



Happy Holidays



I hope 2006 has been a good year for you. For me, 2006 has been the best of times and the worst of times; both professionally and personally.



The last class from the 20 year old professional graduate program.

It all started in February when the professional graduate program that I was brought to IU to develop was discontinued. It was a successful program. In 20 years, it became one of the top eight programs in the country. It produced >230 students who became an integral part of the medical teams treating heart disease, cancer, diabetes, and lung disease. Much of my clinical research in the exercise treatment of high blood pressure also revolved around this program. Even though all good things must come to pass, it was sad to see it end.

It the passing of one program comes the birth of another. My primary focus at IU is now in research. This research is exciting. Leading this team is challenging and fun. We are now looking at a single layer of

cells, the innermost layer of cells in the walls of your arteries. This is the layer where heart disease starts. We have developed a series of studies where we see how exercise and diet affects this single cell layer. You may have seen media coverage of our work. It is how exercise counteracts the detrimental effects of a high-fat meal on the walls of your arteries. The first study has been summarized in newspapers as big as the Washington Post and New York Times, in popular magazines, and on medical radio programs. Or, you may have seen our work on high blood pressure. It too, has received considerable media attention.



Our new research team. The team consists of scientists from Clinical Exercise Physiology, Nutrition and Cardiology.

My students in this program have been quite successful. I have only have two doctoral students in the new program. Ryan, a fourth year doctoral student who will be graduating in May has been offered post-docs with high-level groups of researchers at Scripps Clinic, UCSD and perhaps UCLA. Jaume, a third year doctoral student has published three research manuscripts as first author; an accomplishment greater than many professors. This new direction has been quite rewarding for me. I truly enjoy it.

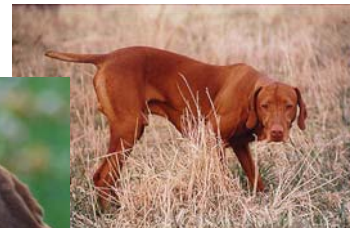
<http://www.iub.edu/~afp/research.html>



Christmas 2005 was spent with the whole McCullough family in the Detroit area. It was my mother's first white Christmas after living 84 years in Southern California. She had a great time visiting her sister and her family. We'll go back this year.



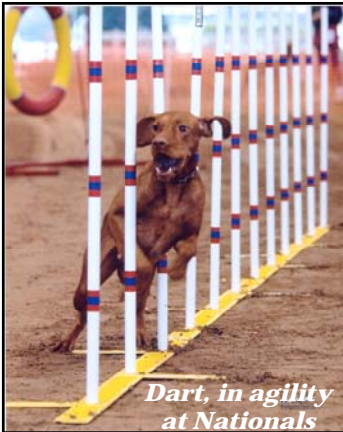
When it comes to my dogs, once again, I had the worst of times along with the best of times. These bad times started in February too. Flick began to have fits of violent sneezing. The fits escalated in March when he sneezed so hard his nose would bleed. We treated it for two months with different regimens of antibiotics, but it truly never got better. In April, he was finally diagnosed with Cryptococcus fungus. But it was too late. It had already invaded his brain. He was showing signs of brain damage. This was hard for him, being a blind dog. He could not remember how to get around inside the house. He fell down the stairs. He's now at rest, in peace with Totem. I truly miss him. In fact, there are many times I want him back. He was always a comfort to me.



Mr. Flick

Dart had a fantastic year. In her agility competition, the Vizsla Club of America ranked her third Vizsla in the Nation in Open Agility, from August 2005 to February 2006. She's now competing at the excellent level. As her handler, I'm still at the Novice level. Not to worry, I'll catch up.

Randy Boggs helped me complete her field training in February. But, this time February was good. In bird-dog language: He "broke her to wing and shot." But with the use of clicker and treats. She has no concept of electricity or a heavy hand. His nontraditional method was quite successful. Her field competition never skipped a beat. Within three months after "being broke" she earned several placements including her major in Amateur Gun Dog. This was quite an accomplishment. Now, all she needs is retrieving points to earn her field & amateur field championships. These wins also qualified her for the National competition in October.



Dart, in agility at Nationals



Dart, at the break-a-way of the second series of the National Amateur Championships. I'm on the horse on the right. The judges and the gallery are in the background. (photo by Diana Boggs)

At Nationals, Dart competed in the agility trial, in the dog show, and in the field trial. Less than 5% of the dogs could compete in all of these venues. She placed in two of the three venues. In the dog show she placed third in Field Trial Bitch class. The highlight, however, was her fourth place in the National Amateur Field Championships. I have never seen her run so



Dart, at the National Dog Show

well. She was awesome. Her run became quite dramatic when she fell into the Goose Pit on the second course. The judge leaped from his horse to rescue her. When he got her out she continued running like nothing ever happened. Many thanks to Debby Lynn, our scout and "coach."



The winners of the National Amateur Field Championships. Within nine months after being broke to wing and shot, she placed fourth; at the National level! All the other winners of the Field Championship and in the Amateur Field Championship were not only field champions, but some were previous National Champions. Dart was the only winner who had not yet achieved her field championships. And I was the only woman handler in all of the 16 field placements. This was quite a feat for both of us.

Have a Happy Holiday...

.....JP

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