President’s Message
Randall H. Hinshaw, D.V.M.

The 2002 Convention in Albuquerque recorded the largest attendance ever with the exception of our joint meeting with CETA last year in Nashville. I would like to thank everyone on the program committee who helped organize the meeting. Without their help it would have been a much more difficult task. Also, many members e-mailed me with suggestions for topics and speakers and we were able to incorporate those ideas into the program. Plans for our joint meeting with CETA in Calgary are already underway. Dr. Larry Kennel is next year’s program chairman and you can feel free to contact Larry or myself with any ideas. I would like to thank all of the exhibitors, who helped make the meeting possible, and especially A.B. Technology, Bioniche and Reproductive Resources for the evening at the Balloon Fiesta. Everyone had a great time. A special thanks to all of the speakers who gave us lots of new ideas to implement in our practices.

The Certification Committee has been busy with new ideas for the certification program. The Board is considering the changes and will advise the membership after the February meeting. We hope to give every member a laminated example of how to correctly label straws, tabs, gobelets and canes. Proper labeling and paperwork continues to be the biggest problem confronted by the Certification Committee. We now have 111 certified businesses with 122 qualified individuals. Thanks to all the hard work that committee is doing on behalf of its membership.

The Government Liaison Committee chaired by Dr. Richard Whitaker worked hard this year to overturn the ban of embryo exports to the EU. Thanks to his committee’s work, our clients will now be able to export embryos again. Thanks Whit!

Members of the Cooperative Committee traveled to China this past spring and transferred embryos as well as demonstrating collection and processing techniques. Part of the charge of the AETA is to find new markets for embryo export and China continues to be the market with the greatest potential. The Association is indebted to Drs. DeGroff, Armbrust and West for taking time from their practices to further the work of the AETA. Plans for a future project to transfer more embryos have already been submitted.

Dr. Dale Lott was on everyone’s mind this meeting. We missed seeing him and I know he missed being there. Through the gen-

continued on next page

January 30, 1973 –
January 30, 2003 = 30 Years

Jan Weiler, Administrative Assistant for G.M.O., Inc. has decided to resign from her position effective with her 30th anniversary with this company which will be January 30, 2003. Since her time of employment by Bob Garey in 1973, Jan has always done an excellent job relative to completing her responsibilities as Administrative Assistant to the various associations managed by this company to include the Nebraska Veterinary Medical Association, American Embryo Transfer Association and the Society for Theriogenology.

As President and owner of G.M.O., Inc., I want to thank Jan for her devotion, loyalty and dedication not only to this company but to the various associations that she has so diligently worked with and for through these many years. Whatever was asked of Jan by myself or the officers and boards of directors of the associations with which she worked, she always completed those assignments and requests regardless of the time and effort involved.

Jan has indicated to me that she has a couple of opportunities that she is considering as part-time employment but also says that she just wants to rest, relax and “smell the roses.”

The process of applicants will start immediately and will give Jan plenty of time to get this person well trained to step into her shoes upon her leaving.

Again, Jan, we thank you for everything you’ve done through these past 20 years that I have been associated with G.M.O., Inc., and the fact that you have been a real asset to this company.

Don Ellerbee
President, G.M.O., Inc.

AETA Committee Chairmen for 2002-2003

Listed below are the AETA Committee Chairmen for 2002-2003. If you would like to serve on one of these committees, contact the chairman or call the AETA office.

Certification Committee .......................... Dr. Joseph Wright
Exhibit Committee .......................... Dr. Pat Richards
Convention Program Planning Committee .......................... Dr. Larry Kennel
Cooperator Committee .......................... Dr. Scott Armbrust
Government Liaison Committee .......................... Dr. Richard Whitaker
Manuals & Promotion Committee .......................... Dr. Thomas Borum
Newsletter Committee .......................... Dr. John Hasler
Nominating Committee .......................... Dr. Darrel DeGroff
Professional Review Committee .......................... Dr. Randall Hinshaw
Statistical Information Committee .......................... Dr. Steve Hughes

2003 AETA/CETA Convention

Westin Hotel

September 3-6, 2003

Calgary, Alberta, Canada
President’s Message (continued)

erosity of our exhibitors and members, we raised nearly $15,000 for the Dale Lott Medical Expense Fund. The exhibitors this year donated items that were auctioned with 100% of the proceeds going to the Fund. The response was amazing and demonstrates the unique brotherhood of our association. As of this letter, Dale is still in Little Rock recovering. Get well soon Dale.

