



Howell Highlights

A Quarterly Publication by the Doris A. Howell Foundation for Women's Health Research
Contributing editors Beatrice K. Rose, M.D., M.P.H. and Ruth S. Jacobowitz

Letter from Dr. Howell

Dear Friends and Supporters,

Have you wondered how the Foundation selects an undergraduate to receive one of our precious \$3000 rewards? First of all, as a 501(c)(3) tax-exempt charity, we are held responsible to serve a public need. We depend on our nominating schools to affirm each applicant's financial need. As our mission is to increase research in women's health, we require each candidate to submit a personally generated research project, usually within the scope of work of their mentor. This helps us identify those with scientific curiosity and knowledge who are most likely to persevere and succeed, rather than just those with the highest grade point average. Finally, our review committee favors projects most likely to advance the better health of women. Each project review committee member scores each application using a modified National Institutes of Health scale and the best scorers receive an award to the extent of the success of our annual fund raising. Each participating institution is judged independently, but using the same criteria. To date we have funded 161 students.

In our pioneer days we had wanted to provide this assistance to high school students, but knowing that upon graduation they would scatter countrywide making it more difficult to contact them, we focused on local university students to develop our methodology. In 2002 we expanded to include applicants in the California State University System in addition to SDSU. Now, in 2011, we plan to take our next step and make the first high school award. With the economy so stressed, we have selected the Preuss School on the UCSD campus as our first recipient, because we know that their entire student body has financial needs. We are deeply grateful that this award was funded by hard working Board member Priscilla Moxley and friends through the sale of the singing opera bear dolls this past year.

Thank you all for your continuing support of our mission and for the growth and success the Howell Foundation has enjoyed.

Sincerely,

Doris A. Howell, M.D.



Doris A. Howell, M.D.

Inside this Issue

- > 2010 lecture series recap
- > New Howell Circle Members
- > 2011 "Women at Risk" lecture series
- > 2010 Howell Scholars
- > Full Scholarship Donor Honor Roll

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, please call (858) 454-7797.

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New Howell Circle Members

Thank you to all new and renewing Howell Circle members. Your support encourages undergraduates to pursue independent research.

You will have the satisfaction of knowing that your gift will have a positive impact on the health and well-being of women, today and in the long-term.

New Howell Circle Members
for 2010:

Karen Adair
Cynthia Aguirre
Gloria Baird
Kathleen Buoymaster
Gigi Cramer
Peggy Fisher
Cindy Goodman
Sheila Harden
Alice Kirby
Karon Luce
Colleen Peterson
Sue Rosner
Astrid Shannon
Evelyn Solomon
Mickey Stern
Laurette Verbinski
Sharon Weremiuk
Carol Ann Williams

2010: A Year of Fascinating Programming

Ruth S. Jacobowitz

2010 was a banner year for the Howell Foundation's luncheon/lecture series with a full house of Howell Circle members and guests who were interested in the featured topics. We began on February 11 when Edward H. Koo, M.D. discussed "Alzheimer's Disease: a 2010 Perspective." Dr. Koo is Professor of Neurosciences at UCSD and his primary research is the cellular and molecular biology of Alzheimer's disease and neurodegeneration. Berit Durler was our luncheon hostess when we next met on April 29th to hear David Harari, M. D. Obstetrician/Gynecologist present "Advances in Gynecologic Technologies; A Minimally Invasive Approach to Women." Dr. Harari specializes in robotically-assisted surgery. Sally Thornton was our luncheon hostess on August 5th when Evan Y. Snyder M.D., Ph.D. taught us about "Stem Cell Biology-A Key to Regenerative Medicine." Dr. Snyder is program Director and Professor of Stem Cells and Regenerative Biology at the Sanford-Burnham Medical Research Institute. Our final 2010 meeting was on October 29 with a panel discussing "Autism-Putting the Puzzle Pieces Together." There were four distinguished speakers teaching us about unraveling the complexities of Autism - Joan M. Reese, M.D., M.P.H., FAAP, Robert M. Gray, Ph.D., Beth Calarco, M.S., B.C.B.A., and Gigi Benter. Our 2010 programming was in a word—spectacular. We hope you attended these fabulous programs and we know that you are looking forward to 2011 when we will again provide the best specialists bringing us the newest information on topics of interest to us all.

