



INSIDER



Winter 2019

HELLO VILLAGE!



Holly Heaton

"IT TAKES A VILLAGE". We've all heard or used this phrase, and perhaps even read the book. Over the past year, I have thought of and used this phrase repeatedly, in thinking about our chapter. Now, as president, I am seeing the village in action even more clearly, and am so thankful for our village, and honored to serve with all of you impressive women. Over the past several months I have seen members learn and take on new roles, volunteer in committee meetings to assist with activities and mentor new members and those starting new roles. In fact, two of our three co-chairs for our 2020 fundraiser-SOY event are new members! Thank you Kayda and Margaret!

Our Board/leadership team is incredibly strong and dedicated. While the entire group is outstanding and essential to our success, I want to mention three members, specifically. First, June Chocheles, our Executive Vice President and VP of Fund Development, has taken the lead in our modernization and efficiency efforts, prepared a budget, and has basically learned and improved every aspect of our chapter. She is phenomenal. Marla Shepard, our VP Finance, is another new member who has taken a lead role in working with our new bookkeeping service. She is asking questions, scrutinizing data and getting our finances in order. Ellen Moxham, VP of University Relations, has breathed new life into our partnerships with our four institutions; she and her team have improved our Scholar Directory, and strengthened our interactions with and information from Scholars.

As we start our new year, we are excited about celebrating our 35th birthday. It is part of our theme and marketing for the year. Also it is a good time to reflect back at our beginnings and to look forward to our exciting future.

First, a look back: we are fortunate to have had four visionaries—the original villagers—Barbara McColl, Pattie Wellborn, Karen Bowden and Karon Luce—who started our chapter in 1985. These four remarkable women single-handedly created what is now a vibrant group of over 115 women dedicated to fundraising for our outstanding Scholars. Over 35 years, we have given more than \$10 million! Unfortunately Karon passed away last year, but our other three founders remain active and committed to ARCS. I recently heard Barbara tell us the story of the early days: trips to Los Angeles where we were initially a part of that chapter, meetings at our founders' home here in San Diego, developing the Scholar medal, and everyone holding an office and multi-tasking, because there were only four of them! Oh, the good old days! Thank you Barbara, Pattie and Karen; without your vision, commitment and hard work, we would not have this wonderful organization today!

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It Takes A Village... Continued from Page 1

A look ahead: our future is bright! We were delighted to welcome more than a dozen new members this past year; they have brought with them a wealth of talent and experience, and have interjected a new sense of excitement, energy and synergy to our chapter. We have an incredible new Board, with the members hitting the ground running as soon as they were sworn in on June 14, 2019. The amount of work and improvements are already visible. We have made some modernization and efficiency efforts and have hired a bookkeeping firm to assist with finances. We have evaluated our publications, processes and website. We have incorporated National's goals of creativity, efficiency and fun. In an increasingly competitive marketplace for philanthropy, we are looking at different ways to raise (and save) money and additional sources to cultivate. We also want to develop a marketing plan to get the word out about our wonderful organization—one of San Diego's best-kept secrets!

Other goals this year are to continue recruiting and retaining new members, while at the same time celebrating and appreciating our long-term, loyal and hard-working existing members.

Along with these efforts we have encouraged standards of acceptable business conduct and communication. Our members all contribute their time, talents and treasures and all deserve our respect, support and collegiality. Let's all join hands and hearts and make this a banner year!

Thank you Villagers! Thanks for being apart of our team!

Holly Heaton, President
ARCS San Diego Chapter

New Member Bio

STEPHANIE STRATHDEE

Dr. Steffanie Strathdee is an infectious disease epidemiologist and Harold Simon Professor in the Department of Medicine at UCSD. She and her husband Tom Patterson recently published a memoir,



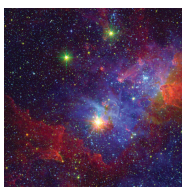
The Perfect Predator, based on their true

story and she is now writing her first novel in her spare time. At UCSD, she has an active research program on the Mexico-US border and co-directs the Center for Innovative Phage Applications and Therapeutics. She enjoys travel, hiking, gardening, and vermiculture.

J. Craig Venter Institute Field Trip

In early November, 32 ARCS members & guests were treated to a fascinating inside tour of the J. Craig Venter Institute (JCVI). We first gathered in the spacious upper level conference room, where Robert Friedman, VP for Policy and University Relations at JCVI, gave a brief introduction to this not-for-profit institute, which is a world leader in genomic research. Bob talked about JCVI's commitment to

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JCVI Field Trip... Continued from Page 2



ARCS members and guests enjoying the J. Craig Venter Institute Field Trip, November 5, 2019

accelerating foundational scientific research to drive advances in human health, environmental sustainability, the microbiome, synthetic biology, and infectious disease. He also touched on JCVI's Science Education Program, which includes a mobile lab that offers authentic, hands-on, inquiry-based science experiences to children at a young age, when they are most receptive.

