

Marsh View



Veterinary Clinic

Summer/Fall 2011

620 Jones Dr., Randolph
www.marshviewvetclinic.com

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*Dr. Jeff Hookstead, Jennie Braaksma, CVT,
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8:00am - 5:00pm;*

Wednesdays: 8:00am - 7:00pm

Saturdays 8:00am - 12:00pm

920-326-5PET (5738) or 920-326-3020

Pet Allergies: Nothing to Sneeze At

By Dr. Jeff Hookstead



In people, allergies and sneezing, runny eyes and nose, sinus congestion and difficulty in breathing go hand in hand. In pets both dog and cat allergies present quite differently. The most common symptom seen in dogs is pruritus (itchiness). Cats can certainly suffer from allergies but allergies are far and away more common in dogs.

Allergies are usually broken down into three categories: Flea Allergy Dermatitis (FAD), Food allergy dermatitis and Atopy (everything else a pet can walk in, breath in, etc.). In a perfect world we would find what the pet is allergic to, remove it from the pet's environment/diet and the pet's life would return to normal. It is hardly ever that easy. A colleague once told me that Veterinary Dermatologists have the best jobs because the patients never get better. That's what makes owners of pets with allergies so frustrated. Unlike a dog with a broken leg which is healed in 6 to 8 weeks, a pet with allergies, especially pets suffering from Atopy, may never be 100% normal.

Keeping your pets protected against fleas is paramount in minimizing flea allergy dermatitis. Using a product which hopefully inhibits the flea from biting such as "Frontline" goes a long way in accomplishing this. Remember it is not the fleas which the dog is allergic to but rather the anticoagulant the flea injects when it bites its host. In order to reduce the environmental flea load all pets in the household should be treated for fleas. In households with pets known to have FAD, environmental control such as premise sprays, cleaning the pet's bedding, and flea bombs may be required to keep the flea population in check.

Pets suffering from food allergy dermatitis or Atopy are much more difficult cases because it is harder to determine what exactly the pet is allergic to. Blood tests or intradermal skin testing can aid in diagnosing the allergen or allergens. It is these pets which require continued evaluation and good communication between owners and their pet's veterinarian.

If your pet seems to be itching more than usual, has hair loss, sore ears or inflamed skin, a trip to the veterinarian may be in order to evaluate if your pet suffers from allergies.

Living A Healthier Life Through Serving Others

Webster's Dictionary defines the word "Service" 17 different ways, and the word "Community" 6 different ways. Overwhelmingly, each of the 17 definitions of service includes more than one individual and sometimes many, since service involves one giving and another receiving. On the other hand, the 6 different definitions of community vary widely. The definitions range anywhere from "a group of people living in the same locality and under the same government" to "a social group or class having similar interests" to "society as a whole." This begs the question if someone wants to serve others, where do they begin? Within their own social class, those under the same government, or anyone and anywhere on the globe? If the word "service" is combined with the word "community", a whole new world of opportunities opens based on Webster's Dictionary and the definitions provided.

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So what is it about community service that makes some people cringe and others jump up with their hands raised waiting for the next opportunity to serve others? It was once stated that the key to mental wellness is a healthy diet, daily exercise, and service to others (anonymous). The Corporation for National and Community Service states that "over the past two decades we have seen a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to

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If you live in Randolph or work at Jung Seed Company you have probably noticed Macintosh and Bella. They are two Great Danes who are owned by my wife and me, Nathan and Alicia Zondag. We found Macintosh in October of 2009 after losing our first dog. Right from the beginning we fell in love with his big floppy ears and he quickly became part of the family.

I work for the Family business, Jung Seed Company, and the first week that we owned Mac I took the puppy in to meet everybody at work. Everyone there was excited to see the new puppy and a tradition had begun. Soon I was getting requests from the employees to bring Macintosh in so that they could see the puppy again and it was always a treat for both the workers and for Mac. Most spots where we went to say hello, almost all work stopped so that everyone could pet the dog. That first visit to Jung's, Mac weighed 12 lbs and fit in my hands but that didn't last for long. Mac made the trip to Jung's about every other week for the first six months and every time it seemed like he doubled in size. By the time he was 6 months he weighed 90 pounds and definitely no longer fit in my hands. Now Macintosh is 2 years old, measures 36 inches at the shoulders, and weighs 160 pounds.

