



NUTRITION MATTERS

SPRING 2007

PENNINGTON BIOMEDICAL RESEARCH CENTER AND FOUNDATION • LSU SYSTEM

EXERCISE THE PRESCRIPTION FOR WHAT AILS US



what ails us is a common prescription for a lot of daily exercise. For those with diabetes, daily exercise can be the key to controlling this serious disease, because exercise forces muscles to consume blood sugar, helping to keep levels in the healthy range. The problem is how to choose the type of exercise.

Center researcher Tim Church, M.D., Ph.D., makes an interesting point, "Most diabetes interest groups say '30-minutes of physical activity most days of the week

in combination with at least one day a week of resistance training' is needed. But no one has tested this prescription. A new study now underway will do exactly that."

Church's thought is that skeletal muscle – the muscles we use in weight lifting or aerobically exercising – are the real consumers of blood sugar, but interestingly, exercise improves blood sugar through different mechanisms. Thus the type of exercise performed may effect the amount of blood sugar used and the combination may be especially beneficial.

Soon nearly 400 diabetics will enter our clinic to undergo aerobic exercise on a treadmill, resistance training on weight machines, or a combination of both. They will all undergo a blood test, called hemoglobin a1c (Hba1c), to determine long-range results on blood sugar.

Church, also the holder of the John S. McIlhenny Endowed Chair in Health Wisdom, will be able to scientifically determine if the different types of exercise are equally beneficial and provide physicians with information they can easily understand and use. "The hope



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here," Church said, "is to determine the affect of each type of exercise routine, and possibly provide doctors a wider range of activities to prescribe to their patients for better blood sugar control and over health."



L. Heidel Brown

L. Heidel Brown's Legacy Recognized with Major Gift to PBRF

The Pennington Biomedical Research Foundation (PBRF) has received a one million-dollar gift from Mrs. L. Heidel Brown in memory of her late husband, L. Heidel Brown.

Mrs. Brown made the gift to demonstrate the importance of the Center's breakthrough research and its contributions to economic development. In making the gift, Mrs. Brown said, "Through this gift, Heidel's legacy will live on."

L. Heidel Brown was a highly-respected Baton Rouge businessman and real estate entrepreneur. He built C. J. Brown and Associates, the company founded by his father, into one of the largest brokerage firms in Louisiana and was instrumental in the economic development of Baton Rouge and the lower Mississippi River region. Brown's influence went far beyond his business acumen. He was a founder of the Baton Rouge Area Foundation and worked tirelessly for the betterment of his community by contributing his leadership and resources to countless nonprofit and civic organizations. He is remembered for his vision and his integrity.

Claude Bouchard, executive director of the PBRF, in acknowledging the gift noted that "This is the largest gift to the Center from an individual

since Irene and C. B. "Doc" Pennington, Sr. made their initial gift, which lead to the opening of the institution 19 years ago. We are indeed thankful for this important contribution."

According to PBRF Chairman John Noland, "Mrs. Brown has been an ardent donor and supporter of the Pennington Biomedical Research Center for many years and is vitally interested in its ongoing work." Noland said, "Her gift will help the Center accomplish the goals outlined in the institution's five year strategic plan."

Noland said that PBRF research scientists can successfully acquire more than \$3 in additional research grants for every \$1 of unrestricted support they receive. "This is a great incentive, and we hope the

opportunity to leverage private support in this way will encourage others to invest their dollars into the Center."

The PBRF strategic plan, called *Vision 2010*, established 10 major priorities. "This gift is another step forward in making our priorities within reach," added Dr. Bouchard. "The gift will help the Center to expand its research capability to investigate the study of prevention of chronic diseases such as heart disease, diabetes, cancer and obesity; to add expertise in research related to nutrition, physical activity and genetics; and to translate our discoveries for the benefits of individuals, families, and larger communities of people."

