



AWIS NEWSLETTER

ASSOCIATION FOR WOMEN IN SCIENCE
San Diego

Mission Statement: The Association for Women in Science, Inc. (AWIS) champions the interests of women in science, technology, engineering, and mathematics across all disciplines and employment sectors. Working for positive system transformation, AWIS strives to ensure that all women in these fields can achieve their full potential.

Letter from the President



Dear AWIS-SD Members & Friends,

I hope that by now you have all registered for the [Women in Science and Technology \(WIST\)](#) conference, which will take place on Saturday, May 9, from 7:30 am to 4 pm at the Faculty Club on the UCSD campus. We have extended online registration until Thursday, May 7. If you have already registered to attend, please invite a friend to register. If not, you can still register on-site at the day of the event. This flagship event for our San Diego chapter is held every other year. This year's theme is Passion and Purpose: The Pathway to Success.

This one-day symposium focuses on career and personal development, with inspiring, prominent speakers. Our impressive keynote speakers are Ann Lee-Karlon, President of the National Association for Women in Science (AWIS), as well as a Senior Vice President at Genentech, and Mary Lindenstein Walshok, Associate Vice Chancellor for Public Programs and Dean of Extension at the University of California San Diego.

Exciting and informative workshops, roundtables, and seminars for individuals at all stages of their careers in both academia and industry will be presented; everyone will find something of value. To aid in choosing which workshops to attend, three different tracks have been developed: Purpose (Track I) offers workshops on Women & Power, Advocating for Yourself, and a Women's Leadership Lab. Passion (Track II) includes Finding Your Passion, Navigating Your Passions: How to Start and Manage Your Successful Business and Non-Profit, and Balancing Your Passions: Work/Life Satisfaction. Emerging Science (Track III) comprises Antibodies Against Ebola Virus: The Roadmap, Our Changing Ocean, and Wireless Technology.

[WIST](#) represents an excellent opportunity to network, develop new skills, and explore career opportunities with ~200 expected attendees from the scientific community. I urge you to attend. We are excited to welcome you to this amazing event.

As participants from a previous WIST conference stated:

"My Saturday was well spent at the WIST conference."

"I had a great time and met a lot of interesting women."

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In addition to WIST, our chapter continues its many additional functions, such as reaching out to the greater San Diego community through the Expanding Your Horizons event, attended by members of the Outreach Committee. Our Strategy Session Committee held its April session titled "Advance Your Message through Body Language." Their June topic is "Advance Your Career Path through Effective Self-Promotion." These sessions offer great ways to work on your career development. Chapter members also participated in events such as the [Pint of Science](#), which takes place at local bars and allows the public and scientists to converse about hot topics like climate change.

Other articles in this issue report on the annual meeting of the Society of Toxicology, and the AWIS-SD seminar on Fighting Cancer with Food and Physical Activity held at the Moores Cancer Center.

I look forward to seeing you at [WIST!](#)

Most sincerely,

Grace

president@awissd.org

Fighting Cancer with Food and Physical Activity: An AWIS-SD Events Seminar

by Georgina To'a Salazar



Used with permission from Dan Piraro.

This month, the [Journal of the American Medical Association](#) published a study reporting that pescovegetarian diets (i.e., diets based on fish and vegetarian foods only) are associated with much lower risk of colorectal cancers. Enticed by such news to learn more about how lifestyle changes can fight cancer, participants were attracted to the AWIS-SD Events

Seminar, "Fighting Cancer with Food and Physical Activity," on Thursday, March 5, 2015. In the hour-long seminar at the University of California San Diego Moores Cancer Center, Health Sciences Clinical Instructor Christine Zoumas provided delicious samples of potential cancer-fighting foods and helped shed some light on how creating a well-balanced lifestyle can help fight cancer.

Zoumas quoted enlightening statistics. One-third of the cancer deaths that occur in the United States each year – the same fraction as that attributable to tobacco – can be attributed to diet and physical activity habits, including overweight and obesity. There's still a powerful one third that we can't do anything about, but it's important to recognize the value of the part we can control. Three good habits to target are maintaining a healthy weight, being active, and eating a healthy diet.

Body mass index (BMI) is the indicator used to assess whether weight is associated with increased risk for disease. Now, physicians are also beginning to consider waist circumference. When weight is a risk factor, the preferred strategy is to reduce risk by decreasing weight by about five to ten percent and then maintaining this weight through a healthy lifestyle. Though risk may remain, it will be decreased tremendously, and it is more beneficial to maintain a healthy lifestyle and a steady weight than to try to reduce one's weight much more, which has a high risk of not being sustainable and may result in weight "yo-yoing".