These days we make the trips to the seed Company less often but now Mac usually has a friend who comes along. Bella is a 4 year old, 120 pound Great Dane that my wife and I adopted from a family who did not have the time to give her the attention she needed. We saw Bella after responding to an ad and taking Mac to meet her. That first meeting the two dogs played for an hour and within a few weeks Bella was living with us.

Now when we go to Jung's I usually have both of them with me and we still get the same reaction as we did when Mac was just a little guy. In fact, a few people have taken to stashing dog treats in their desk so that when Mac and Bella come around they will be sure to see them.

To those people who ask "Why would you want such big dogs?" I tell them Mac and Bella are so loving, so gentle, and so friendly that to me they don't seem big, they just seem like part of the family. So for our family and extended family at Jung's Seed Company, we wouldn't want them any other way... although you do have to watch out when you leave pizza on the counter. Mac does have a taste for Italian.

face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a "considerable" amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.

Having discovered this phenomenon of better health by serving others, past and current stories from individuals who have provided service locally, as well as across the country, began to spring to memory. Overwhelmingly each of the individuals talked about their stories with an immense amount of joy and the lessoned they learned. Here are just a couple of stories we thought you would enjoy:

Bryan, Milwaukee WI (Generation X): *Drove to Alabama to in the tornado recovery efforts. Bryan started his collection of items by posting a tweet on Twitter.com.*



Donations Received

Tweets, retweets and support were pouring in. So much so that @templon (someone I did not know) brought bags of clothes to our house that night (he saw a retweet by a mutual twitter friend). Other arrangements were being made.

@robberrones was leaving boxes of clothes on his porch for me to pick up on my way out of town, @hawtwife & @raffel gathered things and planned to meet me at a park and ride, @cbuser, @kathbuster and family gathered things and planned to meet me at the @onmilwaukee offices in the morning. While I thought that tweet would get some retweets and support I never thought it would lead to a CRV completely full of clothes, food, tarps, personal items, and love!!!

The drive from Louisville to Joppa, Alabama was nerve wracking. I was listening to a Birmingham sports talk show (one I listen to daily because they talk SEC football and specifically Auburn football) but they weren't talking sports. People were calling in sharing stories of devastation and hope. Stories of people helping people but also how more help was needed. Heartbreaking stuff...

Upon entering Alabama on I-65 I saw damage right away -- uprooted trees, downed steel billboard signs, debris scattered. Extremely eerie. Joppa is east of I-65 so I hop on Highway 67. Getting closer and closer I was getting anxious. Luckily the roads were open and I didn't really see any more damage until after I dropped the donations off. Upon arrival I was welcomed with open

To Serve Cont'd

arms. The school had dozens of people running around collecting supplies, sorting through them, cooking meals -- everything and everyone was extremely organized. They were shocked I drove from Wisconsin and even asked "How did you even find us?" I simply said facebook. What was really great is that they were also looking out for other communities and wanted to share the wealth of donations.

Everyone's support has simply been awesome and I owe everyone many many thanks. I could not do any of this without that support. The response to those we've met have been inspiring. I want to do more and plan to go back again but next time I think the focus will be on rebuilding.

Patti and Shirley (Baby Boomers): Randolph, WI: Helped with recovery efforts in Joplin MO

We left on August 9 and returned on August 14. Joplin is a town of about 45,000 people. On May 22 they were hit with a EF5 tornado that left 13.8 miles of devastation, 150 dead, 1,100 injured, 7,000 households destroyed, 300 businesses swept away, 4,000 jobs lost or affected.



When we arrived we first did not see any destruction, but as we drove on we could see the devastation. There had already been some cleanup so there were some empty lots, cement slabs and empty basements but there was still much to do: the high school was hit so bad that it will be torn down, a 9 story cement hospital with all the windows blown out, the beams

twisted, lifted off its foundation. There was a church that burnt down 2 years ago and all that was left was the cross, they said to build it with bricks to be stronger but it got hit and the cross stayed standing again.

