

INSIDER



April 2022

PRESIDENT'S MESSAGE...



Holly Heaton

In my first *Insider* message, when my presidency started, I talked about “it takes a village.” Now, three years later, I really understand the wisdom and truth of that statement. Wow, what a village we have!

I look around the Board Room and membership meetings – on Zoom, of course – and marvel at the strides we have made as a chapter. Not only did we face and endure an unprecedented pandemic, we actually improved and thrived during it. We have added several impressive new members, many of whom have hit the ground running and are now serving in Board and Committee roles. The Membership Committee, adeptly headed by **Deborah**, has kept us connected and together with notes, home deliveries of ARCS materials, and gifts and visits. Oh sure, sometimes she felt she was herding cats and threatened to pull her hair out! (She didn’t!) Similarly, even though we couldn’t meet in person for almost two years, our virtual meetings, educational talks and field trips still happened and exceeded all expectations. Of course, it was a real treat to get back together in person for Just For Fun and the Holiday Party. Thank you, **Margaret**, and team!

We entered the social media world with a flurry of postings, connections, new information and followers. I know I represent so many of you in recognizing **Ingrid** as the leader of this initiative and so many other activities over the past three years. She is incredibly bright, enthusiastic, filled with creative ideas and a beautiful writer. And don’t forget, she found over 600 Scholar Alumni!!

“Show me the money” took on new meaning, as well. For the past three years we have raised over \$100,000 each year in both the Membership Giving and SOY donation categories. These figures break all previous records. Congratulations, everyone! Leadership from **Kathe, Rachel, Kayda, Gwynn**, and **Paulette** made all this possible. Likewise, **Kristin** and **Ann S** have done a great job in finding and securing grants, which also have been crucial to funding our Scholars.

We also added some outside assistance in bookkeeping and project/website management. **Marla** and **June** worked for two years on-boarding **Christine** at Mother Lode; what a great transition this has been! June has been a major player in moving us to a new level, both in developing new systems and working on the “back-end” with National and our own computer system. If only more of us could have her mind for spreadsheets, matrices and data!!

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***PRESIDENT'S MESSAGE...*** Continued from Page 1

I can't say enough about **Rob Healey**. He is truly a master of the ARCS universe and without him we certainly would not be as alive and well as we are today. Thank you, Rob. Finally, there are so many of you that are unsung heroes: **Janet Hubka** comes to mind. She joined three years ago and immediately became our recording secretary. She has been wonderfully organized and faithful in keeping Board minutes, all while getting to know us and doing it all virtually. Janet has also generously created unique art for each of our last three SOYS. What a treasure she is!

Our University Relations team has not only grown in size and strength, but thanks to the conscientiousness and great networking by **Ellen** and her team, and now carried on with **Pat Judd**, the liaisons and committee, we have established stronger and more collegial relationships with our four academic partner entities. Our check presentations have been very rewarding and well-attended, our Scholar video vignettes for SOY, field trips and new Scholar introductions have been fabulous and guess what? We are back on track for an in-person Scholar picnic next month!

In closing, as I step aside, I thank each of you for your enthusiasm and hard work, your creativity and positive attitudes, your kindness and support for me, and most of all for your friendship. What a wonderful experience it has been working together with you. I feel blessed to have been given this opportunity to serve a great organization and advance its wonderful and necessary mission. I pass the baton to **Kathe**, who is bright, well-organized and a natural leader who, along with her team, will take us to the next level.

Kudos to our Founders: **Karen Bowden**, **Barbara McColl** and **Pattie Wellborn**, to all officers and directors over the past three years, and all members of the thriving ARCS San Diego Chapter!

Thank you for three wonderful years!

Holly Heaton, President

ARCS Foundation, San Diego Chapter

Please Welcome Our Newest Member

Pam Werner

Pam Werner and her husband, Doug, have called San Diego their home for the last 17 years. Born in Carlisle, Pennsylvania she spent her childhood moving around the US living in Michigan, Connecticut, Washington, Utah and Colorado. After graduating from Regis University with a BS in Math she spent time at the Johnson Space Center in Houston, Texas as an Associate Engineer analyzing the sonic boom impact of the Space Shuttle during reentry. A study that resulted in the redesign of the entry interface.