Physical activity is associated with reduced risk of several types of cancer and may improve prognosis after a cancer diagnosis. How much physical activity is recommended? Guidelines advocate 150 minutes of moderate activity or 75 minutes of intense activity each week. An easy way to evaluate intensity is the talk test: activity that makes it difficult to talk is regarded as moderate; activity that is so strenuous that it completely prevents conversation is considered intense. The 150 minutes can be done in 30-minute workouts five times a week. Muscle-strengthening activities involving all major muscle groups are encouraged at least two days per week.

There's no specific fruit or vegetable and no one perfect diet to ensure cancer prevention. But a dietary pattern of eating more fruits, vegetables, and whole grains is associated with reduced cancer risk. Guidelines suggest eating at least two and a half cups of vegetables and fruits each day. Phytochemical-containing vegetables and fruits were potential cancer-fighting stars in Zoumas' presentation and in the food she and her team shared. (Phytochemicals are chemical compounds that occur naturally in plants and are often responsible for properties of these plants such as their color or smell.) They were beautifully arrayed in colors: dark green leafy vegetables like kale, beta-carotene-containing orange vegetables including carrots, and lycopene-rich red tomato products.

Cruciferous vegetables such as cauliflower, bok choy, and Brussels sprouts were particularly emphasized as rock stars of cancer fighting. Allium vegetables, including garlic and onion, legumes including beans and lentils, and whole grains were also encouraged. On the other hand, added sugars, processed meats, and alcohol were featured as things to limit.

One of the biggest problems Zoumas has with her students is the overwhelming amount of information available on what constitutes a healthy diet. She recommends the following good references: the [American Cancer Society's Guidelines on Nutrition and Physical Activity for Cancer Prevention](#) (available for download in English or Spanish) and [Nutrition and Physical Activity Guidelines for Cancer Survivors](#). To find good research on dietary supplements or food, Zoumas brought our attention to the new [PubMed Dietary Supplement Subset](#). Information on further [Healing Foods Cooking Classes](#) is available at the Moores Cancer Center website.

Finally, Zoumas shared a recipe and a tip! A lot of people have difficulty deciding what to do with kale because it is tougher than the other leafy greens. Typically, the other leafy greens are tossed with dressing and served immediately (to prevent the leaves from being too soggy). For kale, dress 20 minutes before serving to allow for softening and for more of the flavors to incorporate into the kale.



You can find the recipe for kale salad with pine nuts, currants, and parmesan here:

<http://www.epicurious.com/recipes/food/views/kale-salad-with-pinenuts-currants-and-parmesan-351274>

Expanding Your Horizons

by Robyn Wygal, Shelly Trigg, and Justine Swann

As a teenage girl, where could you embark on an adventure and explore recycling through art, design your own dream building, examine the brains of different animals with your own hands, or identify the culprit of a crime by using laboratory techniques to analyze evidence? At Expanding Your Horizons, of course!



Expanding Your Horizons (EYH) is a national organization that offers opportunities for girls to explore science, technology, engineering, and mathematics (STEM) fields. The idea was formed by a group of female scientists who were concerned about low female enrollment in math courses. Now, with chapters in 31 states, both female and male STEM professionals volunteer to guide girls in discovering a wide range of STEM careers through hands-on activities, mentoring, and workshops.

In San Diego's largest, annually-occurring EYH event, AWIS-SD members, along with middle school and high school girls, participated in a day-long series of STEM workshops hosted at the beautiful University of San Diego campus. AWIS-SD Outreach Co-Chair Nellie Shaul, alongside other EYH organizers, orchestrated this year's captivating event on March 7, 2015, that inspired over 300 students and 100 volunteers alike.



AWIS-SD Outreach runs a workshop at EYH annually, and this year Outreach Committee members Shelly Trigg, Justine Swann, and Outreach Co-Chair Robyn Wygal presented forensic science through a mock crime scene investigation. Three groups of about 20 girls in grades six to nine played the role of forensic lab scientists. Upon entering the workshop, the girls were briefed on the crime, a burglarized veterinarian's office.





Achieve your Life Sciences educational goals!

Whether you are just entering the Life Sciences field or you are Seeking high-level skill development, UC San Diego Extension has courses and certificates to fit your continuing education needs.

- Biostatistics
- Biotechnology Project Management
- Business of Biotech
- Clinical Trials
- Diagnostics
- Drug Discovery/ADMET
- Genomics
- Industrial Biotechnology (Biofuels, Fermentation)
- Life Sciences IT/Bioinformatics
- Medicinal Chemistry
- Quality Assurance and Control
- Regulatory Affairs

