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

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

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- RBW (Bonnie Threlfall) – owned by Carol and Tom Latta
• 3/12/16 - Lattalane's Irish Eyes Are Smiling – Heart of America KC #1, Missouri – RBW (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 Jeramy Higgins
• 3/12/16 Electra – Envision Talk About a Centerfold – Heart of America KC #2, Missouri- RBW (Charlotte Patterson) – owned by Julie Higgins and Holly Lowe
### MARK YOUR CALENDARS

<table>
<thead>
<tr>
<th>Club</th>
<th>City</th>
<th>State</th>
<th>Show Date</th>
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<td>Mid-Del-Tinker Kennel Club, Inc.</td>
<td>Claremore</td>
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<td>Ms. Elizabeth Muthard</td>
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<td>Brazos Valley Kennel Club, Inc.</td>
<td>Navasota</td>
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<td>2-Apr-16</td>
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<td>Brazos Valley Kennel Club, Inc.</td>
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<td>Terry-All Kennel Club, Inc.</td>
<td>Brighton</td>
<td>CO</td>
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<td>10-Apr-16</td>
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<td>Hutchinson Kennel Club, Inc.</td>
<td>Valley Center</td>
<td>KS</td>
<td>8-Apr-16</td>
<td>Mrs. Sharon A Krogh</td>
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<td>Valley Center</td>
<td>KS</td>
<td>9-Apr-16</td>
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<td>Wichita Kennel Club, Inc.</td>
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<td>10-Apr-16</td>
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<td>11-Apr-16</td>
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<td>Kennel Club of Yorkville, Illinois</td>
<td>De Kalb</td>
<td>IL</td>
<td>9-Apr-16</td>
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<td>San Jacinto Kennel Club</td>
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<td>La Porte</td>
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<td>16-Apr-16</td>
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<td>17-Apr-16</td>
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<td>Austin</td>
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<td>16-Apr-16</td>
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<td>Austin Kennel Club, Inc.</td>
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<td>Northwest Arkansas Kennel Club, Inc.</td>
<td>Fayetteville</td>
<td>AR</td>
<td>23-Apr-16</td>
<td>Mrs. Betty Nelson Pollock</td>
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<td>Northwest Arkansas Kennel Club, Inc.</td>
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<td>24-Apr-16</td>
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<td>Grand Island Kennel Club</td>
<td>Grand Island</td>
<td>NE</td>
<td>23-Apr-16</td>
<td>Mrs. Paula Nykiel</td>
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<td>Grand Island Kennel Club</td>
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<td>24-Apr-16</td>
<td>Denys Janssen</td>
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<td>Mattoon Kennel Club, Inc.</td>
<td>Decatur</td>
<td>IL</td>
<td>1-May-16</td>
<td>Mrs. Karen S McFarlane</td>
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### AKC Point Schedule for Boxers

Effective 05/13/2015

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<th>Division</th>
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**1 Point**

- Dog: 2
- Bitch: 2

**2 Points**

- Dog: 6
- Bitch: 6

**3 Points**

- Dog: 9
- Bitch: 9

**4 Points**

- Dog: 10
- Bitch: 10

**5 Points**

- Dog: 12
- Bitch: 12

**Division 1:** CT/ME/MA/NH/NJ/VT
**Division 2:** DE/NJ/PA
**Division 3:** DC/MD/NC/TN/VA/WV
**Division 4:** FL/GA/NC/SC/VA
**Division 5:** IN/KY/OH
**Division 6:** IA/KS/NE/SD
**Division 7:** CO/OK/TX
**Division 8:** OR/WA
**Division 9:** AZ/CA
**Division 10:** AK
**Division 11:** HI
**Division 12:** PR
**Division 13:** ID/MT/NV/NM/ND/SD/UT/WY
**Division 14:** AL/AR/CA/MS
**Division 15:** IL/MI/MN/WI
Helpful Links

