

PRESIDENT'S MESSAGE...



Leslie Bruce

Where did the year go?! It's almost impossible to believe that the 2024-25 year is over, but what a year it has been. As I shared with those in attendance at the June General Meeting – our “annual” meeting – we had an excellent year with some particular standouts – thanks to all of you:

- We hosted a national board meeting with exquisite meeting venues, field trips and social events. This was no small undertaking and we knocked it out of the park thanks to **Kathe Albrecht**, who won a National ARCS Sparks Award for her efforts, and an amazing committee, who *stepped up*.
- We put on yet another spectacular Scientist of the Year event, thanks to the leadership of **Cathie Atkins** and another intrepid group of members, raising over \$100,000.
- **Janet Roemer**, our VP of Finance, has been regularly sweeping excess funds from our checking account into a money market account, *netting us well over two-thousand dollars we wouldn't have had before*. She's coordinated the efforts of three finance-related committees to ensure all of our financial decisions are prudent.
- Thanks to **Kristin Boyd** and her terrific Fund Development Committee,
 - We received \$130K in Foundation grants for next year's Scholars.
 - 64% of members gave to Member Giving, one of the annual requirements of membership. We've raised \$70,845.77 so far! And **Dottie Georgens** offered to match the first \$40 of every Member Giving contribution that comes in before June 30! So, keep those donations coming!
 - The Legacy Society, where members agree to include ARCS San Diego in their estate plans, welcomed new members, **Barbara and Kim Doren**, who invited us to gather in Barbara's beautiful home. Thanks go to **Cindy Goodman** for leading the effort.
- **Ingrid Benirschke Perkins** was overwhelmingly nominated as our ARCS Light Awardee.

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- And speaking of Ingrid, she did yet another spectacular job of keeping our name alive and vibrant through social media, our chapter newsletter and our website. She also coordinated with other chapter members on the creation and production of printed materials, including the Handbook & Roster, the Scholar Profiles, Annual Report, the *Insider*, etc.
- Thanks to **Rachel Collins** and another terrific group of members, we succeeded in providing fun and informative events for all of you all year long. These included a Summer Party at the home of **Elizabeth Taft**, a Holiday Party at the San Diego Yacht Club, three General Meetings with engaging speakers and three fascinating Field Trips.
- We added 3 new members thanks to you all and our Membership Committee led by **Laurie Roeder**. A special welcome to **Sally Oxley**, **Greta Treadgold** and **Nicola Wilkins-Miller**.
- Our incredible University Relations Committee, led by **Catie Madani**, managed the enormous operation of coordinating 50 Scholars and interfacing with our educational partners. They created wonderful opportunities for us to get to know each other. And 12 of us participated in the Getting to Know You Program, a delightful opportunity for each of us to partner with a Scholar and get to know them on a deeper level.
- Thanks to **Paulette Roberts** our VP of Administration, the bills are paid, and our obligations to National have been met – all in a timely manner.
- And thanks very much to our often unsung but ever-so-needed heroes, **June Chocheles**, **Andy Correnti**, and **Rob Healey** for their Herculean efforts to manage all of our technology, including the website, Dropbox, the Document Library, multiple Civi Modules; and all the chapter technical interfaces with National.

All of this happened because you **stepped up**. Stepped up by serving on committees and/or on the board and contributing - contributing to Member Giving, paying your dues and buying a ticket to our Scientist of the Year event. Stepping up is what it takes to run an all-volunteer organization and make it thrive. I want to thank this year's Board of Directors which includes not only those I just mentioned but also **Grace Miller**, **Margaret Dudas** and **Linda Johnson**.

What a joy it has been to work with each and every one of you. So looking forward to the year ahead!

Leslie K. Bruce, President
ARCS Foundation, San Diego Chapter



Summer General Meeting (June 3, 2025)

On a tranquil morning in early June, ARCS members and guests gathered at the La Jolla Country Club for the Summer General Meeting to close out the 2024/2025 fiscal year. President **Leslie Bruce** kicked off the meeting with an impressive summary of this year's accomplishments and expressed her sincere thanks to all those who contributed their time, talent and treasure along the way. **Cathie Atkins**, this year's SOY Chair, then followed up with further congratulations to members of the SOY Planning Committee, who pulled off another spectacular SOY Celebration and garnered over \$100,000 in additional Scholar Award funds.



