



Happy Holidays

December 2005

Can you believe it? We're five years into the new century and still no Y2-K! I hope this holiday greeting finds you well and as excited about the years to come as I am.



The picture of my students at Indiana University this year is of my clinical research team. Don, Saejong, and Franz will be graduating this year; Don and Saejong with their doctoral degrees and Franz with his master's degree. Don has found a teaching job at Gateway Technical College in Wisconsin and Saejong is looking for a post-doc with an emphasis in genetics. Franz will be on his first step to achieving his life-long goal. He's going to medical school next year. Don and Franz combined their efforts to look at how blood flow alters nerve function in diabetes. This work looks promising for exercise to increase blood flow and improve the nerve problems associated with diabetes.

- Top: Franz Jones (Trinidad & Tobago)
Don Zakutansky (Indiana)
- Right: Ryan Harris (California)
- Bottom: Jaume Padilla (Spain)
- Left: Saejong Park (Korea)

Saejong and Jaume's work has been in high blood pressure. Saejong found that dividing activity into several small sessions lowered blood pressure more than continuous exercise. Jaume found that lifestyle activities such as yard & house work can lower blood pressure

too. His study received a great deal of publicity this year. You may have seen it; from the *Washington Post* in August to *Reader's Digest* in December. Or you may have heard about it on radio stations from California to Massachusetts to Florida.

Ryan has been helping us develop ultrasound technology to measure the health of an artery. He is also working on the biochemical analysis of blood borne oxidants and inflammatory markers. We are developing some fantastic studies to see the direct effects of diet and exercise on the artery as well as on these markers.



A once-in-a-life-time event happened this year with the birth of a son to Saejong Park and Jungsoo Ha.

His American name is **Wallace Buffett Ha**.

No joke. I have a child named after me! I do share is American name with billionaire Warren Buffett. His Korean name is **Sungyoon Ha**.



Wallace Ha with his Wallace plaid....but wearing his Hoosier plaid.

One of my tasks this summer was to move my mother from Bridgecreek in West Covina, California to Redbud Hills in Bloomington, Indiana. Both Bridgecreek and Redbud Hills are part of the same corporation of retirement communities. Both places are decorated the same and serve the same food each day.

It took us five days to drive 2200 miles across the country. I got to break-in my new RV on this trip. This is the first time, in my mother's 84 years, that she has lived outside the state of California. In less than four months in Indiana, she's



↑ Mom, in her new apartment at Redbud in Bloomington



↑ Saying "good-bye" to good friends in California

already experienced the wonder of her first thunderstorms, tornado warnings, fall colors, and snowfall. And the snowfall was eight inches! She's also amazed at the interest in the IU basketball; including the folks at RedBud.

My new RV at a campground in → Flagstaff, Arizona.



This was an off-year for the dogs. Dart has to take the time to learn the adult skills of a bird dog. So, Dart went to stay with her mother at the home of Randy & Sue Boggs while Flick made the California trip with me. Randy took the time to continue training Dart in the field. She's progressing quite nicely and may be able to do the Spring or Fall hunt test season.

In the meantime Dart did earn three more titles in agility; the AKC Open Standard, the AKC Open Jumpers with Weaves, and the USDAA Performance I Jumpers titles. She's now off the porch and running with the big dogs in the excellent classes in AKC. Her runs have to be perfect to qualify at this level. Her handler is the only obstacle to her perfect runs right now.



↑ Dart, showing her drive on her break-away at an agility trial



↑ Flick had his head wrapped up for four weeks after he hit the barbed wire.

Our yearly hunting trip to Rend Lake was as great as ever. The friendship is heartwarming. Dart has become an enjoyable personal hunting dog. Flick stayed home because he's hurt himself too much this year. His blindness is just too much of a handicap now. He ran into a barbed wire fence in March and really ripped up his ear. So, now he hunts only in places like our conservation club where he knows the terrain.

HAVE A HAPPY HOLIDAY.....jp
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