



INSIDER



Winter 2018

CO-PRESIDENT'S MESSAGE...



Mary Lou Quick

Happy New Year! It seems every year comes sooner and sooner, and we always have so many things to accomplish. This year is no different. Every January, ARCS begins the New Year with a General Meeting. This year we met January 23 at Morgan Run Club and Resort with two guest speakers featured: Karen May-Newman discussed Women in Engineering at SDSU, and ARCS Scholar Cody Carpenter of the Jacobs School of Engineering at UCSD educated us on the sense of touch through NanoEngineering. It was such a treat seeing so many members at this luncheon where we also honored our Associate members. I urge all members to mark their calendars now for the June 14th General Membership Meeting at San Diego Yacht Club.

As a function of my "Co-President" role this year, I took part in a National conference call last month. This was a first for me, and I found it exciting to be part of a group of women calling in from all over the United States. The discussion involved setting the agenda for the presidents' meeting at the National gathering in Phoenix later in January, and it was encouraging hearing that almost all ARCS chapters have similar concerns — encouraging, because *together* we can work on solving them. Topics covered were the future of PATS Portal on the ARCS website, communication with Scholar alums, fund development, and the updating of Chapter Profiles on the ARCS website.

So, once again, the New Year is starting out as a busy one. You will learn more about what to look forward to in 2018 as you read this first Insider. I look forward to seeing all of you taking part in our many activities.

Mary Lou Quick, *Co-President, San Diego Chapter*

NEW DATE

ARCS 2018 Scientist of the Year Dinner
Postponed until Thursday, October 4, 2018
PLEASE SAVE THE DATE!



NEWS FROM CHAPTER PRESIDENT...



Helga Moore

As you have probably heard by now, the 2018 Scientist of the Year dinner scheduled for April 19, has been postponed until Thursday, October 4, 2018.

About ten days ago, I received a call from the Salk Institute informing me that Dr. Gage, our honoree, would no longer be able to attend the event to accept the award and deliver the keynote address. This unfortunate and unanticipated situation is due to the fact that Dr. Gage was just appointed the Interim President of Salk and is now required to attend the Salk International Board meeting which occurs on the same date.

Since this happened, the SOY Dinner Planning Committee has met twice to consider how to proceed. The majority of the Committee felt that postponing the event, rather than having another scientist from Salk accept the award on Dr. Gage's behalf, was the preferred option. Fortunately, the Sheraton Hotel was able to move the event to October 4, 2018.

I know we are all disappointed, but the postponement gives us time to explore modifying the event that could support increasing attendance from the various segments of the San Diego STEM community.

Dr. Gage is still the 2018 Scientist of the Year and you will find his bio in a different place in the newsletter.

The SOY Dinner planning Committee is still intact and is composed of the following sub-committees: **Overall Planning and Sponsorships (Helga Moore/June Chocheles), Honorary Committee (Reena Horowitz), Communications (Perry Colapinto), Event Logistics (Laurie Roeder), University Relations (Priscilla Moxley)**. As you know, it "takes a village" to put on such a major event, so please let the sub-committee chairs know if you are willing to help. We are also looking for a coordinator to oversee the whole Committee, so please let me know if you would like to serve in this capacity.

On the National level, the **All Members Conference** will be held in Washington D.C. April 25-28, 2018. I assume you have seen the e-blasts from National and it's not too late to register. The conference will celebrate the 60th anniversary of ARCS Foundation and will also include a dinner and tour at the Supreme Court.

Several San Diego Chapter members have already registered, including myself, and I encourage all of you to consider participating in this memorable event. Please let me know if you need further information about the conference.

The National Board Meeting was held in Phoenix January 18-20. It was the first meeting I attended since the restructuring of the Board. The Chapter presidents are no longer members of the Board, however, plenty of time was set aside for networking and sharing best practices. National President Andi Purple attended one of our meetings and showed great interest in our concerns. Her goal is to foster a better relationship with the Chapters. To that end, National will make an effort to have National Board members visit each Chapter.