The leaves are starting to drop from the trees in the Shenandoah Valley of Virginia and winter is on the way. I hope everyone has safe and happy holidays.

"Thank You" from Dr. Dale Lott

Well, I missed the annual AETA convention for the first time since 1987. I mean really, really missed it. I missed the scientific presentations with the anticipation of hearing something that would increase my efficiency. I missed the hallway and lounge discussion groups, where I would likely hear of train wrecks that maybe I could avoid. I wonder if anybody played that game at lunch in which you take turns telling the dumbest thing you did the past year. I always had something new to share. In short, what I missed most was the time I spent with you colleagues. It is a very rare opportunity to be able to share time with others whose lives revolve around such a small niche procedure.

I got the most wonderful card from you all. It was signed by quite a few of you and I want you to know that I went down the list slowly, putting faces to the names, smiling, laughing and feeling myself a part of the group, even if I wasn’t there. It was a great card that really brightened my day. Then a few days later, I got a big box from the AETA. I opened it and found a vest and hat just right for an old bald guy, and some beer from New Zealand, also just right for an old bald guy and then I found the fat envelope, opened it, read the letter, sat down in my kitchen and cried. You folks had already picked me up back in the spring, so all that outpouring of generosity came as quite a surprise. I want to thank you all.

I accepted a gift from an older veterinarian back in the spring and I asked him how I could ever repay him. He said there was to be no talking about that, but rather I should just say thanks and accept the gift with the same sense of love with which it was given. So that’s what I’m doing to you. Thanks to the distributors who provided the items for the auction and thanks to all of you who participated in the auction. I love you all like brothers and sisters.

I’m in the middle of some radiation therapy right now. I’ll keep updating via e-mail. I think Don is forwarding my e-mails on to those of you who are interested. It’s still too early to know what’s going to happen, so any prayers for my family and me will be appreciated. Thank you all again, my friends!

Dale Lott, DVM
AETA Board of Directors
Met October 9, 2002

President Darrel DeGroft presided at the meeting of the AETA Board of Directors on Wednesday, October 9, at the Hilton Hotel in Albuquerque, New Mexico. Included on the agenda were the following:
- Approval of previous board minutes.
- Approval of September financial statement.
- Received a report from Dr. Joseph Lineweaver, Chairman of the Certification Committee. Discussion on revision of the certification manual. Further action will be taken at the February Board meeting.
- Received a report from Dr. Randall Hinshaw, Chairman of the 2002 Convention.
- Received a report on the FAS Cooperator Trade Mission to China and the results of the Quality Samples Program.
- Chairman of the Government Liaison Committee, Dr. Richard Whitaker, reported on the EU ban of embryos.

AETA Annual Business Meeting
Held October 11

President Darrel DeGroft presided at the Annual Business Meeting of the American Embryo Transfer Association on Friday, October 11, at the Hilton Hotel in Albuquerque, New Mexico. Included on the agenda were the following items:
- Approval of the minutes from the 2001 business meeting.
- Approval of the September financial statement which had been provided to all in attendance.
- Election of new Board members – Dr. Todd Bickett and Dr. Pat Richards.
- Report on the Cooperator Committee from Chairman Bob Rowe and committee members Drs. Darrel DeGroft, Jim West and Scott Arnbrust along with Victor Zhang. Their report on the recently completed Trade Mission to China included information on the Quality Samples Program.
- Chairman Richard Whitaker of the Government Liaison Committee reported to the membership on the repeal of the EU ban.
- President DeGroft gave his report including the results of the 2001 survey of the Statistical Committee, the 2002 Convention program, a report on the Certification Committee and the AETA meeting next year in Calgary with the Canadian Embryo Transfer Association.

Classified
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Two Longtime AETA Members Honored with Life Memberships

Two longtime members of the American Embryo Transfer Association were presented Honorary Life Memberships in the Association at the 2002 convention in Albuquerque, New Mexico. Dr. Richard Carmichael of Keota, Iowa and Dr. Clifton Murphy of Columbia, Missouri were recognized for their outstanding service to the advancement of embryo transfer and their service and dedication to the Association.

The awards were presented to Drs. Carmichael and Murphy at the banquet on Friday evening.

