

April 2016

The Heart of America Boxer Club Newsletter

www.hoabc.org

Newsletter for the Heart of America Boxer Club

The next HOABC club meeting- Sunday May 1, 2016 at 1100.

Barleys Brewhouse (their backroom). 11924 W. 119th Street

Overland Park, KS 66213 – See you all there!

So...you say you **DON'T** have a spiffy Heart of America Boxer Polo shirt?? You don't want to be the **Odd Man** (or woman) out at our next function!???!! Well.. Get with Mark Ewing!



2015-2016 Club Members and their New Title Holders

Plaque	Full Name	Plate	Call name	Date of Title	Member/Owner
CH	Olympic W' Harmony's Distance Travled		"Miles"	April 2015	Nicki McFarland
CH	JeSaJay's Bubbling Brew at Shadow River	GCH	"Millie"	July 2014	Sabrina Jay
CH	Envision Yakety Yak Don't Talk Back		"Sophia"	Sept 2015	Julie Higgins
CH	Breho Emerson Voodoo Magic		"ViVee"	July 2015	Jim and Karen Emerson
GCH	Emerson Breho Soul Patrol of Windwood CD BN	RN	"Reuben"	May 2015	Jim and Karen Emerson
CH	Envision Who's Cheap Talkin Now		"Rick"	July 2015	Julie Higgins
CH	Homeplace Absolutely Mystical Maiden	GCH	"Ginger"	October/November 2015	Scott Reiser
CH	Encore's FarMore Under Your Spell	GCH	"Vegas"	October 2015	Amber and Daniel Gates
CH	Emerson Breho Magic Man		"Manny"	November 2015	Jim and Karen Emerson
CH	Encore's FarMore Ulterior Motives		"Dover"	January 2016	Amber and Daniel Gates
CH	Galaroc N Ewing's Show Off	NA	"Shiloh"	July 2015	Mark and Janet Ewing
		NAJ	"Shiloh"	July 2015	Mark and Janet Ewing
CH	Galaroc N Ewing's Show Biz	NAP	"Carmel"	September 2015	Mark and Janet Ewing
CH	Olympic n Happy Tails Why Not		"Kendal"	March 2016	Nicki McFarland

[Remember- April 1 is the cut off for ALL plaques – be sure to get information to Amber Gates](#)

DUPLICATE plaques can be ordered!

Member Brags

IF you would like to be included in the newsletter brags...please send them to farmoreboxers@yahoo.com by the 20th of each month!

- 4/4-6/16 Graham – Dusty Road's Thrill Ride –Garden City KS KC#1&2&3, Kansas- WD/BOW (Mr Charles Olvis, Dr Donald Gill, Dr Alvin Drause) –owned by Rachel Hoodson, Judy and Randal Pasbrig
- 3/11/16 Graham – Dusty Road's Thrill Ride –Leavenworth KC #1, Missouri- WD (Bonnie Threlfall) – owned by Rachel Hoodson, Judy and Randal Pasbrig
- 3/11/16 – Lattalane's Irish Pot of Gold –Leavenworth KC #1, Missouri- WB/BOW/BOS (Bonnie Threlfall) - owned by Carol and Tom Latta
- 3/11/16 – Lattalane's No More Shenanigans – Leavenworth KC#1, Missouri- RWB (Bonnie Threlfall) – owned by Carol and Tom Latta
- 3/12/16 - Lattalane's Irish Eyes Are Smiling – Heart of America KC #1, Missouri – RWB (Vickie Allenbrand)- owned by Carol and Tom Latta
- 3/12/16 Miley –CH Envision Talk is Cheap – Heart of America KC #1, Missouri – BOS (Vickie Allenbrand)- owned by Julie and Jeremy Higgins
- 3/12/16 Electra – Envision Talk About a Centerfold – Heart of America KC #2, Missouri- RWB (Charlotte Patterson) – owned by Julie Higgins and Holly Lowe