Helga S. Moore, President, San Diego Chapter



ARCS Fall General Meeting



The 2017-2018 Academic Year kicked off with the Fall General Meeting, held on October 14th at the La Jolla Country Club. Members braved the beautiful weather to enjoy catching up over coffee and tea until Chapter President, Helga Moore, called the meeting to order. She welcomed members and the new Scholars attending the meeting. Committee vice-presidents and others gave their reports, and attendees heard from Mary Lou Quick, June Chocheles, Bobbie Vandervoort, Perry Colapinto, Rachel Freidman, Becki Etes, Holly

Heaton, Doris Ellsworth, Laurie Roeder and Priscilla Moxley. The business portion of the meeting ended with the liaisons introducing the 26 new Scholars.

Scholars joined members at their tables for a delicious lunch and a fascinating talk by the guest speaker, Dr. Andy Nosal of Scripps Institution of Oceanography and USD. His presentation, NOT JUST ON VACATION, WHY LEOPARD SHARKS HANG OUT IN LA JOLLA can be found on YouTube: [Dr. Andy Nosal, Not Just on Vacation.](#)

It was a very successful and enjoyable meeting.

2017 ARCS Presidents Luncheon

Laughter and hugs filled the room where 15 ARCS Presidents joined together for their annual luncheon and a delightful afternoon of conversation and camaraderie. The luncheon was held October 30th at La Costa Glen Retirement Community and coordinated by Marti Panarisi, Joan Evangelou and Dottie Georgens.



We shared ARCS stories of successes, past dinners and activities, and laughed about our mistakes. Helga and Mary Lou, current Co-Presidents, thanked past Presidents for their service, and shared plans for 2017-2018, encouraging continued service.

Even though these Presidents span 33 years of service, they are extremely close friends. It's hard to describe their wonderful relationships. Most say that their "Bonds of Friendship" is one of the

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Presidents Luncheon... Continued from Page 3

reasons they stay involved. Since our Chapter's founding in 1985, all of the 22 Presidents have maintained their membership, unless they moved out of state or passed away.

Their messages to ARCS members: Get more involved, take on responsibilities with Committees and the Board, meet the Scholars and you'll reap more rewards than you can imagine. You too can be a President and enjoy the fun.

These women, who love ARCS, are passionate and loyal and have provided exceptional leadership. They set an example for all of us to follow.

A Wonderful Scholar Picnic

On October 29, 2016, the University Relations committee hosted their annual Scholar Picnic at the home of Candace Kohl. As usual the setting could not have been better, with gorgeous gardens to



Chris Cottrell TSRI, Kami Cottrell, Daisy Johnson TSRI, Yolanda Walther Meade, Al

stroll through, the mini-museum with all the treasures from around the world to peruse, the meteor collection to wonder at, and the chairs on the lawn to inspire lively conversations. The tables were laden with delicious homemade goodies, and all this while enjoying the spectacular southern California weather and views. Yolanda was brilliant with the added veggies for vegetarians at the Taco Table and as

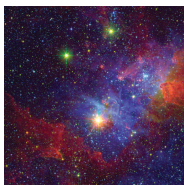
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Beejal Mehta, Mike Foster, Sally Thomas, Adriana Trujillo UCSD



Mehmet Badur, Aimee Ralieggh UCSD, Jessica Ungerleider



Scholar Picnic... Continued from Page 4



Rachel Ling, Ashley Kroll UCSD



*Kirk Griffin, Joi Weeks SDSU,
Trinity Griffiin*



*Tanairi Cruz, Marino
Romero UCSD*



*Sasha Shirman UCSD,
Emily Nardoni UCSD*

always the tacos were such a hit with everything being so fresh, and right off the Comal. The homemade food as always, was very popular, thanks to those who took the time out of busy schedules to make desserts and salads. There was such a nice variety. We were grateful to the Board members who stepped in to help.

Those without university identification were guests.

ARCS Check Presentations

SAN DIEGO STATE UNIVERSITY

On October 29, 2017, President Helga Moore presented a check for \$135,000 to SDSU Acting President Sally Roush. The funds provide scholarships for eight returning Scholars and ten new Scholars. Along with President Moore, Vice President for University Relations Priscilla Moxley and ARCS members Barbara Starkey, Jane Smith, and Sally Thomas were present.