Pattie Wellborn, Priscilla Moxley, Barbara Starkey



Kathe Albrecht, Grace Miller, Leslie Bruce



Peggy Hanley, Helga Moore, Siri Pulliam



Tami Strachan, Ann Siemens, Danielle James

Cindy Goodman was next on the agenda with a pitch for the Legacy Society and its importance to the future of our chapter. Then came **Laurie Roeder**, VP of Membership, with a reminder that the deadline for membership dues was June 30th. The final item on the business agenda was to vote on the 2025-2026 Slate of Officers, which was unanimous in its favor.

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Summer General Meeting (June 3, 2025)...

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Rachel Collins, Sue Kalish, Joy Kirsch, Ingrid Benirschke-Perkins



Thespine Kavoulakis and Carolyn Sharp



Kim Doren, Susan Barbey Booth, Kathe Albrecht, Barbara Doren



Holly Heaton and Kelsey Dale



2025-2026 Board of Directors: Leslie Bruce (President), Rachel Collins (VP Meetings & Social Events), Margaret Dudas (Member-at-Large), Barbara Bry (VP Marketing & Communications), Paulette Roberts (VP Administration), Cindy Goodman (Parliamentarian), Tamia Strachan (VP Membership), Linda Johnson (Member-at-Large), Cathie Atkins (VP University Relations), Grace Miller (Recording Secretary), Ingrid Benirschke-Perkins (President-Elect)

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Summer General Meeting (June 3, 2025)...

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It was then time to introduce our speaker, **Dr. Megan Jennings**, a conservation ecologist and co-director of SDSU's Institute for Ecological Monitoring and Management. Megan was an ARCS Scholar at SDSU back in 2011-2012, when **Robin Luby** was president of our chapter. Those who knew Megan back then were so impressed to see how much she had grown in her career.



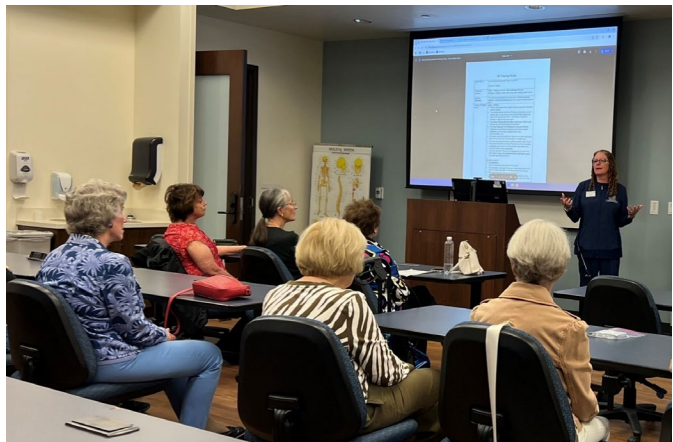
Megan Jennings, PhD
2011-2012 ARCS Scholar at SDSU



She delivered a fantastic talk about the important work she is doing in wildlife management, conservation planning, and supporting resilience to climate change in our local communities. After a brief, but lively, Q&A, lunch was served, and we spent the next hour enjoying each other's company. Couldn't ask for a sweeter, more joyful, finish to the year!

Field Trip to University of San Diego (May 12, 2025)

Paulette Roberts (VP, Administration) submitted the following report and **Laurie Roeder** (VP, Membership) snapped the accompanying photos: "We were thrilled to visit the Hahn School of Nursing and Health Science at USD on a quiet Monday morning in May. Our own **Dr. Caroline Etland**, professor of nursing at USD, led the discussion with **Christine Kelly**, the Simulation Lab Coordinator. What was most interesting was to see how nurses are trained in 'real-life' settings with actual actors playing the patients. How things have changed and progressed!!"



Christine Kelly with Q&A after the presentation

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Field Trip to University of San Diego (May 12, 2025)... Continued from Page 5



"We then walked up to La Gran Terraza for a delicious lunch and fun conversations. Our field trips not only provide wonderful learning opportunities but give us a chance to get to know other members in a smaller and informal setting."



Scientist of the Year Celebration (April 13, 2025)



Oh what a night! The Conrad was literally buzzing with excitement as we gathered to celebrate our 2025 Scientist of the Year, **Dr. Rob Knight**, a renowned microbiome pioneer at UC San Diego, along with this year's Scholars, all 50 of them!

