LETTER FROM THE PRESIDENT

Dear Fellow AWIS-SD Members and Friends,

I hope you all are enjoying the summertime – warm weather, graduations, BBQs, and vacations! We will be having two wonderful summer events, so mark your calendars and sign up if you’re in town! The Events Committee is organizing our annual Family Event at the Living Coast Discovery Center on Saturday, July 21st (10 am-4 pm). This will be an exciting day including an exclusive shark and stingray feeding encounter, nature crafts and tours, and education about ocean and coastal ecology. Bring your kids, significant other, friends – all are welcome! The Center is only 7 miles south of downtown San Diego with free parking or trolley/shuttle access. You can read all the details on our website www.awissd.org. Looking to advance in your career? AWIS-SD members can join us on August 6th for the next Strategy Session entitled “Get Promoted: Move ahead in your career.” It’s never too early to start strategizing about these critical steps in your career development.

I hope you have been able to attend some of our recent activities and participate in the benefits and implementation of our mission to support women of all ages who are interested in STEM careers. In this Newsletter issue, you can read about our biennial Scholarship Gala held at the La Jolla Woman’s Club. It was an outstanding evening organized by the Gala Committee, chaired by Kristina Henthorn. Seven incredible young women scholars were honored at the Gala, each receiving $1000 academic scholars. The Scholarship Gala is held in their honor. AWIS Sanford the La Jolla Woman’s Club in La Jolla, California. Biennially, the AWIS-SD Scholarship Committee selects local aspiring women scientists from more than 100 applicants to receive $1000 academic scholarships. The Scholarship Gala is held in their honor. AWIS-SD President Dorothy (Dody) Sears.

Other recent AWIS-SD events include the engaging Work Life Satisfaction workshop presented by Linda Manza with joint attendance of Life Technologies’ IWIN (International Women's Influential Network), and a fun networking/roundtable discussions joint event with QWISE (Qualcomm Women in Science and Engineering), CWI (Connected Women of Influence), WITI (Women In Technology International), and the workspace for female entrepreneurs, Hera Hub.

Last, but not least, I would like to tell you about AWIS-SD’s participation in the Ralph’s Community Contribution program and how you and your family/friends can help support all the activities of AWIS-SD at no expense to you. Anyone who is a member of the Ralphs Rewards program can designate AWIS-SD as their community organization for Ralphs to support, at no cost to the shopper. A percentage of your purchase totals will be donated by Ralphs to AWIS-SD. Please read more and sign up at http://sdawis.org/get-involved/ralphs-community-contribution-program. Feel free to contact me at president@awissd.org if you have any questions, comments or suggestions about/for our chapter. Thank you for your participation and support!

Most sincerely,
Dody
Dorothy (Dody) Sears

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AWIS-San Diego holds Biennial Scholarship Gala
By Brea Midthune

On May 3, 2012, the San Diego chapter of the Association for Women in Science (AWIS) held a Scholarship Gala at the La Jolla Women’s Club in La Jolla, California. Biennially, the AWIS-SD Scholarship Committee selects local aspiring women scientists from more than 100 applicants to receive $1000 academic scholarships. The Scholarship Gala is held in their honor. AWIS-SD President Dorothy (Dody) Sears.
Dorothy (Dody) Sears was in attendance to present the awards together with the Scholarship Committee Co-chairs, Uromi Goodale and Cheryl Okumura. The Gala was enjoyed by the scholarship winners, guests, and many AWIS members.

This year, the program commenced with a keynote speech by University of California, San Diego philosopher and bio-ethicist, Mary Devereaux, Ph.D. Dr. Devereaux gave an enlightening speech that delved into the ethical decisions many of today’s scientists and researchers are forced to make. She cited a recent rise in retractions of peer-reviewed articles and listed several factors likely to contribute to this increase, including the lack of funding, increased competition and higher expectations for publications. She discussed the idea behind “good people doing bad [things],” and suggested that many of these scientists do not intend to “do bad,” but alter the framework of the ethical question at hand to morally justify their fraudulent behavior. She warned against this behavior and concluded her speech by reminding both the neophyte and seasoned scientists of the audience that “what makes for good science is doing science well.”

