

## Education Outreach Committee Announces New Programs

By Barbara Armstrong,  
AWIS Member

The AWIS Education Outreach Committee is creating two new programs for students. One is a Mentorship Program that will pair 11th- or 12th-grade students with scientists for nine months. The goals of the program are: To give students information about science careers, encourage science study, give a "real world" view of science, expose students to the "state of the art" of science, advise students academically, and evaluate students' progress. The Mentorship Program chair is Susanne Koch.

The second initiative is an Internship Program scheduled to begin in the fall. This is a one-year program; the first nine months of which will be spent preparing students for a summer internship in a local lab. Internship Program co-chairs are Lee Fortunato and Salme Taagepera.

The AWIS Outreach Committee continues to run a Speakers Bureau and Hands-On-Science Program. The Speakers Bureau arranges the classroom appearance of scientists speaking on a variety of topics. "Hands-On-Science" has become an integral part of science educator conferences and Science Day programs at local schools during which AWIS volunteers present hands-on experiments that teachers can use in their classrooms.

If you are interested in participating in any of the new or on-going committee activities, please contact Barbara Armstrong (h) 483-6285, (w) 646-8346, email Barbara\_Armstrong@Sequana.com.

## "Walking the Tightrope: Balancing Career and Family" Workshop

By Michele Ramirez-Weinhouse,  
AWIS Member

The Women Chemists Committee of the San Diego Section of the American Chemical Society and Mom's in Science are currently organizing the following workshop: "Walking the Tightrope: Balancing Career and Family" to address the issues surrounding balancing a family and career.

If you are interested in becoming a part of the exciting team to make this first-time event a highly interactive and informative success, call Michele Ramirez-Weinhouse at 619-480-2264. We have had a preliminary meeting to outline the program but need more volunteers for the various duties. We need people to help in the following areas: speakers (we are looking for speaker suggestions, etc.), location, and programming. If you would like more info on the program planned thus far and/or announcements for future planning meetings and updates please call Michele or e-mail mwein@combichem.com.

## San Diego-AWIS Membership Committee Forming Now!

by Judith Finlay,  
AWIS Board Member

The San Diego-AWIS membership database urgently needs consolidation and organization into current software. We also have to come up with a plan to meet the local chapters current and future needs for membership information. If you are interested in helping with such tasks please call me at 278-4074 to volunteer. We will form a committee in September and meet monthly to accomplish our tasks. Committee will be ongoing to help with emerging needs.



## "...Buy Me Some Peanuts and Foccacia Sandwiches?"

AWIS Padre's Outing  
By Tina Kuus-Reichel

Sunday July 27 was a great day for baseball. The Padre's and the Mets battled it out at the Q in the presence of six intrepid AWIS attendees. Before the game, a tail-gate reception was held where gourmet foccacia sandwiches, Caesar salad and assorted other snacks were enjoyed along with a variety of beverages. Chatter ranged from job hunting skills to dogs and gardening. Then it was on with the game. The group was seated in the new Clubhouse section of the renovated stadium, overlooking the view between home plate and first base. The new section boasted larger seats with actual padding on them. Who could ask for more? Steve Finlay made a diving catch in the outfield that merited a "Star" from the press box, Tony Gwynn got several hits, and the Padres won the last game of the Mets home stand. While the turnout for this event was not huge, everyone who attended had a great time, got to make some new AWIS friends, and would certainly go again.

## "Career Development: Integrating Who You Are With What You Do" Conference

Presented by UCSD CONNECT/Athena  
Sept. 30, Tuesday

This conference will focus on career paths, career transitions, what you can do to gain the support of your company to meet your career goals, and what companies can do in order to retain valuable employees. For more information, contact UCSD CONNECT phone: 619-534-6114; home page <http://www.connect.org/connect>.





## Girl Scouts Are Looking for You

The Girl Scouts are looking for a few good women . . . about 200,000 of them in San Diego and Imperial counties.

Recognizing the growing need for positive, ethnically diverse role models in children's lives, the Girl Scouts, San Diego-Imperial Council has launched an effort to find all former Girl Scouts (including Brownies and Girl Guides) and encourage them to renew the promise they made when they first put on the Girl Scout uniform.

In part, the Girl Scout law still reads: "To help where I am needed . . . to be a sister to every Girl Scout and to protect and improve the world around me through my words and actions."

