



# INSIDER



March 2016

## ***PRESIDENT'S MESSAGE...***

### ***Dear ARCS Friends,***



Mary Fitz

**J**anuary 27th through January 29th I was in Phoenix, Arizona, with the National ARCS Convention. During these three days, a great deal of work was done by the National Board and the Presidents' Council. It was a pleasure to see that all sixteen chapter Presidents were in attendance. The information, comparisons, and support that was available for a chapter President was uplifting. Among the attendees were outstanding women who have dedicated many hours and years to bringing a professional and responsible look to ARCS Foundation's name and reputation.

Part of this meeting included a presentation from a consulting firm which made suggestions for bringing ARCS Foundation Inc. forward into the next decade. It was called the 20/20 Plan. There was one statement this business consultant made that profoundly concerned me. It was, "You have two kinds of members: donor members and participating members." Indeed that is the case with the San Diego Chapter. Apparently many chapters are confronting the same problem of fewer participating members. The question I ask is, " Why is this so?"

Over the last couple of years the SD Board has hired an Administrative Assistant, and more recently, a part time bookkeeper, in an effort to make large jobs more manageable for a volunteer. I'm sure that encourages some to step up to significant jobs, but what is most needed is committee members to support those who have agreed to lead. We need a community of volunteers who are looking for new members who wish to connect with the cause of financially supporting our Scholars. If we are unable to do so, I worry for the continuation of ARCS as we have known it. To me, having a strong local chapter raising money for our local universities and Scholars is the essence of why I'm willing to work hard

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## **SAVE THE DATE**

### **ARCS SOY DINNER**

**Friday, April 1, 2016 • 6:00pm**

**Honoree: Dr. Lawrence S.B. Goldstein**

**Hilton San Diego Resort and Spa, 1775 East Mission Bay Dr., 92109**



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

for this chapter. I do not wish to raise National dues to support a large bureaucracy distant from what we do locally.

April 1, 2016, will be our Scientist of the Year Dinner. We have quite an illustrious Scientist selected. He is Larry Goldstein, Ph.D., renowned stem cell researcher who is Director of the Sanford Consortium for Regenerative Medicine and Director of UC San Diego Stem Cell Center.

It has been my pleasure to contact people to ask them to serve on the Honorary Committee. I have received so many positive responses to my requests. I've heard over and over, "Good choice," "Well deserving, "

"It would be my pleasure to serve," "He is a delight to work with." These were unsolicited comments so quickly and sincerely given. I've come to understand there is something unique and highly respected about this particular Scientist of the Year. So come and hear what it is that draws interest and admirers to our 2016 Scientist of the Year, Larry Goldstein, PhD.

For this big event we will need hosts, nametag people at the reservation table, setup and pickup people for the tables. This is an opportune time to participate in a very small way and share in the accomplishments of our big annual event. Please call Marge Hebert if you are willing to help out in some way. Joining the "Getting to Know You" program is an important way to connect with our mission and serve as a part of our connection with our Scholars. Sally Thomas would be happy to find you a Scholar or two to get to know, and it is always nice to have your very own Scholar for the evening.

See you April 1, 2016, at the Hilton Mission Bay Resort & Spa to honor a very special Scientist of the Year.

*Mary Fitz, President*

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## ***OUR 2016 ARCS LIGHT, San Diego Chapter***



**F**irst announced at the January General Meeting, please offer your warmest congratulations to our 2016 ARCS *Light*, **Mary Lou Quick**. Mary Lou represents all the great qualities of the ideal that can "*light*" our chapter to the best it can be.

She is a native Californian, and grew up in San Diego, having attended local San Diego City Schools, Franklin Elementary and Wilson Junior High. She graduated from Hoover High School, and attended her senior prom with Harry, the man she would later marry. She then attended San Diego State University, where she pledged Alpha Phi, and graduated in 1956, with a teaching credential. That's when her husband-to-be returned from the Air Force and service in Korea. On June 24, 1956, they married. (You'll note that means they will celebrate 60 years of marriage this June!).