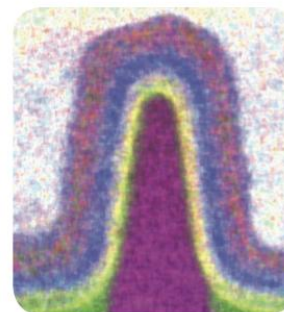
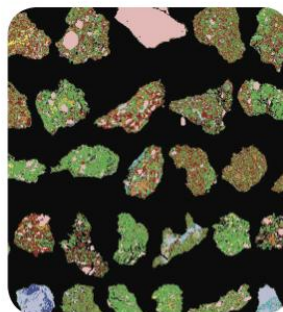
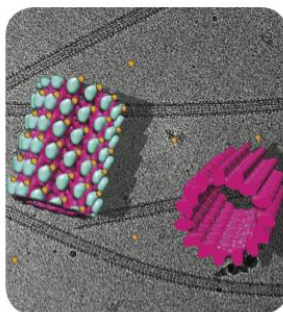
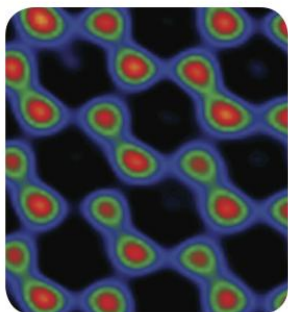


For your convenience, many of our courses are offered online. Explore our offerings, today!

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UC San Diego | Extension



(From left to right) Atomic resolution phase image of graphene. Sample courtesy of N. Alem and A. Zettl, University of California, Berkeley. Images Joerg Jinschek and Emrah Yucelen, FEI, Hector Calderon, IPN, Mexico, and C. Kisielowski, NCEM, USA. Exit wave reconstruction by Joerg Jinschek. Helical reconstruction of microtubules decorated by an Eg5-metallothionein-gold complex. Image: Cedric Bouchet-Marquis. Drill cuttings from a CO₂ injection well. Image: CO2CRC, Australia. 22 nm PMOS transistor structure. Image: FEI NanoPort.

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“Wow, it’s a real lab!” was among the many exclamations from the girls as they examined evidence at five different stations, each of which demonstrated a specific area of forensic science. Among the activities, their favorite was loading a Lonza DNA gel and seeing DNA sizes separate, while AWIS-SD Outreach volunteer Kristin Bompiani-Myers explained the molecular mechanics of electrophoresis. It was obvious from other observations, such as “This shoeprint definitely matches the evidence photo, see this part?” that the girls also really enjoyed the shoeprint analysis activity led by AWIS-SD Outreach volunteer Emma Reeves.



Outreach volunteer Leilani Cruz enthusiastically explained how chromatography is “SO cool!” and could be used to identify which suspect’s pen was used to write the ransom note. Outreach volunteer Jennifer Betancourt and Outreach Co-Chair Robyn Wygal introduced the concepts of pipetting and measuring pH using known liquids to identify an unknown liquid found at the crime scene and encouraged the girls to document their findings and explain their results. Outreach volunteers Cassie Henry and Olivia Weber, who are both scientists at San Diego biopharmaceutical firm Abide Therapeutics, helped to show the girls, not only how to analyze physical and chemical properties to identify unknown crime scene substances, but also how physical and chemical properties can be used to perform drug discovery.



By the end of the workshop, with smiles on their faces, the girls were all very excited to share and defend their hypotheses regarding the identity of the culprit.

The Outreach Committee would like to extend a special thanks to the volunteers and organizers who made this event a truly successful and rewarding experience. Interested in participating next year? Stay posted on AWIS-SD events: <http://www.awissd.org/index.php/all-events/events-calendar>.

Interested in running this workshop for a different event? Check out <http://www.awissd.org/index.php/page/outreach-resources>.

Strategy Session on April 6

by Jill Slaboda

Okay, I’ll admit it. Like many of us, I’ve often been concerned about others’ impression of me. But I never considered that body postures can influence how I perceive myself. All this changed when I attended AWIS-SD strategy session on Monday April 6, 2015. The Strategy Session, titled “Advancing Your Message through Body Language,” focused on body poses, tips for making a great first impression, and an interactive exercise.

Lin-Chien Huang started with a review of Amy Cuddy’s research that showed increased testosterone (assertiveness), decreased cortisol (stress), and increased risk behavior from baseline after participants did a high power pose. The opposite was true for the low power pose (taken from Cuddy’s TED talk).

Dorothy (Dody) Sears then presented how we judge others and what we can do to improve our first impressions. Using Tonya Reiman’s *The Power of Body Language* as a reference, Sears suggested that researching the person you are meeting, extending a firm handshake, smiling, making eye contact, and mirroring the other person’s movements are behaviors that can improve your first impression.



Left: low power pose modeled by Hanne Hoffman.
Right: high power pose modeled by DeeAnn Visk.
Photo credit: Jill Slaboda

Lastly, we separated into groups and performed a stressful scenario such as interviewing. We took turns playing the roles after performing a high power pose and a low power pose. After the exercise, the group agreed that we felt more confident after performing the high power pose. I highly suggest trying this exercise yourself. It really surprised me, and I plan to perform high power poses before meetings from now on!

