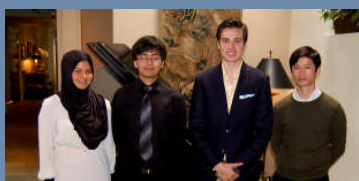




# Howell Highlights Vol. I - 2016

## 2016 Howell Undergraduate Scholars



Pictured CSU Scholars: **Sima Chokr, Karl Liboro, Brandon Strong & Alan Tran.** Photo by John Zimmermann.



Pictured with Dr. Howell 2016 UCSD Scholars: **Emily Judd, Tiffany Lee, Jonathan Pham, and Jaidev Bapat**

Twelve CSU biology students will now have a unique opportunity to conduct research in women's health. The Howell Foundation, partnering with the CSUPERB program, chose students from 9 CSU campuses to receive scholarships worth \$42,000. The scholarship awards were announced in January, and each scholar will conduct faculty-mentored research projects during the spring and summer of 2016.

Each year, the Howell Foundation and UCSD partner to encourage future researchers to follow a career path in women's health. This year, 4 UCSD scholars were awarded \$20,000 to research post-partum depression, ovarian cancer, pre-eclampsia and breast cancer. We are very proud and wish these young, brilliant scholars much success! And thank you to all our full scholarship donors for ensuring women's health at its basic level: research!

## Message from the Chair

Halfway through my second year as Chair, I begin to sense the Foundation's rhythm. We have added new scholarships and programs in the past few years, yet certain constants remain: in February we celebrated our CSU scholars, in May those from UCSD and in August we will award two new graduate nursing scholarships. In November we will announce our new Community Engagement Initiative recipient and hear results from previous awardees.

Four of our CSU students attended our February luncheon. Remarkably, two flew in to meet and thank their donors, and two drove from LA and Long Beach.

In May, as we celebrated our newest UCSD scholars, we had our first experience with a scholar "paying it forward." Deepika Suresh, a 2015 UCSD Scholar, announced a gift to the Howell Foundation from the Alpha Phi Foundation as part of their Chapter being inducted into the National Fraternity!

Following a "record setting" 20th anniversary year in fundraising, we hope for another exceptional year. To date, our wonderful donors have not disappointed. I am reminded daily that what the Foundation accomplishes in fostering future women's health researchers and educating the public can only happen because of YOUR generosity. Thank you! And Stay tuned!

Carole Banka, Ph.D.  
Chair



Pictured above: Dr. Beatrice Rose, Gladys Kohn, Cher Conner, Jean McGrath, Kathleen Franklin and Dr. Carole Banka

## Legacy Council to record Howell Foundation History

The Howell Foundation Legacy Council held its inaugural meeting this year. This group of exceptional past Board Members are interested in inspiring, motivating and guiding the current Board on its mission to 'Keep the Women we Love Healthy'. "We want to be deserving of your donations, and the history behind the Doris A. Howell Foundation plays a significant role when discussing the quality of the programs presented to the community," mentions Gladys Kohn, past Board Member.

## Thank you Alpha Phi!



*"We are not only excited to support this Foundation and the San Diego community, but provide support to research, events, and outreach focused on women's health." DS*

Deepika Suresh (2015 Howell UCSD scholar) and Taylor Bergstrom, President of the new Alpha Phi chapter, informed our audience that the chapter had chosen the Howell Foundation to receive their installation donation. Thank you to Alpha Phi for helping make possible continued research and education!

**Save the Dates!** **September 29:** "The Happy Map"  
**November 11:** "Panel on Aging"

For more information, visit [www.howellfoundation.org](http://www.howellfoundation.org)



**Doris A. Howell  
Foundation for  
Women's Health  
Research, Inc.**

PMB 320  
7514 GIRARD AVE #1  
LA JOLLA, CA 92037

Non-Profit Org.  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 2325  
San Diego, CA

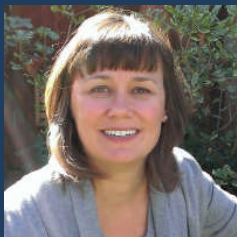
## Luncheon Series Summary.

Visit our blog "Keeping the Women we Love Healthy" to learn more.



**"Understanding the genome 10,000 experiments at a time: applying genomic approaches to understand autoimmune disease in women"** with Sonia Sharma, Ph.D. presented the fact that, for reasons that are yet not fully understood, autoimmune diseases affect more women than men. She

pointed out that women have higher immune reactivity and higher numbers of certain immune cell populations. This may result from hormonal differences between men and women. The interactions of hormones, genetics and environmental factors make this an extremely complex area of study.



Dr. Dorothy Sears, came to speak at the Howell Foundation's luncheon last May with extremely interesting research on 2 key concerns and how they, for sure, improve or undermine our health: intermittent fasting and sedentary behavior. Her presentation **"Simple Lifestyle Changes for Improving Women's Health"** made the benefits of a lifestyle makeover quite clear: not only does it help to improve our health and reduce the risks of a life-altering disease, but also minimizes the use and adverse effects of medication while promoting healthy aging.

## Mothers & Daughters Discuss Women's Health



The Doris Howell Foundation via Dr. Banka presented *Hormones and Happiness* to SPRITES, a philanthropic organization of

mothers and daughters dedicated to volunteering at San Diego County charities. Seventh grade girls and their mothers learned about women's health issues, particularly with hormones and why they make us feel the way we do.



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. Take a minute to read, comment, like, follow the messages and SHARE the information! Let's keep the conversation on women's health research moving. Share your experiences with family and friends so we can continue to **Keep the Women we Love healthy!** To support our mission, please call us at (858) 454-7797, visit [www.howellfoundation.org](http://www.howellfoundation.org), or email us at [friends@howellfoundation.org](mailto:friends@howellfoundation.org).