Women At Risk

Our 2011 Health Lecture Series will focus on several health issues affecting so many women, including our members. Our Advisory Council, made of up prominent members of the San Diego research and medical communities as well as local community leaders met and provided us with a list of hot topics in women's health research. We plan to release the full list of lectures and dates in January 2011. Until then, please know that your feedback does not go unnoticed! A survey was completed at the April 29, 2010 luncheon where members were able to give feedback on what they would like to learn more about. Along with the advised topics from our Advisory Council, the topics suggested by our luncheon attendees via the survey played an important role in the selection of the "Women at Risk" focus for 2011. We are excited to kick-off the year with a topic so very important to all women, of all ages—"Women and Heart Disease—Gender Matters". In addition, we will hold lectures on Ovarian Cancer and Diabetes. The last of our lecture series is still to be determined as we are working hard to find an exciting, exuberant speaker on fitness and exercise. We are very excited about our speakers and topics for 2011—and hope you will find the lectures informative and stimulating.

Gift Of A Bright Future

During this holiday season, we are mindful of gift giving. What better gift to give than a "gift of a bright future" to a young scholar pursuing research in women's health? Renewing your Howell Circle membership allows us to continue our efforts to support research in women's health. **Now donate online! Visit www.howellfoundation.org/circle and choose "CLICK HERE TO DONATE ONLINE!"** Thank you!

Recap 2010 Howell Scholars

This past year, we were able to award \$30,000 in research scholarships to 10 undergraduates, made possible by the continued support of all our Howell Circle members and Scholarship Donors. Below are the amazing and dedicated students who received your generous support:

- Ashley Bonneau, CSU Channel Islands
- Cynthia Contreras, CSU Fresno
- Jonathan Eichelsdoerfer, CSU Fullerton
- Christopher Kuo, UCSD
- Kevin Kuo, UCSD
- James Lee, CSU Los Angeles
- Jeffrey Maloy, UCSD
- Alice Rhee, UCSD
- Linda Schaffer, USD School of Nursing
- Tim Slugocki, SDSU

Full Scholarship Donor Honor Roll

The Howell Foundation Research Scholarship Program is successful due in large part to the devoted members of the **Full Scholarship Donor Honor Roll**. Their generosity and commitment to supporting brilliant undergraduates working on women's health research is inspirational. In sponsoring a full Howell scholarship (\$3,000 for one year), they now have the unique opportunity to develop and enjoy a personal relationship with their Howell scholar and be assured that research on women's health issues is being actively studied. Our sincerest thanks to our 2010 scholarship donors:

2010 Full Scholarship Donor Honor Roll

Mary Ann Blair
 Alex and Barbara Bollinger
 Cher Conner
 Beatrice K. Rose, M.D., M.P.H.
 Ruth Lane Charitable Foundation
 The Soroptimist International of La Jolla Scholarships



Howell Scholar Jeff Maloy, scholarship donor Cher Conner, past scholar Theresa Pan



Scholarship Donor Bea Rose, and Howell Scholar Christopher Kuo

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**The Doris A. Howell Foundation
for Women's Health Research Presents...**

**2011 Health Lecture Series
"Women at Risk"**

**Kick-off Event
January 27, 2010
12:00p.m.**

***"Women and Heart Disease—Gender Matters"*
with Carole Banka, Ph.D.
Associate Project Scientist, UCSD Department of Medicine**

Every year since 1984, more women than men have died of heart disease in the United States. Many women and even members of the medical community are unaware of this important gender distinction. Dr. Banka will explore the reasons for this gender discrepancy including differences in the biology, the symptoms and the treatment of heart disease in women. Dr. Banka will also address the life style changes and easy adjustments that women can adopt to lower their risk of heart disease as well as the preventive clinical approaches available today. Don't miss this update on an ever-changing topic, including risk factors all women should be aware of!

If you would like to make advance reservations please call (858) 454-7797 or email admin@howellfoundation.org.

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