

WPDA NEWSBITS

May 2018

Reasons to Join the Western Pennsylvania Dressage Association

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Membership covers the
2018 competition year
& includes:

- Participation in WPDA shows and clinics
- Individual membership in the USDF
- Eligibility for year-end awards
- Voting & office holding privileges
- WPDA Team competition for Juniors and Adults
- Social events
- Annual banquet
- WPDA Handbook
- Membership Directory*
- Monthly Newsletter

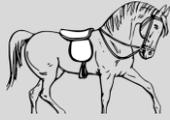
*Available on request.



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Editor's Corner: I'd like to wish everyone an exciting and wonderful show season! If you are not showing, then happy riding! Have a blast with your equine partner! And, be sure to send me pics!! I'd love to share them in our newsletter!! ~ Many Blessings, Jina



From the Prez

Happy April to all! I'm sure it will be spring eventually... Kinda hard to believe that our first sanctioned schooling show at Horse on Course is just days away. It won't be long until we are all in full show mode.

WPDA has been **very** busy prepping our riders for the upcoming season. Here are a few of the fun and educational events your club has offered. Emily Morris organized a great clinic with Britta Johnston with 22 rides and at least 25 auditors. The Juniors had a two-day clinic with Nicole del Giorno that had 16 rides. Jerri Anesetti put together a FABulous safety clinic which was held at Lynne Kuehner's Victory Hills Golf Club. Lynne very generously donated the space and her time to make this come together.

WPDA partnered with WaCart and Allegheny Equine to present the safety clinic. It was good to be reminded of things we should not have forgotten and to learn things we need to know about horse health, horse transport and barn safety. Many thanks to Dr. Jim Zeliff & Ed Childers of the North Strabane large animal rescue, who were the main presenters. Also, thanks to Jan Baumann who fed us a lovely breakfast and Jerri Anesetti who organized a great lunch.

I'd like to take this opportunity to encourage all of our membership to become more active and involved with your club. We'd love to hear what you have to say in the Newsletter – let us share your articles! We'd also love to see your pics - candid or competing! We will have many sponsorship opportunities coming up. AND, we are holding our first WPDA sponsored Schooling Show at Karen Mullin's lovely Fair Haven Farm in Grove City on June 23. We hope to see many of you there, both showing and volunteering.

That's all for now. See you at the in-gate
Pam McCready
President

Note: Board meeting, Friday, May, 7 @ Napoli Restaurant, 2112 Park Place Drive, Washington, PA. 724-514-6468. Time: 7:00 pm SHARP! Members are welcome to attend. Please let Pam McCready know that you are coming so the restaurant can have enough seats available for the group. We look forward to seeing you there!



Treasurer's Note

Do you ever wonder what happens to your membership dues? What does it take to manage a successful dressage club? There is more to it than you would think!

I like to think of the WPDA as a congenial club for like-minded horse lovers who want to get together to share experiences, to participate in educational activities to improve our riding skills, to compete and (hopefully) win awards, and to just enjoy the camaraderie.

The flip side of those happy feelings is that the WPDA is also a business - a non-profit organization. Being non-profit does not mean we are not allowed to earn a profit or that we are supposed to operate at a loss. It means that the Western Pennsylvania Dressage Association is an organization, an association of people, united by a common interest (*everything equestrian*) and that no one can profit from our club's efforts. In other words, the funds stay in the club's account to be used for club activities and expenses only. We do not have employees or shareholders so the funds maintained by the club help run the business which, in turn, enables us to provide quality events to enhance our sport and our riding abilities.

So, why does the WPDA need to raise funds and what do your membership dues get used for? Well, like any business, we have operating costs that must be paid regardless of what is going on income-wise. Monthly expenses include paying for Constant Contact services, maintaining our website domain, liability insurance (a big-ticket item), awards and scholarships, income tax accounting fees, supplies (postage, print cartridges, etc.), software updates when needed, etc. These are all expenses which must be paid before we even plan an event, or a clinic, or a show (which may bring in income but which also incurs expenses as clinicians, judges, and so on, do charge fees.) It is the desire of the club, with good planning and management, and your participation, that our expenses do not exceed income.