We worked with Americorp and when we got there 3 young men and a lady that would send us out on jobs. We did many jobs while there, we worked at a church that provided food, clothes, and supplies for those that needed it, unpacked and set up things for people to come and get for free, worked in a kitchen that provided free meals to volunteers and people that needed food,. We helped take down a house, (the remaining walls which did not go down in the storm), set up a church for foster and adopted children to come to so their parents could have a break and go out for a night, cleaned out a basement of debris, cleared a lot of debris, helped at the high school where a man named Tom was taking

lumber and recycling it to make garden sheds to put on lots when people start rebuilding, also cleaned up bricks from the storm to be reused. Come to find out Tom was sleeping in one of the sheds on an air mattress but before that he just slept under the stars.

We also went to Mysties Mission, her goal is to provide food, clothes and supplies to those that need it, she is waiting for her pole shed to be built.

We met up and worked with some amazing people, many of them from Wisconsin but also from all over: everyone worked together. We stayed at Abundant Life Church, where they host people who came to volunteer. They offer a place to sleep, supply cots and air mattresses, they feed you 3 meals a day and provide showers they have set up outside, all for free.

We met many people and heard many stories from people that survived the storm or people they knew. One of the first ladies we met at the first church we were at was working at a grocery store the day of the storm. Everyone in the store went in the cooler. When she came out there was not much left of the store and her car was on top of an apartment building next door. Then she went on to say that her sister and mother who lived with her, and her grandson who happened to be visiting went into a closet of their apartment. By the end of the tornado one wall of the bedroom and the closet were left. But the other sad news was that her mother had heart problems and died during the storm. Her mother had made them all go into the closet as the storm hit. This woman was sad for her loss but she still has hope. "Praise be to the God and Father of our Lord Jesus Christ...who comforts us in all our troubles." II Corinthians 1:3-4.

We took along 6 tied blankets that we had made with the ALF residents at Continental Manor and they were given to a home where mothers and children stay and they will be given to someone who needs them.

We also brought along some Prayer shawls and we gave them to some of the people we worked with who really touched our lives.

The First Reformed Church gave us some money and we donated that to be used for supplies to rebuild for people that needed help.

We found that the people of Joplin have hope for the future, they are working to get back to normal again, and they are grateful for the volunteers that come.

It was a very rewarding experience; we are talking about going back next summer to help with the rebuilding.

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It was a great week spending time with a friend, getting to know her better, working together for a good cause and having fun together, something I will not forget. God is good and works in amazing ways!



Brittney, Randolph WI (Millennial Generation)

Earlier this month, I had the wonderful opportunity to go to Chicago to do some volunteer work. And, it was one of the best, and most rewarding,

experience of my life.

The first place we spent time at was the Carole Robertson Center for Learning. We broke off into groups and went to different classrooms, with children ranging in age from 3-5 years old. The diversity of those children was amazing! There were children from all different ethnic groups and races. It was a lot of fun spending time with the children and interacting with them, whether it was on the playground or in the classroom. They were all so eager to learn, whether by practicing their Spanish or music, just simply asking questions. They were all so happy to have new friends, and we were accepted into the classrooms as if we had always been there. I was sad to leave, but it was a lot of fun!

The next day we went to the Just a Harvest Soup Kitchen. Of all of the places we went, this was the place that had the most impact on me. Watching everything that went on there was just amazing. Everything ran so smoothly, and just went according to the plan for the evening. Each day over 150 people come here and are served a hot, free supper, and usually the amount of people is higher than that. The kitchen is open 365 days a year, and there are people there each and every night. The people that came here were also very diverse, and they came from every walk of life! Even though these people do not have the best lives, you could see the pure joy in their faces when they were served their meals. It was just so amazing to see. It was hard work preparing the meals, but it was so worth it!

Finally, we went to the Greater Chicago Food Depository. This factory works to provide relief to local families that are experiencing hardships, or to organizations that help out the less fortunate, such as Just a Harvest Soup Kitchen. Packages are put together with bread, cereal, and other food items, and are then sent to organizations that will distribute them to the appropriate places and families.

