-date electronics, or e-waste, can be recycled, including computers, televisions, games, toys, cell phones -- anything with a plug! Take them to one of the FREE disposal sites:

- Guilford County Scrap Tire & White Goods Collection Facility, [2138 Bishop Rd., Greensboro](tel:336-294-9431). Open 8am to 4pm, Monday through Friday. (Call [336-294-9431](tel:336-294-9431) for more information.)
- Guilford County Farm, [7315 Howerton Road, Gibsonville](tel:336-373-2196). Open 8am to 4pm Monday through Friday.
- HHW Collection Center, [2750 Patterson St., Greensboro](tel:336-373-2196). Open 10am to 6pm, Wednesday through Friday and 8am to 2pm on Saturday (call [336-373-2196](tel:336-373-2196) for more information).

Appliances – Were you the recipient of a new washer, refrigerator or other large appliance for Christmas? You can recycle your old appliances for free at the Guilford County Scrap Tire/White Goods Collection Facility, located at [2138 Bishop Road, Greensboro](tel:336-294-9431). It's open 8am to 4pm, Monday through Friday. Call [336-294-9431](tel:336-294-9431) for directions or information.

Remember, throwing away TVs, computer equipment, large appliances, plastic bottles and aluminum cans is prohibited by law in North Carolina! Cardboard & Chipboard– Many gifts are shipped in cardboard boxes and wrapped in chipboard boxes. Both are also recyclable.

Corrugated cardboard is made from two strips of flat cardboard on the top and bottom, and a wavy “corrugated” or fluted strip running through the center. Chipboard is the flat material that’s finished on one side and unfinished (brown or gray in color) on the other. Break down all boxes before recycling.

Paper Products – What to do with all those out-of-date catalogs? Recycle them, along with your newspapers, office paper, junk mail and magazines. Lots of garbage collectors now accept greeting cards and wrapping paper for recycling too. Check with your service provider about their policy. For more information, please call Clyde Harding at [336-641-3792](tel:336-641-3792)

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10. Three Not-So-Common Myths about Feeding Horses

<https://www.americanhorsepubs.org/newsgroup/11950/17872/>

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11. HAY

Please 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!

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12. Swap Shop

For Lease: 2 stables 35 stalls + 3 tack rooms
35x50 heated building for meeting and office
2 bathrooms
covered arena and large riding ring
fenced pastures from 20 acres to 100 acres
includes 10 to 12 miles of riding trails
price depends on amount of acres selected
off Ellisboro Road Stokesdale NC
contact Jerry Helfrey 336-312-5706

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13. Take A Load Off

The Talking Centipede

A single guy decided life would be more fun
If he had a pet.
So he went to the pet store
And told the owner
That he wanted to buy an unusual pet.

After some discussion,
He finally bought a talking centipede,
(100-legged bug),
Which came in a little white box
To use for his house.
He took the box back home,
Found a good spot for the box,
And decided he would start off
By taking his new pet
To church with him.

So he asked the centipede in the box,

"Would you like to go
To church with me today?
We will have a good time."

But there was no answer
From his new pet.

This bothered him a bit,
But he waited a few minutes
And then asked again,

"How about going
To church with me
And receive blessings?"

But again,
There was no answer
From his new friend and pet.

So he waited
A few minutes more,
Thinking about the situation.

The guy decided
To invite the centipede
One last time.

This time

He put his face up against

The centipede's house and shouted,

"Hey, in there!

Would you like to go

To church with me

And learn about God?"

... YOU ARE GOING TO LOVE THIS ...

This time,

A little voice

Came out of the box,

"I heard you the first time!
I'm putting on my shoes!"

I always need more "Help" with Clean 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.

**From our Entire Extension Staff, We Hope That
You Have A SAFE Holiday Season**

&

A Very Merry Christmas!

--
Ben Chase

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