Another expense the club is responsible for that you may or may not be aware of is the United States Dressage Federation (USDF) Association's fees. Every member of the WPDA becomes a Group Member of the USDF (the "national" dressage club). We pay the USDF fees so the WPDA remains a Group Member Organization (GMO) of the USDF and our members can experience the benefits of both organizations.

Here's what happens to your WPDA membership dues:

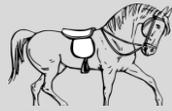
<u>Membership Type</u>	<u>WPDA Fee</u>	<u>USDF Fee</u>	<u>% Contributed</u>
Individual Member	\$55	\$20	36.4%
Junior Member	\$40	\$20	50.0%
Family Member	\$20	\$10	50.0%

So, within the limits of our income, our goal is to continue to offer exciting, innovative events to our members. We recently held two two-day mounted clinics and a six-hour Safety Clinic. We have planned two **new** WPDA schooling shows (in June and August), a three-day Adult Clinic (in September), a combined unmounted and mounted two-day clinic (in October), our Annual Awards Banquet (in November), in addition to our many sanctioned schooling shows held throughout the spring and summer. Please check out our [Calendar](#) page on our updated website www.wpda.club for more detailed information. Please plan on participating, auditing, volunteering, riding, and enjoying your membership! We look forward to seeing you at the various events we have planned.

Don't forget to encourage your friends to join so they too can enjoy the same benefits and camaraderie. **Invite! Invite! Invite!** 😊

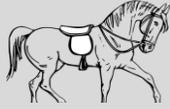
Barbara Wozniak
Treasurer

You're Invited!



Safety Clinic Pics





Education Corner

CALMING THE ANXIOUS HORSE AND REDUCING ANXIETY; HOW AND WHY IT IS IMPORTANT

The horse is just as prone to anxiety as we are, believe it or not. Anxiety in the horse impacts their performance and ability to pay attention, but it also can dramatically impair their health. The anxiety problem in the horse industry is becoming a big problem. Many horse owners are just seeking a calming supplement for their horse and some even resort to sedatives or tranquilizers. Although some of these remedies can help, most are not getting to the root of the problem. Until you get to the main issue at hand, the anxiety and impacted performance may always be an issue of concern. Anxiety or anxiousness in the horse shows up in many forms. In one situation, you may have a horse that is more high strung, pacing and running a fence line. In another situation, the horse may be internally anxious, seem less focused and have associated health conditions. In both, you may experience behavioral problems including cribbing or pawing, but also stomach ulcers, hindgut ulcers, recurrent colic, and even loose stools or diarrhea intermittently. Anxiety can impact any horse, but the approach is not always the same with each one. In most of the cases, I tend to classify them as easy-keepers or harder keepers. Most fall into one class or another.

Anxiety is a state of uncertainty, fear really, which develops as a result of stress or an improper stress response by the body to stimuli or events. This state of mind is very evident in some horses while in others, not so much. Obviously, anxiety is more common in the competitive horse, while less prominent in the horse at pasture with other mates. The stress associated with training, competition, training and housing conditions creates the anxiety or greatly contributes to it. Anxiety is the end response, it is a state of mind. Considering that you may have many horses in a training facility, but only one or two have a problem, what makes them that way? Can one horse be more prone to anxiety than another? Absolutely! This is indeed true when we look at people, so it has to be true when it comes to horses as well. Why?

Why is my horse anxious while another is not? That is a good question and really boils down to their particular response to stimuli. Anxiety is really a biochemical response, with variations of neuro transmitters and hormones that create overstimulation of the response mechanism. Just like other health conditions, there are many working parts to this equation. This is where I tend to group horses into the easy-keeper versus 'normal' or harder-keeper horse.

