



"Keeping the Women We Love Healthy"

HOWELL FOUNDATION ANNUAL REPORT

CREATIVITY-CHALLENGES-SUCCESS
A message from the Chair

It is indeed a privilege to Chair the Doris A. Howell Foundation for Women's Health Research. I am forever grateful to the Board for their hard work and devotion. 2012 is the year that we became creative and started to think "out of the box". Our luncheon-lecture series at the La Jolla Country Club continues to be educational as our speakers have been outstanding. I am amazed at the dedicated undergraduate students who we are funding at SDSU, UCSD, and USD. These students are the brightest and are selected for their grade point average and area of research.

The newly formed "Friends of Howell Committee" has been engaged in 2 pilot projects. The evening series on "Intentional Happiness" was successful and we plan to continue in 2013. The Committee is also partnering with the SDSU Institute of Behavioral and Community Health on a public outreach project which will begin in 2013.

I am so grateful to all of you who continually support the foundation. Our greatest challenge is funding for our outstanding Howell Scholars, luncheon-lecture series and outreach program. I appreciate your help in assisting us and spreading the "mission" of the Howell Foundation to your friends. In closing, once again, to each and everyone, thank you and Happy Holidays.

Sincerely,

Pattie Wellborn

Chair, Howell Board of Directors



Pattie Wellborn

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OUR MISSION

The mission of the Doris A. Howell Foundation for Women's Health Research is to fund undergraduate scientists in their relevant research and to educate women to be catalysts for better family health.

TO MAKE A DONATION:

- Donate online by visiting www.howellfoundation.org
- Mail back the enclosed donation envelope

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HowellFoundation

FAST FACTS

Howell Scholars Program

- Founded in 1995
- Awarded 173 research scholarships for a total of \$426,725
- Applications solicited at UCSD, SDSU, USD Nursing School, and all CSU through joint effort with CSUPERB.
- All research projects must have a women's health aspect

A very special thank you to our 2012 Scholarship Donors for funding full research scholarships of \$3,000 or more:

- Alex & Barbara Bollinger
- Jeanne Jones
- Clay & Anne Perfall
- Beatrice K. Rose, M.D.
- Dr. Seuss Foundation
- Soroptimist International of La Jolla.

Howell-CSUPERB Partnership - *The Results*

The Doris A. Howell Foundation Scholarship Program is intended as a recruitment, training and retention strategy to encourage careers in women's health research. Because it is the 10 year anniversary of our partnership with CSUPERB in supporting students who wish to engage in women's health research at California State Universities (CSU) including San Diego State University and CSU San Marcos, we would like to share interesting data we received from CSUPERB. Although retention in science majors is an issue at all universities, 97% of the Howell/CSUPERB scholars from 2008-2011 graduated or continued in their degree programs, and these scholars had three times greater retention and graduation rates overall than the average CSU STEM students. Also, at last report, 90% of the 30 Howell/CSUPERB scholars who graduated between 2008-2011 were accepted into a graduate program, medical school, or took a related job in the life science industry.

In 2012, the Howell/CSUPERB partnership awarded a total of 11 scholarships in the amount of \$33,000. We received 32 applications from 17 different CSU campuses. The applications were distributed to the Scholarship Review Committee comprised of scientists and physicians who independently review the applications; each application was reviewed by two or more committee members. Applications were scored using three major criteria: merit of the proposed scientific research, the quality of the application, and its relevance to women's health issues. Each criterion is rated on a ten point scale with 30 as the highest score. The Chair collates all the scores, compares the ratings and decides a final score. Usually scholarships are funded when applicants score at least 24 out of the 30.

In recent years, the quality of the research and the applications have reached remarkably sophisticated levels. The results of the research have been of such high quality that publication in peer-reviewed journals, presentation at scientific conferences and publications occur frequently. We have just received the applications for the 2013 Howell/CSUPERB scholars. Please look forward to learning soon about the exciting projects in women's health we will be supporting next year.



2012 Howell-CSUPERB Scholars in attendance at the 24th Annual CSU Biotechnology Symposium held on January 7, 2012. From the left: Jazma Tapia, Andrew Yale, Ellese Carmona, Stephanie Dreikorn, Angela Beal, Luigi Basilio and Tuyen Ngoc Tran.

2012 Howell Scholarship Recipients

For 2012, the Howell Foundation awarded eight research scholarships for \$25,000:

1. **Ellese Carmona** (SDSU) - Mentor: Kelly Doran
2. **Stephanie Dreikorn** (CSU, Fullerton) Mentor: Alison Miyamoto
3. **Kelly Kivlahan** (SDSU) - Mentor: Mike Bergdahl
4. **Brandon Kuang** (UCSD) - Mentor: Regina Fleming-Magit
5. **Yu-Huey Lin** (CSU, Cal Poly Pomona) - Mentor: Jun Liu
6. **Catherina Madani, RN, MSN, CHPN** (USD) - Mentor:
7. **Justin Siu** (UCSD) - Mentor: Lesley Ellies
8. **Jazma Tapia** (CSU, Los Angeles) - Mentor: Edith Porter

For more information on the Howell Scholars, their project titles and descriptions please visit our website at www.howellfoundation.org and click on "Scholarships". You will see the "Our Scholars" page with a full listing of the 2012 Howell Scholarships as well as past recipients.