Dr. Clifton Murphy (left) is honored with an Honorary Life Membership in the AETA. The award was presented by Dr. Jim Griffin.

Dr. Richard Carmichael (left) is honored with an Honorary Life Membership in the AETA. The award was presented by Dr. DeGroft.

Dr. Randall Hinshaw Elected President of the American Embryo Transfer Association for 2002-2003

Newly elected members to the Board of Directors (left to right): Dr. Todd Bickett of Chickamauga, Georgia and Dr. Pat Richards of Bliss, Idaho.

New AETA officers (left to right): Dr. Randall Hinshaw, President; Dr. Larry Kennel, Vice President; and Dr. Tom Rea, Secretary-Treasurer.

“A Note of Appreciation”

I wish to express a “thank you” to the American Embryo Transfer Association, its officers and executive Vice President and staff for the honorary life membership bestowed upon me at our annual meeting in Albuquerque, New Mexico.

It is greatly appreciated and I accept it as an honor from my many friends. It occupies a place of distinction on my wall.

Dick Carmichael, D.V.M.

“Thank You” From Dr. Clifton Murphy

I wish to express to the members of the American Embryo Transfer Association my sincere thanks for the honor of Lifetime membership. It was truly a surprise. While Big Jim was making the introduction – Mrs. M woke me – “Listen you old fool, he is talking about you!” I then went up front to receive my plaque to a standing ovation. When I recall all the places that I have traveled to do ET – I wonder why I was not good enough that I would not have to go so far to find work.

I appreciate that the oldie man of Maplehurst was named at the same time. He once advised me “not to give up my practice” but I was young and didn’t listen.

It has been a long road, 50 years a veterinarian and ETer since PMS was imported from Argentina. When I started there were no stars or moon and the sun was dim. To list the people that helped me – it was all of you – you put up with my bad jokes and was sympathetic when I asked for a job and helped kick the rocks on the road of life...I was first introduced to the EMBRYO by John Hasler and George Seidel-CSU. I had the phone numbers of CSU and LSU-Godke memorized. Slow learner. We must list the Griffin Twins - Little Jim supplied the supplies and Big Jim is one of the best ETers and THE best story teller.

The most powerful force is TIME - there is no doubt who is winning. With age one collects plaques on the walls of the office and the walls of the arteries. By popular request, I have sort of given up ET-sex and am enjoying CLONING. When I retire I think that I will plan a press conference – sort of a “show and tell” and introduce my twin brother as my clone.

My sincere THANKS – I do NOT deserve the honor but am enjoying it.

Murph
Assisted Hatching in Bovine Embryos in Commercial Embryo Transfer Programs with Respect to Embryo Quality and Thickness of Zona Pellucida

M Rüther, S Meinecke-Tillmann, M Gehring*, H Hauschulte*, B Meinecke • Institute of Reproductive Medicine, Hannover, Tierärztliche Praxis, Marsberg; Rinder-Union West eG, Soest

Introduction
Hatching from the zona pellucida (z.p.) is an essential step during early development of bovine embryos, which enables them to come into direct contact with the uterus, to elongate and finally to implant. The process of hatching can be impeded in bad quality embryos or if the z.p. is thicker than normal, and it can be negatively influenced by cryo-conservation or IVP. Assisted hatching (AH) has been used in human IVF-programmes since the early 90s (Cohen et al., 1990), but there are only few reports on the application of this technique in farm animals (Vajta ct. el. 1997; Łopataro rawa et al. 2001). The aim of this study was to analyze the effect of a partial zona dissection on the pregnancy rate in commercial embryo transfer programs. The effect of the embryo quality and the z.p. thickness was also analyzed.