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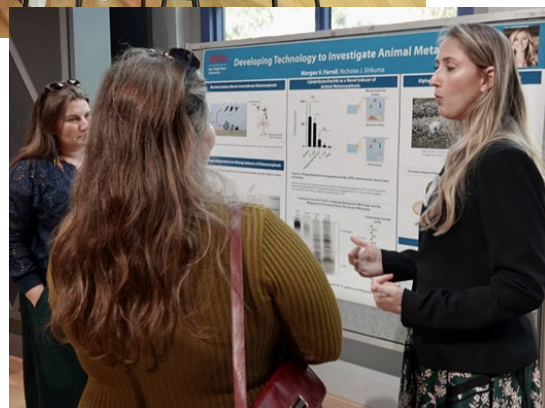
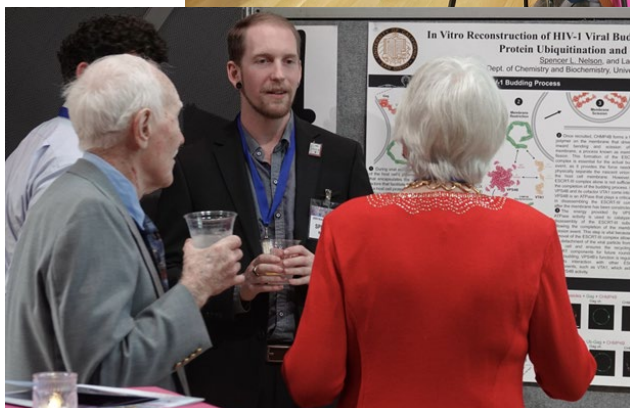


Scientist of the Year Celebration (April 13, 2025) ... Continued from Page 6



As guests arrived in the courtyard, they were treated to a full-sensory experience, beginning with the sweet tones of the harp played by **Candace LiVolsi**, followed by the gorgeous flower centerpieces arranged by **Christine Flora**, and continuing with the tasty drinks and hors d'oeuvres served by Giuseppe Fine Catering.

Guests then moved into the JAI for the high point of the opening reception - the Scholar poster presentations - where they delighted in meeting one-on-one with these young scientists and learning about their research.



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Scientist of the Year Celebration (April 13, 2025) ... Continued from Page 7

Soon it was time to move into the main auditorium for the start of the program. Our fearless leader, **Leslie Bruce**, welcomed the audience and then announced the arrival of the Scholars, who proceeded to march on stage accompanied by the traditional trumpet music (written by **Kevin Yturralde**). Next up was a heart-warming video collage of Scholar introductions put together by the masterful **Rob Healey**. This was followed by an inspiring video message from Scholar alum **Dr. Kathryn Patras**, Assistant Professor of Molecular Virology and Microbiology at Baylor College of Medicine in Houston, Texas.



Dr. Stan Maloy then took the stage and introduced his good friend and colleague, and this year's Scientist of the Year, **Dr. Rob Knight**. Dr. Knight proceeded to wow us with his insights about the profound impact that our microbiome has on our mental and physical health and received a standing ovation from a very enthusiastic and supportive audience! To close out the evening, guests moved into the courtyard for dessert and more lively conversation.



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Scientist of the Year Celebration (April 13, 2025) ... Continued from Page 8

Hats off to the SOY Committee for organizing this spectacular celebration, or, as **Rob Healey** would say, "High fives all around!" SOY Committee: **Cathie Atkins** (Chair), **Kathe Albrecht**, **Ingrid Benirschke-Perkins**, **Leslie Bruce**, **Rachel Collins**, **Margaret Dudas**, **Catie Madani**, **Lisa Perich**, **Laurie Roeder**, **Marla Shepard**, **Tami Strachan**, **Pam Werner**. Technical Support: **Rob Healey**

Thanks also to **Ingrid Benirschke-Perkins** and **Michael Roeder** for photos of the event!

You may view the event on YouTube by clicking [HERE](https://youtu.be/5Lpoh1VvOYE): <https://youtu.be/5Lpoh1VvOYE>

Legacy Society Luncheon (April 5, 2025)



Barbara Doren

The generosity of ARC's Legacy Society was honored at an April 5th luncheon at the lovely La Jolla home of member **Barbara Doren**. Society members had the opportunity to enjoy Barbara's beautiful Easter decorations as well as to be formally recognized for their willingness to include ARCS in their estate plans. Now, with all the economic uncertainty faced by the research community, it is vitally important that we find ways to support our Scholars as they pursue their professional dreams. One way to do this is by joining this very special group of wonderful women in making a commitment to supporting our Scholars not only now, but for years to come.

