



INSIDER



October 2017

PRESIDENT'S MESSAGE...



Helga Moore

I just returned from a trip to my native country, Norway, and I look forward to the challenges that lie ahead. In my absence, Co-President Mary Lou Quick did a terrific job in overseeing all the tasks that needed to be completed: the Roster, gathering of Scholar information, planning the fall General Meeting, and the execution of the successful Summer Party, to name a few. Thanks to all who worked so hard on getting everything done in a timely manner.

Our Chapter has been blessed with many talented and dedicated leaders, so taking on a leadership role is a hard act to follow. Mary Lou and I will do our best to create an atmosphere of trust and respect where the members will feel that they are contributing to our mission. Let us do it in a creative, efficient, and fun way.

I am thrilled by the dedication and enthusiasm among our Board members.

We have a really strong Board of Directors (thank you, Nominating Committee).

The committees are facing the challenges head-on by finding solutions to decreasing membership, pursuing new ways to raise money, and improving relationships with the Scholars and the institutions we support. We will continue to seek avenues to communicate better with our members and to make ARCS more visible in the community. And we will strive to make the general meetings appealing by providing informative and interesting speakers as well as time for socializing.

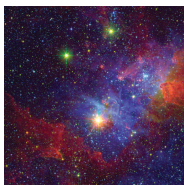
The SOY Dinner will take place at the Sheraton San Diego Hotel and Marina on Thursday, April 19, 2018. Our Scientist of the Year is Dr. Fred H. (Rusty) Gage, Professor in the Laboratory of Genetics at the Salk Institute. He is the Vi and John Adler Chair for Age-Related Neurodegenerative Disease. As always, it will be a festive and informative event, so please plan to attend and bring your friends.

The SOY Committee is in the planning stages and several members have indicated their willingness to help. Unfortunately, we do not have a chairperson yet, so any suggestions and ideas are greatly appreciated.

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LEGACY SOCIETY MEMBERS

Thursday, October 16, 2017 • 2:00 pm - 4:00 pm
FOR CURRENT AND POTENTIAL LEGACY SOCIETY MEMBERS
La Jolla Country Club, 7301 High Ave, La Jolla, CA 92037



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Here is some information about myself. I am a naturalized U.S. citizen. I came to this country in 1960 as an exchange librarian for one year. However, I met my future husband, got married and the rest is history. After my two daughters were grown, I went back to work and retired as the Deputy Director of the San Diego Public Library. I joined ARCS in 2010 after Norma Hidalgo had invited me to several events and sparked my interest. My late husband was an aerospace engineer and supported me wholeheartedly in my decision to become an ARCS member.

I look forward to working with all of you and thank you for having confidence in me.

Helga S. Moore, President, San Diego Chapter

ARCS Shining Star



SUZANNE DIXON-HENNESSY

Suzanne, a physician who practiced for many years in academic medicine, joined ARCS in 2012 and has been particularly interested in Scholar development. She initially served on the University Relations Committee and later published the *Insider*, where she made many positive changes. For the past year, she has been the university liaison for UCSD and has taken on this role with enthusiasm and innovation. Suzanne has been having Scholar dinners at her home on a regular basis, and has brought in various speakers to enhance her Scholars' lives and careers. The speakers include a financial planner, a high-tech start-up entrepreneur, an insurance professional who discussed coverage, and a career development consultant who gave tips on resume preparation and professional writing. The financial speaker generated so much interest and so many questions that the Scholars asked if he would return for an encore performance!

Suzanne is also a gourmet cook and knew that serving food to Scholars would be a big draw. It was, and one Scholar even volunteered to prepare a meal at Suzanne's home for the Scholars.

Congratulations, Suzanne, for your generosity and the difference you make in our Scholars' lives.

Annual Summer Party

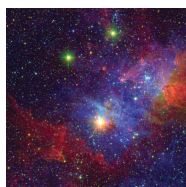
Doris Ellsworth, a 30-year member, and Ellen Moxham, a three-year member, teamed up recently to co-chair the annual summer party: "Be The Astronaut." In a nod to ARCS origins, Doris secured the Air and Space Museum, a perfect setting, and negotiated a fabulous price, so that we could all enjoy a fun and educational evening. Ellen worked with the Museum staff to create beautiful written materials and invitations. As a result of their hard work and attention to every detail, the evening was a smashing success. Doris and Ellen, we thank you and your team for a terrific evening! You are party planners extraordinaire!

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Annual Summer Party... Continued from Page 2





SEIZE THE OPPORTUNITY...

To be the Chairperson of the 2018 Scientist of the Year Dinner.

