I am Elad Kaufman, a third year graduate student in the Department of Physiology and Pharmacology at OHSU. My thesis work is being carried out in the lab of Dr. David Jacoby and Dr. Allison Fryer, where I am investigating the close association of respiratory virus infections and asthma attacks. Recently, I have found that a receptor of the immune system that recognizes viruses also plays a role in the constriction of the airways characteristic of an asthma attack. Targeting this receptor may provide improved therapy for asthma, a disease affecting over 300 million people worldwide. Behind the exciting findings we report from the lab is the less-reported daily grind of the graduate student. To give an idea of this work, I have provided a time-line of a typical day in my life, which is directly supported by the generous contributions from ARCS.

7:00 am – Wake up.
7:30 am – Catch first of 2 buses to OHSU.
8:30 am – Drink coffee at computer and catch up on clerical tasks.
9:00 am – Prepare data to show at lab meeting.
9:15 am – Lab meeting. Find out there are many more experiments that need to be done before the one I planned for today.
10:30 am – Re-plan today’s experiment.
11:00 am – Prepare buffers, drugs, materials, and equipment for experiment.
12:00 pm – Begin experiment. Measuring constriction of trachea in response to electrical and chemical stimulation.
1:00 pm – Eat lunch intermittently during experiment.
3:45 pm – End experiment and clean up.
4:00 pm – Physiology and Pharmacology Colloquium. Rotating member of department gives seminar updating their research.
5:00 pm – Analyze data.
6:00 pm – Plan tomorrow’s experiment.
6:30 pm – Catch first of 2 buses home.
7:30 pm – Dinner with wife. She is a graduate student with a similar schedule.
8:30 pm – Search for and read published literature pertaining to my research.
11:00 pm – Zone out in front of television.
12:00 am – Go to bed. Do it all over again tomorrow.
Greetings from Dallas, where I am attending the quarterly ARCS National board meeting. To hear more about what the national board is doing, please see Janie Wilson’s letter, page 7. I hope you will plan to attend the National Annual Meeting in San Francisco May 27 – 30.

Thanks to the generosity of our members and others in the community, we will award 12 new scholarships next fall at our fifth annual Scholar Awards Luncheon, to be held **October 20, 2009** at the Multnomah Athletic Club. Including eight of these new scholarships, a total of 52 OHSU students will have been honored with ARCS scholarships in just five years, representing a commitment of $794,000 to students at OHSU. We will also have awarded a total of eight scholarships (four new ones this year) to OSU students in the College of Engineering, for a cumulative commitment of $132,000.

"Given the downturn in the economy, ARCS scholarships will be more important than ever in enabling us to attract the very best of the applicants to our graduate programs."

------Chris Cunningham, Chair, Scholar Selection Committee, OHSU

In addition, the board has increased the amount of each scholarship to $18,000, payable at $6,000 per year for three years. Thank you for your support of our scholars, and of our mission. We welcome your continued support and participation in this wonderful organization.

We have just two more programs this year: our trip to OSU on April 2, and the annual meeting on May 7 at the Town Club. Please make sure these dates are on your calendar, and plan to attend. Our program committee meets regularly to continue arranging our excellent membership meeting speakers for next year. Stay tuned!

Also, soon it will be time to indicate your committee wishes for next year. I encourage each of you to get involved in some way – when we work together, we not only accomplish our goals and support our mission, but we also enjoy great friendships along the way. Please call or email me with any ideas or ways you’d like to be involved.

Warm wishes, Leslie

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**Portland ARCS Scholar Awards Make Us All Proud**

We asked our scholars to report on recent awards. Here’s a sampling.

Katy Van Hook was the recipient of the 2008 OHSU Medical Hematology and Oncology training grant. Her paper, “hADA2a and hADA3: New players in beta-catenin signaling” will be published in Cancer Biology & Therapy.

Zach Beattie won first place in his session for his presentation at the 2008 OHSU Student Research Forum. Also, he presented a poster at the 2008 Engineering in Medicine and Biology Conference for a paper he wrote on an algorithm for automatic beat detection in cardiac pressure signals.

Allison Anacker co-authored a paper titled “Ryabinin AE. Differential sensitivity of the perioculomotor urocortin-containing neurons to ethanol, psychostimulants and stress in mice and rats,” which will be published in the Journal of Neuroscience. She also presented at the Vole Meeting in Atlanta: “The prairie vole: A novel model for the effect of social affiliations on alcohol drinking.”

Kate Saylor writes, “I am a 2009 Mirzayan Science and Technology Policy Fellow at the National Academies. I am working in the Board on Life Sciences, in the Division of Earth and Life Studies.”

Julia Maxon co-authored “Processing of hemojuvelin requires retrograde trafficking to the Golgi in HepG2 cells,” which will be published in the journal Blood.


MaryAnn Lockwood
CONSIDER ESTABLISHING YOUR OWN ARCS SCHOLARSHIP

Seeing all of the ARCS scholars on the stage at the ARCS Luncheon in October says better than words how important ARCS is to our community. These PhD students represent the future; they are our leaders and innovators of the next several decades. Science and engineering are as important as ever today and will be a key aspect of our future economy and global competitiveness. This is a wonderful time to be studying in these fields, as recent technological advances are providing the tools to make incredible new discoveries—technologies such as the completion of the human genome, advanced super computing, and nanotechnology. One of these students may be part of a team that discovers a cure for Alzheimer’s disease or cancer or discovers a new source of renewable energy.