Pint of Science:

A Smooth Sip of Science for the San Diego Community

by EriLynn Heinrichsen and Tatum Simonson

Scientists aren't the only ones thirsty for knowledge, yet the general view of major scientific findings is hard to swallow. Only 50% of the public recognizes that climate change is due to human activity, and 65% accept evolution-- and only half of this group attributes this process to natural selection (Pew Research Center, 2015).

In an effort to quench the public's curiosity and bridge the communication gap, local scientists and engineers are gearing up to share conversations and drinks with the public during the Pint of Science Festival, held in partnership with the Fleet Science Center, May 18th-20th. The festival will take place in the casual setting of local bars in three San Diego communities: Uptown/North Park, Downtown, and Pacific Beach/La Jolla, for a total of 9 events. Each event will feature hot topics in science, giving the attendees the chance to learn from and engage in discussion with experts in the field.

Pint of Science presents opportunities for dialogue at a time when scientists and the public often appear to talk past, rather than with, each other. Even within the science arena, there is a tendency toward sharing detailed data rather than stories—yet the stories are what stay with us and inspire us. When science is communicated well, whether to other scientists or the public, it can have a lasting impact.

Effective story telling can engage the public and inspire dialogue rather than closing minds. The public is more likely to invest in understanding research once they have a reason to care, once personal connections are made. Additionally, it provides a forum for scientists take a step back from the “curse of knowledge” and communicate on a level that others can connect with, a level that helps them feel understood. A good story or analogy may not explain everything, but it creates a vital engagement with the listener: it fosters interest, stimulates questions, and creates desire to invest in outcomes.

Considering the large number of scientists and great beers in San Diego, perhaps sitting down with your neighbors for a pint of beer and some good conversation will help demystify

science and scientists. For more information about the Pint of Science Festival, and upcoming events with the Fleet Science Center such as Suds and Science, visit <http://pintofscience.us/events/san-diego/> and <http://www.rhfleet.org/events/suds-science>. Cheers!

So What Is Toxicology, Anyway?

by DeeAnn Visk

“Toxicology is the study of the adverse effects of chemical, physical, or biological agents on people, animals, and the environment. Toxicologists are scientists trained to investigate, interpret, and communicate the nature of those effects.” (from the Society of Toxicology [website](#)) In the past, schools offered degrees in toxicology. In reality, however, one does not require a degree in toxicology to be a toxicologist, per se. Toxicology is studied by biologists, chemists, pharmacologists, physiologists, engineers, and others.

I learned this while attending the 54th Society of Toxicology (SOT) meeting in San Diego at the end of March 2015. Taking place at the San Diego Convention Center, the meeting had a total attendance of over 6,500 people from around the world. A wide variety of academic, industry, and government agencies were represented. ToxExpo, an exhibition of companies involved in toxicology, took up most of the ground floor.

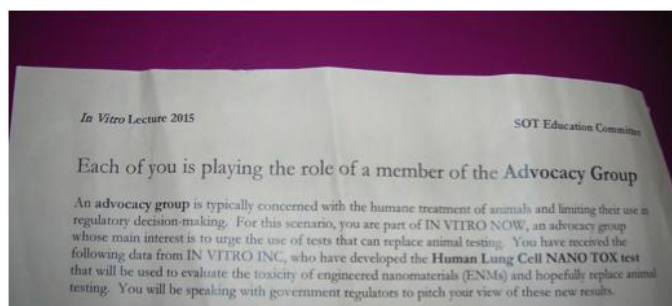


Booth of Reveal Biosciences, a local contract research organization (CRO) company providing histology services, at ToxExpo. Photo credit: DeeAnn Visk

Talks at the event ranged from big names to smaller technical presentations (for example, a seminar on [adapting two-dimensional tissue culture assays for three-dimensional cultures](#)) to sessions applicable towards continuing education credits. J. Craig Venter, founder of Celera Genomics, The Institute for Genomic Research, and the J. Craig Venter Institute, the first entity to sequence an individual human genome, gave the keynote speech.

Of special interest for graduate students was the luncheon lecture on the toxicity of nanoparticles. As part of the lecture, the students and others in the room engaged in role-playing. In the given scenario, participants played the roles of a basic research scientist, an advocate for a company developing a technique to test for toxicity, or a government regulator. Rationales for each perspective were then considered.

The event reminded me of another session at the American Cell Biology conference a number of years ago, also in San Diego. I was able to sign up at a special student rate and attend a great talk about how to negotiate, which included a role-playing exercise at the end. Reinforcing the ideas that had been discussed in the introduction by actually pretending to be involved in the process really drove home the point for me.



Sample of role-playing activity during student luncheon.

Photo credit: DeeAnn Visk

Post-doctoral fellows were also present with a postdoctoral luncheon and other meetings. All in all, I was impressed with the opportunities for grad students and post-docs to engage within the conference. Scholarships and travel stipends were also available. For that reason, it is always good to check for the availability of travel stipends for any conference you want to attend, but may not have the funding for.