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Please Welcome Our Newest Member...

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A chance meeting in a ski lift line at Alta, Utah one Christmas impacted the course of her life. Rather than returning to Denver, Colorado to pursue a master's degree she moved to California, received an MBA from UC Irvine and married, Doug, the man from Alta. His career in health benefits then took them back and forth to Florida twice with four years in Dallas before finally settling in La Jolla. During the years of moving Pam volunteered at various nonprofits including Nova University in Florida, Susan G. Komen Foundation in Dallas and was a member of Las Patronas in La Jolla, and Rady Children's Hospital.

Once settled in La Jolla, Pam's career in healthcare fundraising began with five years at Rady Children's Hospital followed by ten years at UC San Diego initially working as the Director of Development for the Moores Cancer Center retiring ten years later as the Senior Executive Director of Principal Gifts. She finished her career as the Associate Vice President of National Philanthropy for the City of Hope. Pam states that working in development was the most rewarding of careers. "There is such a reward in watching the joy on a donor's face when they have made a gift and realize they have made a difference."

Pam currently sits on the boards of the San Diego Maritime Museum, the Upper Saranac Foundation, and UCSD Town and Gown. She and Doug enjoy traveling, visiting their two daughters and three grandchildren, skiing, sailing and hiking, biking, and canoeing in the Adirondack Mountains where they spend their summers. She is excited about becoming involved in ARCS working with old friends and making new ones.

2021-2022 ARCS Light - Ellen Moxham



Dr. Ellen Moxham

Congratulations to **Dr. Ellen Moxham**, San Diego's 2021-2022 ARCS Light Award honoree!

The ARCS Light Award is a distinctive honor awarded to a member of our Chapter each year who exemplifies service and commitment to our Chapter and the ARCS mission. Ellen is an ARCS member who possesses a wealth of qualities that greatly factor into her success as an ARCS colleague, mentor and leader. She is dedicated to the ARCS mission, has generously given of her time and resources, shares her wisdom, provides guidance and nurtures her ARCS colleagues, and has tirelessly organized and led ARCS member teams to turn ideas into action with lasting solutions.

Dr. Ellen G. Moxham joined the ARCS San Diego Chapter in 2014 and has served in a variety of positions to support the Chapter's successful annual operations and continued growth. Dr. Moxham has served on the ARCS Membership, Development

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2021-2022 ARCS Light – Ellen Moxham...

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University Relations, Nominating, and Scientist of the Year committees where she has consistently focused on building relationships and developing and implementing innovative solutions to support our Chapter's goals.

As Vice President of the University Relations Committee, she successfully led initiatives to build relationships with the Chapter's four academic institutions, Scripps Research, SDSU, UC San Diego and USD and the ARCS Scholars at these institutions. As a member of the Chapter's Board of Directors, she contributed to the successful pivot into the virtual world during COVID that enabled Chapter members and ARCS scholars to stay connected, as well as present the Chapter's first virtual Scientist of the Year event attended by viewers from around the country.

In addition to her commitment to ARCS, Dr. Moxham has served in a variety of capacities in various philanthropic organizations in San Diego focusing on programs that address homelessness, mental health, and children's causes. Her involvement includes Rady Children's Hospital Charity Ball, where she has served as Chair, the YMCA of San Diego County, where she was awarded their highest tribute, the Golden Triangle Award, The Salvation Army, where she was recognized as a Woman of Dedication in 2021, and the Wednesday Club. Dr. Moxham, a native of Viking, Alberta, Canada is a licensed clinical psychologist and resides in San Diego with her husband Jim Moxham.

Updates from ARCS Members



Priscilla Moxley hosted a New Member Orientation on February 12th in the back garden of her beautiful home. **Laurie Roeder** reported: "It was a beautiful day. Delightful conversations with our newest members. A stroll down memory lane with our founder, Pattie Wellborn. Priscilla's renowned hospitality and delicious brunch. Visits by hummingbirds in the garden. We could have stayed all day!"