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ARCS Check Presentations... Continued from Page 5



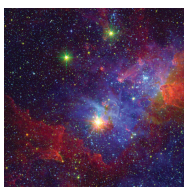
Also attending were the following Scholars: Naneth Apkarian, Sean Maddox, Paul Maier, Brian Maniaci, Megan Monsanto, Megan Morris, Colette Smirniotis, Winston Stauffer, Pedro Torres, Adriana Trujillo, Melissa Ward, Joi Weeks, and Nicholas Williams.

UNIVERSITY OF CALIFORNIA, SAN DIEGO

IT WAS A GRAND DAY



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ARCS Check Presentations... Continued from Page 6

UCSD Scholars along with the Dean of the Graduate Division, Kit Pogliano, and Chancellor Khosla gathered at the UCSD Faculty Club on October 19 for the annual check presentation ceremony. ARCS members Helga Moore, President, and UCSD Liason Suzanne Dixon spoke briefly and did the introductions. Priscilla Moxley, VP for University Relations, and Past President Mary Fitz also attended. A check for \$252,500 was presented to the Chancellor. These current allocations added to the \$5.2 million given to UCSD by ARCS since chapter inception. The 31 current UCSD Scholars will increase the number of funded Scholars to over the 669 funded in the past. Two of the Scholars, Emily Nardoni and Igor Federov, gave moving and impressive statements on the role ARCS funding has played in their lives. The Chancellor's strong words of support and appreciation for ARCS were impressive. The group gathered on the patio for a group photo and then enjoyed refreshments and the interactions with colleagues. Many seemed reluctant to leave and stayed late - marks of a very good event.

Suzanne Dixon, UCSD Liaison

This year marks the 21st anniversary of the first ARCS scholarships given to TSRI students. The program is funded through corporate, foundation and individual donors.

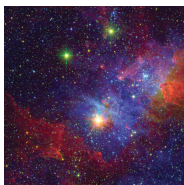
Leaders from the ARCS San Diego Chapter visited the California campus of TSRI on Jan. 25, 2018 to present the award to this year's scholars. *Photo on right, from top*

left: Michael Ledbetter, Chris Cottrell,

Rigo Cintron-Colon, Bruno Conti, PhD, Kim Doren, Chelsea Luedeke. Bottom left: Wendy Havran, PhD, Philip Dawson, PhD, Floyd Romesberg, PhD, Daisy Johnson, Danielle Grotjahn, Mary Lou Quick (ARCS co-president), Priscilla Moxley, Tami Strachan (Photo by Madeline McCurry-Schmidt)



Dr. Harris and members from the Hahn School of Nursing faculty and representatives from ARCS at the check presentation on 11/27/17 at USD.



ARCS Bright Lights

MEGAN MONSANTO

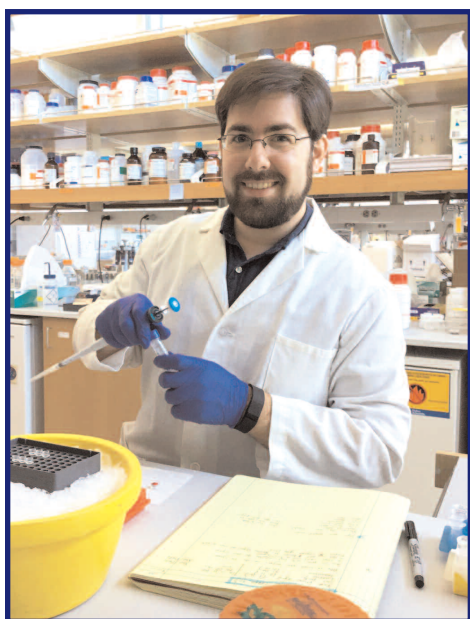
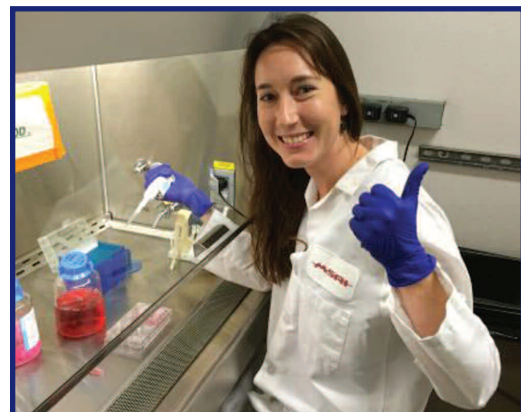
Megan M. Monsanto's interest in science has been a constant. By pursuing a career in research, she is able to combine the joy of tackling an unsolved problem with the satisfaction of helping to prevent or treat pathological disease. Recently, this passion led to her research being published as the Editor's pick in *Circulation Research* and featured on the front page.

