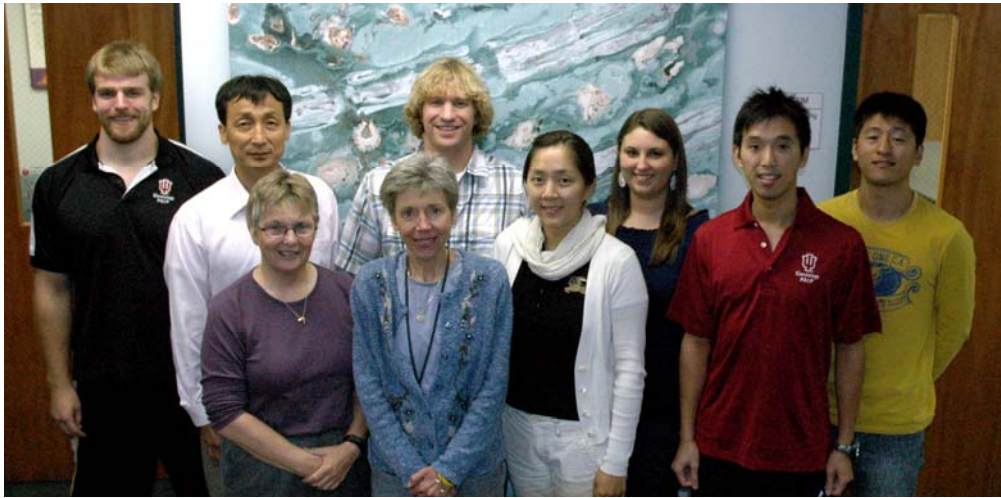


Happy Holidays

December 2009



Hoping your 2009 brings a good end to the first decade of the 21st century. I'm still waiting for Y2K. Hopefully, the end of 2009 marks the end of a difficult year for me. I'm still struggling with my mother's death last year. Roger Pyes always calls me on my birthday and sings to me. This year, Margaret Schaefer, Patsy Dougherty, and neighbors Rem & Judy sang too. It was a good birthday.



Here is the picture of my students this year. You can recognize me in the front row. Beside me is Dr. Campaigne, a new faculty member from Eli Lilly; Sini, master's student from Korea; Daniel, first year doctoral student from Hong Kong. The back row is Ben, master's student from South Carolina; Dr. Ko, visiting scholar from Daegu

University in Korea; Blair, third year doctoral student from Minnesota; Sylvanna, master's student from Indiana; and Jaewan, master's student from Korea. We have six active research projects going on right now in the lab. Most are on endothelial function, exercise and high-fat meals. We are also working on a grant proposal to improve treatment in diabetes.

See our research at: <http://www.iub.edu/~afp/research.html>



The Annual meeting of the American College of Sports Medicine was special this year. I had the honor to participate in a Memorial for Fred Kasch, my advisor at San Diego State in the 1970's. Fred helped begin the Adult Fitness movement in the 1960's. With this movement we had the longest longitudinal study on aging and exercise. We had several reunions to measure their fitness over 33 years. →



As for the dogs: Dart and her puppies had a great year. This year Dart competed more in agility than in the field. We went to the last combined Nationals for the Vizsla Club of America this year. They are splitting the competition venues beginning next year. Dart did very well in agility. She earned a first place in Excellent B Jumpers for her first championship points in agility. Then she took second place in Open Fast. Her pup, Lily was the hit of the Novice dogs.

This year Dart had the honor of participating in the All-Star Review. This is a special presentation of the dual Vizsla dogs. Less than 5% of the Vizslas can participate in this event. As you can see, it is a formal affair. →

Dart also placed first in the Field Trial Bitch class in the dog show specialty. Corine Milklos ↓ showed her. Dart's pup Juli competed in the show too. She looks just like Dart.

The field was not our best this year. We had two courses to run. On the first run, she cut her foot. I had to scratch her from the second run. Then some spider bit her and she had to go to an emergency vet for steroids. Consequently, she missed her date with Cutter, the father of her next litter of pups. ↑



Shine went to Bogg's Bird-Dog Camp from Easter to Thanksgiving. Randy began his training for adult gun dog stakes. As you can see, they worked hard and slept well.

Mark trained Dart's pup Jake and placed in adult gun dog stakes for field championship points. Mark is doing a great job with Jake.

Hope you all have a good holiday and great 2010!

<http://www.totemvizslas.com>