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Updates from ARCS Members...

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The February issue of *Ranch & Coast Magazine* featured a wonderful write-up of ARCS San Diego's fearless leader, **Holly Heaton**. Since 2012 she has lent her time, talent, and treasure to our chapter, serving as our President during the last three years. She has also served as President of San

FOCUS *philanthropy*

A Leading Lady

Holly Heaton among a dozen women being honored for her commitment to community



SHE HAS LIVED A LIFE OF SERVICE to others, first as a paid professional, and then as a dedicated volunteer. Like all 12 of the 2022 Women of Dedication to be honored this spring by the Salvation Army Women's Auxiliary, Holly Heaton is highly accomplished, committed to serving others, and a noteworthy community leader. She is among the crème de la crème of San Diego women volunteers. Heaton was a registered nurse for many years, and later worked as an attorney specializing in medical malpractice law. Imagine the timeliness of combining an interest in both medicine and the law, add to that an intense fascination with science, and the result is a focused intelligence that seeks new information in real time. Her persona is the result of the intense experiences she has had in all these corners.

Having graduated with a bachelor's degree in nursing from the University of Iowa, Heaton moved to Denver, where she worked as an intensive care nurse and as a private nurse for cardiovascular surgeons. While in training, Heaton was tapped for membership in the nursing Honor Society. She had exhibited characteristics of a nurse from the start and proved to be effective in the nursing field, but she realized she



could do more. While working as a nurse, she earned her law degree at the University of Denver. Her special training was pined in Denver and later in San Diego. She retired seven years ago and has continued — stepped up, even — her service to others. She served as president of the San Diego Blood Bank and volunteered at San Diego Hospice. Her great enthusiasm for sports led her to serve as a Red Coat on the San Diego Holiday Bowl Association Committee for three years, where she supported both the Holiday and Poinsettia Bowls.

Of her many volunteer activities, the one dearest to Heaton is with Achievement Rewards for College Scientists (ARCS), a dynamic national organization which has a robust San Diego chapter. The initial chapter of the ARCS Foundation was formed in 1958 and it was committed to the advancement of science and technology in response to the Russian-launched Sputnik in 1957. As a result, the United States emphasized science and mathematics education for Americans. By 1985, it was San Diego's turn to establish a chapter, and it was successfully accomplished by four dynamic women leaders: Karen Bowden, Karen Lane, Barbara McCall, and Patsy Wellborn. Since its founding, the San Diego chapter has given scholarships of more than \$11.3 million. There are 15 chapters in the country, which have collectively awarded \$120 million nationwide. Currently, Heaton is completing her term as president, during which she has presided over the annual Scientist of the Year (SOY) dinners and myriad trips to and from scientific facilities. She has marked her tenure with her gracious and humorous newsletters, displaying a wit that serves the times well.

On April 1, Heaton will be fitted, along with 11 other worthy honorees, at a luncheon at the Marriott Marquis San Diego Marina. It's no April Fools Day trick; the honor is real. The designation recognizes the best of the best. www.2022.givemart.com DARLENE G. DAVIES

ranchandcoast.com

Diego Blood Bank and volunteered at San Diego Hospice, so it's no surprise that she is one of twelve Women of Dedication to be honored on April 1, 2022 by the Salvation Army Women's Auxiliary.

Brava, Holly, and thank you for all you do for ARCS and the San Diego Community!

[Click here](http://ranchandcoast.uberflip.com/i/1446558-february-2022/39?m4=) to read the full story in *Ranch & Coast*: <http://ranchandcoast.uberflip.com/i/1446558-february-2022/39?m4=>



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Updates from ARCS Members...

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The ARCS family is deeply saddened by the loss of one of our favorite long-time members, **Joan Evangelou**, on January 2, 2022. She fought a long, courageous fight with cancer, now is at peace. She will be sorely missed. Our hearts and prayers go out to her three daughters and their families.