Have you always wanted to feel the sense of accomplishment that comes with organizing a fundraiser for a worthy cause? Have you wanted to use your leadership skills to pull the talents of many people together to create an impressive evening for your organization? Have you wanted to interact with well-known scientists in the San Diego area to learn more about their research and get to know them personally? The position of chairperson of the Scientist of the Year Dinner is open for you.

For 2018, our prominent Scientist of the Year will be Fred "Rusty" Gage, Ph.D., of Salk Institute, one of the most renowned scientists in our area. Gage and his colleagues discovered that the human brain can grow new neurons throughout life. His research has determined that environmental enrichment and physical exercise can enhance the growth of new brain cells. His awards and honors are numerous, including presidency of the International Society of Stem Cell Research, election to the National Academy of Sciences Governing Council, and listing on the 2015 Thomson Reuters "The World's Most Influential Scientific Minds."

The date of the Scientist of the Year Dinner, which will be held at the Sheraton San Diego Hotel and Marina, is set for Thursday, April 19, 2018. The very efficient team at the Sheraton is eager to work with ARCS again this year to make the event a memorable one.

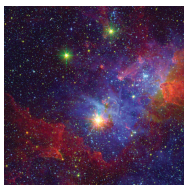
The team approach will be used this year to organize and carry out the Scientist of the Year Dinner. There are already many talented ARCS members who have volunteered to help with the event. A timeline is in place, vendors have been identified, and an organized system for reservations and seating has been planned. Perhaps this is your opportunity to make a positive contribution to ARCS and the Scholars who are the future of science in America.

Perry Colapinto, *Chairperson, Scientist of the Year Dinner 2017*

Legacy Society

LEGACY SOCIETY MEMBERS: Save Thursday, October 26th at 2:00-4:00 for a private tea party at La Jolla Country Club. Sponsored by the Fund Development Committee, it is an opportunity for ARCS San Diego to show appreciation and gratitude to those members who have included ARCS in their estate planning. Attendees will have an opportunity to visit with ARCS scholar Lisa Alvarez and ARCS member Patty Fuller who professionally does legacy work with non-profits. If you are not a member of the Legacy Society and would like to learn more, this also could be an event to meet members who have included ARCS in their legacy planning and to find out more about the process. Contact Becki Etess (858-456-2593) at becketess@aol.com for further information.

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Legacy Society... Continued from Page 4

WHAT LEGACY WILL YOU LEAVE?

Will your legacy transmit value to others?

LEGACY is a word that embodies lessons left to others. Using LEGACY as a mnemonic device (a reverse acronym, if you will) it can be used to describe a path to follow:

L = Leave a legacy to your children by investing in the future

E = Endow the future of science education in our community

G = Guide your children to meaningful values

A = Advance science in America through philanthropy

C = Challenge others to making a difference beyond your lifetime

Y = You can play a key role in the lives of future scientists

As part of your legacy, leaving a planned gift to ARCS will transmit value to others! Philanthropy is a learned behavior and like other values, is taught mainly by example. Others will learn from your example.

We invite you to become a member of ARCS Legacy Society by making known your intention to leave a planned gift.

For more information, contact Becki Etes at beckietess@aol.com or 858-456-2593. *Your request will be confidential.*



“SPOTLIGHT ON SCHOLARS: RIGO CINTRON-COLON”

New TSRI Research Reveals Pathway for Anti-Aging Therapies

By Madeline McCurry-Schmidt

Two new studies led by scientists at The Scripps Research Institute (TSRI) could guide future therapies to improve health and lifespan. Together, the studies in animal models shed light on how reducing calorie intake directly influences lifespan by also reducing body temperature. Importantly, the researchers also identified a molecule that responds to lower body temperature to regulate lifespan in fruit flies, giving scientists a target for future pharmaceuticals that may increase longevity.

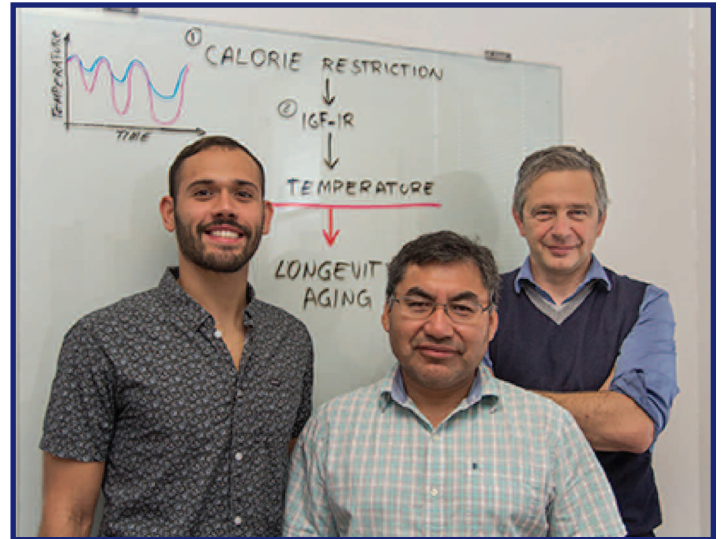


Photo of Rigo Cintron-Colon, Manuel Sanchez-Alavez, M.D., Ph.D. and Bruno Conti, Ph.D.