Currently a joint doctoral student in the Department of Cell and Molecular Biology at San Diego State University (SDSU) and University of California, San Diego, Megan felt very honored to receive the ARCS Scholar Award during her doctoral study.

"It is amazing to be a member of an organization that has been so influential in advancing science in the United States," she said. "Several of my peers were ARCS Scholars and I was always amazed at how talented they were, so it feels wonderful to be among such a high caliber of research scientists."

Monsanto also said that the confidence ARCS Foundation had in her potential to advance means a great deal.

"I look forward to having a career in research and health care and understand that it all starts with a sound foundation in education and the experience I will gain while a graduate student here at SDSU will be incredibly beneficial in setting me on my path to future discoveries," she said. "The ARCS Scholar Award has helped me to achieve my goals by funding my education in the Ph.D. program as well as allowing me to travel to conferences to share my research with others in the scientific community."



KEVIN ROSS

A Bright Light From San Diego, UCSD ARCS Scholar Kevin Ross has had his portrait picked for the cover of national ARCS annual report.

His picture reflects the excitement of doing good science that you love and the hard work in the lab needed to reach your goals.

We are thrilled with the quality of our Scholars as scientists and as bright lights for the future. Kevin's comment on this unexpected spotlight is that his mother will love this.

Suzanne Dixon



ARCS Field Trip to Blood Bank

By Holly Heaton

Nineteen ARCS members and guests enjoyed another fascinating tour of the San Diego Blood Bank on Nov 3, 2017. David Wellis, CEO, gave an interesting presentation regarding the 65-year history of the Blood Bank and focused on recent expansions into areas of stem cell research, biotechnology collaborations and wellness. David also described the national precision medicine project entitled "All of Us" in which the Blood Bank



is working with Dr. Eric Topol and medical centers in the United States to gather health data to make health care specific and directed to individuals in the hope of improving health, healthcare delivery and outcomes. We also heard from Rob Tressler, PhD, about other research projects underway at the Blood Bank.

The field trip was enjoyed by all.

The Legacy Society Private Tea Party

By Becki Etes

The Legacy Society met for a private tea party on October 26 at La Jolla Country Club. The purpose was tri-fold: to thank and recognize those members who have named ARCS in their estate planning; to celebrate the long-term impact of these planned gifts; and to provide information to interested ARCS members about the significance of planned giving.

With us were ARCS PhD candidate Lisa Alvarez (USD PhD Nursing) and Patti Fuller (professional planned giving consultant and a member of our Legacy Society). Lisa spoke of the challenges faced in being a mother of three and pregnant as she works, does research and publishes research papers, all of it while supporting a husband who works full-time. Patti provided examples of estate donations and

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The Legacy Society Tea Party... Continued from Page 9

the lasting impact of those donations, with Scholar Lisa a perfect example of that impact.

Providing background music was harpist Mariera Antoinette. As people at La Jolla Country Club passed by our private event room, they stopped to hear the melodious sounds of the harp — an unusual sound for a golf club — and enjoy watching the beautiful Mariera.

Fund Development funds supported much of the expense of this wonderful event. Anyone interested in knowing more may contact Becki Etes, Legacy Society Chair.

Merriment, Martinis and Masterworks - 2017 ARCS Holiday Party Recap

The Timken Museum of Art sparkled with holiday lights and fabulous decorations on December 11, 2017, as ARCS hosted its holiday party, Merriment, Martinis and Masterworks, in the Museum's Balboa Park setting. Over 100 members and guests attended and enjoyed the festivities. The entire evening was magnificent!