I am so happy that I was able to spend those four days in the Chicago area, and doing my part to give back. It was so much fun, and so rewarding! After this experience, I am even more fortunate for everything I have. These people have so little, but are so happy to be given anything, such as a new friend or a hot supper. They experience joy in the things that we take for granted. Those four days were exhausting, but they were so worth it! I would go back there in a heartbeat. I encourage everyone to volunteer in any way they possibly can, because it is such an amazing experience. I cannot wait to go back and do it again. My volunteering trip to Chicago was amazing and awarding, and changed the way that I think about many things, but one of the best things I have done in my life!

So what did all of these people have in common?

Nothing, other than the willingness to serve others. All are from different generations, different demographic backgrounds, and at different stages of their lives. Yet, no matter what the age, all found time to give service to their community. Please note, as mentioned in Webster's Dictionary, community is defined as "society as a whole." So whether Bryan was in Alabama, Patti and Shirley were in Missouri, or Brittney was in Chicago, all served the same purpose: to help those in need. Plus, in each circumstance the volunteers ended up learning some great life lessons and came back from their experiences even better people than they already are.

Although the Corporation for National and Community Service states that "volunteers served 8.1 billion hours in 2010, valued at an estimated \$173 billion," we need to keep doing more. Illnesses in our communities, the economic down turn, hardships on families all require us to be a "community" now more than ever.

Please, the next time you hear a family is in need, find a way to help. Take a trip with your family to an area which needs help, make meals for a sick person in your community, offer to drive someone who is shut-in to get groceries. Whatever you can do to make a difference, do it. And remember, you may find you become a healthier individual by simply giving of your time.

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Dr. Jeff Hookstead

Join Us for Fun Events Around Town



Dessert Challenge Sunday, August 28, 2011

Have your church or community group take part in the Community Dessert Challenge being held on August 28th. This is a fundraiser for a local man in Randolph diagnosed with Lung Cancer. Wally is the only income earner in his family and is now unable to work due to his cancer. The 1st Reformed Church in Randolph is asking all churches and community organizations to host a dessert/coffee hour on Sunday, August 28th. Church and community members can donate desserts to share during a fellowship hour where free-will donations will be accepted at each church/community organization. All donations received will go to help Wally and his family. Here is a really fun part to this fundraiser - the Cambria/Friesland Football coaches will sing on a designated Sunday to the group which raises the highest amount of donations. If your church or community organization would like to take part, please contact Rita at 920-344-0573.

Here are a few churches which would thoroughly enjoy guests to join them during their church service and for their dessert/coffee hour on Sunday, August 28, 2011

Friesland First Reformed

107 E Winnebago St, Friesland
Service at 9:30am

Living Hope Church in Fox Lake

740 W State St, 920-928-6610
Service at 9:30am

Randolph First Reformed Church

406 South High St., (920) 326-3707
Service at 9:30am

THE 11TH ANNUAL BOXER BASH!

**Saturday, September 24th
10am to 3pm**

**Fireman's Park
1049 Park Ave, Columbus, WI 53925**

All proceeds benefit dogs in need!

Goodie bags - free to the first 100 people • Meet some of the adorable Boxers available for adoption • Fun and Games for kids • Fabulous Bake Sale • Awesome Vendors • Lure Course • Radar Run • Best Kiss Contest • Canine Search & Rescue Demo • Raffle Drawings • Best Trick Contest • Silent Auction!

All dog lovers are invited! Friendly dogs (of all breeds) are welcome.
Visit www.greenacresboxerrescue.com for more info!

Annual Dog Days of Summer 2011

An annual event for dogs and their families
Saturday, September 3: 10:00 AM - 1:00 PM

Bring your canine friend and family to the Y for a day of fun! Enjoy some light walking, visit booths from community animal businesses, watch dog demonstrations and more. All dogs MUST be on a leash the entire time on Y grounds and must be up to date on shots!



