"Keeping the Women We Love Healthy"

HOWELL HIGHLIGHTS - SPRING 2013

DONOR SPOTLIGHT: Christopher and Carolyn Northrup

Marybeth Kauss
1942-1992

How is the Foundation important to you? We share the philosophies of the Foundation: Empowering women to achieve their dreams; taking care of the ones we love by helping others to as well; and opening a door to the latest medical/scientific research through education and in doing so, encouraging continuous education as a way of life.

Why did you choose to become a donor? We were looking to honor our mother's 20th passing anniversary in the most meaningful manner. We were immediately drawn to the idea of a memorial scholarship because our Mom was always involved in education—which the Foundation encourages. She also passed away very young, at 50, from heart disease. We believe that had the medical research been as advanced as today, she would still be alive.

How do you hope to enrich the life of a scholar through your donation? We want to help the scholar with funding. An education in the medical field is not necessarily affordable. We hope that our contribution takes a little of the 'financial' stress off the scholar so that energies can be focused studying and discovering new ways to treat and cure modern illness.

2013 Howell-UCSD Scholarships

Howell Foundation awards $14,000 in women's health research scholarships.

The Howell Foundation is proud to announce the 2013 UCSD undergraduates chosen to each receive $3,500 research scholarships to pursue research benefitting women's health: **Elizabeth Kim, Mandeep Sidhu, Nisha Sheth and Behnam Hedayatnia.**

Over the years, the Howell Foundation has awarded over $460,000 and funded 182 research scholarships. Examples of our scholar's research areas include ovarian, breast and cervical cancers, heart disease, immune system, reproduction, and infectious diseases. A faculty mentor guides each student throughout the research experience.

Thank you to the Howell Scholarships Committee for their time in reviewing and scoring the applications received!

Updates from these scholars on their various research projects are planned for our remaining Health Lecture Series Luncheons. Please join us to hear more from these remarkable students!

REGISTER NOW! Howell Health Lecture Series Luncheon: May 30, 2013

"The Road to a Gene Therapy for Heart Disease and Beyond: You Got to Know When to Fold 'Um " - Christopher Glembotski, Ph.D., Director of the SDSU Heart Institute. Dr. Glembotski leads a research team working on ways to boost the heart's natural protective processes - an important step toward development of treatments aimed at reducing the damage caused by heart disease. Register at **www.howellfoundation.org.**

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 support our mission, please visit www.howellfoundation.org, call us at (858) 454-7797 or email admin@howellfoundation.org.

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WE NEED YOUR HELP TO REACH OUR GOALS!

The foundation relies on the generous donations of individuals, foundations and corporations in the San Diego community to reach its goals of funding undergraduate scholarships and educating women to be catalysts for better family health. Become a Friend of Howell today with your donation. **Please help us reach our $120,000 fundraising goal for 2013!** There are five levels for Friends of Howell: Supporter-$125, Sustainer-$250, Benefactor-$500, Patron-$1,000, and Full Scholarship-$3,500. Women are the nucleus for their families' health. By "***Keeping the Women We Love Healthy***," mentally and physically, we will make measurable differences in so many lives. Make your donation online at **www.howellfoundation.org** by clicking on GIVE TODAY.

COMMUNITY ENGAGEMENT INITIATIVE

In 2012, the Howell Foundation made a commitment to develop partnerships with academic and community-based organizations to support programs that improve quality of life in San Diego communities where health disparities are prevalent. Our first project was funded in January, 2013 through a partnership with SDSU's Institute of Behavioral and Community Health (IBACH). IBACH senior investigator Elva Arredondo will develop and test an intervention program to promote physical activity and health eating among Latina women who are expecting their first child. We look forward to sharing updates on this pilot project at our lecture luncheons in 2013.

Dr. Doris Howell and Pattie Wellborn presented the $25,000 grant to IBACH.

Thank you to our all our Scholarship Donors for funding full research scholarships! 2013 scholarship donors YTD: Barbara and Alex Bollinger, Soroptimist International of La Jolla **2012 scholarship donors:** Barbara and Alex Bollinger, Jeanne Jones, Carolyn and Christopher Northrup, Clay and Anne Perfall, Dr. Beatrice K. Rose, Dr. Seuss Foundation, Soroptimist International of La Jolla, Dr. Penelope Smith