Megan Pogue, Executive Director of the Museum for the past two years, welcomed us with an interesting history of the museum. Megan has been credited with "polishing the Jewel" that is the Timken. She described how the exquisite ornaments were donated to the Museum and are now featured in a Christmas display in the main room of the museum on an interesting copper structure, designed by students at SDSU, and on a rotating tree in the main lobby. In addition to enjoying the beautiful



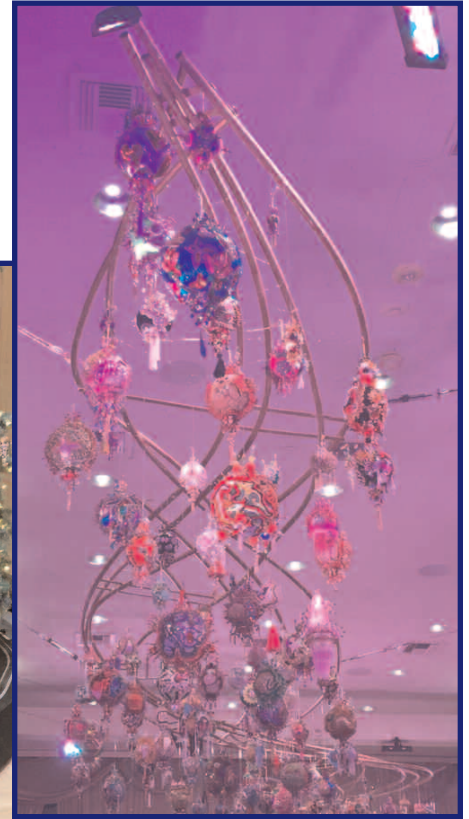


2017 ARCS Holiday Party Recap... Continued from Page 10

ornaments, guests toured the Museum's collection, and two oil paintings by Claude Monet on loan from the Metropolitan Museum of Art.

The evening was planned and orchestrated by Doris Ellsworth and Ellen Moxham, who worked their magic in making the evening absolutely lovely.

Every detail was perfect, with catering by Denise Jermyn, owner of Continental Catering, valet parking provided by ACE Parking, and the creative expertise of the San Diego Air and Space Museum IT team, which graciously provided its time in designing and producing the beautiful invitations. Peggy Hanley did a terrific job in marshaling the many volunteers—members and spouses—to make the evening run smoothly. Joy Brown produced the nametags and helped with registration.



The two special events this year have been extraordinary and popular; our members and guests have responded favorably. Stay tuned; 2018 should be a terrific!

Calendar of Events

FIELD TRIP - THURSDAY, MARCH 8, 2018

San Diego Zoo "Frozen Zoo"

FIELD TRIP - THURSDAY, MAY 31, 2018

Scripps Memorial Hospital (La Jolla)

GENERAL MEMBERSHIP MEETING - THURSDAY, JUNE 14, 2018

San Diego Yacht Club - Installation of new officers

THURSDAY, OCTOBER 4, 2018

Scientist of the Year Dinner



Meet the 2018 Scientist of the Year



Fred "Rusty" H. Gage, Ph.D., Adler Professor in the Laboratory of Genetics, joined The Salk Institute in 1995. He received his Ph.D. in 1976 from The Johns Hopkins University. Dr. Gage's work concentrates on the adult central nervous system and unexpected plasticity and adaptability to environmental stimulation that remains throughout the life of all mammals. His lab showed that human beings are capable of growing new nerve cells throughout life, in a process called neurogenesis.

Gage's team explores how these cells can be prompted to become mature, functioning nerve cells in the adult brain and spinal cord. He also showed that environmental enrichment and physical exercise can enhance the growth of new brain cells. The team also continues to study the underlying cellular and molecular mechanisms of neurogenesis to find possible avenues to repair damaged or aging brains. In addition, Gage's lab also models human neurological and psychiatric disease in vitro using human stem cells and studies the genomic mosaicism that exists in the brain as a result of mobile elements that are active during neurogenesis. Gage's research has also revealed that mobile sequences of DNA called "jumping genes" are active in neural stem cells contributing to genomic mosaicism. Specifically, he is interested in how this mosaicism (different sets of genes within a single organism) may lead to differences in brain function between individuals. Prior to joining Salk, Dr. Gage was a Professor of Neuroscience at the University of California, San Diego. He is a Fellow of the American Association for the Advancement of Science, a Member of the National Academy of Sciences and the Institute of Medicine, and American Philosophical Society, a foreign member of the European Molecular Biology Organization and a Member of the American Academy of Arts and Sciences. Dr. Gage has served as President of the Society for Neuroscience in 2002, and President of the International Society for Stem Cell Research 2011-2012.