**Kansas all breed clubs**
- [http://sunflowerkc.wordpress.com/](http://sunflowerkc.wordpress.com/)
- [http://www.wichitakennelclub.com](http://www.wichitakennelclub.com)
- [www.gardencityKSkennelclub.com](http://www.gardencityKSkennelclub.com)
- [www.hutchinsonkennelclub.org/](http://www.hutchinsonkennelclub.org/)
- [www.lijkc.com/](http://www.lijkc.com/)
- [www.salinakennelclub.org/](http://www.salinakennelclub.org/)
- [www.TopekaKC.org](http://www.TopekaKC.org)

**Kansas Obedience Clubs**
- [www.wichitadogtrainingclub.com](http://www.wichitadogtrainingclub.com)

**Missouri all breed clubs**
- [www.JCKC.org](http://www.JCKC.org)
- [www.missourirhinelandkc.com](http://www.missourirhinelandkc.com)
- [www.heartlandkc.org](http://www.heartlandkc.org)
- [joplindogs.com](http://joplindogs.com)

**Missouri Obedience Clubs**
- [kansascitydogtraining.com/](http://kansascitydogtraining.com/)
- [www.gsltc.org](http://www.gsltc.org)
- [www.mcotc.org](http://www.mcotc.org)
- [www.showmek9.com](http://www.showmek9.com)

**Important Links- health/clinics**

**BLUE PEARL**

**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

**Area Barn Hunt Clubs**

- **Barn Hunt Association LLC**
  - [http://www.barnhunt.com](http://www.barnhunt.com)
  - 3506 Westwind Dr
  - Columbia MO 65202

- **Sunflower Kennel Club of Olathe, KS, Inc.**
  - [http://ksexpo.com](http://ksexpo.com)
  - Trial Chair: Lori Pierson
  - 913-485-4027
  - firecreek@everestkc.net

- **Columbia Canine Sports Center, LLC**
  - [http://www.columbiak9sportscenter.com](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

Check out the HOABC Facebook page for Updates...

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**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](mailto:sabrina@lattahomes.com) for availability
Rescue Corner

Officers & Directors 2015-2016
President: Karen Emerson (2017)
Vice President: Mark Ewing (2017)
Secretary: Amber Gates (2016)
Board Member: Janet Ewing (2016)

Board Member: Jeanine Millard (2017)
Treasurer: Sabrina Jay (2016)
Board Member: Thomas Latta (2017)

Committee Assignments for 2015-2016
Show Chairperson: Jeannine
Hospitality: Joyce (C), Liz, Scott, Rachel, and Kyle
Fundraising: Jeannine (C), Jim, Peyton, Tom L, Tom D, and Dan
Advertising: Tiffany (C) and Nikki
Nominating: Mark
Historian: Peyton
Breeder Referral: Carol
Membership: Jeannine and Julie
Public Education: Tiffany (C), Julie, and Joyce
Door Prize: Carol (C), Hailey

Trophies: Janet (C), Mark and Tom D
Facebook Updates: Amber (C) and Peyton
Performance: Mark (C), Janet, and Rachel
Annual Meeting: Sabrina (C), and Julie
Cards & Flowers: Sabrina (C) and Carol
Website: Tom L
Boxer Rescue: Liz
Newsletter: Amber
Legislation: Joyce

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

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
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.

Continued on next page...
The Complexity of Soy

Soy is a member of the phytoestrogen class flavonoid, isoflavone subclass, and that drills down to both genistein and diadzein. 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 preventative 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.
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Retrieved from
http://drjeandoddspethealthresource.tumblr.com/post/140578288096/phytoestrogens-dog-cat#.Vt3KdUb2Uvh
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!

Ellie and Ascan...chilling in Des Moines.

Sophie- Yummy-Apples...

Kelly- caching some important zzz’s

Ascan- working the Barn Hunt Scene

my wait staff hasn’t cleaned my face- Kelly