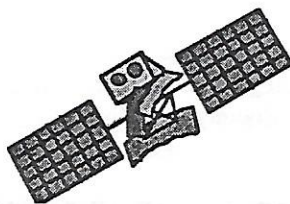
The challenge to locate former Girl Scouts is the cornerstone project commemorating the organization's 85th anniversary. The local organization is also planning an Oct. 12 alumnae reunion at the San Diego Zoo to celebrate the occasion and recognize several exemplary Girl Scout alumnae in San Diego and Imperial counties.

"There are so many former Girl Scouts who have gone on to become successful mothers and career women, with the ability to inspire and enrich the lives of girls who will become the next century's leaders," said Barbara Alderson, executive director for the Girl Scouts, San Diego-Imperial Council.

Well-known former Girl Scouts in San Diego County include: Mayor Susan Golding, Suzy Spafford, creator of Suzy's Zoo greeting cards, Olympic gold medalist Gail Devers, San Diego City Councilwoman Barbara Warden, and Alice Hayes, President of the University of San Diego.

Former Girl Scouts interested in reconnecting with the organization - to volunteer as mentors, troop leaders to assist with the development of innovative programs - can call 298-8391

for more information. Alumnae can also call for more information about attending the Oct. 12 alumnae reunion at the San Diego Zoo.



## NASA Summer Faculty Fellow, Part II

By Sue Lowery, AWIS Member

Dr. Sue Lowery spent the summer working at NASA's Ames Research Center as a NASA-ASEE Summer Faculty Fellow. Sue investigated muscle changes brought about by centrifugation of rats. Although this may sound like an odd thing to do, centrifugation is considered to be a possible countermeasure to combat the muscle atrophy seen in spaceflight. There are plans to include a human powered centrifuge on the International Space Station. Before obligating the astronauts to hours of centrifugation, it's a good idea to study the actual effects it has on muscle structure. Sue used histochemistry to identify different muscle types and an image analysis program to determine the size of the fibers. Centrifugation at 3G resulted in a significant decrease in type II (fast-twitch) fibers. At 3G Type I (slow-twitch) fibers had significantly increased in cross-sectional area, while the fast-twitch fibers were much smaller at both 2G and 3G. This indicates that muscle can adapt to the increased load placed on the postural muscles by increased gravity. Her studies support the hypothesis that centrifugation would counteract muscle atrophy in space. That will be particularly welcome news for any astronauts on a mission to Mars, a journey of probably three years.

Two other professors from the University of San Diego are participating

in the same program, including mathematician Dr. Jane Friedman.



## Northern California AWIS Conference

Sept. 27

The Northern California chapters of AWIS have organized a conference entitled "Career Fitness and Self Reliance" to be held Saturday, Sept. 27, 1997 at California State University, Hayward (SF east bay area). The conference focuses on what women scientists need to do to advance successfully in their careers. Alternative careers and how to start a new career will also be discussed.

The morning plenary session will provide an introduction to basic ideas of career self reliance. In the late morning, a panel of senior women will discuss their careers and give advice on career development in the sciences. Three afternoon workshops will explore specific areas of interest in career fitness and self-reliance (among the topics: self-assessment and self-promotion, negotiating, developing leadership skills, deciding whether to work for a start up company). Careers for Ph.D. and non-Ph.D. scientists will be discussed including those beyond basic research. The closing reception will allow time for informal networking.

To obtain the registration form and for questions, contact Betsy Collard at 408-253-3200, x222. General registration is \$50. Students and postdoctoral fellows may register for \$25. Early registration (discounted to \$35 for AWIS and Career Action Center (CAC) members only) must be received by Sept. 12.

This conference is organized by the Northern California area AWIS chapters. Co-sponsoring the event are the CAC, the Biological Sciences Dept at CSUH, and the University of California, Santa Cruz.



## Women's Health for the 21st Century Symposium

Sept. 20, 8:30 a.m. - 5:00 p.m.

Town & Country Hotel, Hotel Circle,  
San Diego

**Who Should Attend:** Physicians, researchers, nurses, community health leaders, public policy leaders, community and women's organization representatives, women's health advocates and individuals in leadership positions who have an interest in women's health issues.

### Program Objectives:

- To present up-to-date information on the risk of cardiac disease in women, its clinical pictures, and its prevention.
- To educate women on the changing pictures of women's diseases and implications for their health care.
- To present the rapidly changing issues associated with better understanding of genetic diseases, counseling, and the medico-legal implications.