MARK YOUR CALENDARS

Club	City	State	Show Date	Breed Judge	Completed Last Year
Mid-Del-Tinker Kennel Club, Inc.	Claremore	OK	1-Apr-16	John P Wade	7
Claremore Kennel Club of Oklahoma	Claremore	OK	2-Apr-16	Mr. Walter J Sommerfelt	9
Claremore Kennel Club of Oklahoma	Claremore	OK	3-Apr-16	Mrs. Paula Nykiel	9
Columbia Missouri Kennel Club	Gray Summit	MO	2-Apr-16	Ms. Elizabeth Muthard	2
Columbia Missouri Kennel Club	Gray Summit	MO	3-Apr-16	Mr. David Bolus	1
Brazos Valley Kennel Club, Inc.	Navasota	TX	2-Apr-16	Mr. Thomas Nesbitt	43
Brazos Valley Kennel Club, Inc.	Navasota	TX	3-Apr-16	Mr. Rodney R Merry	43
Terry-All Kennel Club, Inc.	Brighton	CO	9-Apr-16	Ms. Diane R Landstrom	10
Terry-All Kennel Club, Inc.	Brighton	CO	10-Apr-16	Dr. Carmen L Battaglia	11
Hutchinson Kennel Club, Inc.	Valley Center	KS	8-Apr-16	Mrs. Sharon A Krogh	29
Salina Kennel Club, Inc.	Valley Center	KS	9-Apr-16	Mr. Roger R Hartinger	31
Wichita Kennel Club, Inc.	Valley Center	KS	10-Apr-16	Mr. Donavon Thompson	32
Wichita Kennel Club, Inc.	Valley Center	KS	11-Apr-16	Dana P Cline	21
Kennel Club of Yorkville, Illinois	De Kalb	IL	9-Apr-16	Nancy C Russell	27
Kennel Club of Yorkville, Illinois	De Kalb	IL	10-Apr-16	Ms. Penny L Urban	26
San Jacinto Kennel Club	La Porte	TX	9-Apr-16	Mrs. Danelle M Brown	
San Jacinto Kennel Club	La Porte	TX	10-Apr-16	Mr. Luis F Sosa	
Northeast Oklahoma Kennel Club	Grove	OK	14-Apr-16	Professor Douglas C Taylor	16
Northeast Oklahoma Kennel Club	Grove	OK	15-Apr-16	Col. Joe B Purkhiser	20
Bartlesville Kennel Club	Grove	OK	16-Apr-16	Carolyn A Herbel	17
Bartlesville Kennel Club	Grove	OK	17-Apr-16	Mr. Luis F Sosa	19
Austin Kennel Club, Inc.	Austin	TX	16-Apr-16	Mr. John F Booth	8
Austin Kennel Club, Inc.	Austin	TX	17-Apr-16	Ms. Lew Olson	8
Northwest Arkansas Kennel Club, Inc.	Fayetteville	AR	23-Apr-16	Mrs. Betty Nelson Pollock	
Northwest Arkansas Kennel Club, Inc.	Fayetteville	AR	24-Apr-16	Mrs. Francine W Schwartz	
Grand Island Kennel Club	Grand Island	NE	23-Apr-16	Mrs. Paula Nykiel	6
Grand Island Kennel Club	Grand Island	NE	24-Apr-16	Denys Janssen	6
Champaign Illinois Kennel Club	Decatur	IL	28-Apr-16	Mrs. Pat A Mowbray-Morgan	28
Sandemac Kennel Club	Decatur	IL	29-Apr-16	John P Wade	30
Champaign Illinois Kennel Club	Decatur	IL	30-Apr-16	Arley D Hussin	31
Mattoon Kennel Club, Inc.	Decatur	IL	1-May-16	Mrs. Karen S McFarlane	30

AKC Point Schedule for Boxers	1 Point		2 Points		3 Points		4 Points		5 Points	
Effective 05/13/2015	Dog	Bitch	Dog	Bitch	Dog	Bitch	Dog	Bitch	Dog	Bitch
Division 1: CT/ME/MA/NH/RI/VT	2	2	6	9	10	15	13	19	19	27
Division 2: DE/NJ/NY/PA	2	2	7	8	12	14	16	19	24	29
Division 3: DC/MD/NC/TN/VA/WV	2	2	6	6	10	10	14	14	21	21
Division 4: FL/GA/SC	2	2	8	7	13	12	15	16	20	24
Division 5: IN/KY/OH	2	2	6	10	11	18	17	25	22	32
Division 6: IA/KS/MO/NE	2	2	9	12	16	21	20	23	23	27
Division 7: CO/OK/TX	2	2	7	9	11	16	13	19	18	24
Division 8: OR/WA	2	2	7	11	11	18	13	25	18	27
Division 9: AZ/CA	2	2	7	10	11	17	15	23	23	34
Division 10: AK	2	2	3	3	4	4	5	5	6	6
Division 11: HI	2	2	3	3	4	4	5	5	6	6
Division 12: PR	2	2	3	4	4	5	5	6	6	7
Division 13: ID/MT/NV/NM/ND/SD/UT/WY	2	2	5	6	8	11	10	14	15	16
Division 14: AL/AR/LA/MS	2	2	6	9	10	17	11	20	16	24
Division 15: IL/MI/MN/WI	2	2	7	9	12	16	14	20	19	25