With so many conferences in the San Diego area, students, post-docs, and other interested individuals should take full advantage of living in such a beautiful, popular venue for meetings and attend those that appeal to them.

Member Profile: Corine Lau

by Alyson Smith

Corine Lau's love of science began during her high school biology coursework. Encouraged by her college professor, Dr. Bonita Brewer at the University of Washington, she began her training as a scientist studying DNA replication in yeast. She contributed to two peer-reviewed articles during her three years of working in Dr. Brewer's laboratory.



Lau obtained her Ph.D. from the University of Colorado, Boulder under the guidance of Dr. Mark Winey. For her thesis work, she studied spindle pole body duplication in yeast. Spindle pole bodies are the yeast equivalent of centrosomes (cellular structures that play a critical role in the cell cycle in higher eukaryotes) and are essential for proper cell division. Lau's positive experience in graduate school continued to motivate her to pursue a career in science.

She moved to San Diego in 2004 for postdoctoral studies in the lab of Dr. Douglass Forbes at the University of California, San Diego. There she studied the regulation of assembly of the cell nucleus using extracts of *Xenopus* frog eggs and mammalian cells. After completing her postdoctoral training, Lau decided to take some time off to transition into industry and to take care of her family. She desired to translate her scientific training into a field with a direct impact on healthcare.

While taking care for her daughters, Lau began part-time work from home for [BioMed Bridge](#), a scientific writing and editing firm. Through BioMed Bridge, she worked for Nature Education as a team member for the "Ask an Expert" column, writing answers to questions on a broad range of topics in biology posed by undergraduate and graduate students. A couple years later, she took on additional part-time work for [BioBase](#), a bioinformatics company focused on scientific databases, working as a curator for the yeast database. In this position, she stayed up to date on the current literature and curated relevant results into database annotations.

About six months ago, Lau began her first full-time position outside of academia as a scientific writer for [Pathway Genomics](#). Pathway uses cutting-edge technology to provide genetic testing with the aim of promoting patient health. Lau enjoys the new challenges involved in being a part of this company, where she is responsible for writing scientific content for genetic reports and marketing materials. She also has the opportunity to interact with multiple groups, including the genetics, marketing, and software engineering teams.



Lau first joined AWIS-San Diego when she was invited by a colleague to attend the Open House in 2006. As she had some web design experience, she decided to join the Website Committee, where she served as a committee member, then as co-chair. She was also co-chair for the Working Moms Coffee Club. She helped organize the Scholars celebration in 2008 and the Women in Science and Technology (WIST) conference in 2009. In 2012, she joined the AWIS-SD board, serving as treasurer and currently as past treasurer. She is grateful for her involvement with AWIS-SD, where she has met and worked with many supportive and inspiring women. As an advocate for AWIS-SD and women in science, she has also gained public speaking and leadership skills through the various events in which she has participated.

For students and postdocs hoping to transition out of academia, Lau advises exploring opportunities as soon as possible. In addition, she recommends becoming involved with organizations such as AWIS-SD, as this experience helps to establish connections, gain confidence in public speaking, and develop good teamwork, all important skills that employers look for. For those seeking a position as an industry researcher, she recommends focusing on acquiring skills during your post-doc that are commonly required in industry labs. For aspiring science writers, she recommends building a writing portfolio through volunteer work, blogging, or freelance work so that writing ability can be demonstrated to potential employers.

When she is not working, volunteering with AWIS-SD, or taking care of her family, Lau enjoys singing with the Pacific Women's Chorus and indoor rock climbing at the Vertical Hold gym.

Science News Ticker

The University of California San Diego (UCSD) has recruited Dr. Jill Mesirov, currently chief informatics officer at the Broad Institute, an elite biomedical and genomic research center. Mesirov's recruitment is part of a push by UCSD and the J. Craig Venter Institute [to hire "Big Data" top talent in computational biology and bioinformatics](#) in a bid to increase their position in the field. New technologies (such as faster, cheaper DNA sequencing) have led to the accumulation of enormous quantities of data; sifting through these data for clues to human longevity, cancer treatment, and numerous other applications poses significant challenges. In addition to Mesirov, microbiome expert Rob Knight and machine learning specialist Franz Och will also soon be coming to the San Diego area to work on these issues. *** San Diego biomedical equipment maker CareFusion was acquired by global medical equipment company Becton Dickinson (BD) for \$12 billion, making it the second-biggest purchase of a San Diego area life science company. The sale was announced in October 2014