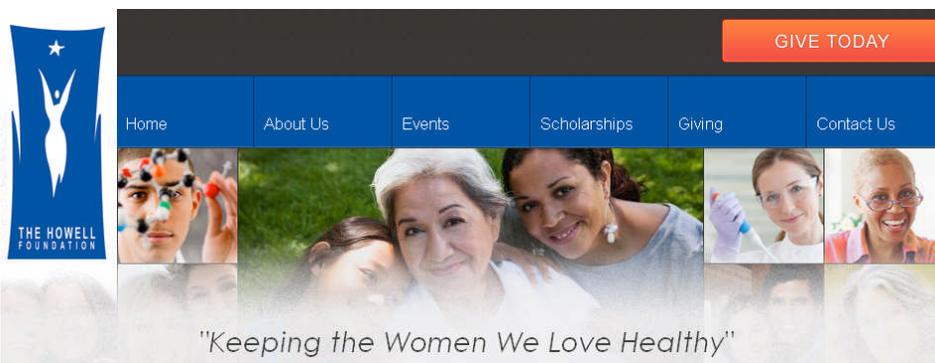
DOUBLE THE IMPACT!

CSUPERB (California State University Program for Education and Research in Biotechnology) awards a new research grant for each full scholarship the Howell Foundation awards.

2012 Howell-CSUPERB Matching Scholarships:

1. **Angela Beal** (CSU, Cal Poly Pomona) – Mentor: Jill Adler-Moore
2. **Luigi Basilio** (CSU, Fullerton) – Mentor: Math Cuajungco
3. **Kristine Miller** (CSU, San Jose) – Mentor: Miri VanHoven
4. **Tuyen Ngoc Tran** (CSU, Long Beach) – Mentor: Vasanthi Narayanaswami
5. **Nicholas Viera** (CSU, Chico) – Mentor: David Keller
6. **Andrew Yale** (CSU, Fullerton) – Mentor: Alison Miyamoto

New Online Look for Howell!



It was with great pleasure that in 2012 we announced the launch of the new Doris. A Howell Foundation website! Our enhanced online presence is designed to better and more broadly promote the mission of our organization, highlight scholars and speakers, market

key luncheon and educational events, and provide specific giving opportunities for individual donors, foundations and corporations. In addition to a fresh look and feel, the new website features online event registration, online donations and e-newsletter signup. If you haven't already, **check out our new look today at www.howellfoundation.org.**

Friends of Howell

The Friends of the Howell Foundation Committee was created at the beginning of 2012. The Committee's purpose is to advance the mission of the Howell Foundation by focusing on growth and outreach to a broader demographic of San Diego women.

To initiate our work on this goal, we have (1) launched an evening educational series entitled, "Health and Happiness" and, (2) launched a community engagement initiative that will develop research and education partnerships with local organizations to address health disparities in underserved communities within the greater San Diego region.

Launch of New Evening Series

The Friends of Howell Committee presented its first Evening Series this fall. The topic for our pilot series was *Intentional Happiness: Current Research and Practical Tools for Increasing Happiness*. The two-part series that focused on Personal Happiness and Family Happiness was a great success. The evaluations from participants were extremely positive. Over half the attendees were new to the Howell Foundation. Thanks to the underwriting support of our Charter Sponsors, we generated enough profit to fund one Howell Scholarship this year. The committee is already at work on plans for Evening Series Programs for 2013.

A very special thank you to our Evening Series Charter Sponsors for making it all possible!

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Launch of New Community Engagement Initiative

Another new endeavor this year for the Howell Foundation is called Community Engagement in which the Howell Foundation will efficiently support community-based projects designed to improve women's health. This initiative will focus on building partnerships with established community organizations capable of developing and implementing education, research, and service programs designed to improve the health and wellbeing of women and their families.

Our first partnership is with Dr. Elva Arredondo and the SDSU Institute of Behavioral and Community Health (IBACH). IBACH is an established academic research center that conducts research to improve health within underserved San Diego communities. The Howell Foundation will support a pilot study in partnership with IBACH in 2013 to develop and trial an intervention to promote physical activity and healthy eating among Latina women who are expecting their first child. Dr. Elva Arredondo, a professor of public health, will carry out this project assisted by two SDSU students.

2012 Friends of Howell

The Friends of Howell are the lifeblood of our organization as they help us achieve our mission. We appreciate their support in promoting women's health research and education.

**Below are Friends of Howell donations received Jan. 1, 2012 thru Dec. 10, 2012.*

FULL SCHOLARSHIP DONORS (\$3,000 or more)

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In Medicine, Gender Matters



Kelly Kivlahan,
2012 Scholar

This is the time of year when many of us consider end of the year giving and there are so many organizations struggling to survive who are seeking financial support during these difficult and uncertain economic times. The Howell Foundation is no exception. The cost of education is staggering yet the need for scientific discovery in the area of women's health is tantamount to keeping the women in our lives who are the anchor of the home healthy and on the job as mother, wife, caregiver or employee.