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## ***Our 2016 ARCS Light...*** Continued from Page 2

After graduating with a teaching credential and a BA in Spanish, Mary Lou began her teaching career at the then brand-new Crawford High, teaching Spanish. Her influence remains strong among many former students, including the graduates of those early days. Years later, while sitting in Ramona at a Rotary International Meeting, she was publicly identified by a visiting dignitary as a great teacher, the one who made it possible for him to have real fun while visiting Mexico because he could understand the language.

Her entire life has been marked by volunteerism. She is mother to three boys, and in their earlier years she became a volunteer in the Red Cross sponsored Backyard Swim Program, where she learned to swim herself, and became the teacher to many, many young people, offering that potentially life-saving skill to all. Years further on, with her daughter-in-law, Mary Lou created a “native habitat” garden at Green Elementary School, a garden which still flourishes.

As an adult advisor for the Boy Scouts, she is known as the only woman who ever took and completed the Camelback Hike, a 30-mile desert hike. When her youngest was only 8, she climbed Mount Whitney – inspiring her middle child to decide that if his youngest brother and his mother could do it, he would, too. And they did: all five of them!

Later still, as a survivor, she became a volunteer in the Kaiser Hospital “R.O.S.E. Project,” offering advice and counsel to newly diagnosed breast cancer patients.

During many of those years, Mary Lou taught school, mostly Spanish and some ESL, primarily in the Grossmont Union High School District, from which she retired in 1994 to join her husband in extended sailing activities. After they moved to Borrego, though, she volunteered for the Chamber of Commerce Board, and quickly became, for three years, the officer in charge of Borrego Days, also serving as President of the Homeowners Association there.

And, for us in ARCS, San Diego, her outstanding record speaks for itself. After moving to Ramona, she joined our chapter in 2005, served as Recording Secretary for one year; then became, in quick succession, VP University Relations for two years and VP Communications for two years. As separate terms, she served as Director of Publications for 2 years, as Assistant Treasurer, Donations, for one year, and is now, again, VP of Communications. Most of that time, she was living in and driving from Ramona, often more than an hour away from regular meetings, a dedication rarely matched. She has just moved into Alpine, and will have lots of stories to share when you ask.

Asked to describe Mary Lou, members speak of her winning smile, her warmly positive attitude, and her ability to bring together all. So, clearly and happily, it is my pleasure to formally introduce **MARY LOU QUICK**, the 2016 member who continues to lead and to “light” us all.

Robin Luby, 2015 Light



## ***It's not too late to Get to Know a Scholar!***

**W**e still have a number of Scholars who have expressed an interest in getting to know an ARCS member but have not yet been matched. Members who have participated in "Getting to Know You" in the past have found it to be very rewarding and just plain fun.

There is no particular commitment. The Scholar contact can be as simple as getting together for a cup of coffee, having lunch, or throwing a dinner party. It is entirely up to the ARCS member. Some of our members have joined with other members to have a combined get-together. It is really up to you to plan your activity.

If you are interested in getting to know a Scholar, please email Sally Thomas at [smrthomas@cox.net](mailto:smrthomas@cox.net). If you have an interest in a particular field of study or a geographic area, include that information. You'll be glad you did.

## ***INHERITING AN IRA... WINDFALL OR TAX TRAP?***

*by Patty Fuller*

**D**id you know that when you designate a beneficiary for your IRA (other than a spouse), they will pay taxes at their own tax rate on the amount inherited? So, on an IRA worth \$100,000, your heirs may lose as much as \$35,000 to Uncle Sam. If your estate is large enough, they may lose additional amounts as high as 45% to estate taxes. That could be 70%-80% of the account!

Naming a charity as a beneficiary of your IRA might be the solution. It will not affect required distribution during your lifetime and allows you to put dollars that might otherwise be "taxed away" to good use. Talk to your tax advisor. You may actually be able to pass on more assets to your heirs by using your IRA to make a charitable gift.

