



Howell Highlights

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

Inside this Issue

- > November Luncheon Recap
- > Howell Circle Members
- > Calling All Scholars...

The Howell Foundation's 2006 Speaker Series

The Doris A. Howell Foundation is pleased to announce the speaker line-up for our 2006 Health Education Luncheon Series. Our speakers for next year will discuss a broad range of topics, including health issues that affect us today as well as what the future of medicine and research may hold. Mark your calendar now for these exciting and informative events!

January 19, 2006:



"Bridging the Gap Between Laboratory Research and Patient Care"

Judith L. Swain, M.D.
Director, College of Integrated Life Sciences
UCSD

April 12, 2006:



"What Am I Going to Do With My Mother? Are You Prepared for Your Future?"

Cheryl Wilson, R.N., M.A.
Chief Executive Officer
St. Paul Senior Homes & Services

July 13, 2006:



"How Cholesterol Leads to a Heart Attack, and What You Can Do About it"

Daniel Steinberg, M.D., Ph.D.
Research Professor of Medicine, Emeritus
UCSD

November 16, 2006:



"A Realistic Look At Stem Cells and Their Potential"

Evan Y. Snyder, M.D., Ph.D.
Professor and Director of the Developmental & Regenerative Cell Biology Program
The Burnham Institute

Each event will be held at the La Jolla Country Club on the date indicated. Registration begins at 11:30 A.M., and the program begins at noon. Look for your invitation in the mail prior to each event, or call the Foundation at 858-454-7797 for more information.

Order the Series!

For the first time, the Howell Foundation is offering its members and supporters the opportunity to purchase tickets for the full year of luncheons. The cost is \$160. per person for Howell Circle Members, and \$200 per person for non-members and guests. Look for full details on your luncheon invitation, or call (858) 454-7797.

Dr. Christine Horner Inspires Luncheon Crowd



Dr. Christine Horner

Those in attendance at the Howell Foundation's November 18 Health Education Series Luncheon were treated to a very spirited and informative talk about "Breast Cancer—New Approaches and Treatments" by Christine Horner, M.D. Dr. Horner is a plastic surgeon whose practice specialized in reconstructive surgery for breast cancer patients. She was a leader in the crusade that led to the passage of a federal bill known as the Breast Reconstruction Advocacy Project, which requires insurance companies to pay for reconstructive breast surgery following mastectomy. She is the author of "Waking the Warrior Goddess, Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer," which provides information on increasing and maintaining one's health naturally.

Dr. Horner began her talk with an entertaining account of her efforts (ultimately successful) to meet then-President Bill Clinton to inform him of the insurance company problem. She went on to provide the audience with the latest knowledge on environmental, dietary and lifestyle factors that increase breast cancer risk, particularly consumption of red meat and saturated animal fats, low consumption of vegetables and fruits, a sedentary lifestyle and inadequate sleep. She then described behaviors that can dramatically decrease risk, including consumption of organic fruits and vegetables, green tea, and turmeric, and getting to sleep nightly by 10:00 PM. Following her talk, Dr. Horner answered many questions from the audience, and encouraged all to take steps to improve and maintain their own health.



Christine Horner with Doris Howell and Craig Horner

Detailed information on Dr. Horner's program and recommendations may be found on her website at www.drchristinehorner.com. Questions for Dr. Horner may be directed to the Howell Foundation at (858) 454-7797.

"The seeds of great discoveries are constantly floating around, but they only take root in minds well prepared to receive them.."

- Joseph Henry

Calling All Howell Scholars!

Efforts are underway to update our contact information for all of our Howell Scholarship recipients.

Past scholars are encouraged to contact the Howell Foundation's Executive Assistant, Lisa Leete, at lisaleete@cox.net, and provide current contact information, as well as let us know what you are up to in your career and how the Howell Scholarship may have helped you.

We would love to profile your achievements in this newsletter, or have you attend a Howell Foundation Event as a special guest of the Foundation. We hope to hear from each of you!

Join the Howell Circle!

As 2005 draws to a close, it is time to renew your membership in the Howell Circle, or to consider becoming a member of this special group. Howell Circle Members receive discounts to our lunches, invitations to special events, 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.

The Howell Foundation would like to warmly thank our 2005 Howell Circle Members:

Scholarship Level Marilyn Golden Kelley Elizabeth Noll, M.D. Pamela Palisoul	Friend Level, cont. Gladys Kohn Bev Kluger Patricia Lester Rose Merino Lisa Provenzano Ellen Revelle Mary Lee Scheid Roberts Mary Louise Shoemaker Judith Swain Sally Thornton Ginger Wallace Clara Weerts	Howell Circle, cont. Susan Erickson Anne Ferguson Alice Thomas Ferrari Jane Trevor Fetter June Fleck Beverly Franklin Sherilyn Gallison Kippy Gambill Judith Garrett Vera Gittes Alyson Goudy Dorothy Greiner Anne Haugh Edith Hegnauer Judy Hodges Mary T. Holmes Doris Howell Margaret P. Howell Jo Dee Jacob Paula Jacobs Jean Kauth-McGrath Adele Kayser Kathleen Knotts-Levine Jennifer Lewis Joan Lightner Debra Lindholm Mary Lorch Margaret Marston June Maxion Susan McClellan Sharon McColl Joan McKasson Priscilla Moxley	Howell Circle, cont. Noreen Mulliken Phil Nader Kay North Peggy Oechsle Elizabeth Pascoe Homer & Betty Peabody Kay Christian Pierce Patricia Price Consuelo Pineau Joyce Rafkin Marty Ries Jeanette Rigsby Janet Rodgers Beatrice Rose Barbara Saltman Alice Saunders Sheryl Scarano Juliana Schuster Bette Scott Cree Scudder Lyda Shugert Rita Solberg Roslyn Steinbach Linda Strause Jessie Thomas Marlene Turrentine Kathleen Wahab Linda Ward Mary Wayne Judy White Beverly Wilson Cheryl Wilson Kate Woods
Benefactor Level Grace Cervin Charles & Sue K. Edwards Audrey Geisel Betsy Krause Gemma Venard Neha Voight	Howell Circle Penny Adler Marty Allenby Lois Baker Carol Beres Nancy Blayney Marla Brayshay Blom Marilynn Boesky Jan Borkum Betty Brayshay Donna Brooks Mandy Butler V. Kirk Butler Mary Carraher Elizabeth Carson Jan Cetti Diane Chalmers Patricia Clement Doris Ellsworth Gregory Erickson		
Sustainer Level David N. Bailey Kurt Benirschke Alex & Barbara Bollinger Elisabeth Ecke Franci Free Gayle Mayfield-Venieris			
Friend Level Jane Bender Carol Chang Virginia Corrente Janet Douglas Maureen Ecke Peggy Elliott Sandra Freiburg Dorothy Frost Evelyn Goldberg Lucy Haugh Denice Keeter Craig Horner			

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"...the more original a discovery, the more obvious it seems afterward."

- Arthur Koestler

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

"Bridging the Gap Between Laboratory Research and Patient Care"



Judith Swain, M.D.

Please join the Howell Foundation on Thursday, January 19, 2006 as we hear from Dr. Judith Swain, Director of the College of Integrated Life Sciences (COLLS) at the University of California, San Diego. Dr. Swain has dedicated her career to applying the resources of laboratory science to the diagnosis and treatment of diseases. She will discuss the continuum of discovery, development, and patient care that allows us to take full advantage of 21st century science to improve the health of patients. Please call (858) 454-7797 for reservations or more information. Seating is limited.

Contact the Howell Foundation:

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