PRESENTATION AND TOUR HIGHLIGHTS PBRC FUNDING NEEDS FOR NEW CLINICAL BUILDING



▲ PBRC Executive Director Claude Bouchard, Baton Rouge Area Chamber President/CEO Stephen Moret, Forum 35 Leader Jeff English, and A6 Organizer Michael Trufant

The Pennington Biomedical Research Center opened its doors to two groups recently as part of an effort to raise awareness for the need for support and funding to expand its

clinical services. The event was organized by the PBRF and involved more than a dozen scientists in the tour. Dr. Claude Bouchard, PBRC's executive director, noted in a presentation to Forum 35 and A6 community groups that plans have been drawn up for a \$25 million clinical research building to expand the Center's mission. The Pennington Biomedical Research Center can leverage this investment into greater funding from federal agencies, food companies and drug manufacturers. This would lead to millions



▲ *New Proposed Clinical*

more in research dollars and create hundreds of good-paying jobs. Stephen Moret, president and chief executive officer of the Baton Rouge Area Chamber, says securing more money for

Pennington is his top economic development priority. Moret told the group that PBRC is the biggest economic development asset in the region. After the presentation, the group toured the Center and got an "insider's view" of the ongoing work and the chance to visit with the scientists to learn more. A6 leader, Michael Trufant, noted during the program that this is the right type of priority we need to support.

The PBRC campus is home to eight mobile office units, predominately located on the second floor of a parking garage. This one is adjacent to the PBRC Clinical Building, which is in need of expansion.



▲ *Mobile Offices*

Message from the Executive Director of the Pennington Biomedical Research Center



In a few months, we will have reached the midpoint of our five-year strategic plan, *Vision 2010*. Based on the monitoring of ten priorities, we have made significant progress. For the first time in our history, we have 80 faculty on staff, and are currently recruiting even more. Many of our new researchers will be in the field of Population Science – a third research area that is growing in size and significance at the Pennington Biomedical Research Center.

Our Basic Science program is focused on the molecular, cellular and genetic basis of nutrition and chronic disease prevention, while our Clinical Research activities are focused on the effects of new medicines, exercise and diet on humans. In contrast, population scientists study communities and society at large.

Our population scientists will conduct research programs on nutrition and exercise in schools and communities, minority health behaviors, the nutritional health of expectant mothers, nutrition and physical activity epidemiology and epidemiology of chronic diseases with particular attention to disease prevention.

At the beginning of the current five-year Strategic Plan, we moved scientists into our new Basic Science Laboratory Building, knowing well that we would also soon need a new clinical research facility. We have already invested approximately \$2.5 million in the site planning, design and architectural specifications for the latter project. With a price tag of about \$25 million, we are unable to use current resources to undergo construction. With the assistance of our supporting foundations and of LSU System

President William Jenkins, we have approached the legislature with a request to fund this project as part of our state's economic development activities. This facility alone will create 300 direct and 200 indirect jobs and generate \$15 to \$20 million per year in new research grants and contracts. We are hopeful about the process and have received some encouragement from the Board of Regents and leaders in the Louisiana Department of Economic Development. We will also be seeking a substantial increase in the annual legislative allocation to the Center in order to recruit new scientists so that we can continue to improve the depth of the science pursued at PBRC.

In our efforts for continuous improvement, all six of our research divisions are themselves under the microscope this year. Indeed, external review boards will come to Baton Rouge to examine each division in regard to the quality of science, human and physical resources, and programmatic issues. Our vision is to be the best at what we do; a vision we could not attain without this expert review and without your support.

I look forward to reporting more in our efforts to remain the leading center of research in nutrition and to play a growing role in the development of innovative and effective formulas to prevent obesity, diabetes, cardiovascular disease and cancer.

Claude Bouchard

Claude Bouchard, Ph.D.
PBRC Executive Director,
George A. Bray, Jr. Super Chair in Nutrition

SPECIAL RECOGNITION

BARTON HONORED AND RECOGNIZED
WITH "THE JOHN W. BARTON,
SR. CONFERENCE ROOM"

The Pennington Biomedical Research Foundation (PBRF) recently honored John W. Barton, Sr. in late February at a special reception and luncheon to officially dedicate the Pennington Biomedical Research Center Executive Conference Room as "The John W. Barton, Sr. Conference Room" in recognition of a significant gift made recently by Barton to benefit the work of the PBRC.