Following Dr. Devereaux was Rafael Alvarez, the program director for the Mathematics, Engineering and Science Association (MESA) at San Diego City College. MESA is a multi-state program that engages and provides support for academically disadvantaged students. Mr. Alvarez pointed out that most participants are from poorly performing school systems and are the first in their families to attend college. He talked about the need for these students to have a support system and to “learn the culture of success and leadership”. Many MESA students start their collegiate career at a community college, such as San Diego City College, and transfer to four-year universities. Notably, since 2003, seven students from the San Diego City College MESA Program have been awarded AWIS-SD scholarships. Five of them have gone on to top tier graduate programs at schools such as Harvard, Stanford and MIT; two are 2012 undergraduate scholarship recipients. [Editor’s note: See the article below to read about their stories in more detail.]

This year’s scholarship recipients are:

Johann Hennig: Mathematics, University of California, San Diego

Ashley Pourazary: Nanoengineering, University of California, San Diego (transferred from San Diego City College)

Lauren Brewer: Astronomy, San Diego State University

Lindsey Powell: Environmental Science, Point Loma Nazarene University

Amanda Mohaimany-Aponte: Biology/Physiology, California State University, San Marcos

Hue Simone: Mathematics/pre-Engineering, San Diego City College

Morgan Nunn: Chemistry/Biochemistry, University of California, San Diego

The AWIS Scholarship Program is supported by corporate sponsorship of the chapter including two 2012 premier sponsors, Gen-Probe and Life Technologies. The Gala dinner was sponsored by San Diego State College of Extended Studies.

**AWIS Outreach – San Diego Science Festival, Expo Day**

By Kayan Tam and Nellie Shaul

“Knock, knock, knock (really hard knocks!), then stop! Do you think this is solid or liquid?” On Saturday, March 24, 2012, AWIS Outreach was at the San Diego Science Festival - Expo Day demonstrating the unique properties of Oobleck – a non-Newtonian fluid originally featured in the Dr. Seuss classic Bartholomew and
the Oobleck. A non-Newtonian fluid behaves, as suspected, unlike how Sir Isaac Newton proposed fluids should behave. Made simply by adding water to corn starch, Oobleck, when little or no force is applied, behaves like a liquid. However, when pressure is applied (e.g., knocking on it), it becomes like a solid.

Looks of incredulity flashed across participants’ faces as they first saw Oobleck in action, while others prided themselves in having studied such fluids at school before. But regardless of their having previous knowledge of Oobleck, none could resist the temptation of digging their hands in the slime.

From toddlers to adults, everyone who came across the AWIS booth enjoyed touching, holding, and playing with the slimy substance. Many attempted to secure the Oobleck in its solid form, but the moment the pressure was removed, Oobleck reverted to its slimy self.

Expo Day concluded this year’s San Diego Science Festival. With over 27,000 people attending the event and over 100 participating organizations, Expo Day was both fun and educational. For groups of friends, classmates, and families, Expo Day was filled with many interesting exhibits and various hands-on activities to engage young minds in the fields of math, science, technology, and engineering.

The AWIS-SD Greater San Diego Science & Engineering Fair Judging and Awards Reception
By Vicki Hurless

On March 21, 2012, the San Diego chapter of AWIS (AWIS-SD) judged and selected its own award winners during the Professional Organizations section of the Greater San Diego Science and Engineering Fair (www.gsdsef.org). This year, 21 volunteers from AWIS-SD judged more than 350 science fair projects submitted by middle school and high school girls from San Diego and Imperial Counties. Eight projects were selected as AWIS award winners immediately following judging. This was no easy task, as all of the projects were excellent, and the added enthusiasm of the presenters made it that much harder to select only eight. However, we managed to do so, and among our winners this year was our first-ever victorious “team” project. The winners of the 2012 AWIS-SD Greater San Diego Science and Engineering Fair were:

Danila Cervantes: “Are Fingerprints Inherited?”
Kiana Otte: “What Sugar do Hummingbirds Prefer in a Food Source?”
Moriah Hubbell: “The Effects of Puppies on the Stress of Enlisted Military Personnel”
Lindsey Martinez: “Liquid Relation to Cotton Saturation”
Suha Kazi: “Are Your Plants Dying?”
Behnan Albahsahli: “Mommy, is My Food Clean?”
Aspen Reed: “Pros and Cons of Energy Efficient Vapor Barrier Building Materials”
Christina Guerrero and Joanne Daquioag: “Algae Overgrowth: Is it Harmless or a Silent Killer?”