and completed in March 2015. BD has stated that it will keep a significant presence in San Diego and does not anticipate any significant changes to local payroll. *** A UCSD laboratory has created a special ink that can be applied to the skin to measure glucose levels. The project is led by Dr. Joseph Wang, chair of UCSD's Department of Nanoengineering, and doctoral student Amay J. Bandonkar, working within UCSD's new Center for Wearable Sensors. The ink can be applied with an ordinary pen and reacts with glucose in the skin, eliminating the need for more invasive procedures like a finger prick to draw blood. While the drawn-on ink serves as the sensor itself, a separate device must be used to read the results – though Bluetooth technology may eventually allow the results to be read wirelessly by patients' smartphones. *** Kura Oncology, a new biotechnology company focused on targeted small-molecule cancer drugs, opened its doors in La Jolla in March 2015. The company is preparing to start a Phase 2 trial of tipifarnib (a potential cancer drug) later this year. While this drug has been under investigation for many years, the company says that recent advances in diagnostics now make it possible to identify the patients most likely to respond to the treatment. *** UCSD is seeking local partners to develop a center to study neurological diseases; potential partners include: The Scripps Research Institute, the Salk Institute for Biological Studies, and the Sanford-Burnham Institute. The purpose of developing of a new center with these local powerhouses is to increase the amount of research dollars to be awarded.

Member News

AWIS-SD Past President **Dorothy (Dody) Sears** was featured in the "career playbook" section of the Spring 2015 National AWIS magazine. In an article titled "[Stereoisomer Showdown](#)," Sears answered questions related to the topic "How do you define leadership?"

Lori Yang, Chief Scientific Officer at Glycosensors and Diagnostics, was honored with the Amelia Earhart Innovator Award at the recent Business Women's Mega Mixer. The award is one of the [Women Making History awards](#), and recognizes an individual who exemplifies determination, perseverance and innovation through her career and/or business and has achieved extraordinary results or recognition through unique inventions or processes.

Tamera Weisser, former AWIS-SD Board member and co-leader of the global patent prosecution group at law firm Jones Day, is a panelist for the [The Scientist Career Expo](#) in June. This free webinar will be a discussion of careers outside of academia. She will be speaking on panel discussing "Law and Regulatory Affairs."

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Upcoming Events

WOMEN IN SCIENCE AND TECHNOLOGY (WIST) CONFERENCE

Saturday, May 9, 2015
8:30 am -05:00 pm
UCSD Faculty Club
Muir Lane, La Jolla, CA 92037

What is the WIST conference?

- A one-day symposium focusing on career and personal development, as well as peer networking
- Inspiring, prominent keynote speakers
- Exciting and informative workshops, round-tables, and seminars for individuals at all stages of their careers in both academia and industry
- An excellent opportunity to network, develop new skills, and explore career opportunities with 300 attendees from the scientific community

Purpose:

To empower women in STEM at all levels to enhance their careers through networking, discussion of relevant career development topics, and exposure to a wide range of specialities within STEM.

As we enter a new decade now is the opportunity to make positive changes in our careers and lives.

Past workshop topics have been as diverse as networking, negotiation, and effective job search strategies to the business of science, end-to-end drug development and bioinformatics to research and teaching in the academic setting.

Please [register](#) by May 7, 2015.

MID-CAREER COFFEE CLUB

Thursday, May 21, 2015
7:45 am
Corner Bakery Café
by Sears at UTC
4575 La Jolla Village Drive, San Diego, CA 92122

A small informal group of AWIS-SD members in managerial or equivalent positions that meet every third Thursday of the month to network and share ideas as well as encouragement. Everything said at the Club is kept confidential.

CAREERS IN INDUSTRY: GETTING FROM JOB AD TO INTERVIEW

Wednesday, May 27, 2015
12:00-2:00 pm
UCSD Extension
University City Center
6256 Greenwich Dr, San Diego, CA 92122

Now [registering](#) AWIS-SD Back to Work members.

Learn how to effectively target industry positions by highlighting your accomplishments, structuring a winning resume, writing compelling cover letters, and developing your online professional profile. This workshop is particularly geared for scientists who are interested in industry and other non-academic positions.

Presented by:

Jean Branan, Program Coordinator
Career and Postdoctoral Services Office
The Scripps Research Institute

STRATEGY SESSION: Advance Your Career Path through Effective Self-Promotion

Monday, June 1, 2015
6:00 - 8:00 pm
Hera Hub
4010 Sorrento Valley Blvd, Suite 400, San Diego, CA 92121

What are the benefits of promoting yourself? Why is self-promotion so important? Do you think it is hard? If these are some of the questions you ask yourself, then the June Strategy Session is the right place to find some answers.

During our interactive strategy session Melanie Nelson, PhD, an independent contractor in scientific informatics and project management with more than 15 years industry experience, will lead a discussion on how to effectively self-promote yourself at different career levels. The presentation will be followed by small group discussions, where attendants will practice self-promotion and get feedback from peers.

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

Pre-registration is essential! Please register [here](#).

This is an AWIS San Diego MEMBERS ONLY event.