The harder-keeper horse is one that tends to be more hyperactive, more prone to obvious gastric ulcers and behavioral conditions such as pawing or weaving. We tend to think that this over physical activity is what contributes to their difficulties in maintaining weight and you are correct. Anxiety and ongoing stress in this group leads to a need to release pent up energy. Stress and anxiety are both metabolic burners in this group of horses, leading to a higher calorie burn. The need to release pent up energy leads to things like pawing, weaving and running of fence lines, which then also leads to an increased calorie burn. Just allowing this group of horse more pasture time, to release that energy, can be beneficial. In the end, this group is harder to keep weight on. This group of horses needs a different approach. Many will use sedatives in this group, magnesium supplements or other 'calming' supplements. In some cases, results are evident but the problem is not well managed. If you step back for a minute and look at this horse, the leaner and stressed horse, think of them as a boiling vat of water. They have so much internal heat building up inside of them, that really it is literally drying them

out. The body is composed of 65% water, on average, which decreases as we or they age. If a body produces too much internal heat, stress related or otherwise, it will consume this water mainly through evaporation. This is what then leads to weight issues and also contributes to higher degrees of health problems such as dry joints (arthritis), tendon issues, hoof concerns, and stomach issues such as ulcers. In the case of ulcers, with this group of horses, the stomach is actually on fire to a degree and dry, which creates and contributes to the ulcers. The digestive problems in this group are secondary to the stress response. They are not primary, thus response to ulcer medications is decent but the need for them is ongoing. You are not addressing the primary problem, which is the improper stress response. What is our goal with this group? Ideally, you want to calm them, which seems logical. As you calm them, you reduce that internal fire or heat. There are many options that owners will use, which include sedatives and calming supplements, including magnesium. Again, sometimes these do help.

Magnesium can be an issue in some of these horses, be deficient and lead to abnormal nerve firing. Supplementation can help in many, but often the deficiency is not dietary related, but more so it is due to an increased demand for magnesium by the body. This increased demand is due to higher levels of stress. In reality, stress creates an increased need for many macro and micro-nutrients, magnesium being just one of them. So, if your horse responds to magnesium, the question is what else are they missing? It is vitally important to make sure your horse's diet is highly enriched, ideally from whole-foods and not synthetic based supplements.

The diet can actually be contributing to anxiety on many levels. In many of these leaner horses, carbohydrate overload is an issue. The excessive carbohydrates via grains will heat up the body, creating a hotter horse and contribute to many pathological changes at a gut level. Given this, many of these horses' anxiety is markedly reduced when grain intake is modified. They also tend to respond to a more fat-based diet, so inclusion of healthy fats such as flaxseed or hemp may prove of value. Fats can be used as an energy source in these horses, but are less heating to the body in most cases. Protein is a macronutrient that is also essential in this group, helping to repair damaged tissue and balance cellular function. Supplementing with a high quality [protein supplement](#) can also benefit many of these horses. My approach, other than dietary, is to balance the stress response and also moisturize the body. In my harder-keeper I tend to rely on a few supplements given together:

Cur-OST EQ Adapt & Calm – an Ashwaghandha extract that aids in balancing the stress response and cortisol levels. It helps to produce a state of calm in mind and body, while maintaining or increasing focus in the horse.

Cur-OST EQ Stomach – a blend of high levels of a concentrated Aloe extract and Marshmallow root powder. This blend aids in soothing and healing of the damaged stomach lining, but both herbs also have moisturizing benefits to the entire body, thus also cooling in nature to a degree.

Cur-OST EQ Green – this blend helps to promote a balance inflammatory support, whole food nutritional provision, but also has added Ashwaghandha to aid with stress and Anise to aid in digestion. The EQ Green can often be used alone in many cases, or can be combined with the EQ Stomach in others. Through this herbal approach combined with dietary modifications, most of these horses respond very readily in a short period of time.