The John W. Barton Conference Room will be used by the PBRC Executive Committee,



▲ (left to right) Attending the event were family and friends including Annette Hutchinson, Imo Brown, John Barton, Billie Barton, Harry Barton, Peggy Barton, and John Barton, Jr.

the management team and visiting scientists who come to the Center. Sharing personal stories about Barton's leadership role from its formation were PBRC Executive Director Claude Bouchard; Pennington Biomedical Research Foundation and Pennington Medical Foundation Board Member Paula Pennington

"John has provided inspiring leadership, guidance, and support, especially to me when I first came here to the Pennington Biomedical Research Center."
— Dr. Claude Bouchard

de la Bretonne; LSU System President Dr. William Jenkins; and PBRF President and CEO Jennifer Winstead. During the ceremony, de la Bretonne talked of her grandfather, C. B. "Doc"

Announcing A New Chair in Heart Disease Prevention TO HONOR THE MEMORY OF FAIRFAX FOSTER BAILEY

The Pennington Biomedical Research Foundation is proud to announce a major gift of \$600,000 from the Bailey and Noland families to create the Fairfax Foster Bailey Endowed Chair in Heart Disease Prevention at the Pennington Biomedical Research Center.

Donors for this Chair include Laura and James Bailey, Virginia and John Noland and P. Foster Bailey. They have jointly made this gift in memory of their mother, Mrs. Fairfax Foster Bailey, who died in 1984. The Pennington Biomedical Research Center has applied for a matching gift of \$400,000 from the Board of Regents Eminent Scholars Program to establish the new Endowed Chair, according to PBRC Executive Director Claude Bouchard. Once the new Chair is matched and formally established, a full-time scientist with a special emphasis on cardiovascular research will be recruited.

The Pennington Biomedical Research Foundation expressed its enormous appreciation to the Bailey and Noland families for the gift at a recent meeting of its board of directors and the gift was publicly announced at the

Scientific Dinner Series. "The generosity of this family and its dedication to our Center is tremendously appreciated. It will make a significant difference in the future," said PBRC Executive Director Dr. Claude Bouchard. "We are indeed honored that Mrs. Bailey's name will always be associated with excellence and discovery in medical research. The impact of this gift will be felt and is another step towards establishing PBRC as the leading nutrition and prevention medicine research center in the world."

In seeking the matching funds from the Louisiana Board of Regents, the PBRC noted that over 60 percent of the 56 million reported annual deaths in the world are from chronic diseases with almost half attributable to cardiovascular diseases. The escalating incidence of diabetes and obesity are strong risk factors for heart disease and have started to appear earlier in life, even before puberty. The public health implications of these trends are staggering and demonstrate the need for additional cardiovascular research.



▲ (left to right) PBRC Executive Director Claude Bouchard, PBRF and PMF Board Member Paula Pennington de la Bretonne, honoree John W. Barton, Sr., and LSU System President Dr. William Jenkins

Pennington, and his respect for Barton, and presented to the honoree a special recognition gift on behalf of the Center and Foundation.

Dr. Bouchard said during the ceremony, "John has provided inspiring leadership, guidance, and support, especially to me when I first came here

to the Pennington Biomedical Research Center."

Unveiled at the special recognition ceremony were an etched glass and aluminum sign on the door and a large framed black and white portrait of Barton with a personalized inscription. Also presented in his honor was a set of brass coasters engraved with "The John W. Barton Conference Room." In addition, de la Bretonne presented Barton with a personal inscribed set of coasters as a special commemorative gift for his own office.

Also attending were family members, friends, and the executive members of the Pennington Biomedical Research Center and Foundation.

After the naming ceremony, a private catered lunch was held in an adjoining room with personal toasts delivered by Dr. Claude Bouchard and PMF Chief Financial Officer William Silvia.



Eddie Ashworth Elected to Board

The Pennington Biomedical Research Foundation is proud to introduce Edward Ashworth to its board of directors. Ashworth was elected to serve a four year term at the PBRF's last quarterly meeting.

Since 2000, Ashworth has served as president and chief executive officer of the Research Park Corporation, a non-profit organization designed to work collaboratively with LSU, Southern University, and the city to develop technology industries, tech jobs, and tech development advocacy. Ashworth is also Chairman of the Board of the Louisiana Technology Fund, which invests in startup or emerging Louisiana-based companies.



Ann Wilkinson Joins PBRF

Ann Wilkinson was recently appointed Director of Leadership Giving at the PBRF. She served as director of annual giving at Mary Bird Perkins Cancer Center for the past five years. Wilkinson is a graduate of LSU, Leadership Greater Baton Rouge, and the Madison Institute for Healthcare Philanthropy.

