



# Howell Highlights

A Quarterly Publication by the Doris A. Howell Foundation for Women's Health Research

## Inside this Issue

- > January Luncheon Recap
- > Notes from Dr. Howell
- > Letters from our Scholars

## Eleven New Howell Scholarships Awarded

The Doris A. Howell Foundation for Women's Health Research is pleased to announce the awarding of eleven scholarships to students in the California State University system. Each student received \$2500 toward their academic expenses and will work with a CSU faculty mentor who will direct them in completing a laboratory research project that will benefit women's health. Since 1994, the Howell Foundation has awarded over 90 scholarships to promising undergraduate researchers.



**New Howell Scholar Thomas Styers and his SDSU faculty mentor Dr. Shelly McAlpine**

Following is a list of our new scholars and their research projects:

Michelle Albertella, CSU Dominguez Hills:

"The Effects of Prenatal Androgen Exposure on Depression and Immunity in Women"

Amelia Chen, San Diego State University:

"Role of FGFR4 in the Metabolic Syndrome"

Marlena Corliss, CSU Chico:

"Vitamin B12-inspired Cobalt Compounds and Their Application to Catalytic Degradation"

Christopher Cottage, San Diego State University:

"Myocardial Regeneration Using Cardiac Stem Cells"

Douglas Glick, CSU Sacramento

"Synthesis of Glycodendrimer Cores from Simple Ether-based Blocks"

Christine Harmston, CSU Fresno

"Characterization of Mycobacterium Tuberculosis BCP Genes"

Cristine Lee, CSU Channel Islands:

"Metal Homeostasis in Drosophila Nervous System"

Melinda Mulvihill, CSU Sonoma:

"Class IIa Bacteriocins"

Thomas Styers, San Diego State University:

"Sansalicyamide A Peptidomimetics"

Chioma Umeh, CSU Dominguez Hills:

"Effect of Diabetes on Vaginal Smooth Muscle Cell Fibrosis, Apoptosis and Oxidative Stress in a Rat Model"

Richard White III, CSU East Bay:

"Metabolic Engineering of E. coli with Lactic Acid Bacterial Genes Affecting the Glycosylation of Plant Bioflavonoids"

Three of the above students attend San Diego State University, and the others attend CSU campuses throughout California. The California State University's "CSUPERB" program provides matching grants to those given by the Howell Foundation.

The Howell Foundation congratulates our eleven newest scholars and wishes them bright and happy futures!

## For Your Calendar

April 12—Howell Foundation Luncheon. Cheryl Wilson, R.N., M.A. speaks on "Aging Family: What to Do, Where to Turn."

July 13—Howell Foundation Luncheon. Dr. Daniel Steinberg speaks on "How Cholesterol Leads to a Heart Attack, and What You Can Do About It."

November 16—Howell Foundation Luncheon. Dr. Evan Snyder speaks on "A Realistic Look At Stem Cells and Their Potential."

## 2006 Howell Luncheon Series Gets Underway



Dr. Judy Swain

The Howell Foundation was proud to welcome Dr. Judith Swain to our 2006 speaker Series on January 19. Dr. Swain is the Director of COILS (College of Integrated Life Sciences) at the University of California San Diego. Dr. Swain discussed how research and breakthroughs in the laboratory progress to improvements in patient care in the medical office. Questions for Dr. Swain may be directed to the Howell Foundation at (858) 454-7797.



Dr. Swain chats with Doris Howell and luncheon attendees following her talk.

There are still 3 luncheons remaining in our 2006 series. Our next event on April 12 will feature Cheryl Wilson, R.N., M.A. speaking on various options in caring for aging loved ones (see page 4 of this newsletter for more details). On July 13, Dr. Daniel Steinberg will discuss cholesterol and its role in heart disease, and on November 16, Dr. Evan Snyder of the Burnham Institute will talk about stem cells and their potential in disease prevention and cure. To reserve seats at any of these upcoming events, please contact the Howell Foundation at (858) 454-7797.