Next up was Rachel Diner, a joint Postdoctoral Research Fellow at JCVI and the Southern California Coastal Water Research Project - and former ARCS Scholar – who talked about her research on coastal microbial ecology and human health, including detecting and characterizing pathogens, examining species and community-level interactions, and exploring the impacts of environmental change on ecosystem function. We were all thoroughly impressed and proud of Rachel's ongoing contributions to science, both locally and beyond. For the next half hour, Bob and Rachel proceeded to answer questions from the group. Rachel, who is expecting her second child in the coming weeks, responded personally and humorously to several questions; namely, whether it was useful to have your genome sequenced by 23andMe and whether it was safe to eat shellfish off the coast of San Diego.

With our heads spinning from all the new information, Bob and Rachel then led us on a quick tour of the JCVI building, constructed in 2013 with the goal of becoming the world's first net zero energy biological laboratories. (They've reached about 80% of their goal.) We began on the outdoor patio with its a stunning view of La Jolla Cove, then proceeded down to the inner atrium which contained a beautiful rock garden and a striking bronze statue of a tiger, as in TIGR (The Institute for Genomic Research), which was the original name of the institute. Next up was the refrigeration area which led into a long row of laboratories where JCVI scientists carry out their pioneering research.

Following the tour, a number of ARCS members and friends gathered at Humphreys La Jolla Grill for a delicious meal and friendly conversation.



Fall General Meeting, October 10, 2019

Our October 10th General Meeting and Luncheon was held at the La Jolla Country Club, expertly organized by Barbara Doren and Barbara Statrkey. Seventy-Two ARCS members and guests attended along with twenty-one new Scholars. The scholars were introduced by the University Relations Liaisons. Dr. Michael Kalichman and his wife Linda Roux were also our guests. He delivered a very interesting discussion of ethics in science.



Jennifer Lyle and
Dr. Michael Kalichman



Barbara Doren and
Joy Kirsch



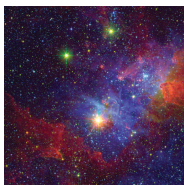
Scholar Picnic Lunch

The annual Scholar Picnic, hosted by the University Relations Committee was held on November 3, at the home of Rachel Collins in Solana Beach. 32 scholars and 11 guests gathered in Rachel's backyard to meet one another while soaking up the views and warm sunshine. The Taco man offered several kinds of tacos prepared on site and the



UR committee members provided salads, desserts and beverages. ARCS member donors who funded a full Scholar award were also invited and 5 of these donors attended, Laurie and Mike Roeder,

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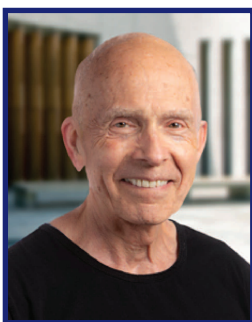
Scholar Picnic Lunch... Continued from Page 4



Sharon and Carlos Arbelaez and Dottie Georgens, along with 10 UR Committee members. After lunch, Matthew Adams, Lead Advisor at Dowling & Yahnke Wealth Advisors, spoke on a financial topic relevant to the Scholars.

SOY Dinner Speaker

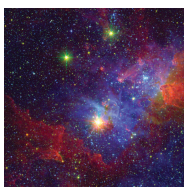
DR. PAUL SCHIMMEL



The SOY committee has chosen Paul Schimmel, PhD, as our 2020 Scientist of the Year! Dr. Schimmel is affiliated with Scripps Research and has a lab here and is also on faculty at the SR facility in Jupiter, Florida. His name was suggested by Dr. Ivor Royston, our 2006 Scientist of the Year.

Dr. Schimmel is a biophysical chemist and translational medicine pioneer and is the Ernest and Jean Hahn professor of molecular biology at Scripps Research. Prior to his arrival at Scripps Research, he was the John D. and Catherine T. MacArthur Professor of biochemistry and biophysics at The Massachusetts Institute of Technology (MIT).

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SOY Dinner Speaker... Continued from Page 5

We are delighted to have someone of Dr. Schimmel's reputation and status as our honoree and are very glad to focus on Scripps Research this year. Additionally, we are asking Dr. Jeff T. Roberts, the new Dean of the College of Sciences at SDSU as our Scholar Alumni speaker at our event.

In order to have Dr. Schimmel as our Scientist, it was necessary to move our SOY from April 25, 2020 to SUNDAY, MAY 3, 2020. PLEASE make note of this date and start sharing the news with your friends and colleagues. Fortunately, the NAT and Continental Catering were both able to accommodate us, and Holly has thanked them for their flexibility and willingness to work with us.

Bright Star - Dr. Candace Kohl



Candace Kohl and Carlton College
President Poskanzer

In June of 2019 Candace Kohl was honor by her alma mater, Carlton College, for her distinguished achievement as a "cosmochemist who embodies passion, curiosity, courage and integrity." Candace graduated from Carlton as a chemistry major and completed her Ph.D. in chemistry at the University of California, San Diego. She has since conducted fieldwork in on all seven continents, including drilling two miles through the Greenland ice cap to its bedrock to collect the longest time record of climate in the northern hemisphere. She is also credited with helping establish a method for studying solar cosmic ray flux by measuring lunar rocks, and of extending the methods first established on meteorites and lunar samples to measure ages of landforms on the earth.