Wilkinson currently serves on the board of directors of the Burden Foundation, the Capital Area Human Services District, and the Old State Capitol Associates. She has previously served as president of Port Allen Rotary, and chairman of the boards of the West Baton Rouge Chamber of Commerce, Baton Rouge Convention & Visitors Bureau, and Baton Rouge Green. In addition, Wilkinson served on the board of directors of the Baton Rouge Area Chamber, Friends of LSU Rural Life Museum, and the Foundation for Historical Louisiana.

"We welcome Ann to Pennington Biomedical Research Foundation," said Jennifer Winstead, PBRF president and CEO.

KEVIN P. REILLY RECOGNIZED BY PBRF; AUDITORIUM NAMED IN HIS HONOR

In a special ceremony and presentation to dedicate "The Kevin P. Reilly, Sr. Auditorium" in the Pennington Biomedical Research Center Administration Building, the leadership of the Pennington Biomedical Research Center (PBRC) and the Pennington Biomedical Research Foundation (PBRF) recognized Reilly for generous support to the Center and for his long-time dedication to the institution's mission.

The special event, hosted by the PBRF in late February, was attended by members of the Reilly and Lamar families, PBRC faculty and PBRF board members. The event was held in the auditorium with a presentation, a ribbon cutting, and a reception. Speaking at the event was PBRC Executive Director Claude Bouchard, LSU System President William Jenkins, and PBRF President and CEO Jennifer Winstead.

In a special presentation, Dr. Bouchard cited the significance of Reilly's unwavering efforts through the years, including serving leadership roles on the PBRF as well as numerous

personal efforts seeking both state and federal dollars for the PBRC. Bouchard noted that Reilly continues to serve on the boards of Pennington Discoveries, Inc., and Pennington Management of Clinical Trials. "Because you and your family have done so much for higher education and economic development in general, and for the PBRC in particular, naming this auditorium, is one small gesture," said Dr. Bouchard.

"In addition to this leadership, Kevin has been joined by his wife Dee Dee in providing generous support to Pennington through their Reilly Family Foundation and has been joined by his family with strong corporate support over the years through the Lamar Advertising Company," said PBRF President and CEO Jennifer Winstead, who presented Reilly with a cut glass obelisk globe to signify and serve as a memento of his impact on the world-class facility. The base of the globe and obelisk was inscribed with "In Honor of Kevin P. Reilly, Sr. Thank you for your Leadership and Generosity."

Reilly was also recognized as one of the "first on the scene to help get the doors open", and for his vision as a legislator to help create the Louisiana Eminent Scholars Program. This program has been instrumental in increasing the endowment of chairs and professorships at higher education institutions across the state, including providing nearly \$5 million in matching funds for the 10 chairs and 3 professorships at PBRC. Reilly was also saluted for his ground-breaking work to bridge the gap between academia and commerce, such as enhancing discoveries from the Pennington Biomedical Research Center in the open market.

Dr. Jenkins praised Reilly for leadership and vision as one of the founding members of the LSU Research and Technology Foundation and his key role in the establishment of Louisiana Fund 1, a venture fund focusing on Louisiana start-up companies.

Reilly served as Chair of the Pennington Biomedical Research Foundation for two

terms and has been on its board of directors since 1990. He has continued to link the Pennington Biomedical Research Center's work with other major projects, including the development of an award winning television production, called *Step by Step: Kids Trimming Down*, an LPB series which has been shown to more than 4 million individuals throughout the United States.

"He continues to turn over every rock, seeking funding from individuals, the state, and Congressional sources in addition to his own generous philanthropy," said President/CEO Jennifer Winstead. "He sees the importance of the PBRC to economic development for the state."

The Kevin P. Reilly Auditorium is now marked with glass and aluminum signs depicting its new name and a lighted portrait of Reilly now hangs on the East wall entrance to the room. 📍



▲ (left to right) Dr. William Jenkins, LSU System President; honorees Dee Dee and Kevin Reilly, Sr., PBRF Executive Director Dr. Claude Bouchard



▲ (left to right) Sean Reilly, Dee Dee Reilly, Kevin Reilly, Sr., Winifred Ross Reilly, and Kevin Reilly, Jr. after the event, near signage displaying the new "Kevin Reilly, Sr. Auditorium" at the Pennington Biomedical Research Center

LOUISIANA **2**step

Blue Cross and Blue Shield of Louisiana is on a roll to get all of us to do the “Louisiana 2 Step,” and they are doing it by partnering with the behaviorists and nutritionists at the Pennington Biomedical Research Center.