“This exciting discovery demonstrated that the main biochemical pathway that regulates aging acts by lowering body temperature,” said TSRI Professor Bruno Conti, who led the first study.

“Flies also live longer in the cold and the mechanisms that regulate this response overlap with key aging pathways,” said TSRI Associate Professor William Ja, who led the second study on TSRI’s Florida campus.

The new research was published in the journal *Proceedings of the National Academy of Sciences*.

Study Sheds Light on How Calorie Restriction Extends Lifespan

Scientists have long known that reducing calories—without causing malnutrition—can extend lifespan in animals.

“Researchers had found that mice that eat 40 percent less than normal live much longer—and they actually look younger,” said Conti.

Calorie restriction can also lead to a lower core body temperature. This just makes sense, Conti explained. “If there’s no food, it’s smart to reduce body temperature. You’re reducing your energy expenditure,” he said. “It’s fundamental for the survival of the organism.”

The new study finally shows how these two observations are related. Conti and his colleagues found that it all comes down to how the body uses a molecule called the IGF1 receptor. Previous studies had shown that lowering the activity of the IGF1 receptor can extend lifespan.

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New TSRI Research on Anti-Aging... Continued from Page 6

Using genetically engineered mouse models, Conti's team found that calorie restriction provides the signal to lower body temperature, and that this occurs by reducing the activity of the IGF1 receptor in the brain.

"For the first time, we showed that calorie restriction, body temperature and the IGF1 receptor are part of the same pathway," said study first author Rigo Cintron-Colon, a graduate student in the Conti Lab.

TSRI Assistant Professor Manuel Sanchez-Alavez, who is a co-first author on the publication, emphasized that the research should not encourage people to try extreme diets or cool their body temperatures in the hope of living longer. "My advice is: Do not try this at home," he said. He explained that the study is significant because a better understanding of the full pathway between calorie restriction and lifespan gives scientists several points where they could attempt to intervene with a pharmaceutical.

Inspired by observations that female mice seem more sensitive to calorie restriction, the researchers said their next step is to investigate whether male and female sex hormones affect the pathway.

News from University Relations

By Priscilla Moxley

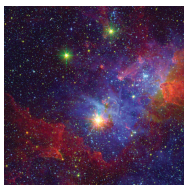
Our committee enjoyed a nice break over the summer visiting many places. I for one, can highly recommend the Oxford Experience, England. There are some 25 weekly courses to choose from, you stay in the dorms of Christ Church and meet people from all over the world. It is simply over the top! Sally Thomas/SDSU and Suzanne Dixon/UCSD shared their

experiences with us when they traveled to special spots to witness the eclipse. Suzanne's son's company, Teton Skies in Jackson Hole, Wyo., put together a very professional scientific package in partnership with the local Four Seasons Hotel for those who came to see it. Her anecdotes and pictures made it almost as good as being there. In addition we have Kim Doren/TSRI and Linda Johnson/USD.

We are pleased to announce that by the first week in Sept. we had all our scholars in place. We have a total of 58 scholars with 31 at UCSD, 5 at TSRI, 18 at SDSU and 4 at USD. You will have a chance to meet the new scholars at the Fall General Meeting. We are in the process of collecting their contracts and biography forms with photos which will appear in the Scholar Directory for you.

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University Relations... Continued from Page 7

Our upcoming activities include the check presentation at each school with the Chancellor and scholars, our annual Fall Scholar Picnic which our committee always looks forward to at the wonderful home of Candace Kohl with Yolanda Walther-Mead's famous taco man. In addition, both Suzanne and Kim have enjoyed continuing the Sunday Night Suppers tradition of hosting the scholars at their homes. Suzanne even recruited our wonderful new member/secretary, Barbara Starkey to help with the cooking so you see we are multi-talented.

This catches you up to date with University Relations. As always, we are indebted to the marvelous secretaries at the schools who are so helpful to the liaisons.

Calendar of Events

FRIDAY, OCTOBER 13, 2017

Fall General Meeting

MONDAY, DECEMBER 11, 2017

Holiday Party

THURSDAY, APRIL 19, 2018

Scientist of the Year Dinner