Joan's wonderful, positive attitude was contagious and uplifting. We remembered her for her warm smile, friendly personality, great sense of humor, her devotion to her friends and kindness to all. She was hostess extraordinaire, fabulous cook, excelled in music and organizational skills. We all admired her courage, compassion and tenacity.



Joan Evangelou

She was a beautiful woman, charming, gracious & classy. As an only child from rural Iowa, she became the wife and mother of 3 children and 7 step-children. She married two wonderful Greek men, Peter Choconas and Milton Evangelou, MD, who adored her and she embraced their Greek culture.

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Joy Frye

With great sadness, we report the loss of another long-time ARCS member. **Joy Frye** passed away on March 12 at her home in Point Loma. As many of you know, she was suffering from a blood condition over the past 6 months that required frequent hospitalizations and transfusions. She is now at peace and with Fred. Our thoughts and prayers are with their family.

Joy met her husband, Fred, while attending Stanford University as an undergraduate. They married during Fred's medical training in Los Angeles and settled in San Diego. She soon became involved in many charitable and social activities

including Rady Children's Hospital as Chairwoman of the Charity Ball, The Junior League of San Diego, La Playa Association, the Wednesday Club and, of course, our ARCS Foundation San Diego Chapter. In 2005, Joy was honored for her community service as a Woman of Dedication by the Salvation Army. She was on the committee for the first UCSD Cancer Benefit and cooked dinner for Julia Child.

[Click here](https://www.legacy.com/us/obituaries/sandiegouniontribune/name/joy-frye-obituary?id=34172884) to read more about Joy's beautiful life:

<https://www.legacy.com/us/obituaries/sandiegouniontribune/name/joy-frye-obituary?id=34172884>



Updates from ARCS Members...

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Joan spent her college years at University of Iowa and Drake. During those years she was the University of Iowa's "Sweetheart of Sigma Chi" and a member of the Kappa sorority. She blossomed into a professional woman and made her mark in the volunteer and corporate communities.

Joan was a charter member of ARCS San Diego and a dedicated, generous member of ARCS since 1985. She served as Co-President, 2006-08, after being actively involved in a leadership role in almost every committee. She was an ARCS Light in 2006-07, a member of the ARCS Sharks Bridge group, and the ARCS Legacy Society. In addition, was honored as a Salvation Army Woman of Dedication.

Our wonderful friend, Joan Evangelou, will live in our hearts forever!

[Click here](#) to read about Joan's wonderful life:

<https://www.dignitymemorial.com/obituaries/san-diego-ca/joan-choconas-evangelou-10514651>



Congratulations to **Leslie Bruce** (back row, center) for her long-term and steadfast dedication to Serving Seniors, a San Diego-based nonprofit that helps seniors in poverty lead healthy and fulfilling lives by providing meals, housing, health resources and enrichment activities! Leslie, together with other former board chairs, was honored for her many years of service at Serving Seniors' 50th Anniversary Sunshine Gala in October 2021. Leslie served for six years, two as chair in the 1980's, and continues to actively support the many programs and services Serving Seniors provides low-income older adults across San Diego County.



Virtual Field Trip: Music, Evolution, and Animal Responses to Music (February 23, 2022)



Is human musicality an innate ability or a cultural invention? This was one of many intriguing questions **Dr. Aniruddh (Ani) Patel**, Professor of Psychology at Tufts University, explored with us during his fascinating 1-hr talk, which focused on the cognitive, neural, and evolutionary foundations of music. A lively Q&A followed, moderated by our own **Sue Dramm**.

For those who missed this special event, you can view the entire recording [HERE](https://www.youtube.com/watch?v=WQSNp8e4yPk):
<https://www.youtube.com/watch?v=WQSNp8e4yPk>

Winter General Meeting (January 31, 2022)

The Winter General Meeting of the San Diego chapter of ARCS was hosted by president **Holly Heaton**. New members were introduced by **Laurie Roeder**. Our two guest speakers were **Annika Nelson**, manager of the new UCSD Craft Center, and our current Scholar, **Hailee Perrett**, who described her work at Scripps Research in "Science Communication through Visual Media". Following the introductions and presentations, we came to the highlight of our meeting, the 2021 ARCS LIGHT award presented by **June Chocheles**. It was an emotional moment as **Dr. Ellen Moxham** was given this prestigious honor. A brief business meeting wrapped up the gathering after discussion about **Joan Evangelou**, who passed away this month.