If you are not currently an AWIS San Diego member and would like to attend this event, please join or renew your membership online (www.awis.org).

If you register and later discover that you are unable to attend, please notify us by sending an email to StrategySessions@awissd.org.

MID-CAREER COFFEE CLUB

Thursday, June 18, 2015

7:45 am

Corner Bakery Café

by Sears at UTC

4575 La Jolla Village Drive, San Diego, CA 92122

A small informal group of AWIS-SD members in managerial or equivalent positions that meet every third Thursday of the month to network and share ideas as well as encouragement. Everything said at the Club is kept confidential.

Local Events of Interest

Healthcare Businesswomen's Association Southern California

Essential Skills for Navigating a Successful Healthcare Career

Tuesday, May 5, 2015

5:30-8:30 pm

Janssen Research & Development, LLC

3210 Merryfield Row, San Diego, CA 92121

HBA Southern California is proud to present a career building event sponsored by Janssen R&D: A panel of five exceptional role models in healthcare, spanning research and discovery to healthcare management, will discuss their career journeys into leadership roles.

How do you know what skills are crucial in choosing and growing a career in healthcare? How are these different from a career in any other business? What challenges will you encounter and what tools will you need to overcome them? These are some of the questions that will be the focus of our interactive panel discussion. Dr. Mihee Michelle Kim will lead our esteemed panel, Dr. Frederique Bard, Dr. Jennifer LaFontaine, Karen Possemato, and Dr. Steven Steinhubl, MD, who will inspire and motivate us by sharing their stories and the lessons they have learned that have contributed to their successful careers.

The event is open to HBA members and nonmembers. Onsite (walk-in) registration is allowed. Space is limited to 100 registrants.

Member rate: \$45

Nonmember rate \$65

Sponsor rate: \$35

CARTA (Center for Academic Research and Training in Anthropogeny):

Human-Climate Interactions and Evolution: Past and Future

Friday, May 15, 2015

1:00-5:30 pm

Conrad T. Prebys Auditorium, Salk Institute for Biological Studies

10010 N Torrey Pines Road, San Diego, CA 92121

Co-Chairs: Charles Kennel (UC San Diego) and Rick Potts (Smithsonian Institution)

Our early ancestors evolved on a drying, cooling, and highly variable planet, which has led to competing ideas as to how climate may have shaped human evolution. Equally compelling is the question of how and when humans began to affect their surroundings to such an extent as to become a force of climate change, with disruptions affecting the globe today. According to earth scientists, paleontologists, and scholars in other fields, the planet has entered a new geological phase – the Anthropocene, the age of humans. How did this transition of our species from an apelike ancestor in Africa to the current planetary force occur? What are the prospects for the future of world climate, ecosystems, and our species? This symposium presents varied perspectives on these critical questions from earth scientists, ecologists, and paleoanthropologists.

REGISTRATION

Admission is free and open to the public; however, registration is required. To register, go to:

<http://carta.anthropogeny.org/events/human-climate-interactions-and-evolution-past-and-future>

Athena, Qualcomm and Intuit invite you to a STEM community event:

I.N.V.E.S.T. (Inspiring, Networking, Volunteering to promote Engineering, Science and Technology)

Wednesday, May 20, 2015

5:30-7:30 pm

Qualcomm Building N

5775 Morehouse Drive, San Diego, CA 92121

INVEST in Others – Mix, mingle, expand your connections and network with nonprofit organizations offering volunteer opportunities. If you're looking for an opportunity to give back, be sure to stop by their tables to learn how you can get involved.

INVEST in our Community – Connect with organizations making a difference in San Diego.

INVEST in You – Looking to grow your career? Share your strengths and passion for what you do with organizations that can help you expand your career opportunities. From committee work to board service, learn about professional development organizations and opportunities to expand your learning.

Get connected! Get involved! Come learn how you can INVEST in others, in our community, and in you!

[Register Here](#) for the event.

You can donate to the Pinnacle Scholarship Fund in lieu of registration cost or bring a gently used piece of professional clothing.

Wireless-LifeSciences Alliance Convergence Summit

Wednesday, May 27, 2015 - Thursday, May 28, 2015

Omni San Diego Hotel, Level 4
675 L Street, San Diego, CA 92101

The [Convergence Summit](#) is WLSA's annual flagship event where healthcare, technology and wireless health communication leaders tackle key issues facing the connected health community. WLSA designs a two-day agenda packed with keynote thought leaders, wireless technology best practices, interactive sessions, structured networking, and industry demos.

Special rates for students are available [here](#), along with a [special Thursday afternoon-only rate](#).