Helpful Links

Kansas all breed clubs

<http://sunflowerkc.wordpress.com/>
<http://www.heartofamericakc.org/>
www.wichitakennelclub.com
www.gardencityKSkennelclub.com
www.hutchinsonkennelclub.org/
www.ljkc.com/
www.salinakennelclub.org/
www.TopekaKC.org

Kansas Obedience Clubs

www.wichitadogtrainingclub.com

Missouri all breed clubs

www.JCKC.org
<http://www.stjosephkennelclub.com/>
www.missourirhinelandkc.com
www.heartlandkc.org
jopbindogs.com

Missouri Obedience Clubs

kansascitydogtraining.com/
www.gsltc.org
www.mcotc.org
www.showmek9.com

Important Links- health/clinics

BLUE PEARL

<http://kansas.bluepearlvet.com/>

www.offa.org

<http://www.merckmanuals.com/vet/index.html>
<http://www.cavalierhealth.org/Cardiologists.htm>

Overland Park

913.642.9563
11950 West 110th St
Overland Park KS 66210

Kansas City North

816.759.5016
139 NE 91st Street
Kansas City, MO 64155

Check out the HOABC Facebook page for Updates...



Area Barn Hunt Clubs

Barn Hunt Association LLC

<http://www.barnhunt.com>
3506 Westwind Dr
Columbia MO 65202

Sunflower Kennel Club of Olathe, KS, Inc.

<http://ksexpo.com>
Trial Chair: Lori Pierson
913-485-4027
firecreek@everestkc.net

Columbia Canine Sports Center, LLC

<http://www.columbiak9sportscenter.com>
4506 I70 Dr SE
Columbia MO 65201
Trial Chair: Kathy Echols
573-673-9680
krechols@aol.com

Salina Kennel Club, Inc.

Trial Chair: Don Phillips
phil20021@cox.net



CLUB HOLTER

The club has an analog Holter that is available for use by club members.

1. No rental fee
2. Member needs to purchase the number of tape kits needed
3. Rental time is 10 days- adequate to test 5 dogs
4. Shipping to and from the member is the members' responsibilities.
5. Member is responsible for the condition of the Holter and accompanying vest.
6. Members must sign the usage agreement prior to use.
7. Contact Sabrina @ sabrina@lattahomes.com for availability

Officers & Directors 2015-2016

President: Karen Emerson (2017)

Vice President: Mark Ewing (2017)

Treasurer: Sabrina Jay (2016)

Secretary: Amber Gates (2016)

Board Member: Janet Ewing (2016)

Board Member: Thomas Latta (2017)

Board Member: Jeanine Millard (2017)

Committee Assignments for 2015-2016

Show Chairperson: Jeannine

Trophies: Janet (C), Mark and Tom D

Hospitality: Joyce (C), Liz, Scott, Rachel, and Kyle

Facebook Updates: Amber (C) and Peyton

Fundraising: Jeannine (C), Jim, Peyton, Tom L,
Tom D, and Dan

Performance: Mark (C), Janet, and Rachel

Advertising: Tiffany (C) and Nikki

Annual Meeting: Sabrina (C), and Julie

Nominating: Mark

Cards & Flowers: Sabrina (C) and Carol

Historian: Peyton

Website: Tom L

Breeder Referral: Carol

Boxer Rescue: Liz

Membership: Jeannine and Julie

Newsletter: Amber

Public Education: Tiffany (C), Julie, and Joyce

Legislation: Joyce

Door Prize: Carol (C), Hailey



Call 1-855-M6-4Dogs and use code CP542764 to receive your 10% discount – or use their app

Rescue Corner



WE NEED HELP!

URGENT need for foster homes!!!