Material and Methods
The embryos (n=295: 164 117 control) used in this study were collected by two commercial ET-teams (ET-team Marsberg (117 AH, 107 control) and Rinder-Union West eG (37 AH, 31 control) on day 7 of the cycle. They were collected from donors (47 cows, 19 heifers) following superovulation with eCG (Intergonan®, Intervet, Unterschleißheim; 3000 IE/cow IM, or 2000 IE/heifer IM) between D 9 and D 14 of the cycle and estrus synchronization using Cloprostrolen (Fstrumate®, Bassex, München) 62 h and 74 h after eCG injection. Freshly collected (68 AH, 58 control) or frozen-thawed embryos (88 AH, 83 control) were transferred transcervically to synchronous recipients (119 cows, 176 heifers). These recipients were either synchronized by (Clovprostolen-injection between D 7 and D 16 of the cycle, n=226) or in natural heat (n=69). The embryos were classified according to the IETS (IETS-Manual, 3rd Edition, 1998) and pictures were taken with a Sony-P1 digital camera. Micromanipulation was performed with Leitz-micromanipulators equipped with a Leitz-stereomicroscope (10-150 x). Dissection of the z.p. was done with microneedles (Clark Electromedical Instr. Reading) in Nunc culture dishes (~ 3,5 cm) filled with holding medium OCM® (Marsberg) or enmac® (Soest), aiming to open the z.p. in a length of about 125 µm. After micromanipulation (duration < 30 s) the embryos were immediately transferred to recipient animals. Non return rates and pregnancies (≥ 7th week following transfer) were recorded. Measurements of the embryo diameter and the z. thickness were done with Image J, NIH. Each embryo was measured at 8 different defined locations and the average of these measurements was used for further processing.

Results
The results are shown in Figures 1 and 2.

In the group of fresh embryos the tendency to a higher pregnancy rate (9%) was observed in manipulated versus control embryos (Fig. 1, not significant).

Comparing frozen-thawed embryos (Fig. 2) there was an obvious difference (14.1%) in the pregnancy rates between manipulated (67.1%) and control embryos (54.5%) approaching significance χ²: P=0.0699). This difference was also present in all subgroups of different embryo quality (data not shown).

Until now the thickness of the z.p. was measured in 168 embryos (Table 1). No differences in z.p. thickness (mean ± SD) were detected in these developmental stages before physiological thinning of the zona pellucida (morula to blastocyst stage) or in relation to the transfer results.

Discussion
Our results indicate that assisted hatching can enhance the pregnancy rate at least in frozen-thawed bovine embryos. In contrast to other authors we were not able to demonstrate a difference between quality 1, 2 and 3 embryos.

Assisted hatching by micromanipulation can easily be performed under field conditions in a commercial ET-set up. The dissection of the zona pellucida over a distance of 125 µm does not bear the risk of induction of identical twinning.

References

continued on next page
Assisted Hatching continued

Table 1: Zona pellicuda thickness and total diameter of embryos in different developmental stages in relation to pregnancies

<table>
<thead>
<tr>
<th>Image J measurements</th>
<th>recipients (n=168) receiving a zp</th>
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<td>n</td>
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<td>z.p. thickness μm</td>
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The Onset of Somatotropin Supplementation on Reproductive Performance in Dairy Cows

W. Silvia, R. Hemken, T. Hatler

The objective of this field trial was to determine whether delaying the start of recombinant bovine somatotropin (rbST) supplementation from 9 to 10 wk postpartum to 17 to 18 wk postpartum would improve reproductive performance in lactating dairy cows. Cows from nine herds (n = 798 cows; 766 Holsteins, 32 Jerseys) were assigned at random to receive rbST supplementation at 14-d intervals beginning during wk 9 to 10 (n = 396) or wk 17 to 18 (n = 392) after calving. Effects of herd, season of calving, parity and onset of rbST supplementation (9 to 10 wk vs. 17 to 18 wk) on days to first service and days open were determined. In primiparous but not multiparous cows, there tended to be fewer days to first service and fewer days open when onset of rbST supplementation was delayed. Percentages of cows pregnant at 150, 200 and 250 d postpartum were also examined. Time of onset of rbST did not affect percentages of multiparous cows pregnant at 150, 200 and 250 d postpartum. However, there appeared to be a slight tendency for percentages of pregnant primiparous cows to be greater at 200 and 250 d postpartum for those receiving rbST supplementation beginning at 17 to 18 wk compared to those receiving rbST starting at 9 to 10 wk. In conclusion, delaying the start of rbST supplementation to wk 17 to 18 postpartum had no beneficial effect on reproductive performance of multiparous cows but tended to improve some measures of reproductive performance in primiparous cows.


Request for Textbooks, Veterinary Equipment, Clinic Equipment

Darrel DeGroff, D.V.M.

During the past five years, Deb and I have been working with Dr. Clint Balok in his efforts to advance and upgrade the veterinary technician course he has directed and instructed for 15 years at Crown Point Institute of Technology (CIT) on the Navajo Indian Reservation in New Mexico. Recently a new veterinary clinic and teaching facility has been completed on the campus but due to tight residual funding, there is a need for additional textbooks, veterinary instruments and clinic equipment.

