

NEWSLETTER

Association for Women in Science

- San Diego Chapter -

CALENDAR

May 12 (Weds) -- Astronaut Ellen Ochoa (just returned from space) is a guest speaker 3:00 p.m., University Center (Forum B) on the USD campus, Alcalá Park. This program is free and open to the public. For additional information call 260-4600 ext. 8888.

May 17 (Mon) -- Presentations by AWIS Science Fair Winners, Research Institute of Scripps Clinic, 6:30 p.m.

October 16 (Sat) -- Women in Bioscience: Opportunities in the Nineties, UCSD campus, all-day conference.

WOMEN'S HEALTH INITIATIVE

The UCSD School of Medicine has been chosen as one of 16 Vanguard Study Centers for the Women's Health Initiative (WHI) established by NIH. WHI is the first large-scale study of the health of American women and plans to study 157,000 women nationwide. UCSD is one of four Vanguard Centers that will target minority populations. Hispanic women will comprise 60 percent of 3,490 volunteers in the UCSD study. These women will be recruited from the Hispanic population of south suburban and central San Diego through a subcontract with the SDSU Center for Behavioral and Community Health Studies. The UCSD study center will have a budget of \$12.2 million to support studies over the next 12 and one-half years.

SAN DIEGO STUDENT TAKES TOP HONORS

AWIS congratulates Constance Lee Chen, a La Jolla High School senior, who placed among the ten top scholarships winners in this year's Westinghouse Science Talent Search contest. Chen took fourth place honors and received a \$15,000 scholarship. She plans to study molecular biology at Harvard University. A 1992 AWIS Science Fair Winner, Chen has won numerous engineering, medical and health awards, including first place in regional and national Science Olympiads. In 1991 and 1993, she took top honors as a sweepstakes winner at the Greater San Diego Science and Engineering Fair.

SCIENCE FAIR WINNERS

The following are winners of this year's AWIS Science Fair Awards.

Angelica Maria Martinez, grade 11, (Morse High School), "MHC Gene Regulation and Polypeptide Production in *Drosophila melanogaster*"

Carol T.L. Tran, grade 10, (San Diego High School), "Alleviating the Greenhouse Effect: Plants that Rapidly Absorb CO₂"

Christina M. Li, grade 8, (Challenger Junior High School), "Does Acid Rain Affect San Diego Reservoirs and Ponds in Different Ways"

Laura Marie Cayan, grade 7, (Pierce Junior High School), "What Substances Affect Yeast Growth"

MEMBER NEWS

AWIS wishes to thank the following members for their participation as Science Fair judges: Barbara Armstrong (committee co-chair), Whitney Cunha, Ann Giammona, Annette Gonzalez, Lulu Hsu, Ann Kressin, Andrea O'Neill, Carol Lewis, Sharon Ramirez (committee co-chair), Jennifer Royce, Sandy Slivka, and Elinor Williams.

COMPUTER SCIENCE GRANT

UCSD has been awarded a \$1.6 million, NSF grant to help high school teachers learn the latest in computational science. The grant will fund the training of 46 teachers in computer modeling, analysis, and other skills that could be adapted to high school classrooms. As part of the three-year program, teachers will team up with area scientists experienced with high-performance computers. This program has the potential to help raise the level of science education for all students, according to a University press release.

SOCIALLY RESPONSIVE INVESTING

Assets devoted to socially responsive investing have jumped from \$40 billion just eight years ago to \$625 billion today. Being a conscientious investor in the 1990s is anything but easy. Ethical questions on pollution, weapons, product labeling, and employee benefit programs often pose painful investment dilemmas. Now a free booklet can help concerned investors sort through these challenges.

"Questions and Answers About Socially Responsive Investing" describes the basics of this growing investment approach in a brief, easy-to-read format. It is produced by Neuberger & Berma, a \$22 billion investment management firm. For a copy, call 800-223-6448.

CAREER CORNER

Keep Up-To-Date in Less Time

As the information age gains momentum, we all struggle to keep up. Here are seven ideas that could help.

- **Read Faster:** For most of us, staying current means reading books, magazines, newspapers, manuals, reports, and memos. Learning to read faster would help. Sign up for a seminar. In 30 days, you can easily double your reading speed.

- **Divide and Conquer:** You can gain time by dividing up the information to be covered. For example, four people can each reach one-fourth of the material, then share the main points with one another. Set up regular meeting times to exchange information.

- **Use Summaries:** Find a summary service that covers publications of interest to you. For example, Executive Soundview Book Summaries (800-521-1227) will send you summaries of the top business and management publications. In only a few minutes, you can get the main message of each book.

- **Listen Instead:** Much information is now available on tape. You can listen while commuting, jogging, or exercising. Newstrack (800-525-8389) summarizes key articles from over a hundred business magazines every month. MacMillan's Fast Track program (800-274-1996) summarizes best-selling business books on tape.

- **Listen Faster:** Special tape recorders patented by VSC Corporation (415-495-6100) allow you to double playback speed. You can also adjust the pitch to avoid the chipmunk effect.

- **Be Creative:** Staff in one health-care organization had difficulty finding time to read all the journals. They hired a retired health-care worker to read all the key articles and summarize them. Summaries were both types and recorded so that staff could use them either way.

- **Use Computers:** Several companies, such as CompuServe Executive News Service (800-848-8990) or News-Edge (800-255-3343), offer customized news services. All you need is a personal computer, a modem, and a telephone line. You only receive the kind of news you want. It's like an electronic clipping service, available 24 hours daily, anywhere you are.

(source: *Nonprofit World*, Vol. 9, No. 6)

TAKE CHARGE OF YOUR FINANCIAL FUTURE

The Women's Institute for Financial Education (WIFE) is a non-profit organization that provides financial education and networking opportunities to women of all ages. It sponsors seminars in the San Diego area and publishes a quarterly newsletter filled with money management strategies.

Recent seminar topics have included simple financial basics, women and investing, long-term health care options, and estate planning. To request a calendar of upcoming seminars, contact **Ginita Wall** at 792-0524 or **Joseph Basquez** at 456-4900.

The AWIS-San Diego newsletter is published bi-monthly and provides AWIS members and supporters with information on chapter activities, career development, and issues related to women in science. The newsletter is free to AWIS members; subscription rate for non-members is \$20 a year. Send news items and suggestions to Lynne Friedmann, Editor, 168 Solana Point Circle, Solana Beach, CA 92075; phone 793-3537, fax 793-1144. Deadline for the next newsletter is June 10.