**Speakers:** Mary Kathryn Riggs, Doris A. Howell, M.D., Daniel Steinberg, M.D., Marian C. Limacher, M.D., Ruth S. Jacobowitz, Judith Hall, M.D., Lori B. Andrews, J.D., Ph.D., Marilyn Jones, M.D., and Tina S. Nova, Ph.D.

**Registration:** \$55 before Sept. 12 or \$65 after Sept. 12. **FREE** of charge to Medical Students, Residents and Fellows.

For more information: 619-454-7797  
Sponsored by Doris A. Howell Foundation for Women's Health Research & the University of California, San Diego Office of Continuing Medical Education

## Biotechnology Education At Miramar College

By Sandra R. Slivka Ph.D.

For the last three years I have been involved in one of the most rewarding community activities a scientist can choose. As an adjunct faculty member of Miramar College, I have had the unique opportunity of helping to nurture

students' interest in the growing biotechnology industry. The program is designed to provide hands on training for laboratory and manufacturing technician level members of the industry workforce. The program is ideal for the novice or as a refresher, update, or renewal program for students from all educational backgrounds who are looking to build their skills for tomorrow's growth industry.

The goal of the Miramar College Biotechnology program is to anticipate and fill the workforce needs as the industry shifts from research and development to manufacturing and sales. The program consists of three courses to allow students of different levels more immediate access to the program. The Special Certificate in Biotechnology Program requires two applied biotechnology courses (8 units/ 2 semesters) and is ideal for those who want to refresh or upgrade their skills or promote themselves within their current position. For those just embarking on post high school education, an Associate Degree in Applied Biology with an emphasis in Biotechnology is available.

The Miramar College Biotechnology Program is taught in the evening in a well-equipped laboratory at Scripps Ranch High School. This unique partnership has allowed advanced high school students access to the program. Also, it has provided access to career enrichment and advancement for working students. Anyone choosing to expand their knowledge base in biotechnology is welcome. For further information on the program contact Miramar College Admissions Office at 536-7844 or the Miramar College Counseling Office at 536-7840.

Finally, Miramar College is a member of the Southern California Biotechnology Center Consortium and the Skills Standard Committee for the Bioscience Industry. Miramar College welcomes contributions in equipment, supplies, guest lectures, and hosts for student internships from the biotechnology industry or individual

scientists. For more information contact 619-536-7873.

Sandra R. Slivka Ph.D. is an Assistant Director of Biology at Tanabe Research Laboratories.

## County Seeks Environmental Leaders for Recognition

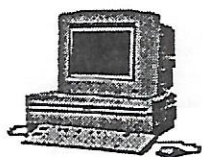
Entry deadline for awards is August 22

Is your business or organization environmentally friendly? Have you adopted ecologically sound business practices which have benefited your company as well as the environment? Share your green accomplishments and plans by submitting them to the County of San Diego Department of Environmental Health and become a candidate for an Environmental Leadership Award to be presented by the County Board of Supervisors during Pollution Prevention Week, September 15-21.

For the past four years County officials have saluted local businesses and community groups which have demonstrated a commitment to protect San Diego's land, air and water. Recipients of the 1996 awards included, the San Diego Earth Times (thank you very much!) for community outreach and education; Allied Barricade Company, Inc. for air pollution reduction; Vons grocery stores, for solid waste reduction via composting; County of San Diego Purchasing and Contracting Division for paper reduction; and Murray Biodiversity Group for water reuse.

To nominate a company or an organization for an award, submit a two page or less written description of the project or practices which utilize effective pollution prevention methods or education for your community to reduce pollution. Also include a contact person and phone number. Send entries by August 22 to: Mary Duggan, County Environmental Health, MS D-561, 1255 Imperial Ave. San Diego CA 92101, OR email your nomination to: mdugganeh@co.san-diego.ca.us.





## Make Plans Now to Attend the 1997 Grace Hopper Celebration of Women in Computing Conference

*From the National AWIS Office*

On Sept. 19-21, professionals and academics in computer science and computer-related fields will gather at the Fairmont Hotel in San Jose, California, for the second Grace Hopper Celebration of Women in Computing conference. Make plans now to join us as we celebrate the legacy of Admiral Hopper, a pioneer in the field of computing and an inspiration to scientists and women everywhere. The three-day conference features technical talks by many of the most successful women in the computing field as well as panels, technical topic sessions, workshops, and birds-of-a-feather sessions.