If you would like to make a charitable gift of your retirement account, consider naming ARCS Foundation San Diego Chapter as a primary, secondary or contingent beneficiary. When you do, 100% of the unused balance becomes a charitable gift. You pay no tax on the donated amount and the asset is removed from your estate. If you are married, consider naming ARCS as the second beneficiary, after your spouse.

Simply fill out the beneficiary designation form provided by the plan administrator of your 401(k), Keogh, pension plan, or traditional IRA, as follows:

**ARCS Foundation, Inc., San Diego Chapter**  
**Federal ID# 33-0164533**  
**Corporate No. 126772**

*If you have any questions, contact Patty Fuller at [patty.fuller@roadrunner.com](mailto:patty.fuller@roadrunner.com) or (858) 336-8191 to ensure that your charitable wishes are honored.*



## ***Members of the Galaxy Learn About***

***“The Potential of Oxytocin as a Novel Treatment for Schizophrenia”***

***Dr. Paul Shilling, Professor of Psychiatry, Neuroscientist and Project Scientist, UCSD Department of Psychiatry***

**N**oting that he’s working on several different projects, Dr Shilling said he is most excited about his work on oxytocin as a potential treatment for schizophrenia. First providing basic information about the disorder, he said there are three million people in the US with schizophrenia and about 1% of the population worldwide. The overall cost is \$67 billion a year. The average age of onset is 21 in men, 27 in women. It is more severe in men; It is thought that estrogen might be somewhat protective. Genetics contribute to 50-80% of patients, with an average life expectancy of 10-20 years less than someone without the disease. It affects 30% of homeless people; 10% of patients commit suicide. Symptoms include psychosis, hallucinations and paranoid delusions. Cognitive defects include problems with memory, attention, abstract reasoning and social cognition. He added that schizophrenia is not a multiple personality disorder as some people seem to think.



Antipsychotic drugs were first used in 1956 but have not been effective in treating the cognitive deficit symptoms, i.e. what the patient is lacking. These include lack of motivation, expression of emotion, interest in activities, and social interaction deficits. Current drugs have side effects such as muscle stiffness and weight gain. In the 1990s there was a new generation of drugs that reduced psychosis, but the side effects continued. Eighty percent of patients with schizophrenia don’t recover from this lifelong disease.

Following a video, Dr. Shilling talked about his research with oxytocin, which treats cognitive defects and the negative symptoms. It is a drug that facilitates social interaction. Oxytocin means quick birth in Latin. Classically, it is released right before labor and facilitates lactation. With further study, scientists have also discovered the social effects: In initial studies, the drug’s injection in the brains of rats and sheep resulted in the expression of maternal behavior and heightened social interaction. In human studies, it’s been shown to be released when a mother interacts with a baby. A single dose, injected in the nose, helps people interpret facial expression, increases trust and generosity, increases pro-social behavior and perception of subtle responses such as sarcasm, and decreases the fear response.

Dr. Shilling noted that his colleague, Dr. David Feifel, determined that oxytocin led to improvement in cognitive deficits in autistic patients. Additional clinical trials have followed with promising results.

Regarding future directions for his work, Dr. Shilling said they are looking for the optimal dosing regimen, the timing of oxytocin use, the extent of the effects on negative symptoms, and which patients are most responsive.





## *ARCS Members tour the Galaxy on their Winter Field Trip to Challenge Center*

**T**wenty-two ARCS members and their guests enjoyed visiting the Challenge Center in La Mesa on Wednesday, February 3rd. Thanks go to Sharon Lee Master and Anne Rice who brought this non-profit agency to our attention. Here is a recap of our morning.

We were met by Executive Director Tiffany Piquilloud, who holds an MS in Physical Therapy, and coordinates the efforts of the various therapists and aides who work one-on-one with clients of all ages. They provide great care for seniors and those with disabling conditions. Tiffany explained that the goals of the program include independence, quality of life and good health. Tiffany demonstrated activities on a wide array of state-of-the-art physical therapy equipment.