If anyone would like to donate any slightly used textbooks (we all have some that have never seen the light of day since graduation) or equipment and instruments that are just taking up space in the back room, it would all find a "new life" with a new generation of students.

Also, if requested, a donation receipt for tax purposes will be issued by Dr. Balok.

Please contact Deb or me at Colorado Genetics, Inc. at (970) 222-1793 for further information.

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Those participating in the purchase of the print donated to the Dale Lott Medical Fund by Pharmacia Animal Health were (left to right): Dr. Jim West, Dr. Scott Armbrust, Dr. John Heizer (eventual owner), Dr. Barry England, Dr. Charles Wray, Dr. Clair Sauer and Don Ellerbee.

Dr. Darrel DeGroff, AETA President, was surprised at the banquet with an award presented by his family (he did not know his children would be attending). Left to right: Dr. DeGroff, his wife Marty, daughter Shari and son Shawn.

The “Tent” event at the Balloon Festival, sponsored by AB Technology, Bioniche and Reproduction Resources, was enjoyed by all in attendance.

Dr. Randall Hinshaw (left) is recognized by Dr. DeGroff for serving as Chairman of the 2002 Convention in Albuquerque.

“Twins” – Dr. Robert Rowe and Dr. Darrel DeGroff (born June 20, 1945).

Dr. DeGroff is presented a plaque by Dr. Robert Rowe in recognition of his year as AETA President.
AETA Members, Drs. Armbrust, DeGroff & West Featured in Beijing Newspaper, “China Daily”

The following article appeared in the “China Daily” newspaper in Beijing on September 12 when Drs. Scott Armbrust, Darrel DeGroff and Jim West were in China as part of the 2002 Cooperator Program.

US Experts Provide Embryo Transfer Tips by Jiang Zhaqing • China Daily Staff

Three embryologists from the United States yesterday gave on-site training in embryo transfer (ET) to their Chinese colleagues at a suburban Beijing dairy farm.

This is part of a three-year China Livestock Genetic Improvement Aid Programme, which was initiated by the American Embryo Transfer Association (EATA) with the aim of improving genetic technologies for livestock industries in China, according to Wu Yongxing, vice-director of the Food and Agriculture Resource Development Sub-committee of the China National Committee for Pacific Economic Co-operation.

“They donated 30 original embryos to the farm and conducted an embryo insertion demonstration,” said Wu during a telephone interview with China Daily yesterday.

Led by EATA President Darrel DeGroff, the US embryologist group visited Shanghai and Zhejiang, Jiangsu and Anhui provinces, as well as Beijing, and will visit several other places providing dozens of original US dairy/beef cattle embryos and giving seminars and on-site training to Chinese ET experts.

This programme will not only increase production of quality beef and dairy cattle in China but will also raise the living standards of Chinese people, said experts who attended a seminar at the Beijing Dairy Cattle Center (BDCC) on Monday.

Genetically improved beef and dairy cattle will make the Chinese livestock industry more competitive in the international market, they said.

It may be difficult to compare the ET technological levels of China and the United States, said Shi Wanhai, a BDCC researcher. With its better quality original cattle embryos and complete sampling system, the US leads the world in dairy ET.

In 2001, China had 5.6 million cattle including hybrid and original ones, both old and young, while the United States had 9.15 million adult original cows. On top of this, average milk production per cow was about 3.6 tons, or even lower in China in 2001, while the figure for US cows was about 8.2 tons.
Lactated Ringer’s Solution as a Recovery Medium

Felipe Ruiz and Harley Schneider, Ph.D.

Some interest was expressed at the meeting in Albuquerque regarding recovering bovine embryos with commercially prepared Lactated Ringer’s Solution. We have been using lactated ringer’s solution (Abbott Laboratories) exclusively for about 18 months. Our reasoning is that sterility, osmolarity and pH are within desirable limits and short-term exposure should not adversely affect embryos.