To learn more about the [ARCS Legacy Society](#), please review our [fact sheet](#) and/or contact **Cindy Goodman**, our Legacy Society Chair, at cynthiagoodman4@gmail.com or (858) 456-2525.



Cindy Goodman

Getting To Know You Program: A Rewarding Experience By **Kim Doren**

We all know that our Scholars spend enormous time doing research and working in their labs. So what do they do when they want to unwind? UCSD Scholar **Chesson Sipling** entered the 100K Canyons Endurance Run. The 62-mile course covered parts of the Western States trail and included 13,000' of elevation. And, while he was racing through

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Getting To Know You Program: A Rewarding Experience... Continued from Page 9

snow, hiking up hills, and consuming thousands of calories, I followed his progress live online. I'm thrilled to report that Chesson completed this arduous race in 15 hours, and he was smiling at the finish line! (Photo taken by Chesson's dad.)



Chesson Sipling finishing the 100K Canyons Endurance Run

I knew in advance about Chesson's impressive endeavor because we met through the ARCS Getting To Know You Program. When **Suzanne Dixon** matched us, my first thought was that she had used an AI algorithm which had hallucinated, because he is getting his PhD in computational physics and I barely passed high school physics. However, when we got together, we immediately bonded over our love of the outdoors and podcasts. What matters most about being a part of GTKY is the desire to connect and be curious. You don't necessarily need to be a career mentor or a wise sage. I'm neither! Most Scholars want to be paired in the program so they can get acquainted with someone outside of their academic circles.

Throughout my years in ARCS, I have had the opportunity to get to know many Scholars personally, mostly by serving as a University Liaison for Scripps Research. This has been one of the most rewarding aspects of being an ARCS member. Our Scholars are fascinating individuals, who possess a variety of talents and interests beyond their fields of study. I highly encourage you to consider being a part of the GTKY program. There are so many Scholars who want to be matched but we need more members to volunteer. In addition, GTKY doesn't have to be a huge time commitment. Meeting for coffee, a walk, or even just touching base via phone or text can make an impact. To sign up, contact Suzanne Dixon at sdixonmd@gmail.com or (406) 868-9009. You won't regret it!

ARCS Member Update

Holly Heaton was thrilled to announce the arrival of her first grandchild on June 18th, which happens to be Holly's birthday! Congratulations, Grandma! Best birthday gift ever!





New Member Profile



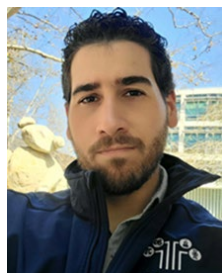
Greta Treadgold practiced law in San Diego for 30 years in various settings: law firms, biotech, and pharmaceutical companies. She obtained her undergraduate degree with honors from Vassar and her J.D. from Cornell Law School. After retiring from practicing law, she obtained her broker's license and worked in real estate part-time for 20 years.

Over the years, Greta has been involved in many community organizations, local schools, and volunteer activities, with a persistent passion for music. She is the President Emerita of the Board of Directors of the San Diego Early Music Society, and was a founding member of the Board of Directors of Sacra/Profana, a leading choral group based in San Diego. She is currently serving on the Board of Trustees of La Jolla Playhouse.

She and husband, Steve, are key supporters of their DNA New Work Series. Greta is also a proud member of the San Diego Women's Foundation and is a member of the Steering Committee of the San Diego Vassar Club. She is also an active member of the St. James by-the-Sea choir in La Jolla, is serving on the St. James White Elephant community rummage sale planning committee, and volunteers at St. Mark's Food Pantry in City Heights.

Greta and Steve have lived in San Diego for 50 years and raised two wonderful sons, and are quite fortunate to have a very inquisitive eight-year old grandson.

Updates from ARCS Scholars & Scholar Alumni



In early May, we were thrilled to learn that **2024-2025 ARCS Scholar Wilfredo Gonzalez Rivera at UC San Diego** successfully defended his thesis proposal on his research: "The Role of Local Ancestry Genetic Variations in Multi-Ethnic Groups to Study Health Disparities through Medically Relevant Biomarkers." This research aims to better understand how genetic ancestry contributes to health outcomes in diverse populations—an essential step toward more equitable precision medicine.