Ellese Carmona,
2012 Scholar

By the same token, many students are struggling to stay in school. Many are working one or two jobs while student loans are mounting. Our mission is to support these students because we need critical ongoing research in order to help fight life threatening diseases affecting women. The implications are staggering. Imagine a school age child or children whose mom was taken from them by a disease one of our students might be working on. Imagine the devastating ramifications of a disease that might prevent a woman who must support herself rendering her incapable taking care of a family or being able to work. The list goes on. Our mentored students spend endless hours in a lab trying to unravel the mysteries of so many devastating diseases that affect women.

The harsh reality is that we have many more students in need of student aid than we have resources. So please, help us to keep the women in your lives healthy by learning to be an advocate not only for your own health but by supporting a Howell Scholar. We invite you to donate a named scholarship in the amount of \$3,500. However, any amount you are able to give will be gratefully received. The research our students do today may one day save your life or the life of someone you know or love.

2012 Howell Luncheon Speakers

Thank you to the following well-known, respected medical and research professionals for lending us time from their very busy schedules to speak at the 2012 Howell Lecture Luncheons.

- Jan - Ian M. Purcell, M.D., Ph.D. - A discussion of migraine headaches, the pathophysiology, diagnostic criteria, and treatment.
- April - Michael Bouvet, M.D., FACS - The symptoms and factors thought to contribute, and current research strategies as well as novel techniques for intraoperative imaging.
- July - Vijaya Pratha, M.D. - Overview of the critical functions of the digestive tract in processing, absorbing and detoxifying our food.
- October - Marguerite Parzen, R.N. and H. Elizabeth Noll, M.D. - Presentation on the critical factors you need to know to navigate a hospital visit in today's medical arena.



Upward and Onward!

In 1993, the La Jolla Soroptimists gave birth to the current Howell Foundation. For four years the La Jolla chapter funded two research scholarships annually to UCSD undergraduates submitting competitive projects on women's health issues. The research project had to be written and performed by the student working in the laboratory of a supervising, qualified faculty mentor. The scholarship program flourished but the International Soroptimist Board decreed that it would not be in the best interest of the Soroptimists, and recommended that a 501(c)(3), not for profit foundation be established, independently, to expand the worthy cause. This was accomplished in 1995 with the formation of the Doris A. Howell Foundation for Women's Health Research and to this day Soroptimist members serve on the Howell Board.

Today, the Howell Foundation continues to advocate for more young people, especially young women, to pursue careers which would benefit the well-being and health of women. As of 2012, the Howell Foundation has awarded competitive scholarships to 173 undergraduate students.

Fully grown and having established our validity and dedication, we have established a large and devoted Friends of Howell. In spite of the money crisis, we are able to support bright scholars, it is now time to take on new challenges. We look forward to recruiting younger women as "Friends of Howell" to emphasize the wisdom of practicing preventive medicine. We are reaching out to support research projects in our multi cultural community of underserved populations. Ultimately, we seek to develop bonds with the many science and health schools, foundations and industries in the San Diego area.

Doris A. Howell, M.D., Founding Member



Doris A. Howell, M.D.

Howell Foundation Advisory Council

Our October luncheon with a panel discussion on navigating a hospital stay was one of many ideas brought forth during a March meeting of the Advisory Council. Other suggestions included mindfulness, One Health (combining environmental human and animal research), longevity, and research on osteoporosis from a nutrition focus. Advisory Council members in attendance included Dr. Stanley Maloy (SDSU), Dr. Liz Knoll (Sharp Healthcare System), Dr. Jeanne Nichols (UCSD), Dr. Robert Sah (UCSD), Dr. Mark Kern (SDSU), Dr. Lesley Ellies (UCSD), Dr. Greg Middleton (UCSD), and Dr. Patricia Roth (USD). We appreciate the time and advice given to us by this wonderful group of caring professionals.

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2013 Health Lecture Luncheon Plans

Our Health Lecture Series Committee and Advisory Council have been working together to line up an exciting year of lecture luncheons for the Friends of Howell and guests. There will be four; one in January, May, July and November. Dates will be forthcoming soon.



As we usher in the New Year, we all think about improving our health. On January 24, 2013, Dr. Shirin Hooshmand, Ph.D. of SDSU, will present an informative luncheon lecture on “How to Prevent Bone Loss”. Her tips and latest facts will set you up for keeping your body healthy.

- May: Our second lecture luncheon will focus on the latest in “New Cardiology Findings”, by Christopher Glembotski, Ph.D. Learn more about what you can do to prevent heart disease which is the number one killer of women.
- July: The Surgeon General’s Office has called lung cancer a contemporary epidemic. Do plan to attend our third lecture luncheon of 2013 and hear Sonia Ramamoorthy, M.D. speak on this deadly topic.
- November: The topic for our final lecture luncheon will be an A-Z on the latest in breast cancer research and reconstructive choices after surgery.

The Health Lecture Series Committee looks forward to welcoming you back in the New Year. Please remember to spread the word to friends to attend a luncheon and learn about the latest in health advancements.