To watch the business portion of the meeting [CLICK HERE](https://www.youtube.com/watch?v=f2eSM_JdMyw):
https://www.youtube.com/watch?v=f2eSM_JdMyw

To view Annika's presentation [CLICK HERE](https://www.youtube.com/watch?v=G8c2qkhcC3A):
<https://www.youtube.com/watch?v=G8c2qkhcC3A>

To view Hailee's presentation, [CLICK HERE](https://www.youtube.com/watch?v=bL4CdeNcI3I):
<https://www.youtube.com/watch?v=bL4CdeNcI3I>



Annika Nelson



Hailee Perrett



Holiday Party (December 5, 2021)



Major kudos to **Margaret Dudas** and her team, **Doris Ellsworth, Toby Eisenberg, Priscilla Moxley** and **Joy Frye** for planning and executing our Holiday Party at the San Diego Yacht Club. The setting, food, and especially the in-person camaraderie were perfect, especially after almost two years of remote living!

It was the second wonderful in-person event that Margaret and her team provided in the past four months at a time that being together was so special and appreciated. Thank you!!



Updates from ARCS Scholars



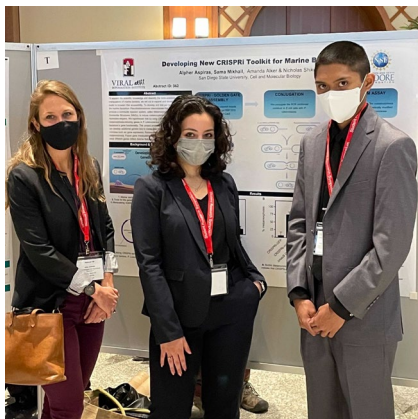
Melissa Ward, PhD (2018-2020 ARCS Scholar at SDSU) announced in April that she will be starting a research position with Dr. Lisa Wedding, Associate Professor in Physical Geography at the University of Oxford. Melissa has been studying how aquatic vegetative habitats such as seagrass meadows, kelp forests, and salt marshes absorb and store carbon, and what role they play in regional and global climate change mitigation. She will now apply that knowledge to the UK woodlands.

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Updates from ARCS Scholars...

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Amanda Alker (2021-2022 ARCS Scholar at SDSU) received a President's Award (\$500) for her talk on Coral Probiotics at the Student Research Symposium (SRS) hosted by SDSU. The symposium is a two-day event, occurring each spring semester, that recognizes the outstanding scholarly accomplishments of SDSU students. Congrats, Amanda!

Amanda (left) and her co-authors



Alec Calac (2021-2022 ARCS Scholar at UC San Diego) was thrilled to learn that he was among this year's "40 Under 40 Leaders in Minority Health" Award Recipients. Since 2016, National Minority Quality Forum (NMQF) has selected 40 minority health leaders under the age of 40 who have been leading the charge to better patient outcomes and build sustainable healthy communities. These leaders are clinicians, patient advocates, researchers and policy makers. Despite the unexpected trials in health care during the past couple of years, these 40 leaders persevered in strengthening their communities and reducing health disparities. As president-elect of the National Association of Native American Medical Students, Alec is working hard to build a healthier future for Indigenous Americans. Bravo, Alec!



Randall Kelley, PhD (2007-2009 ARCS Scholar at UC San Diego) was featured in ARCS National's January Newsletter, which focused on Scholar alum working in the field of artificial intelligence. Read the full story [here](https://arcsfoundation.org/news/ai-accelerates-software-technology-discoveries-across-medical-industry):

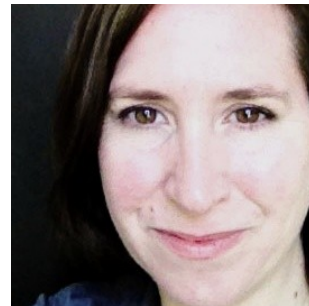
<https://arcsfoundation.org/news/ai-accelerates-software-technology-discoveries-across-medical-industry>



Scholar Alumni – Where Are They Now?