Please! Help get the word out! MO/KAN Boxer rescue is in need of qualified Foster homes.

Some BASIC requirements to be considered for a Foster Home.....

- Fencing is not required but is preferred; not having a fence will limit placement options.
- All other pets in the home must be UTD on shots and on HW prevention year-round.
- Contact Elizabeth or Joyce for more information at mokanboxerrescue@earthlink.net

Contact mokanboxerrescue@earthlink.net

Learning Something...yep...



Balancing Phytoestrogens



A phytoestrogen is an estrogen-like compound occurring naturally in plants of the legume family and in grains, vegetables, and fruits. Phytoestrogens have been widely researched for their health benefits to help prevent certain types of cancer and other aging-related disorders but are also believed to be endocrine disruptors. In the instance of phytoestrogens, they mimic or interfere with estrogen produced in the body by binding to estrogen receptors. This could lead to delaying puberty and infertility. Endocrine disruptors have also been linked to developmental problems, autoimmune diseases and some neurodegenerative diseases. And, this is just what we know now. However, don't panic. You may hear people say they avoid phytoestrogens, but this could be like saying they gave up breathing for the month. Again, phytoestrogens are naturally occurring and enable vegetables, grains, grasses, legumes, herbs and fruits to grow. They are passed up through the food chain too. So, eating meat would still expose you to them.

The items that need to be considered are: the class of phytoestrogen and its subclass; how it is metabolized in the body; if the health benefits outweigh the risks; and, the amount of phytoestrogen in the food source. Currently, four phytoestrogen classes have been recognized: flavonoids, lignans, coumestans, and stilbenes. Within those classes, there are further subclasses and even further divisions. On top of that, certain foods could be a member of more than one class of phytoestrogen and more than one subclass. Due to this vast network, I decided to look at a few properties of these foods and decide if the health benefits outweigh the potential risks.

Blueberries the Superfood

If you have read [*Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health*](#) (Dodds and Laverdure, 2015), you will know that I am a huge advocate of blueberries. In fact, Diana and I list them as a superfood for dogs because of their antioxidant properties (a cellular protectant from oxidative damage caused by the free radicals that are found in phytoestrogens). Research shows that antioxidants defend against heart disease and cancer, as well as other chronic inflammatory conditions including obesity and "leaky gut".

Blueberries are a part of the flavonoid, stilbene and lignan classes. They are further classified in the flavonoid class as anthocyanidins, which have anti-inflammatory properties and have been shown to interfere with various stages of carcinogenesis by reducing cancer cell proliferation and inhibiting tumor formation. Within the stilbene class, blueberries are proven to contain pterostilbene, which is another powerful antioxidant that has been shown to contain potent cancer-fighting properties in animal studies.

The Complexity of Soy

Soy is a member of the phytoestrogen class flavonoid, isoflavone subclass, and that drills down to both genistein and daidzein. Possibly the most researched food these days, soy products at this point in time are not as beneficial as blueberries for a few reasons. First, the phytoestrogen levels found in soy compared to other foods are off the charts. One peer-reviewed study (McClain et al., 2005), found a direct link between genistein and decreased sexual hormonal activity in dogs. Another downer, soy isoflavones inhibit the effects of thyroid peroxidase which disrupts normal thyroid function and can possibly enhance estrogen-dependent breast cancer.

It has also been postulated that our bodies need to be able to convert soy's daidzein to equol in the gut to reap the benefits associated with increasing bone density. Currently, only 30-50% of humans have the bacteria necessary to convert daidzein. The bacteria seems to develop over time with consuming soy-rich diets amongst other factors such as your personal genetics. A study was performed on dogs (Juniewicz et al., 1988) to find out if they could convert daidzein to equol, which proved they can. However, I doubt the efficacy and current relevance of this study since it was completed almost 30 years ago and commercial dog food diets back then were often high in soy. On the flip side, these same phytochemicals can modulate epigenetic mechanisms to protect against other types of cancers such as colorectal and prostate. So, one could reason that the consumption of soy benefits are linked to life-stage, metabolic conversion and/or sex. Particularly for dogs, soy is strongly linked to a range of food sensitivities from mild-to hyper-reactive. Overall, I prefer not to feed soy to our dogs or cats. Plus, they may already be getting trace amounts phytoestrogens through mixed [tocopherols](#), a popular preservative in commercial pet foods.