In this project, though rich in Cajun style music and rhythm, the “2 Step” is not the dance. It is the notion that we should all take two important health steps: 1. Eat right 2. Move more. And it is based on very real clinical science.

PBRC researchers know that previous research has demonstrated we eat on average about 100 calories a day too much. They also know that any muscle movement at all will consume those calories. Movement like walking, running,

biking or even fidgeting can all contribute to burning those extra calories. That is exactly the science behind the Louisiana 2 Step. The first message of the campaign is to “Move More,” and just about any movement will do, as long as it is regular and daily. The “Eat Right” message includes the fact that one can probably eliminate 100 calories each day as a weight maintenance method. The state’s largest health insurer, Blue Cross and Blue Shield of Louisiana, has created a dynamic, highly interactive web site at www.Louisiana2Step.com. It offers activities and important nutrition guides, recipes, and information. On the site, users can pick an individual, animated trainer/motivator, who will prompt an activity plan and help them achieve it.

Louisiana School Health Awards; Schools Honored for Promoting Good Health

The Louisiana Department of Education recently honored two schools for their dedication to promoting healthy eating habits and physical activity in their students. Prien Lake Elementary School in Lake Charles and St. Catherine of Siena School in Metairie received the 2006 School Health Awards. Each school received a cash award from the Pennington Medical Foundation, a co-sponsor of the Louisiana School Health Awards Program. “Eating patterns learned by school-aged children can last a lifetime, and we now know adult obesity typically starts in childhood,” said the Director of the Education Division of Pennington Biomedical Research Center, Phil Brantley, Ph.D.

The Department of Education and Board of Elementary and Secondary Education are now seeking nominations for the 2006-2007 School Health Awards. Created in 2003, the program has been expanded this year to honor outstanding schools from each of the state’s eight regions. The eight winning schools will be selected based on outstanding and/or innovative activities that promote physical activity and good nutrition. Nominations for the awards must be received no later than June 29, 2007. One school per district may be nominated by the district’s superintendent. For more information, call the Louisiana Department of Education toll-free hotline at **1-877-453-2721**.

DR. CLAUDIA KAPPEN JOINS PBRC



Dr. Claudia Kappen joins the Pennington Biomedical Research Center faculty as a professor and as the newly appointed holder of the Peggy M. Cole Endowed Chair in Maternal Biology. Her research program will examine mechanisms through which nutritional and other environmental influences during pregnancy, lactation and the neonatal period influence the risk for the development of diseases later in life.

The Chair awarded to Dr. Kappen was created through the joint support of the Community Foundation for Southeastern Michigan and the Irene W. and C. B. Pennington Foundation. Trustees of Irene W. and C. B. Pennington Foundation, including Pennington Medical Foundation Chair Paula Pennington de la Bretonne, Claude Pennington III, and Darryl Pennington. The Pennington family named the Chair to honor their mother, Peggy Pennington Cole.



1 WHAT IS THE CHARITABLE IRA ROLLOVER?

The charitable IRA rollover is a major provision of the Pension Protection Act of 2006 that allows individuals age 70 1/2 or older to exclude up to \$100,000 from their gross income per tax year in tax years 2006 and 2007 for cash gifts made directly to a qualified charity. The new provision permits distributions from traditional IRAs or Roth IRAs to qualified charities, such as the Pennington Biomedical Research Foundation. This new planned giving tool excludes distributions from gross income, eliminating the income tax penalty for such charitable gifts.

2 IN ADDITION TO HAVING AN IRA, CAN I ALSO MAKE A CHARITABLE DISTRIBUTION FROM MY EMPLOYER SPONSORED 401K PLAN UNDER THIS PROVISION?

Gifts from retirement accounts other than IRAs—such as 401k, 403b, and SEP accounts—are not eligible. Donors age 70 1/2 and older may be able to make qualified transfers of money from other accounts to their IRA, and then make a charitable gift from their IRA. Check with your tax adviser for details.