The easy-keeper horse can present often just the same as the harder-keeper, with all of the same behavioral and structural problems. However, most easy-keepers tend to be more quiet in nature, not as 'hot' and are more 'internal'. They respond to stress in many cases with anxiety, but in most it is more subdued than the other group. The easy-keeper horse also tends to exhibit more head-shaking than the other group and may even have other stress-related issues such as allergies, uveitis, laminitis and ongoing foot issues. Easy-keepers are metabolically almost the opposite of the harder-keeper. In the harder-keeper, we have a hotter animal, burning up body fluids. In the easy-keeper, body fluids are

often retained in the form of fat or even stocking up conditions or general fluid retention. They get hot internally, but not to the same degree to where it burns up fluids. Most easy-keeper horse anxiety problems stem back to a dysfunctional digestive tract. Digestive concerns are a primary concern in this group, not secondary. Things are just not working properly, which then creates inflammatory problems, immune concerns and overall cellular dysfunction. The gastrointestinal issue is the primary problem. The improper response to stress is secondary to this concern. The diet is an area that needs to be addressed, much the same as the harder keeper but with a few exceptions. You need to make sure optimal nutrition is being provided, again in the form of whole-foods rather than synthetic based supplements. Magnesium and other vitamin or mineral deficiencies may be an issue, but more often than not this problem is related to poor gastrointestinal digestion or absorption. It may also be related to poor nutrient provisions in the current diet. Supplementation may help, but in many, if you can correct the underlying gastrointestinal problem and the diet, the deficiency will auto-correct provided the diet is sufficient. Grain and carbohydrate overload can also be an issue in this group, but not so much from a heating perspective, but more one due to direct impact on gut microflora and acidosis, contributing to [leaky gut conditions](#). In the easy keeper, dietary fats can actually work against you. Most of these horses are overweight to begin with and adding fats will likely make matters worse.

In the easy-keeper, many times we have several issues in that horse with anxiety just being one of them. The anxiety or stress response is many times improper due to added health concerns that are pre-existing. As an example, that horse may have allergies, a tendon problem or ongoing foot pain. This creates and adds to the stress that is being encountered due to training and competition. All of this stems back to inflammation on a gut level. My personal approach in the easy-keeper anxious horse is to modify the stress response, but to aim for supporting healthy digestion. If you can accomplish this, most respond quite readily, especially when dietary modifications are taken into account. In these horses, I tend to rely on two supplements:

Cur-OST EQ Adapt & Calm (as outlined above)

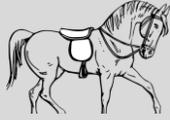
Cur-OST EQ Total Support – this formula helps to support a balanced inflammatory response in the easy-keeper horse while also providing a base of whole food nutrient provision and aids in correcting ongoing gastrointestinal dysfunction through additional herbs.

Concluding Thought on Anxiety in the Horse and Management

Anxiety and stress are common in the equine industry and impact a large percentage of horses. Training and competition are major contributors, but diet and ongoing health conditions also greatly contribute. If stress and anxiety are not controlled, health problems will develop which can impact soundness, ability to perform and impair overall health. Through modification of the diet and inclusion of proper herbal combinations, results can be quickly obtained, but you should not consider each horse the same in the approach taken.

Author: Tom Schell, D.V.M., CVCH, CHN
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Note: This article is for informational purposes only. As always, check with your veterinarian before administering any supplements.



Save the Date

May 11-13, Britta Johnston Junior Camp. Interested juniors should contact Emma Teff for info.

May 15: Blue Goose Stable USEF/USDF Recognized Dressage Show. Registration info coming.

May 19 - 20: Down Centerline I & II, Brave Horse Park USEF/USDF Recognized Dressage Show.
Johnstown, OH.

June 2-3 & August 4-5: USDF/USEF Loch Moy Dressage Festival – Dressage Shows. Registration info coming soon

July 13-15 Youth Dressage Festival – Contact Grace Baierl at catskillnola@icloud.com for more info. (See Junior page.)