In 1988 renowned geologist and astronomer team Gene and Carolyn Shoemaker named main-belt asteroid 4899 after Candace, stating that "Candace has no reluctance or fear of the unknown. She is a ball of fire - who studies fire balls!

Congratulations, Candace!

Just For Fun Party

Our annual Just for Fun, End of Summer Party was held on September 21st at the UCSD Audrey Geisel House in La Jolla. Hearty thanks to Thespine Kavoulakis and Pradeep Khosla for hosting us, and to Priscilla Moxley and Barbara Starkey for their planning. It was a beautiful summer evening in a gorgeous setting with delicious

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Mary and David Fitz



Just For Fun Party... Continued from Page 6

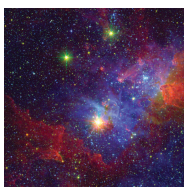


Dr. Pradeep Khosla



hors d'oeuvres by Miho catering and luscious wine donated by Marge and Paul Hebert. The piece de resistance was the dessert table with strawberry creme cake emblazoned with the ARCS logo. A wonderful evening greatly enjoyed by one and all.





Scholar News

Scripps Research Scholar, Chris Cottrell, was ARCS National Foundation social media network “Featured Scholar” the week of November 29, 2019. He shared his personal story with the Insider.

I was born and raised in Poway, California. I graduated from Poway High School in 2003 and from the United States Naval Academy in 2008. I earned a B.S. in Chemistry and a commission as a Medical Service Corps Officer in the U.S. Navy. In July 2008, I married Kami, an elementary school teacher.

In December 2008, the Navy transferred me to the nuclear-powered aircraft carrier USS John C Stennis based out of Bremerton, Washington. I spent 27 months aboard the Stennis as the Radiation Health Officer, with nearly 18 months at sea. I detached from the Stennis in March 2011 and was immediately

deployed to Japan as part of Operation Tomodachi, the U.S. response to the 2011 Tōhoku earthquake, tsunami, and Fukushima Daiichi nuclear disaster. I monitored first-responders and aviation maintenance personnel for exposure to radioactive contamination. Upon returning from Japan, I served as the Radiation Health Officer at the Naval Intermediate Maintenance Facility in Bangor, Washington.

In May 2013, I received permission from my commanding officer, CAPT Charles Baker, to spend one day a week volunteering in a biomedical research lab in Seattle WA. I was fortunate to find a position in Dr. Julie Overbaugh’s lab at the Fred Hutchinson Cancer Research Center investigating HIV pathogenesis. In Dr. Overbaugh’s lab, I learned how to design and conduct experiments, as well as about life in academia.

In August 2013, Kami and I welcomed our son Henry into the world. On July 31st, 2014, I resigned my commission in the U.S. Navy; the next day I started graduate school at the Scripps Research Institute.

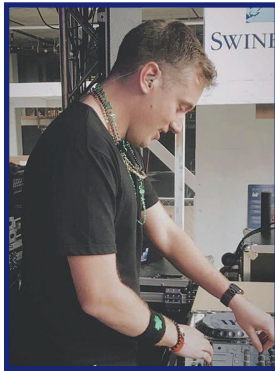
When we first moved back to San Diego, we lived in Carmel Valley. Support from ARCS made it possible to send Henry to a high-quality preschool, the Gluck Center. In July 2018, our family purchased a home in Poway. Henry is now in first grade at Design39 Campus, and Kami teaches fourth grade at the same school.

For the last 5 years, I’ve been working on developing an effective HIV vaccine. While there is still a long way to go, my research shows promising results that I will present as part of my thesis in April 2020.





Farewell to Josh Isaacs



At the end of this year, our Administrative Assistant, Josh Isaacs, will be leaving ARCS for new opportunities. He wrote:

With bittersweet feelings, I write this article as my time as ARCS' Administrative Assistant winds down. I have thoroughly enjoyed supporting such a wonderful organization for nearly four years and hope to have made a small impact on its important mission.

It was inevitable that I would eventually move on from the position, and the time has now come, as my personal and professional obligations outside of ARCS will prevent me from being able to devote the hours required.

As some of you know, outside of ARCS, I am a music producer, audio engineer, voice-over artist, and consultant. Fortunately, my business has grown over the years and I am able to move into this new chapter with confidence.

I look forward to helping train and passing the torch to my replacement and will continue to support ARCS and the important work you all do.

He has been an invaluable asset to our organization with his time, dedication and technical support.

Join the editorial staff in wishing him the best of luck and greatest success in his future adventures.



Happy New Year!

ARCS Calendar of Events

WINTER GENERAL MEETING
Monday, January 27, 2020
Morgan Run Resort

SCIENTIST OF THE YEAR DINNER
Sunday, May 3, 2020
San Diego Natural History Museum