The winners, along with their mentors and family, were invited to the annual Greater San Diego Science and Engineering Fair Awards Reception on Sunday April 22 at the scenic Martin Johnson House on the Scripps Institute of Oceanography campus in La Jolla. The
members of the AWIS-SD Outreach Committee organized the reception and decorated the venue with AWIS-SD banners, bookmarks, and AWIS-SD colors of blue and green. The winners displayed and explained their project findings to their families, mentors, AWIS-SD members and volunteers. This was a great opportunity for these aspiring scientists to talk about their work with other women in science.

The president of AWIS-SD, Dody Sears, presented the young women each with a monetary prize and certificate. During dinner, the awardees were able to talk about their projects and scientific interests to professional members of AWIS, strengthening these young women’s drive in science. The parents and mentors were both thankful and thrilled that these events recognize and support these young scientists. The events were exceptionally successful, and AWIS-SD is excited about the future in science that these young women will surely have, as well as the impressive projects from future young scientists at next year’s Greater San Diego Science and Engineering Fair.

**June Strategy Session: Get Noticed: Increase Your Visibility in the Workplace**  
By Kaumudi Joshi

This year’s June Strategy Session picked up where the April Strategy Session left off. While the last meeting focused on searching for the ideal job, this month’s organizer and speaker, Tamera Weisser deftly guided us through the next step: getting noticed. The event was held at Jones Day and sponsored by the Genomics Institute of the Novartis Research Foundation.

Tamera Weisser was a fitting speaker for this session. She has won several accolades for both, her work as a patent attorney and her active leadership and mentoring role in the San Diego business community. Weisser started off by discussing the need for getting noticed in the workplace. She presented staggering statistics about the low self-worth often projected by women, which reduces their chances of receiving the recognition due to them. Several studies have found that unlike men who attribute their achievements to their own talent, women tend to project the reason for success outward, on “luck” or “team effort”. When complimented on their own work, women are quick to share their success with co-workers, often to their own detriment. When Weisser opened up the discussion to the audience, several members shared their personal experiences, which amply supported these studies.

Walking the fine line between bragging and self-promotion is a delicate task, often complicated by sex-role stereotypes imposed by society. To help the audience master the art of self-promotion, Weisser walked the attendees through exercises to assess their own strengths and accomplishments. The goal was to learn to accept credit and embrace compliments for a job well done, instead of passing it off as teamwork or sheer luck. One easy way to avoid bragging is to tailor your self-promotion to highlight specific qualities which are the perfect fit for the job at hand instead of general self-praise. The talk was peppered with confidence-building exercises that allowed the audience to split up into pairs and discuss their challenges and achievements with fellow members. The evening ended on a high note with an enlightening and lively open discussion. Overall, this meeting was engaging and thought-provoking, making it a great success.

**The Legacy of the AWIS-SD Scholars of San Diego City College’s MESA Program**  
By Nurith Amitai

San Diego City College’s MESA (Math, Engineering, and Science Achievement) Program is an academic support and transfer program for students in math, engineering, and science majors. The program strives to enable academically promising students from historically underserved and economically disadvantaged groups to graduate from four-year institutions. Since 2003, seven members of MESA – known as MESA Creators – have received AWIS-SD scholarships that have assisted them in their remarkable journeys pursuing their education and careers, overcoming challenges, and attaining academic excellence.

Yessenia Ibarra served in the United States Marine Corps from 1991-1996. After completing her military service, Ibarra attended community college using financial support through the Servicemen's Readjustment Act (informally know as the G.I. Bill). Among other classes, she took a biotechnology course at San Diego City College (SDCC), and resolved to become a scientist. However, the GI Bill funding was not sufficient to support her through this path, and so she began pursuing scholarships. The first program to which she applied was the AWIS-SD scholarship, which she was awarded in 2003. With support from AWIS-SD and other scholarships, she transferred to San Diego State University, from where she graduated with a B.S. in Cell Biology in 2006. Ibarra then joined the Ph.D. program in Neuroscience at Harvard University, where she is currently characterizing the response of a human ion channel to naturally occurring defensive compounds. She is expected to graduate in 2013. “I wouldn't be in graduate school now if I didn't get support from organizations that believed in me. I will always be grateful for that, and especially to AWIS, because that was the first scholarship I ever applied to,” Ibarra says.