3 WHAT ARE THE TAX BENEFITS OF AN IRA?

Qualified charitable distributions from an IRA may be excluded from gross income for federal income tax purposes. However, no federal income tax deduction is available. This tool is especially attractive for potential donors who do not itemize their federal income tax deductions. This tool also benefits those who do not need the additional income generated by the minimum required distributions of their IRA. Qualified contributions are not susceptible to the deductibility ceiling, which is typically 50% of adjusted gross income.

4 HOW DO I INITIATE AN IRA CHARITABLE ROLLOVER?

First, contact your IRA administrator. We can provide a sample letter for you. Please notify the PBRF when to expect your gift and how your gift should be designated. For more information, contact Chief Financial Officer, Brad Jewell, at 225-763-2684. ☒

PENNINGTON BIOMEDICAL RESEARCH FOUNDATION
 WELCOMES PREVENTIVE MEDICINE RESEARCHER
 TIMOTHY CHURCH, M.D., M.P.H., PH.D.

Timothy Church, M.D., M.P.H., Ph.D., Director of the Laboratory of Preventive Medicine and John S. McIlhenny Endowed Chair of Health Wisdom at the Pennington Biomedical Research Center, was the featured speaker at the Scientific Dinner Series, hosted by the Pennington Biomedical Research Foundation (PBRF) and underwritten by Capital One.



▲ (left to right) John Hernandez, Board of Trustees, Coypu Foundation; Timothy Church, M.D., M.P.H., Ph.D., Laboratory of Preventive Medicine and John S. McIlhenny Endowed Chair in Health Wisdom and his wife, Natalie; John Noland, Chairman, Pennington Biomedical Research Foundation; Claude Bouchard, Ph.D., Executive Director of Pennington Biomedical Research Center

Nearly 100 community members and supporters of the PBRF attended the cocktail reception and dinner held in the lower reception area of the C.B. Pennington, Jr. Building, overlooking the lake on the PBRC campus. During the reception, PBRF President and CEO, Jennifer Winstead, unveiled a portrait of John S. McIlhenny to commemorate his life and work and to honor the gift from the Coypu Foundation Trust, which established the Endowed Chair of Health Wisdom now held by Dr. Church.

Dr. Church completed his doctorate of medicine, master's degree in Public Health, and doctorate of philosophy at Tulane University. He was formerly vice president at the Cooper Institute in Dallas.

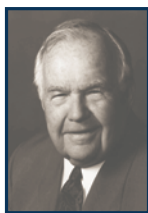
PBRF Chairman John Noland welcomed the new faculty member to Baton Rouge on behalf of the Foundation. He urged the attendees to get involved with financial support through the

"Campaign for Healthy Living," which seeks donations to support expanding research in preventive medicine and nutrition education. The Center recently announced its need for a Clinical Research Building because researchers are now housed in mobile trailers on the campus due to a lack of clinical space on the campus.

Janet Olson, senior vice president of Capital One, expressed the company's continuing interest in supporting the dinner series, "This is Capital One's investment in the Pennington Center and our way of introducing more of the community to the "inside work" of the scientists and their findings, said Olson. (See story page 1 on Hart-D, currently underway with Dr. Church as principal investigator.)

I N M E M O R I A M

PBRF AND PBRC SALUTES CHARLES W. "CHUCK" MCCOY



The Pennington Biomedical Research Foundation salutes a special friend of the Pennington Biomedical Research Center who recently passed away: Charles W. "Chuck" McCoy, a local bank executive and long-term PBRF Board Member and ardent supporter.

McCoy died on January 18 at the age of 86. "He was a friend to the Center from its very start, and he will not be forgotten," said PBRC Executive Director Claude Bouchard.

According to a recent interview with McCoy in the fall of 2006, he met "Doc" Pennington soon after the formation of Pennington Oil Company, and when Doc decided to make the donation of funds to begin the PBRC. McCoy and Louisiana National Bank provided support and resources, including a major donation in the first year to help with start-up costs.

"McCoy will be missed," said PBRF President and CEO Jennifer Winstead. McCoy's son, Brent, currently serves as treasurer on the PBRF board of directors.

Wellness Day
 For Women

Baton Rouge women welcomed back the annual Irene W. Pennington Wellness Day for Women with great excitement, participating in special health and wellness education seminars, a lunch and nutrition discussion, health screenings, and fitness activities. The 2005 event was cancelled due to the post-Katrina temporary relocation of the LSU Health Sciences Center. More than 500 women came from near and far, including Jefferson, Lafayette and Tangipahoa parishes.