The Grace Hopper Celebration is an opportunity for computer scientists, professionals in the computing industry, and students to come together to exchange ideas, update knowledge, share success stories, and engage in a natural forum for networking and mentoring.

### Highlights of the 1997 Grace Hopper Celebration

#### Addresses from Leaders in the Computing Field

- Anita Borg, DEC--Keynote Speaker, Women and the Future of Technology--Technology and the Future of Women
- Linda Alepin, President and CEO, Pebblesoft, The Future of Computing: Views from the Executive Suite
- Sandra Baylor, IBM Research--Performance
- Marina Chen, Boston University--From Theory to Practice
- Lounette Dyer, Cofounder and CTO, Cogit Corp, The Future of Computing: Views from the Executive Suite

- Joan Feigenbaum, ATT--Privacy Issues
- Jeanne Ferrante, UC San Diego--High Performance Computing
- Kristina Garnett, President and CEO, CrossRoads Software, The Future of Computing: Views from the Executive Suite
- Deborah Joseph, University of Wisconsin--Bridging the Disciplines
- Anna Karlin, University of Washington--Polymorphic Pitch Recognition
- Judy Klavins, Columbia University--Digital Libraries
- Pamela McCorduck, Author--Host, The Future of Computing: Views from the Executive Suite"
- Amy Pearl, SUN--Internet/JAVA
- Birgit Pfittmann, University of Hildesheim--Digital Cash
- Ruthann Quindlen, partner, Institutional Venture Partners
- Faina Shtern, NIH--Medical Imaging
- Telle Whitney, Actel--Programmable Gate Arrays

#### Technical Track Parallel Sessions

Robotics/Visualization, JAVA, Programming Languages, Systems, Internet, Bridging the Disciplines, System Performance, Increased Automation

#### Workshops and Birds-of-a-Feather Sessions

- The Glass Ceiling--Carol Gallagher
- The Story of the Phoenix Quest--Rena Uptis
- Professional Organizations for Women--Cheryl Deitcher
- "Under What Conditions and Constraints Do Women and Girls Make Their
- Choices to Engage and Persist in Computing?"--Two Part Series--Susan McElroy
- The Fine Art of Tooting Your Own Horn--Anita Borg
- Peer mentoring: Case Study--Marissa Martinez
- Women in the History of Computer Science--Denise Gurur

- Starting a Woman's Group in Your Company--Sabina Nawaz
- Career and Family--Kathleen Kaplan
- CRA-W Workshop on Research for Women in Computer Science and Engineering--Francine Berman
- Young Professionals--Chitra Dorai, Jayashree Subrahmonia
- Improving the Graduate School Environment for Women In CS--Caroline Tice, Soheila Bana
- Sisters of Color--Sandra Baylor, Valerie Taylor
- Lesbian and Bisexual Women--Elein Mustain
- Telecommuting: How do You Make it Work?--Kari Chavez
- Sponsoring a Mentoring Program--Christina Stumpf

#### To Register:

Attendees can register through the conference Web site at <http://www.sdsc.edu/Hopper> or to receive a registration form, please send an email to [cheryl@sdsc.edu](mailto:cheryl@sdsc.edu) with "GH reg form & agenda" (without quotation marks) as the subject of the message and the form and agenda will be sent to you. Check the web site at <http://www.sdsc.edu/Hopper> for updated information.

Conference cost: \$475, includes three days of intense technical content, meals, a gala reception featuring an address from Anita Jones, outgoing director of Defense Research and Engineering for the U.S. Department of Defense, and a reception at the San Jose Museum of Art.

#### About the AWIS Newsletter

The AWIS Newsletter is published bimonthly and provides AWIS members and supporters with information on chapter activities, career developments, and issues related to women in science. The newsletter is free to AWIS members. Subscription rate for non-members is \$20 a year.

Editor Sharon Cherf  
Co-Editors Barbara Armstrong,  
Csilla Fenczik

Send news items and suggestions to Sharon Cherf via email: [scherf@qualcomm.com](mailto:scherf@qualcomm.com) OR 6455 Lusk Blvd, Q-243M, San Diego, CA 92121. If you would like your article to be included in the next issue, please send your items in by September 30, 1997. For AWIS membership information call the AWIS voice mail line at 619-687-5580.