Michelle Drewry was a teenage mother who was transplanted to San Diego and divorced soon after. With no family to support her, she still managed to stay in school, and received an AWIS-SD scholarship in 2004. She completed her B.S. in Biology – Ecology, Behavior, and Evolution at the University of California San Diego (UCSD) in 2008, and her Master’s degree in Biology at the University of North Florida in 2010. Drewry now works as an adjunct professor at Florida State College at Jacksonville, Jacksonville University, St. Johns River State College, and Columbia College. Some of the college level courses she teaches are offered on naval bases, so she feels she is doing a small part to contribute to our service members.

Lisa Olshansky received her AWIS-SD scholarship in 2004 for her work in honors biology with Dr. Gary Wisehart at SDCC, studying ethnobotany and the use of indigenous medicinal plants by the Cahuilla Indian tribe. “The superb instruction I received at SDCC was absolutely formative in shaping my career path. I am extremely grateful for the experience,” Olshansky emphasizes. Olshansky obtained a B.S. in Molecular Synthesis from UCSD in 2009, and is currently a Ph.D. candidate in Chemistry at the Massachusetts Institute of Technology, expecting to graduate in 2015. Her current research in the field of bioinorganic chemistry is a collaborative effort between Professors JoAnne Stubbe and Daniel G. Nocera in which she works toward deciphering the mechanism of proton-coupled electron transfer in ribonucleotide reductase enzymes. Insight gained therein is applied toward the design of efficient systems for solar energy transduction. “The opportunity to receive
such a prestigious award as the AWIS Scholarship while at SDCC was tremendously helpful in gaining recognition as an outstanding student, and has undoubtedly opened doors for me along my way,” Olshansky says.

Gaby Baylon was the first in her family to go to college. As a result, while her family is a very important part of her life, she has at times struggled with explaining to them what she does, and the choices she has made. Nevertheless, she excelled in her academic career, and also found time to contribute to the academic community, including serving as chapter president of the Society of Hispanic Professional Engineers at SDCC. Baylon received an AWIS-SD scholarship in 2007, which helped her transfer from SDCC to UCSD. She graduated from UCSD with a B.S. in Mechanical Engineering in 2010. After working at Boeing as a Stress Analysis Engineer, Baylon is now completing her first year of graduate work at Stanford University in the Mechanical Engineering Department. Her work in the Soft Tissue Biomechanics Laboratory is aimed at understanding the changes in the mechanical properties of the meniscus and articular cartilage in the knee under different environments, particularly when degenerative diseases such as osteoarthritis are present. She is expected to obtain her Ph.D. in 2016. Along the way, Baylon says she has gained the ability to set limits, learning to say no when she is in danger of over-committing to obligations. Even more importantly, she has managed to overcome her own self-doubt. “I have learned to take a step back once in a while to remind myself that I have worked very hard to be where I am, and that everything I have achieved is not pure luck, but years of hard work.”

Cynthia Wood received her AWIS-SD scholarship in 2007 and transferred from SDCC to UCSD, where she joined the Mathematical and Computational Physics Research Group. She completed her B.S. in Applied Mathematics in 2010, and is currently a pursuing a Ph.D. in Computational and Applied Mathematics at Rice University. Her research interests include discrete optimization and its applications in operations research. Wood is particularly interested in linear and integer programming models used to solve healthcare problems such as effective scheduling and optimal treatment design. She expects to graduate in 2016.