The Presenting Sponsor was **Our Lady of the Lake Regional Medical Center (OLOL)** who brought their popular free health screenings. Joining OLOL were the **Contributing Sponsors: Blue Cross and Blue Shield of Louisiana, Irene W. and C.B. Pennington Foundation, and The Reilly Family Foundation.**

In addition to attending educational seminars and health screenings, guests were able to speak one-on-one with representatives from local health organizations regarding their health and wellness needs. The keynote presentation, entitled "Trim and Terrific Commandments for a Healthy Lifestyle", was presented by Holly Clegg, a local celebrity, cooking expert and author.

Several local businesses helped make the event a success by providing in-kind donations. We are grateful for the participation of these companies and organizations: *The Advocate*, *City Social*, Baton Rouge Coca Cola Bottling, Co., Cancer Services, Community Coffee, Curves, Eye Medical Center, Louisiana Campaign for Tobacco Free Living, Louis DeAngelo's Casual Italian Dining, Lamar Advertising, Co., McDonalds of Baton Rouge, Susan G. Komen for the Cure, The Red Shoes, and Whole Foods.

Sponsor proceeds helped benefit the Women's Nutrition Research Program - an initiative of the Pennington Biomedical Research Center. 📍



Exercise and Meditation were part of the Wellness Day activities.

NEW FACULTY



Dr. David Burk, Instructor

Dr. Burk will serve as the Core Director for the new Cell Biology and Cell Imaging core facility. He will also collaborate with other researchers in the

basic science program, providing advice, technical support and contributing to grant applications. Dr. Burk received his B.S. and M.S. from the University of Alabama and his Ph.D. in 2003 from the University of Georgia. Since that time he has been working with the Socolofsky Microscopy Center at the LSU A&M campus.



Dr. Thomas Burris, Professor

Dr. Burris' research program will focus on nuclear receptors, cell signaling, and their potential applications in preventive medicine and

clinical conditions. Dr. Burris received a B.A. in Chemistry from Southern Illinois University in 1989 and a Ph.D. in Molecular Biophysics from Florida State University in 1993. He spent time at the UCLA School of Medicine as a postdoctoral fellow and has since worked in private industry, specifically at R.W. Johnson Pharmaceutical Research Institute in New Jersey and Eli Lilly and Company in Indiana. Dr. Burris has also held adjunct faculty positions at the University of Medicine and Dentistry of New Jersey and the Indiana University School of Medicine.



Dr. Vishwa "Deep" Dixit, Assistant Professor

Dr. Dixit's research interest is in immune-neuroendocrine interactions, and his laboratory will focus on the area of

immunology and aging. Previously, his research has focused on novel functions of ghrelin. Dr. Dixit received a D.V.M., M.V.Sc., and Ph.D. from the CCS Haryana Agricultural University in Hisar, India. He did his doctoral research work in the Department of Functional Genomics and Bioregulation at the Institute for Tierzucht and Tierverhalten in Mariensee, Germany. He has been a postdoctoral fellow at the NIH-National Institute on Aging in Baltimore since 2001.



Dr. Conrad Earnest, Assistant Professor, Research.

Dr. Earnest will serve as the Director of the Exercise Testing Core Facility, collaborate with other researchers, and develop his

own program in functional foods and nutritional supplements. He received a Bachelor of Science and Masters in Exercise Science from The University of Akron in Akron, Ohio and a Ph.D. in Exercise Physiology from Texas Woman's University in Denton, Texas. Dr. Earnest is coming to PBRC from The Cooper Institute Centers for Integrated Health Research in Dallas where he has been the Vice President of the Center for Human Performance and Nutrition Research.



Dr. Paul Pistell, Instructor

Dr. Pistell will be collaborating with Dr. Don Ingram in the Laboratory of Nutritional Neuroscience and Aging. Dr. Pistell will establish and supervise

a core facility for rodent behavioral assays, as well as develop his own independent research program over time. Dr. Pistell received a B.A. in 1994 from Bucknell University, a M.A. in 1996 from Cleveland State University, and a Ph.D. in 2003 from The University of Vermont. He was a Postdoctoral Research Fellow with the National Institute of Mental Health from 2003-2004 and since then has been a Postdoctoral Research Fellow with the National Institute of Aging.



