The 21st Annual Meeting of the Iowa Physiological Society (IPS) was held on Saturday, October 29th at the Olsen Medical Education Center on the campus of Des Moines University (DMU) in Des Moines, IA. The meeting was financially supported by the parent organization, the American Physiological Society, DMU, and multiple corporate sponsors that included Nikon, DSI, ADInstruments, and Elsevier. The Continuing Medical Education Department, notably Vanessa Ross and Christina Billings, at DMU importantly supported the organization and implementation of the meeting. All IPS officers were present at the meeting and included James Lang – President (DMU), Michael Lyons – Past president (Iowa State University – ISU), Rasna Sabharwal – President-Elect & Secretary/Treasurer (University of Iowa – UI), and Francesca Di Sole – Secretary/Treasurer-Elect (DMU).

In the morning, the meeting began with opening remarks from IPS President James Lang, PhD from the Department of Physical Therapy at DMU. After which, a series of 6 5-minute student oral presentations commenced starting with Brianna Tan (UI), Brittany Duong (DMU), Matthew Peters (UI), Samuel Engman (DMU), Runping Wang (UI), and Hannah Spaulding (ISU). A question and answer session for the 6 speakers followed and the audience were referred to each of their posters for further discussion. After student presentations, Colin Young, PhD delivered the keynote research presentation entitled “A View from the Top – Metabolic and Cardiovascular Diseases in Obesity” highlighting recent and innovative work performed in his lab at George Washington University. His presentation was followed by a 45 minute break for poster viewing and visiting the sponsor tables. Then, the teaching keynote presentation entitled “Learning is the Last Thing We Do” was delivered by Rick Mills, DVM, PhD, LMSW. He introduced a case-applied learning platform that can found at the following website, [http://www.whenknowingmatters.com/](http://www.whenknowingmatters.com/). Lunch and poster viewing followed.

In the afternoon, 2 30 min research presentations followed – one from LiLian Yuan, PhD (DMU) entitled “Effect of Stress on Brain-Gut-Microbiome Axis” and then one from Meredith Luttrell, PhD (Drake University) entitled “Post-Exercise Vasodilation – Role of Histamine, Age, and Training Status”. A 45 minute break for poster viewing followed. Then, Kevin Kregel, PhD (UI) delivered the Research Advocacy presentation entitled, “Advocacy for Science – Making a Compelling and Understandable Case”. After which, the audience divided into two workshop sessions; one led by Dr. Mills which further elaborated upon his educational software platform and the other led by a panel of discussants. This
panel was led by Catharine Young, PhD (British Embassy), Jackie Brittingham, PhD (Simpson College), and Robert Clements (DPM ’20 student at DMU). Following the workshop sessions, a poster award social commenced and consisted of refreshments/appetizers and the announcement of the poster and oral student presentation awards. The following were the winners:

- 1st place graduate student oral presentation: Brittany Duong (DMU)
- 1st place undergraduate student oral presentation: Matthew Peters (UI)
- 1st place graduate poster presentation: Hannah Spaulding (ISU)
- 1st place undergraduate poster presentation: Madison Sturgeon (UI)
- 2nd place graduate poster presentation: Tianyi Wei (UI)
- 2nd place undergraduate poster presentation: Sandeep Kowkuntla (UI)
- 3rd place graduate poster presentation: Alex Brodjeski (UI)
- 3rd place undergraduate poster presentation: Brianna Tan (UI)

After the poster award social and a few closing remarks from the president, the business meeting commenced. In attendance were James Lang, Rasna Sabharwal (UI), Mark Chapleau (UI), Harold Stauss (UI), Francesca Di Sole (DMU), Ron Torry (Drake), and Michael Lyons (ISU). Topics of discussions included an update on IPS funds, planning for the 2017 annual IPS meeting, the development of an advisory committee to provide more senior leadership to the section, the addition of a student representative position, using social media to promote IPS, and the implementation of a recently awarded APS Chapter Activity grant. Lastly, Rasna Sabharwal, PhD, assumed her role as president and Francesca Di Sole, PhD as secretary/treasurer for 2017. There are candidates being considered by the IPS board for president-elect, and this will be announced before the end of the year.

As the 2016 IPS chapter president, it has been my great pleasure to serve in this role and strive to promote the section and APS as well as interacting with my colleagues in the region. It is my hope to continue to support IPS leadership as they endeavor to advance IPS in the region.

Sincerely yours,

James Lang

James A. Lang, PhD
IPS President 2016
A few photos from the meeting:

Top (left): The undergraduate and graduate poster and oral presentation awards winners. On the far right is Dr. James Lang, president of IPS. On the far left is Dr. Mark Chapleau, board member and research mentor. Top (right): Dr. Lang is introducing the research keynote speaker, Dr. Colin Young.

Bottom (left): Matthew Peters, winner of the undergraduate student oral presentation, is giving his talk. Bottom (right): A panel of moderators (front of the room from left to right – Dr. Jackie Brittingham, Dr. Catharine Young, and Mr. Robert Clements) are having a discussion with students and faculty regarding careers in researchers.