Embryo recoveries (447) were made using Lactated Ringer’s supplemented with 100 mg of bovine serum albumin (BSA). Uterine effluent was run directly through an EZ way embryo filter (PETT, Inc.). The filter was drained to a minimal volume and the surface of the filter was washed with a commercially prepared medium (AB Tech rinsing medium or ICP plain). A total of 2019 viable embryos were collected (65 per collection). Embryos were transferred fresh or frozen in glycerol or ethylene glycol. Pregnancy results for fresh embryos, frozen-thawed glycerol and ethylene glycol embryos were 510/846 (60%), 91/174 (52%) and 132/203 (65%) respectively.

The pregnancy rate for the fresh embryos is somewhat low. However, we tend to freeze higher quality embryos and transfer the lower quality embryos within collections. The glycerol embryos performed as expected. The ethylene glycol pregnancy rate surprised us. The Lactated Ringer’s probably had little impact on these results. We made a few small changes in our techniques that may have contributed to our success. Most likely, the preparatory efforts of our clients and luck were the actual cause.

These data represent embryo recoveries for the last year. Although a comparative study was not conducted, the data are still useful when compared with survey data submitted yearly by AETA companies (2001 pregnancy results 63% fresh, 55% glycerol, 55% ethylene glycol). The data were collected during both summer and winter months with no apparent effect on results. Data show that Lactated Ringer’s is neither beneficial nor detrimental to recovered embryos. Our plan is to continue to use the product. The decision to make a change is an individual one. Lactated Ringer’s is a ubiquitous medical solution, which certainly could be used without concern in an emergency.

Dear friends,

There have been a lot of things happening out here in the last few weeks. I am now 38 days post-transplant. My blood and bone marrow have been tested and I now have over 99% cells in each that came from my sister Dawn’s transplanted stem cells. I also have shown no signs of graft versus host disease. My bone marrow is free from myeloma cells. All these are good things.

The bad thing is, about 10 days ago, the plasmacytoma tumor in my mouth started to grow again. That was probably due to incomplete kill by the chemotherapy. It had shrunk down to almost nothing before this resurgence. The doctors were concerned because the plan was for it to recede and stay down until my donor cells could grow, multiply and mount an attack. What the doctors did was to take me off all the immune-suppressing drugs that I was on. This should allow rapid growth of Dawn’s new tumor-fighting lymphocyte cells.

In the week since I was taken off the drugs, my lymphocyte count has tripled, but the plasmacytoma kept growing, now into the bone of my jaw. Today I had the 2 teeth pulled that were involved closely with the tumor and tomorrow I start radiation therapy of the area on my jaw, and the suspicious area next to my left adrenal gland, which is still being argued about (common sense says more plasmacytoma, but it has been shrinking and takes up no dye on one of the radioactive scans they do here). One of the scary possibilities is that I will not develop any graft versus host disease and therefore have little or no graft versus myeloma effect. That would be bad. What we are thinking is that the size of the tumor is too large for my small new population of killer cells to deal with. Killing the tumor with radiation would give the cells more time to get their act together, and hopefully they can handle any new, small groups of cancer cells that may pop up. The radiation oncologist is the son of a retired Puerto Rican dairyman and he was wearing a tie with Holstein cattle on it. We talked about the places I had worked on the island and when we were done, I really felt comfortable with him. He said not to worry, he could put that radiation beam right on the bad spots and not touch anything else. I feel good about the procedure.

Taking me off the immune-suppressing drugs still has not caused any side effects. Dr. Lee thinks he can see some small areas of skin rash that are suggestive of graft versus host and I’ve been nauseated the last few days, so maybe something is happening. I am hoping for some manageable skin rash and no severe gut problems or liver problems. The up side of this is, if I can get anti-myeloma effect, coupled with few side effects while off the immune-suppressor drugs totally, that would mean that I could get back to work around cows quickly. I figure this to be a silver lining!

The family is doing well. J.J. came out here to spend the weekend with me so we could watch the Georgia-Florida game together. We suffered together. Jeremy is getting ready for deer season. He will be hunting with his uncle Grandin and turns 15 this month. Jacob got his first report card, 7 As and 1 B. Johanna is in pre-K and goes to ballet lessons once a week. Jo Anne holds it all together for the rest of us. You would be amazed at the people out here. It seems like a week does not go by without meeting someone who opens up their heart, family or life to us and takes us in. God has sent us a lot of angels.

I’ll keep you updated as often as I can. Remember what coach Lou Holtz once said, “If what you did yesterday seems big, you haven’t done anything today.”

Love to you all,
Dale and the Family
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