Dr. Rudolf Schicho, Instructor

Dr. Schicho joins Dr. Hans Berthoud. Dr. Schicho received his Ph.D. in Biology from the University of Graz in

Austria in 2000. He was a postdoctoral fellow in the Department of Experimental and Clinical Pharmacology at the University of Graz, Austria, from 2000 through 2005 and most recently has been on the faculty at the Technical University in Munich, Germany.



Dr. Tada Utsuki, Instructor

Dr. Utsuki comes to PBRC from the LSU Health Sciences Center in Shreveport. He received his Ph.D. in 1993 from Kumamoto University

in Japan. Dr. Utsuki will collaborate with Dr. Don Ingram in the Laboratory of Nutritional Neuroscience and Aging.



Dr. Jun Zhou, Instructor

Dr. Zhou has been a post-doc working with Dr. Roy Martin for the past five years in our Neurobehavior Laboratory. She received her Ph.D. in

Physiology from LSU in 1999. Dr. Zhou will continue to work in nutritional biochemistry and nutrient gene interaction.

Louisiana Public Facilities Authority Takes Tour of PBRC

▲ The Pennington Biomedical Research Center and Foundation welcomed the Louisiana Public Facilities Authority board of trustees and executive staff to the research facility for a tour recently. The LPFA has been an ardent supporter of the Center since its inception, including the establishment of the LPFA Chair in Nutrition at the PBRC. Visiting recently were (l to



r): Pam D. Hutchinson, vice president of Public Affairs; Tricia Dubroc, vice president of Student Loans; Thomas A. Antoon, LPFA Board Chairman; Martin Walke, vice president of Economic Development; James W. Parks, President & CEO; and LPFA Board of Trustee members: John D. Bernhardt; Carl D. Clark; Christopher C. Arsement; Camille A. Cutrone; and Jerome Boykin, Sr.



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PENNINGTON BIOMEDICAL RESEARCH CENTER
 LOUISIANA STATE UNIVERSITY SYSTEM

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CLINICAL TRIALS SPRING 2007

IF YOU CARE TO VOLUNTEER FOR THE FOLLOWING CLINICAL STUDIES... SIMPLY CALL OR LOG ON

CALERIE II

HOW DOES DIET EFFECT HEALTHY AGING?

Pennington Biomedical Research Center is recruiting healthy, normal weight males and females, ages 25 to 45 to participate in a research study testing the effects of diet on aging.

Volunteers will be asked to either:

- Eat breakfast and dinner meals at the Pennington Center with lunches and weekend meals packed to go, for a one-month period. This will be followed by 2 years of a prescribed diet at home.
- Or to simply follow their regular eating patterns for the entire two years.

To qualify, volunteers must be:

- Normal weight (BMI greater than or equal to 22 and less than 28)
- Non-Smoker
- Non-diabetic
- On no medications, (birth control accepted)

CHROMIUM II

The Pennington Biomedical Research Center is recruiting Type 2 Diabetics for a 28-week diabetic research study. We will be testing Chromium, a natural element, which may improve your body's metabolism and help better manage your blood sugar levels.

If you are interested in participating in these or other research studies, call our recruiting department at (225) 763-3000 or visit www.pbrc.edu or e-mail clinicaltrials@pbrc.edu.

Volunteers can learn:

- How to better control your blood sugar
- How your metabolism works
- Your dietary preferences and food cravings
- Your body composition
- Your pancreatic function

To qualify, generally healthy participants must be:

- Controlled diabetic with diet only and/or one diabetes medication
- Age: 30-70
- Overweight: BMI range: 25-40

ACTIV II

Men Do You Want to Jump Start Your Fitness Plan? Do You Want to Work with an Exercise Specialist?

PBRC is comparing energy capacity in caucasian men with or without a family history of diabetes. This is a 29 day exercise study.

Qualifications:

- Caucasian Male
- BMI 22-30
- Ages 25-35
- Not taking medications
- Sedentary lifestyle
- Non-smoker

BMI = Body Mass Index

To make a donation in support of the PBRC's "Campaign for Healthy Living" use the enclosed postage paid envelope or visit www.PBRF.org.