Quercetin Supplement

Quercetin is also categorized as a flavonoid and flavon within that class. Quercetin down-regulates the mutant p53 gene, which promotes cell division and cancer. It also suppresses expression of the RAS gene which, when hyperactivated, can express cancer-causing oncogenes.

A Note about Peas

Peas are also high in phytoestrogens. I normally would not have a problem with pets eating peas, but many commercial pet foods include peas or pea fiber protein as a staple ingredient in all of a company's products. If your pet does not have a food intolerance to lentils (high cross-reactivity with [peas](#)) and you can **ensure** that peas are rotated out of the diet every three months, then you can feed it to your pet so long as you are not planning to use him or her for breeding.

Broccoli – Interesting

Broccoli is also bucketed in the phytoestrogen flavonoid section and the subclass, flavonol. Groundbreaking research has suggested recently that when the body converts broccoli and similar cruciferous foods, that it can either form beneficial or harmful estrogen metabolites. The compound that is formed in the body during the digestion of foods that contain the nutrient indole-3-carbinol is called Diindolylmethane (DIM). DIM helps the body break down estrogen into a beneficial type of metabolite that has antioxidant properties. Conversely, DIM may also reduce the levels of harmful estrogen metabolites, which is beneficial because they are associated with an increased risk for obesity and breast cancer. The exact process is unknown, but some of the benefits are likely derived from the fact that DIM helps to balance the sex hormones, estrogen and testosterone. Whether or not DIM has the same effect on dogs and cats at this time is unknown.

A Final Note on Endocrine Disruptors

The industrial age brought us several nice conveniences to help sustain life if not improve its quality. Or, did it? Endocrine disruptors may be lurking in many everyday products that we are now completely dependent on such as plastic bottles, metal food cans, detergents, flame retardants, toys, cosmetics, and pesticides.

Yes; several bans around the globe have occurred to reduce the use of many manmade pesticides like DDT (dichlorodiphenyltrichloroethane) or plasticizers like DEHP (Di(2-ethylhexyl) phthalate).

Public awareness has curbed – but not banned the use of – bisphenol A.

But, is this really enough? I don't think so. I believe the cumulative effect of phytoestrogens and these manmade environmental hazards have caused an uptick in the known endocrine disrupting diseases and disorders. I also suspect there will be a significant rise of these conditions in human and pet populations over the next several decades.

What to do? At the end, it all comes down to balance. Curb the use of the **unnecessary** environmental toxins as much as possible. Limit vaccinations responsibly. (I still believe – based on scientific studies and the gravity of [heartworm disease](#) – that preventatives are necessary where the environmental conditions warrant them.) Weigh the medically beneficial pros of foods against the cons to help you and your companion pets live long, healthy lives.

W. Jean Dodds, DVM

[Hemopet](#) / [NutriScan](#)

11561 Salinaz Avenue

Garden Grove, CA 92843

Retrieved from

<http://drjeandodds.pethealthresource.tumblr.com/post/140578288096/phytoestrogens-dog-cat#.Vt3KdUb2Uvh>



Fun Stuff!

From Jeannine Millard- dog Lover Extra-Ordinaire!

In case you ever want to do another recipe here is Calvin and Porsche's
FAVE!

5 cups whole wheat flour
1 cup old fashioned oats
1 teaspoon salt
1 teaspoon ground cinnamon
4 large eggs
1 can pumpkin
6 tablespoons creamy peanut butter
Directions:



Preheat oven to 350 degrees F.

In small bowl, whisk together the flour, oats, salt, and cinnamon; set aside.

In a separate large bowl, whisk together the eggs, pumpkin and peanut butter until combined.

Using a rubber spatula mix in the flour mixture until combined.

Transfer to a lightly floured work surface and roll the dough into a 1/2-inch-thick rectangle.

Cut mixture using a canine-themed cookie cutter and place on a prepared cookie sheet.

Bake for 35 to 40 minutes.

Remove to cooling racks and let cool thoroughly, about 2 hours. They will harden as they cool.

Note: you can put them on the cookie sheet almost touching.

They don't expand!



Fun Stuff!



Sophie- Yummy-
Apples...



Ellie and
Ascan..chilling in
Des Moines.



Kelly- caching some important zzz's



Ascan- working the
Barn Hunt Scene



my wait staff
hasen't cleaned
my face- Kelly