ALWAYS HERE FOR OUR COMMUNITY
Welcome to the YMCA of Dodge County

48th Annual Korn Karnival

Join Us

Labor Day Weekend

Sept. 1st - 3rd:

Softball Tournament

Saturday: Sept. 3rd:

DJ/Karaoke 7:00pm - 10:00pm

Monday: September 5th

3rd Annual "Run For The Paws: 10K/5K/1 Mile Fun Run 7:15am
- Entry form in this newsletter

FFA Breakfast at High School

6:30am - 9:30am - Randolph High School

Kiwanis Labor Day Parade

10:00am - Begins at Randolph High School

Labor Day Festivities: Randolph Park

FREE Corn on The Cob*

Pie Stands, Food Stands, Bands, Magician, Children's Games,
Kid's Pedal Pull, Pony Rides, Petting Zoo

Help Us Raise \$2000 for The Dodge County Humane Society



Run For The Paws

10K • 5K • 1 Mile Fun Run/Walk
Labor Day, September 5, 2011
7:15am



Please check out our race sponsors on the opposite page



REGISTRATION FORM - Please clip and send in registration form

Register On-Line at www.active.com

10K Run- \$30
 5K Run - \$30
 1 Mile Fun Run/Walk - \$15

Name: _____ Address: _____ City: _____

St: _____ Zip: _____ Phone: () _____ E-mail: _____

Grade in School (fall 2010): _____

Shirt Size: **Adult:** S _____ M _____ L _____ XL _____ XXL _____ **Child:** L _____

I would like to make an additional donation to The Dodge County Humane Society: \$ _____

We would like to have breakfast at the Randolph High School (6:30am - 9:30am)

_____ Children Under 6 (FREE) _____ Children Under 12 (\$3.50) _____ Adult(s)(\$5.00)

Total Due for Breakfast \$ _____ + Total for Run: \$ _____ + Additional Donation: _____
= \$ _____ (Total Balance Due)

I know that participating in a 10K/5K/1 Mile Run/Walk is a potentially hazardous activity. I certify that I am medically able and properly trained. I assume all risks associated with the running of this event, including, but not limited to fall, contact with other participants, animals, the effects of the weather, traffic, and the conditions of the roads all being known to me. I hereby release The Dodge County Humane Society, Marsh View Veterinary Clinic, The Kiwanis of Randolph, Race Personnel, Race Director, and all sponsors from all liability for injuries or damages and hereby waive any and all rights for claims of injury or damage.

Signed: _____ Date: _____

Signed: _____ Date: _____

Parent or Guardian's Signature if Under 18 Also Required

To Guarantee a T-shirt, please submit payment and registration by August 30th to:
Dodge County Humane Society: Attn: Rita; W12025 County Road AA; Randolph WI 53956.

Please make copies if you would like • Race Day Registration is available

Marsh View



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920-326-3020

Look Inside for Fun
Human Interest Stories,
Upcoming Community
Events, and Educational
Articles for Pet Owners,
Plus Much, Much More



QUESTION OF THE QUARTER

First person to answer this question during regular business hours beginning September 2, 2011 will win a \$25 Gift Certificate to Pour Man's Pub

Question: How many hours of volunteer work were recognized in 2010?

The Answer to Last Quarter's Question: Milan Indiana is the name of the city the movie Hoosiers is based on. Congratulations to our winner: Mrs. George Wiersma

Local Humane Society Needs Your Help!



Dodge County Humane Society, Juneau

Upcoming Events

Labor Day, September 5, 2011 - 7:15am

2nd Annual "Run For the Paws"

Entry Form Inside



FEATURED FELINE - AUSTEN

This is Austen, a young, grey, domestic shorthair that arrived at our shelter as a stray. Austen is a real riot!! He is extremely fun, playful and intelligent and would talk your ear off all day. Austen LOVES to play with other cats and would be best suited for a home that already has other cats. Austen has a quirky habit of wanting to sit on your shoulder, so if you come to meet him and that is the first place he jumps, don't be alarmed! He's just making himself comfortable. If you have any questions about Austen, please contact the Dodge County Humane Society at 920-386-0000.



FEATURED CANINE - MARGO

Margo is a sweet little lady just looking for the right family to come find her. She is about two and a half years old and playful as a puppy! She still working on some of her manners like not jumping and sit nicely. She would love to find a family who is very active and would utilize her energy. She loves to chew her stuffed toy with peanut butter and crammed with her favorite treats. Margo will feel right at home with any active family. She has already been spayed and vaccinated, all she needs is her CVI and she is ready to go home with you!! If you have any questions about Margo, please contact the Dodge County Humane Society at 920-386-0000.

The Dodge County Humane Society, Inc. is located at N6839 State Road 26 Juneau, WI 53039 :
We are a 501(c)(3) not-for-profit organization. Donations are tax deductible.