With this milestone, Wilfredo is now officially a PhD candidate in the Bioinformatics and Systems Biology program, with an emphasis in Biomedical Informatics at the UC San Diego School of Medicine. The Department of Biomedical Informatics also recognized Wilfredo's "outstanding contribution and superior dedication throughout the past" with the 2024 Trainee of the Year Award!

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Updates from ARCS Scholars & Scholar Alumni ... Continued from Page 14



Linda Martin, MD, MPH (1995-1996 ARCS Scholar at UC San Diego), University of Virginia Health Chief of Thoracic Surgery, was featured in national media outlets in early April discussing a new medication that helps surgeons spot lung cancer.

It's called Cytalux, a prescription medication given to patients before surgery that causes cancerous tissue to glow under a special light. That glow helps surgeons identify and remove tumors that may be too small or hidden to spot with the naked eye, especially in harder-to-reach areas of the lungs.

"When we're in the operating room, while we're using our usual surgical equipment, we just change the light a little bit to a different wavelength and all of a sudden this nodule will glow or fluoresce and it makes it really, really easy to find," said Dr. Linda Martin.

Here's a link to a local news report that aired in April:

<https://www.29news.com/2025/04/11/uva-health-first-va-use-new-tool-helping-surgeons-spot-lung-cancer/>

And here's a link to Dr. Martin's profile at UVA Health:

<https://uvahealth.com/findadoctor/Linda-Martin-1841392164>



Congratulations to **2024-2025 UC San Diego ARCS Scholars Katherine Izhikevich** (Computer Science and Engineering) and **Consuelo Saucedo** (Biomedical Sciences) for making it to the finals of the 12th annual Grad SLAM competition earlier this month!

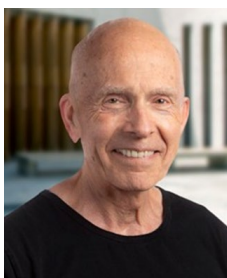
This yearly contest challenges graduate students to distill their complex research into compelling three-minute presentations that are easily understandable by general audiences. Each of UC's 10 campuses holds local Grad SLAM contests and the first-place winners of each will square off on April 29, 2025 for the systemwide title and cash prize.

To learn more about the Grad SLAM competition, click here:

<https://today.ucsd.edu/story/from-ocean-predators-to-ancient-viruses-grad-slam-and-postdoc-pitch-winners-announced>



Updates from ARCS Scholars & Scholar Alumni



Leslie Nangle, PhD (2005-2006 ARCS Scholar at Scripps Research), Vice President of Research at aTyr Pharma, was first author on a paper published in *Science Translational Medicine* on March 12, 2025, in which scientists at Scripps Research and aTyr Pharma characterized a specific protein that can soothe the inflammation associated with sarcoidosis by regulating white blood cells.

Pulmonary sarcoidosis is a lung disease characterized by granulomas – tiny clumps of immune cells that form in response to inflammation. It's the most inflammatory of the interstitial lung diseases (ILDs), a family of conditions that all involve some level of inflammation and fibrosis, or scarring, of the lungs. In the U.S., pulmonary sarcoidosis affects around 200,000 patients. The cause is unknown, and no new treatments have been introduced in the past 70 years.

"Taken together, these results validate a new way to approach immune regulation in chronic lung disease," says **Dr. Paul Schimmel (2020 ARCS Scientist of the Year)**, professor of molecular medicine and chemistry at Scripps Research and the study's senior author.

To read the full press release from Scripps Research, click here:

<https://www.scripps.edu/news-and-events/press-room/2025/20250407-schimmel-harshwhp.html?variation=B>



Rayyan Gorashi (2024-2025 ARCS Scholar at UC San Diego) was one of five graduate scholars to have been inducted into the Bouchet Graduate Honor Society this past April for exemplifying academic and personal excellence, fostering an environment of support, and serving as an example of scholarship, leadership, character, service and advocacy for students in academia.

The Bouchet Graduate Honor Society was co-founded in 2005 by Yale and Howard Universities and named for Edward Alexander Bouchet, the first African American doctoral recipient in the United States.

You can read the full story here: <https://today.ucsd.edu/story/leaders-and-advocates-in-inclusive-academic-excellence>



Scholar Alumni – Where Are They Now?

