



# Howell Highlights

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

## Howell Foundation, Girl Scouts to Work Together on Childhood Obesity Project



Dr. Howell, one of the "10 Coolest Women" in San Diego and Imperial Counties

The Howell Foundation has embarked on an ambitious new project to combat childhood obesity. Reasoning that good nutrition begins in childhood, and that today's young girls will be tomorrow's mothers deciding what foods to serve their families, the Howell Foundation is partnering with the Girl Scouts to teach young girls how to choose and cook nutritious foods. The pilot project will begin with a 20-hour course taught in August during the summer Girl Scout camp at Balboa Park to 50 Girl Scouts, 7-12 years old. The curriculum for the program was developed by a committee of Howell Foundation Board Members, including Dr. Doris Howell, Dr. Michael Lee, Priscilla Moxley, Peggy Dechsle, Jean Lunsford and volunteers Chris Carlin and Eileen Briese. The curriculum includes sessions on breakfasts, lunches, dinners, snacks, and special occasions. Also included is basic nutrition information, the food pyramid, appropriate serving sizes, grocery shopping and hands-on cooking lessons. The Girl Scouts who complete the curriculum will earn two badges.

The Howell Foundation is hopeful that the project will reach many San Diego Girl Scouts, following which the committee will work with the senior scouts to develop a cookbook of healthy and fun recipes for primary school children, entitled "For Kids By Kids." The Junior League of San Diego has voted to partner with the Howell Foundation to replicate the course, promote outreach, and participate in the production of the cookbook.

In recognition of the Howell Foundation members contributing to and providing role models for Girl Scouts, Dr. Howell was named one of the 2006 "10 Coolest Women of San Diego" by the San Diego and Imperial Girl Scout Council.

### Kitchen Items Needed!

The Howell Foundation is seeking new or gently used kitchen items to replenish the supplies at the Girl Scout Camp kitchens. All types of items are needed, from microwave ovens to measuring spoons. Please check your cupboards, and if you find duplicate items, the Howell Foundation will be glad to accept them in donation. Please bring items to the July 13 luncheon, or contact the Foundation at 858-454-7797 for pick-up.



If any of you are seamstresses, we would like to sew simple aprons for the Girl Scouts' graduation from our cooking course in August. Call the Foundation if you are able to help.

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### For Your Calendar

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."

## Cheryl Wilson speaks on Caring for Aging Family



Cheryl Wilson

The Howell Foundation's featured speaker on April 12, 2006 was Cheryl Wilson, R.N., M.A., Chief Executive Officer of St. Paul Senior Homes and Services. Cheryl spoke on "Aging Family—What to Do, Where to Turn," based on her many years of experience in the field of Senior Care. Cheryl offered advice on navigating the unfamiliar waters of Respite Care, Home Health Services, Skilled Nursing Facilities and Assisted Living Facilities when an elderly loved one suddenly needs these services. She also discussed Medicare and Long Term Health Insurance, and the importance of understanding exactly what these policies will and will not cover. She further stressed that those who take on the role of caregiver must be careful to take care of their own mental and physical health, for the good of all who depend on them. Questions for Cheryl Wilson may be directed to the Howell Foundation at (858) 454-7797.



**"Really great people make you feel that you, too, can become great."**

**- Mark Twain**



Howell Scholar Melinda Mulvihill attended the Luncheon with her mentor, Jennifer Whiles-Lillig

There are still 2 luncheons remaining in our 2006 series. Our next event on July 13 will feature Daniel Steinberg, M.D., Ph.D. speaking on the role of cholesterol in heart disease (see page 4 of this newsletter for more details). 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.

## Volunteers Sought for Howell Foundation Projects

The Howell Foundation is seeking assistance from interested Circle Members. Do you have experience and interest in fundraising? How about flower arranging? Do you have an hour or two a week to make telephone calls? If so, the Howell Foundation would appreciate your help. We are seeking volunteers specifically in the following areas:

- Planning Committee for our upcoming Fundraiser
- Telephone Circle—welcome new and returning Circle Members
- Joining a Howell Circle Committee—available committees include Cookbook Project, Special Events, and Fundraising



If you are interested in one or more of these opportunities, please contact the Foundation at (858) 454-7797 or by email at [admin@howellfoundation.org](mailto:admin@howellfoundation.org).