REGIONAL COMPETITIONS: Not all-inclusive. Please check the USDF website for more info.

Region 1

VADA/NOVA Summer Dressage Festival, Leesburg, VA6/9/2018 – 6/10/2018
Tryon Summer Dressage I, Mill Spring, NC6/15/2018 – 6/17/2018
Virginia Summer Dressage, Culpeper, VA.....6/16/2018 – 6/17/2018
Dressage at Lexington, by VADA.....7/13/2018 – 7/15/2018

Region 2

KDA 32nd Annual Dressage Show, Lexington, KY5/27/2018 – 5/27/2018
Majestic Farm View II & III, Batavia, OH6/8/2018 – 6/10/2018
Medallion I & II, Wilmington, OH.....6/9/2018 – 6/10/2018
Dressage Derby of Ohio, Mentor, OH.....6/23/2018 – 6/23/2018

WPDA Sanctioned Schooling shows. Judges pending unless otherwise noted. The list will be updated as information is received.

MAY - 5/13/2018 – Horse on Course

JUNE - 6/03/2018 - SYDMOR – awaiting confirmation

6/10/2018 – Horse on Course

6/23/2018 - WPDA Fair Haven Farms – Pia Helsted, Judge

JULY - 7/01/2018- COVENTRY - Tami Heckman, Judge

07/29/2018 - Horse on Course

AUG. - 08/08/2018 – WPDA Schooling Show, Fair Haven Farms

08/19/2018 – Sydmor – awaiting confirmation

08/26/2018 – Horse on Course

SEPT.- 9/16/2018 - Horse on Course

9/30/2018 – Coventry Equestrian Center



Junior News!!

Erin Vensel ~ The WPDA Juniors had a blast hosting Nicole Delgiorno for a clinic over the weekend of March 24th. I had the opportunity to ride my Friesian, Willem, on both days of the clinic. The approach Nicole took to my very forward-thinking horse was extremely helpful. We worked a lot on what some might call “not so dressagey” things to improve the “dressagey” things. She also had me do a lot of moving his shoulders around and different lateral movements to get him thinking from his hind end. Willem’s canter has been a source of tension for both me and him for a while, and by helping me learn to let go and teaching him to take more responsibility to carry himself, by then end of our first ride we were cantering along one handed and on a loose rein! I had a wonderful experience riding with Nicole, and I hope we can have her back soon in the future!

Grace Baierl ~ My clinic was awesome. Nicole was a very positive instructor who make you want to get everything correct. Nicole gave me many tips to help soften my horse on his left rein and get him to use his hind end more. These tips included haunches out, figure 8s while having him counter bent; and using rein back to make him sit down behind. By the end of my ride, my horse was soft, relaxed, using his hind end and tracking up. I cannot wait to ride with her again.

Ava Noone ~ “This weekend was AMAZING! I think Nicole was very descriptive of movements. She was very informative and thoughtful of what the riders know, (ex. “do you know how to do a rein back?”). Nicole likes to take her time to put as much information in your head. She breaks it down until you say “Ohhhh!”. She had Zoe and me do lots of transitions to have Zoe go much more uphill. Nicole had Zoe and I go in ways I didn’t know were possible. Nicole was very congratulative when we made a change. I loved the high-pitched, “Yessss!”. Nicole was an amazing teacher.”

Vanessa Miller ~ “I very much liked Nicole and my clinic. This weekend has been very informative and educational. My horse used his back in a way that we never knew was possible. Nicole pushed us in the places that needed pushed and praised us when we needed to be praised. My horse was the roundest we’ve ever seen. Artie and I were both exhausted at the end of the day, but in a good way. She took the time to show me the movements step by step. If she came back, I definitely would sign up. I loved her as a teacher, and I hope she comes again. If she does, I very much will look forward to it.”

Mara Darney ~ “I thoroughly enjoyed my clinic with Nicole. I have a very stiff horse, and she gave me a lot of exercises to help loosen her up and moving forward. Nicole’s instruction was very enthusiastic and positive. I am excited to use the tools she has given me moving forward in my dressage career!”