Celeste Thomson Yoshinobu, MS (1993, SDSU) has been Associate Director of Student Affairs for the Texas Tech Department of Geosciences in Lubbock, Texas since September 2022, while continuing to serve as Academic Advisor for the same department, a position that she has held since 2010. Her departmental decision support and student mentorship have garnered much praise and many awards, including the President's Excellence in Academic Advising Award in both 2016 and 2023, the Excellence in Support Award for the College of Arts and Sciences in 2022, and the Phenomenal Women of Texas Tech Award in 2023.



Shannon Biros, PhD (2005-2006, Scripps Research) joined the faculty of Grand Valley State University (GVSU) in Allendale, Michigan, as an Assistant Professor of Organic Chemistry in the fall of 2008. She was a graduate of GVSU, receiving her BA in chemistry and BS in biomedical sciences in 2001. From there she moved to San Diego to pursue a PhD in chemistry at Scripps Research under the direction of Professor Julius Rebek, Jr. Following the completion of her thesis, Shannon spent a year at the University of California, Berkeley as a postdoctoral research associate in the laboratory of Professor Kenneth N. Raymond investigating the guest binding properties of a series of supramolecular metal-ligand clusters. She is currently in her thirteenth year as a faculty member at GVSU, and maintains an active research group of undergraduate students.



Richard Dorsky, PhD (1992, UCSD) is currently Professor of Neuroscience at the University of Utah, Salt Lake City, as well as Associate Dean for Research Space at the University of Utah School of Medicine.

Back in 2009, the Center for Oral History at the Science History Institute in Philadelphia conducted an interview of Richard Dorsky as part of a series supported by a grant from the Pew Charitable Trusts based on the Pew Scholars Program. Richard Dorsky was a Pew Scholar Awardee in the Biomedical Sciences from 2003-2007. The collection is an important resource for the history of biomedicine, recording the life and careers of young, distinguished biomedical scientists.



Here is a synopsis of that interview: Richard Dorsky grew up in Palo Alto, California. His father was a chemist; his mother was a computer programmer. Dorsky always liked to understand how things worked, and his father promoted Dorsky's early interest in science with simple

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Scholar Alumni – Where Are They Now?...

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experiments at home and trips to the chemistry lab. Strong associations with Stanford University faculty and their children further encouraged a strong academic leaning. An outstanding biology teacher in high school turned Dorsky's interest in chemistry to a love of biology. Dorsky entered the University of California, Berkeley, where he majored in molecular biology; he worked in Mark Davis's lab at Stanford University and did summer lab work with Peter Schultz. During his junior year Dorsky injured his knee while skiing for the ski team; after surgery on his knee, he spent some of his recovery time traveling in Europe. He loved Corey Goodman's developmental neurobiology class and entered Goodman's lab, where he wrote his honors thesis with Alex Kolodkin; after his graduation he spent a further year as a technician in Goodman's lab while he considered graduate schools.

For his PhD, Dorsky entered William Harris's lab at University of California, San Diego, where he immediately won a National Science Foundation grant and began working on notch function gene in the retina. He met his future wife and followed her to Sydney, Australia, where he spent six months in David Rapaport's lab. While deciding on a postdoc Dorsky became interested in Wnt signaling and zebrafish. He accepted a position at the University of Washington, where he worked in two labs, David Raible's and Randall Moon's. There he researched Wnt signaling and continued writing and publishing papers. He left Washington for an assistant professorship at the University of Utah.

At the end of the interview, he talks about the community of zebrafish scholars, its friendliness and willingness to share; its rapid growth; and its usefulness as a proxy for understanding human brains. He takes the interviewer on a tour of his facility (6,000 tanks shared by eighteen labs) and describes how the University controls access and training. Dorsky talks about the Pew Scholars Program in the Biomedical Sciences grant and the annual meetings. He discusses recruiting students and postdocs; his lab management style; his own bench work; his teaching duties; his administrative commitments; collaborations; and more about publishing and journal hierarchy.

Dorsky explains how understanding the zebrafish's brain will lead to understanding human neurogenesis. He concludes his interview by describing how he attempts to balance his family life with life in the lab.

To gain access to a complete transcript of the interview, click here:

<https://digital.sciencehistory.org/works/npgiydd>

ARCS Calendar of Events

JULY

- Tuesday, July 15 – Board Retreat (location TBD)
- Thursday, July 24 - Field Trip to Gemological Institute of America in Carlsbad