Barbara A. Ambrose, PhD (1997-1999, UC San Diego) –

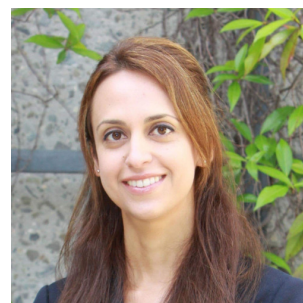
Barbara Ambrose is the Director of Laboratory Research and Associate Curator of Genomics at The New York Botanical Garden, where she investigates patterns and processes of plant diversity. She is interested in understanding the vast amount of plant diversity, the DNA that encodes plant morphology, and how changes in DNA can explain the diversity that we see. She uses classic botanical techniques, molecular biology, genome sequencing, and bioinformatics to better understand plant evolution and development.



Barbara earned a PhD in Molecular, Cellular, and Developmental Biology at UC San Diego and a BS in Biology at the University of the Virgin Islands. She was awarded a National Science Foundation International postdoctoral fellowship to study the evolution and development of *Lacandonia schismatica*, the only known plant with inverted reproductive whorls. This research combined field research in Chiapas, Mexico with molecular genetics. Her work has appeared in peer-reviewed journals and her striking images of plants have appeared in popular science magazines and on the covers of science publications.

Shadi Sami, MS (1998, SDSU) is currently the Principal Civil

Engineer for the City of Poway, where major changes to the water system are in the works. November 2020, soon after Shadi was hired, the Poway City Council approved several steps to initiate a massive water improvement program for the city. This was prompted by a 2019 crisis when the city's water supply was contaminated by storm water. The program consists of several parts, but would ultimately replace the city's existing, decades-old clear well with new storage reservoirs. It would also connect the city with the San Diego Water Authority's treated water, creating treated water pipelines, a pump station and forebay. "It's the largest capital improvement program the City of Poway has ever undertaken," Shadi reported to ABC 10News in June 2021, when the project was set to begin.



Shadi has held many high-level engineering positions since earning her MS in Civil Engineering at SDSU, including Project Manager for the San Diego County Regional Airport Authority (2017-2020) and Senior Civil Engineer for the City of Carlsbad (2015-2017).

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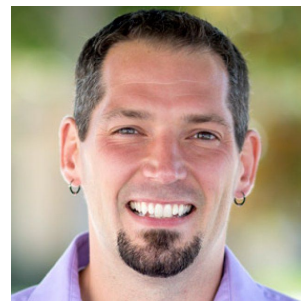


Scholar Alumni – Where Are They Now?...

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Kristopher Koudelka, PhD (2008, Scripps Research) joined Point Loma Nazarene University in 2014 after having taught for several years in his home state of Wisconsin. His science interests lie at the molecular level. By giving students a firm foundation in how chemical structure gives a molecule function and reactivity, they have the basis to understand any biological system. Koudelka's research centers on the chemical modification of plant and bacteria viruses for use as drug delivery and imaging vehicles. His students specifically engineer viral nanoparticles (VNPs) to efficiently and specifically transport drugs to only sites of disease (i.e., cancer). Koudelka also creates online content for publishers as a way to further engage students in novel ways.



Although he is far from Wisconsin, he is often seen cheering on the Packers and Badgers ... and even wishing for a little snow every once in awhile.

ARCS Calendar of Events

APRIL

- Tuesday, Apr 19 – Board Meeting
- Sunday, Apr 24 – 2022 Scientist of the Year Virtual Event

MAY

- Sunday, May 15 – Scholar Picnic
- Tuesday, May 17 – Board Meeting
- TBD – Field Trip to the Rady Shell at Jacobs Park

June

- Thursday, Jun 9 – Member General Meeting
- Tuesday, Jun 21 – Board Meeting