The Scientist's Virtual Career Expo: explore alternative careers for life scientists, including business and marketing, industry and clinical research, and scientific communication

Wednesday, June 10, 2015

8:30 am-2:00 pm PDT

[Online Webinar](#)

Learn more about career opportunities outside of academia at *The Scientist's* Virtual Career Expo. Join *The Scientist* as we explore alternative careers for life scientists, including business and marketing, industry and clinical research, and scientific communication. Topics to be covered include the job application process, converting an academic CV to a targeted resume, and career transitions. Our expert panelists will describe their own job transitions and current roles, providing attendees with a host of career-development tips.

Keynote:

10 Things Scientists Ask About Finding a Job Outside of Academia (9:00-10:00 am PDT)

Panels:

1) Business and Marketing (10:00-11:00 am PDT)

2) Scientific Communication (11:00 am-12:00 pm PDT)

3) Clinical and Industry Research (12:00-1:00pm PDT)

4) Law and Regulatory Affairs (1:00pm-2:00pm PDT)

The event is free; [registration](#) is required, as is a computer and internet connection.

Falling Walls Lab

Saturday, June 27, 2015

10:00 am

Medical Education-Telemedicine Building (Lower Auditorium)
UCSD

9500 Gilman Drive, La Jolla, CA 92093

Attention, innovative young researchers and entrepreneurs! UC San Diego is hosting a Falling Walls Lab, a competition of ideas in association with the annual Falling Walls (FW) Conference in Berlin, a world-renowned gathering of leading scientists and states people. Winners (up to three) of the San Diego Lab will go on to compete with winners of other Labs around the world at the Finale in Berlin; they will also receive free admission to the Falling Walls Conference.

- Theme: "Breaking the Wall of (major societal problem)"
- Presentations: three minutes long
- Competitors: innovators under 35
- Entry: www.falling-walls.com/lab until May 30
- Judging criteria: breakthrough factor, breadth of impact, compelling presentation
- Jury: leaders in research, business, and social change

If you have questions, contact Jessica Moore (jj1moore@ucsd.edu), Caroline de Gracia Lux (cdegracialux@ucsd.edu), or the Falling Walls Foundation (lab@falling-walls.com).

About the AWIS Newsletter

The AWIS-SD 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 May/June Issue:

Nurith Amitai, Linda Manza, Madhuvanathi Ramaiah, Pat Rarus, Jean Spence, and DeeAnn Visk

Contribute to the Newsletter

If you are an AWIS-SD 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 June 10, 2015

About the Authors



Eri Lynn Heinrichsen received her Ph.D. in Biomedical Sciences from UCSD. The decision to stay in San Diego for postdoc was easy, given the frequency of dolphin sightings during her daily bike commute, the abundance of great science, and most importantly, the opportunity to enhance her teaching and research experiences as an NIH IRACDA postdoctoral fellow at UCSD. A passionate advocate of science communication, Eri Lynn is co-City Coordinator for the San Diego Pint of Science Festival.



Georgina To'a Salazar, Ph.D., currently serves as a co-chair for AWIS SD Events Committee. Her dream work is science policy and science diplomacy.



Tatum Simonson is an Assistant Adjunct Professor in the Division of Physiology at University of California, San Diego. Her research integrates physiological and genetic studies of populations from the Tibetan and Andean highlands in order to better understand adaptive and maladaptive responses to low oxygen. She enjoys working, playing, and learning at all altitudes and is excited to co-organize and celebrate science with the San Diego community at Pint of Science 2015.



Jill Slaboda has a Ph.D. in bioengineering and has recently relocated to the San Diego area. She is experienced in collecting, analyzing, interpreting and writing about clinical research and healthcare data trends in both academic and non-profit fields. She

is passionate about encouraging young women into pursuing STEM careers, particularly engineering fields. Jill enjoys running, meeting new people and exploring San Diego.



Alyson Smith is a graduate student at The Scripps Research Institute, where she studies the role of cytoskeletal proteins in platelet formation. Outside the lab, Alyson enjoys reading, writing, hiking, and baking with her husband

Shelly Trigg is a second year Biological Sciences Ph.D. student researching systems biology using genomics technologies in the Ecker Lab at the Salk Institute. She is passionate about encouraging young women to pursue STEM fields and is an active member of the AWIS San Diego Outreach Committee.



DeeAnn Visk, Ph.D., is a freelance science writer, editor, and blogger. She loves working at the bench in molecular biology, genetics, and microscopy. DeeAnn lives in the San Diego, California area with her husband, two kids, and two spoiled hens.



Robyn Wygal, an analyst for Skylight Healthcare Systems, and the AWIS Outreach Co-Chair, enjoys sharing her passion for science and encouraging students to explore STEM fields. Her passion for science involves answering questions regarding the mechanisms of regulatory RNA and the power of bioinformatics in elucidating their functions. Robyn is also an avid runner and enjoys the outdoors.

The remaining author bios were not available at press time.



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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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Past Treasurer	Corine Lau	clau@awissd.org

To contact the Board, visit the following website: <http://www.awissd.org/index.php/about/board>

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