The two newest AWIS-SD scholars from the ranks of the SDCC MESA program were awarded the scholarship this year. One of them, Ashley Pourazary, entered SDCC as an Opera major, having sung in Carnegie Hall, China, and Italy with a classical choir in high school. After the death of her father during her first semester, she was diagnosed with Post-Traumatic Stress Disorder, and had to start working 40+ hours a week in addition to her schooling to support herself. Throwing herself into her studies as a coping mechanism, Pourazary served as a Mathematics and Chemistry tutor in the MESA Program and transferred from SDCC to UCSD in 2011. She interned at a UCSD Medical School biochemistry laboratory under the ET CURE (Emerging Technologies Continuing Umbrella of Research Experience) Program, which promotes research into potential cancer cures. Pourazary now majors in Nanoengineering, working in a nanobioelectronics laboratory that investigates ways for nanomotors to propel through the human body using bodily acids as a fuel source.

The other MESA Creator to receive an AWIS-SD scholarship in 2012 is Hue Simone. Simone majors in Mathematics at SDCC and has served as a mentor in SDCC’s Academy for STEM (Science, Technology, Engineering, and Mathematics) Success. She is expected to transfer to UCSD in the fall of 2013.

We thank the MESA Creators who contributed to this article, and their Program Director, Rafael Alvarez, who inspired it by creating a wonderful flyer celebrating their achievements: http://www.sdcity.edu/Portals/0/CMS_Editors/MESA/PDFs/Generic/AWIS2012.pdf

The inspiring stories of these MESA Creators are wonderful examples of the way the AWIS-SD scholarship can contribute to the success of talented, ambitious, and dedicated individuals. Congratulations to all of them!

AWIS Profile: Meet Ray Seraydarian

By Pat Rarus

Ray Seraydarian is a proud long-time AWIS member who serves as a development engineer at the University of California, San Diego’s (UCSD) Center for Energy Research. When asked about his decision to join AWIS more than two decades ago, Ray replied: “I enjoy the company of interesting, intelligent, articulate women. I’m a graduate of Cornell University, an Ivy League institution that was co-ed since its very beginning, so this is something I’ve been used to for a long time.”

Ray first learned about AWIS by way of a calendar item in the San Diego Reader that appeared sometime in the mid-1980’s. It announced a tour of the then-new San Diego Supercomputer Center (SDSC) which is located on the northwest corner of the UCSD campus but, in its early days, was operated under contract to General Atomics’ (GA) computer division.

Ray worked at GA back then, and he knew many of those people in the computer division. For about a year he had been thinking about asking one of them to show him around the place, but now here was a public opportunity to see the facility. The AWIS part of the presentation consisted of four women giving brief introductions of themselves, how they’d become interested in science, their academic backgrounds, and their current work.

Ray picked up some handouts at the end, and he attended more of these monthly meetings which, back then, consisted of similar tours of local labs and companies doing work in biology, biotechnology, pharmaceuticals, etc., since San Diego is a national center for the life sciences and employs a majority of the local AWIS membership. Ray enjoyed these presentations very much. He felt they were rather like watching an episode of Nova, the popular KPBS television science series, except that attendees were encouraged to ask questions.

“After a few months, one of the members said to me, ‘Ray, why don’t you join?’” Ray did not have to ruminate on this proposition. “AWIS is nonsexist. As they occasionally have to remind people, they are the Association for Women in Science, not the Association of Women in Science.” Ray recalled with a grin. He added that, “The annual dues were relatively cheap, my check passed the bank, and I’ve been a dues-paying member ever since (though at least once I inadvertently allowed it to lapse).”

Ray works in the PISCES lab at UCSD, which does research in basic plasma physics and plasma-materials interactions. The bulk of the laboratory’s work is in service to work done elsewhere for nuclear fusion, a long-running (since the 1950’s) research effort to produce central station electricity for homes and factories by this nuclear process. His personal involvement in all of this deals with optics and spectroscopy – mostly from a hardware standpoint.
“These instruments are collectively referred to as diagnostics, and they are used to determine information about the plasma such as its density, temperature and impurity content. Other aspects of plasma-material interactions that have present day commercial applications include the production of silicon chips for computers and cell phones and a class of rocket engine that keeps geo-stationary satellites in position (so your satellite TV antenna can remain aimed at one point in the sky), and in the past our lab has done work in both of these areas.”