Sierra Mock ~ “I really loved her and she gave a lot of advice. She helped me get him moving more. I learned what rhythm and tempo mean. She made him look very nice. She was very positive about everything. We got him to bend and get round. I liked how she asked questions. She encouraged me to excel in riding. Nicole helped me with transitions like from walk to trot and trot to walk. I really liked her. She should come back. “

Emma Teff ~ “I absolutely loved riding with Nicole DelGiorno. I found her to be incredibly knowledgeable. She offered great explanations and had many tools in her toolbox. When she noticed something, she immediately came up with an exercise or a different way to use the aids to fix it.

In my first clinic with Nicole on Saturday, she ended up riding my horse to get a better feel. It was great for me to see someone else on him, and I was so glad she did because she was able to understand him and tell me her observations. Because I am working on developing better and more consistent connection, she was able to give me tips on how to achieve it quicker. When I got back on, she coached me through stretching him in the trot and canter. She also continued to remind me to be quick to give when I get a response.

My ride on Sunday was fantastic! We developed a new warm-up routine that is more suited to Rainier. After walking on a loose rein, I school head-to-wall leg yields in walk and then go straight to canter because it is his easiest gait. We also worked on stretching and picking him back up continuously in the trot, as well as transitions between the gaits and within the gaits such as working trot to collected trot. One of her biggest tips to me was the alignment of Rainier's shoulders. His way of going completely changed when they were straight. By the time I reached the end of my 45-minute clinic, I had a relaxed, supple horse who was using his body more correctly. I felt such a difference in Rainier, and when I watched the videos later on, I couldn't believe what I was seeing. It is amazing what my horse can do when he is relaxed, connected, straight, and balanced.

I got so much out of my clinics with Nicole. She gave me great tools that I can use on my own and many insights to my horse that I was unaware of before. Her positive teaching style has left me feeling optimistic and cheerful, which I think my horse appreciates. I would ride with Nicole again in a heartbeat if given the chance."

Junior club members are beginning to plan for the **Youth Dressage Festival** that is on July 13-15th. Opening date is May 21 and only 250 entries are being accepted. Any junior member interested in attending should contact Grace Baierl at catskillnola@icloud.com. More information about the Youth Dressage Festival hosted by Dressage4Kids can be found at <https://youthdressagefestival.presencehost.net/>

Some reminders taken from the Prize List:

- Riders need one score of 57% or higher from any USEF or FEI dressage test of the level or a higher level from July 17, 2017 to June 17, 2018. Previous YDF competitors are automatically eligible at the same level or lower.
- There is required reading which is good for your horse knowledge. A good reminder for everyone who rides with others are the "Rules of Riding with Others in the Ring."
- Proof of Equine Vaccination – the HITS Show Grounds requires every horse be vaccinated against the Equine Influenza, EH1 AND EH4 within 6 months of the Festival. If a vaccination will expire during the Festival, the horse must receive the vaccination 14 days prior to the start of the Festival. This means that horses need to be vaccinated between January 16, 2018 and June 29, 2018.

Next month - We will discuss Rules for Riding with Others, per D4K.



WPDA BOARD MEMBERS

WPDA Officers:

Pam McCready, President (2018) , Silver Crest Equestrian Center, pgm1208@aol.com

Jerri Anesetti, Vice President (2018 + 2019), Skyline Stables, janesetti17@gmail.com

Barbara Wozniak, Treasurer (2018 + 2019), Silver Crest Equestrian Center,
barbara@wozniaks.net

Fran Mocker, Secretary (2018), Greenmoor Commons Equestrian Center,
dakotaequineenterprises@gmail.com

Board Directors:

Jan Baumann (2018), Greenmoor Commons Equestrian Center,
jpbaumann@comcast.net

Nancy Sholtz (2018 + 2019), Silver Crest Equestrian Center, nancy.sholtz@lhh.com

Stephanie Bitz (2018 + 2019), Headacres Farm, sjbitz@gmail.com

Tina Vensel (2018), sewdressage@aol.com

Committees

Recognized Shows – Needs a new Chair

Sanctioned Schooling Shows – Jerri Annesetti

Adult Clinic – Stephanie Bitz

Awards – Stephanie Bitz

Hospitality – Nancy Sholtz,

Membership – Nancy Sholtz

Banquet – Nancy Sholtz

Education – Jan Baumann

Committees – cont'd

Junior/YR Team – Nina Teff, cnteff@zoominternet.net

Website and Social Media – Kaley Tomsic, kaleytomsic@gmail.com

Canter Cash – Kim Baierl, kbaierl@zoominternet.net

Newsletter & Communications – Tina Vensel

WPDA Junior Officers:

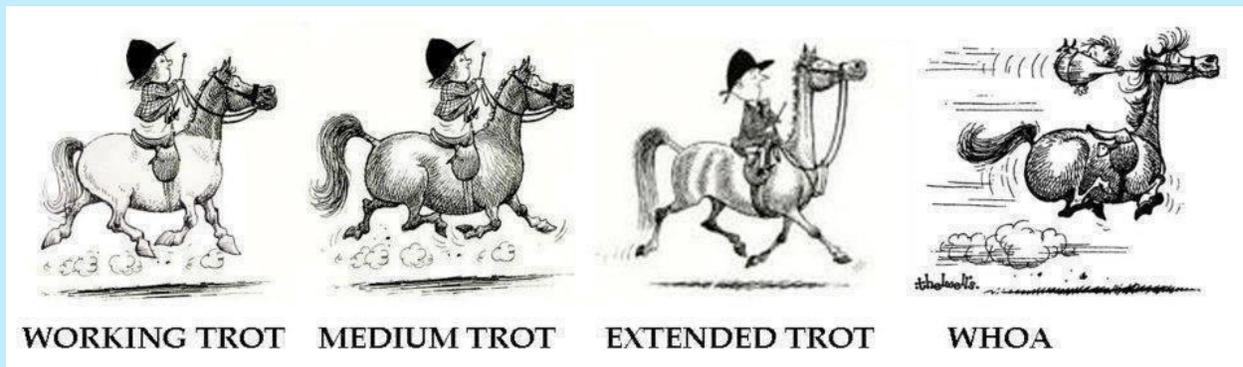
Jr. President – Erin Vensel, ravinchickiwi@aol.com

Jr. Team Competition Chair – Grace Baierl, catskillnola@icloud.com

Jr. Team Education Chair – Emma Teff, eteff@zoominternet.net

Jr. Finance & Fundraising Chair – Allison Salt, allie.alsmorgan.salt71@gmail.com

Jr. Social Chair – Hanna Hudec, hudechanna@gmail.com



WPDA NewsBits Advertising

For Sale K2 17.5 wide tree Albion Dressage Saddle. Beautifully maintained. Call or text 724.554.0532 or 724.554.4614 for details.

Shopping? Check out E2Equestrian Endeavor on Etsy. Two of our Juniors are making and selling stirrup covers and bit warmers to raise funds for a 2019 Winter Intensive Training program.

Classified Ad (30 Word Maximum)

Members: FREE!

Non-members: \$5.00/month

Business Card Ad

Members: \$10.00/month

Non-Members: \$15.00/month

Quarter-Page Ad

Members: \$15.00

Non-Members: \$20.00

Half-Page Ad

Members: \$25.00

Non-Members: \$30.00

Full Page Ad

Members: \$40.00

Non-Members: \$50.00

Buy three months or more of any size ad and take 10% off the purchase price.

If NewsBits publishes a two-month edition, your ad will count for one month.

Send all advertising for the NewsBits to Tina Vensel (sewdressage@aol.com), with "WPDA AD" in the subject line. If you have any questions, call or text 724.554.0532.