We met several clients who showed us the progress they have made in regaining strength, balance, coordination, or the ability to walk again after suffering paralysis.



What is most remarkable is that these services are provided on a sliding scale or at low cost to clients whose insurance agencies have denied further treatment. The Challenge Center has been the recipient of a grant by the Gary and Mary West Foundation, the Christopher Reeve Paralysis Foundation, and from other agencies.

After our tour and a very inspiring video, we concluded the field trip with a tasty lunch at the Lake Murray Cafe.

Please join us on our next outing which will be on [April 22](#) when we visit the Miniature Engineering Craftsmanship Museum in Carlsbad. This museum appeals to both men and women and we will see hand-built miniature cars, planes, boats, trains, steam engines and other finely detailed machines.





## ***Members of the Galaxy to Attend SOY Dinner***

**H**ave you made your two reservations for the SOY Dinner to be held April 1, 2016 at the Hilton San Diego Resort and Spa on Mission Bay? If not, send your reservations/donation to Marge Hebert, Event Chair, 7770 Lake Tahoe Avenue, San Diego, CA 92119-2530. Remember this is one of your membership obligations and so much fun to fulfill. On your reply card you also have the opportunity to sponsor an ARCS Scholar for dinner. This is a wonderful time to visit with our Scholars and view their posters explaining their scientific projects.

The reception will begin at 6:00 PM, followed by a delightful dinner at 7:30 PM. Our SOY honoree, Dr. Lawrence S. B. Goldstein, will speak on ground-breaking research on stem cells. You will also hear from Danielle Grotjahn our Scholar speaker from TSRI graduate program. Dr. Irwin Jacobs, Qualcomm Co-founder is the honorary chairman.

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## ***New Stars in the Galaxy***

### **LIZ CHRISTENSEN**



Liz is retired after a 30-year career in Risk Management and currently consults for a local brokerage firm in Portland, Oregon. She earned a graduate degree in the Foster Business School in Banking at the University of Washington.

Liz has extensive experience in volunteer work, participating in Jr. League, Big Brother and Sister and as a Court Appointed Special Advocate. She is currently an active member of ARCS in Portland and sponsors a Scholar at Oregon State University. She is also a member of Back Country Horsemen Association and has been involved in working to create a park for the local community.

Liz is married and has two grown children with a grandchild on the way. Her two dogs and two horses travel with her between Portland and San Diego.

### **LAURA DAVIES MATEO**



Laura first joined ARCS in Houston in the 1980's but did not become involved until she became a member of the Northern California chapter in the early 90's. She coordinated the booklet for their Scholar Luncheon, served on the University Relations committee for several years and chaired the Allocations committee for a year. After 15 years living on the East Coast in cities without ARCS chapters and moving to Fallbrook in late 2014, she is thrilled to join the San Diego chapter. Laura's past civic involvements include having served as a trustee of the California Academy of Sciences while living in the Bay Area, and of the South Carolina Aquarium while living in Charleston, South Carolina. She has three sons, two of them Marines stationed in Southern California, a daughter and two daughters-in-law.



## ***Message From Your Outer Space Editor***

It is my pleasure to be your *Insider* Editor for this year. It is a lonely job, but I wouldn't feel like I am in outer space if you will email ([lgshowley@cox.net](mailto:lgshowley@cox.net)) or call me (619) 466-9406 with ideas for articles for the next Insider (publication in May). Here are a few ideas—honors and awards ARCS members may have received, field trips, details of upcoming parties, meetings, special events, etc. I hope to make this news of the Galaxy interesting to all.

Thanks, **MARTI SHOWLEY**

## ***Celestial Calendar***

**MARCH 27 ..... EASTER**

**MARCH 17 ..... HAPPY ST. PATRICK'S DAY**

**APRIL 1 ..... SOY DINNER**

*at Hilton San Diego Resort and Spa*

**APRIL 15 ..... TAXES DUE (BOO HOO)**

**APRIL 22 ..... MINIATURE ENGINEERING CRAFTSMANSHIP  
MUSEUM FIELD TRIP**