**"By mutual confidence and mutual aid—great deeds are done and great discoveries made."**

**- Homer**

## From Our Scholars...

The Howell Foundation is always thrilled to hear from our scholars, and how their scholarship will help them in their undergraduate experience. One of our newest scholars, Susan Lee, wrote to us:

*"Thank you for choosing me to receive the Doris A. Howell Research Scholarship. I am deeply honored. My name is Susan Lee and I will be a third year student this fall. I am majoring in Biology with a minor in Psychology and hope to go to medical school after I graduate from UCSD. I love doing research and learning about how and why processes and functions (or malfunctions) in our bodies occur and trying to figure out how to fix these problems.*

*This scholarship is important to me because it will allow me to be less concerned with paying for housing and necessary parking and will let me focus more intently on the work that we are doing. Our work is important not only to me, but to the people who may benefit from our research, namely, women with osteoporosis, people with inflammatory bowel disease as well as many others.*

*This scholarship will allow me to dedicate more time and energy to my work, something that I love doing. Thank you again for your generosity and support.*

*Sincerely,*

*Susan Lee"*

Thank you Susan, we look forward to hearing more from you in the future!

## Notes From Dr. Howell... Medical Highlights

If you have had trouble with calculating your BMI (Body Mass Index) to determine your possible risk of heart trouble, you will be glad to learn that a simple bit of math has been found to be more reliable. Dividing your waist measurement by that of your hips is 3x more accurate states a study from McMaster University School of Medicine. A level over .85 in women and .9 in men indicates a greater risk of heart attack. Or, simply said, it is better to look like a pear than an apple. This was a large study in 52 countries on people with no known heart disease, and those who had had a heart attack. Abdominal fat is the enemy!

New analyses dispel the idea that tomatoes reduce cancer risk. However, they have great value in that they have a high level of the antioxidant lycopene, they contain lutein which reduces the risk of macular degeneration of the eye, and one fresh tomato contains 1/2 the daily requirement of Vitamin C. Danger! Watch the salt level in canned tomatoes as a 15 oz. can contains 1820 mg of sodium.

Be wise, stop smoking. Smokers die 10 years younger than non-smokers, on average, but quitting at age 60 gains back 3 of those years, at age 50, 6 years, and at age 40, 9 years. Stop now!

*Doris*

## Join the Howell Circle!

As a new year gets underway, it is time to renew your membership in the Howell Circle, or to consider becoming a member of this special group. Your contribution will help us continue to give scholarships to deserving young scientists. Howell Circle Members receive discounts to our luncheons, invitations to special events just for Howell Circle Members, and the satisfaction of knowing that your gift will make an impact on the health and well-being of women, now and in the future. You may choose membership at one of the following levels:

Howell Circle \$ 125

Friend Level \$ 250

Sustainer Level \$ 500

Benefactor Level \$ 1000

Scholarship Level \$ 2500

To join the Howell Circle, please complete and mail the envelope provided with this newsletter.

**"...To do successful research, you don't need to know everything, you just need to know of one thing that isn't known.**

**--Arthur Schawlow**

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

**"Aging Family: What to Do, Where to Turn"**

Please join the Howell Foundation on Wednesday, April 12, 2006 as we hear from Cheryl Wilson, R.N., M.A., CEO of St. Paul's Senior Homes and Services.



**Cheryl Wilson**

Cheryl's passion is service to seniors in a mission driven environment. She has established over 14 training sites in San Diego County to bring professionals into the practice of serving seniors. Cheryl holds two degrees from the University of Redlands, California, in addition to her nursing credential from Australia. She has worked as a nurse for the Flying Doctor Service in the Australian Outback and for the Australian Government in Papua New Guinea. She is a member of the Board of Delegates to the American Association of Homes & Services for the Aging, and a Board Member and Past President of the Doris A. Howell Foundation for Women's Health Research.

Please call (858) 454-7797 for reservations or more information. Seating is limited.

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