When asked about the benefits of AWIS membership that Ray has derived over the years, he replied: “The networking doesn’t help me much personally, since my background and employment are in physics, and, as I mentioned above, most of the local members are in biochemistry, molecular biology or other closely related fields. Still, I really enjoy the stimulating conversations I have had over the years, and the great people – men and women – whom I have met during my more than two decades of membership.”

PLEASE SUPPORT AWIS-SO ACTIVITIES THROUGH YOUR SHOPPING AT RALPHS GROCERY STORE!

It’s been a tough year for corporate fundraising. AWIS-SO needs your support to continue providing career development workshops, fun networking events, scholarships and outreach programs. Ralphs grocery stores offers a program to support your charity of choice and it doesn’t cost you anything!

Please take just a few minutes now to go to:

- Click on “ENROLL.”
- Create an Account
- Select an organization: Type in “Association for Women in Science”

Thank you!!!

Career Development Opportunity!

Would you like to get GRANT WRITING training and experience? Did you know that you can have a very lucrative and gratifying career in fundraising for scientific research and non-profit organizations? The AWIS-SO Corporate Sponsorship Committee is planning a grantwriting workshop and needs help applying for funds to support AWIS-SO activities. Please email corporatesponsorship@awissd.org for more information.

Upcoming Events

**Mid-Career Coffee Club**
July 19, 2012, 07:45 am - 09:00 am, food court at northwest corner of Scranton Rd. and Mira Mesa Blvd.

Informal forum for AWIS-SO members in leadership and/or management positions to openly discuss issues faced on a daily basis. For more information contact coffeeclub@awissd.org

**Living Coast Discovery Center Family Event**
July 21, 2012, 10:00 am - 04:00 pm, 1000 Gunpowder Point Drive, Chula Vista 91910

Feed sharks and stingrays, do nature crafts, and learn about ocean and coastal ecology! Our AWIS summer family-friendly event will be at the Living Coast Discovery Center.

For more information regarding the Living Coast Discovery Center, please visit: [http://www.chulavistanaturecenter.org](http://www.chulavistanaturecenter.org)

Please bring your lunch! AWIS will provide water and sodas.

**Strategy Session: Get Promoted: Move Ahead in Your Career**
August 06, 2012, 06:00pm - 08:00pm, JONES DAY, 12265 El Camino Real, third floor, San Diego, CA 92130

Networking – 6:00 pm, Workshop – 6:30 - 8:00 pm
Light refreshments will be served.
Remember to bring your business cards!

Preregistration is essential!

This is an AWIS San Diego MEMBERS ONLY event.
Contact: [StrategySessions@awissd.org](mailto:StrategySessions@awissd.org)

**Mid-Career Coffee Club**
August 16, 2012, 07:45 am - 09:00 am, food court at northwest corner of Scranton Rd. and Mira Mesa Blvd.

Informal forum for AWIS-SO members in leadership and/or management positions to openly discuss issues faced on a daily basis. For more information contact coffeeclub@awissd.org

**About the AWIS Newsletter**

The AWIS-SO Newsletter is published six times per year and provides AWIS members and supporters with information on Chapter activities, career development, and issues related to women in science.

Newsletter staff for March/April issue:

Nurith Amitai, Atreyee Bhattacharya, Tiffany Hernandez, Caitlin Ildes, Alka Malhotra, Denise McKee, Molly Moloney, Emily Plummer, Pat Rarus, Shweta Sharma, Geetha Srinivasan, and DeeAnn Visk.

**Contribute to the Newsletter**

If you are an AWIS-SO member, we encourage you to contribute to the newsletter. Please send articles, photographs, and member news as MS Word attachments to newsletter@awissd.org. News articles should not exceed 250 words, event summaries should not exceed 500 words, and feature articles (special-interest stories and profiles) should not exceed 1000 words. The submission deadline for the next issue is **August 10, 2012**.
AWIS-San Diego Sponsors
AWIS-SD thanks our corporate sponsors for their generous support. Donations from corporate sponsors help us fund scholarship awards, monthly events and Strategy Sessions, community outreach efforts, the Newsletter and the website.

For more information about how your company can support AWIS-SD, send e-mail to fundAWISsd@gmail.com.

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To contact the Board, visit the following website:
http://sdawis.org/about-awis-san-diego/board-members-awis

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