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

Dear Readers:

Having endured progressive, degenerative osteoarthritis for the past 20 years, I assure you I read the pertinent literature assiduously, searching for bona fide evidence of successful treatments and/or pain relief. Unlike Rheumatoid Arthritis, the immune disease which has enjoyed several rewarding treatment advances, Osteoarthritis continues to plague hundreds of thousands of Americans, largely women.

The only bright light in recent years has been the proposed effect of Glucosamine and Chondroitin. After many conflicting studies of these medications, the National Institutes of Health have finally reported on the GAIT Study (Glucosamine/Chondroitin Arthritis Intervention Trial) – a study of 1,583 people treated with Glucosamine/Chondroitin for symptomatic knee arthritis. The bad news is that no difference was found between people taking a placebo and those treated with the combined drug. That is not to say that a small percentage of people will still find they gain some relief with this treatment. To date, no harmful effects have been found, so even if the treatment is purely a placebo effect, if it works for you use it, but continue to watch for larger double blind controlled studies for confirmation as medical knowledge is always changing.

If you choose to use Glucosamine/Chondroitin pick your brand carefully looking for the purest product at the lowest cost per day, and take for at least a three month trial, keeping written daily evaluations of the effects on your pain relief and function. Currently the cheapest and purest products are Kirkland Signature (Costco), Spring Valley (Wal-Mart) double strength, Target triple strength, Vitamin World double strength and Vita smart (K-Mart) double strength. Do not spend money on products with added miniscule contents. The therapeutic dose should be 1500 mg Glucosamine and 1200 mg Chondroitin. Other medications claiming some effect in some people are Cortisone injections, acupuncture and, when all else fails, doctor ordered pain drugs. For the present there is NO magic bullet.

*Doris*

## Welcome to our New and Renewing Howell Circle Members!

### *New Howell Circle Members:*

Ellen Anderson

Lisa Curry

Anne Middleton

### *Renewing Howell Circle Members:*

Kirk Butler

Maureen Ecke

Anne Ferguson

Vera Gittes

Marilyn Golden Kelley

### *Renewing Members, cont.*

Carol Landis

Rose Merino

Kay North

Elizabeth Pascoe

Mary Lou Shoemaker

Marlene Turrentine

Ginger Wallace

Mary Wayne

Judith White

The Doris A. Howell Foundation  
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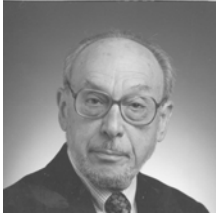
**Cheryl A. Wilson, R.N., M.A.**

**"Your work is to discover your world and then with all your heart  
give yourself to it."**

**- Buddha**

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

### "How Cholesterol Leads to a Heart Attack and What You Can Do About It"



**Dr. Daniel Steinberg**

Please join the Howell Foundation on Thursday, July 13, 2006 as we hear from Daniel Steinberg, M.D., Ph.D., Research Professor of Medicine, Emeritus at UCSD. Dr. Steinberg has done research into lipid chemistry and the causes of atherosclerosis for over 40 years. He and his colleagues have published over 400 papers on the topic. Dr. Steinberg will discuss the role of cholesterol in heart disease, as well as lifestyle changes that may improve your chances of avoiding heart problems.

Please call (858) 454-7797 or email [admin@howellfoundation.org](mailto:admin@howellfoundation.org) for reservations or more information. Seating is limited, so please make your reservation early.

#### Contact the Howell Foundation:

7514 Girard Ave.  
1 PMB 320  
La Jolla, CA 92037

Phone: 858-454-7797  
Fax: 858-454-7797  
E-mail:  
[admin@howellfoundation.org](mailto:admin@howellfoundation.org)

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Doris A. Howell  
Foundation for  
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