To be supporting 36 scholars this year represents a tremendous success for ARCS as the Portland Chapter continues its 5th year. The support for these scholars for this year alone would require a $4.5 million endowment. We have generated support for these scholars from you, our members, and through support of others in our community. As stated so eloquently in our last newsletter in the interview with members who are currently sponsoring scholars, you can have a personal relationship with the scholar and you can see your dollars making a difference. You can follow the student’s development through graduate school and learn about their research. In a way it is reciprocal mentoring, in that you both gain so much. We should also not forget what these scholarships mean to OHSU and OSU; they are outstanding recruiting tools to entice the best students to come to Oregon.

So, consider funding an individual ARCS scholarship. Even though these are difficult economic times, support for advanced science and engineering is more important than ever to our community.

Susan Smith, Development.

Members enjoy a March meeting lecture by Dr. Al Lewy in the Vey Auditorium at OHSU. Dr. Lewy spoke about melatonin and its effects on sleep, depression, and jet lag.
we asked for their stories...Please Welcome Our Five New Members

Ann Carter
My roots are in the fertile Sacramento Valley. I spent summers in my teens driving trucks and sorting tomatoes for the cannery on a harvester. I graduated from Stanford with an AB in communications and a minor in architecture. I spent two quarters during my sophomore year in Florence with Stanford-in-Italy.

Before discovering the great life in the Pacific Northwest, I navigated Madison Avenue and the NYC advertising world. After moving to Portland, I directed marketing and communications activities for PacifiCorp for 14 years. I currently provide consulting services to clients seeking support in their strategy development, branding, marketing planning and communications, promotions and public relations execution. My company is called ACCtion Strategic Marketing Services.

I have served on the boards of CASA, the Portland Art Museum, Chamber Music Northwest, Oregon Episcopal School (serving with my ARCS sponsor Liz Perkins), the French American International School, and Vista Soccer League. I am a co-founder of Our Children’s Store.

I am married to Tom Palmer, a partner at Tonkon Torp law firm. And of course we have our own two scholars: Allegra, a junior at Occidental College majoring in diplomacy and world affairs; and Charlie, a senior at OES waiting to hear from university engineering programs on both coasts.

Theresa Floten
I was born and raised in Lebanon, Oregon. I hold a BA in French from the University of Oregon and a BFA from Pacific Northwest College of Art in painting. I have had the opportunity to sit on the Board of the Oregon Chapter of the March of Dimes, co-chair the Children's Charity Ball, and I served as a "Guild Lady" at St. Vincent's Hospital for seven years. I have been married for 18 years, and I have three step children.

My invitation to ARCS came from my friend and neighbor Caron Ogg, who invited me to "Heart Watch." My husband, Storm, was the surgeon. I became intrigued with ARCS because of the focus on science as well as academic accountability.

Julie Reiersgaard
I was born in Ruislip, Middlesex, England. My family moved when I was 2 years old to Kingston, Surrey. I attended PSU studying political science and finance. I lived in Eastmoreland for many years, and then moved to Vancouver in 1995.

I stayed home with the children, John and Deborah, until we decided to start our own business in 1981. The company was called Gaard Automation, and we built robotic systems for Intel, Hewlett Packard, Kodak, etc. I took care of all the administration and the financial side of the company until we sold it in 1995. I served as president of the Women’s Association of Oregon Symphony, and I volunteered at Rose Haven, an organization that helps women of the street by providing daily access to food, counseling, etc. I play tennis and golf, and I swim. My other interest is travel.

I attended an ARCS meeting where my husband, Bill, was a speaker. I realized that ARCS was a dynamic organization supporting students (with scholarships) who are interested in the sciences, engineering, and medical fields. Diane Mackenzie is my sponsor.

Barbara Silver
I grew up in Chillicothe, Missouri...the 4th generation in a small town of 10k. My husband and I moved here a year and a half ago from New Canaan, Connecticut, where we’d lived for 27 years. We moved to be closer to our children and grandchildren.

I was an elementary school teacher, and I’ve been an active volunteer in many organizations, including PEO and Community Bible Study. I have a son who is a PhD in Seattle, and another here in Portland who works in counseling psychology, and so I like the basic idea of helping our scientists. Hobbies? Our grandchildren! We have two in Portland and two in Seattle. I also enjoy needlepoint, reading, hiking, and being active and involved in the community, such as my time spent as a NICU volunteer at OHSU.

Ellen Richardson sponsored me for ARCS membership. I am impressed with the goals and active participation an ARCS member can have with the scholars and the programs.
Dear Leslie,

I am very excited about the paper too. I really appreciate all of the support that the Alexanders and ARCS have given me over the past few years. The fact that you are all so excited about our research and invested in our success really means a lot to me. I will send you a copy when the paper comes out in final form.

Sincerely,

Julia Maxon
ARCS Scholar

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New Members Continued...

Shelley Voboril

I have lived in Portland for most of my life, attending Roosevelt High School and Portland State University, majoring in American history. I am married to Joe Voboril who is a partner in the Tonkon Torp law firm. Our son is married and lives in Tiburon, CA, and our daughter is in the MBA program at University of Texas at Austin.

I am a realtor and work with the City Properties Group at Realty Trust Group. Prior to starting our family, I was a paralegal at Stoel Rives. Most of my volunteer work has been with the Portland Art Museum and the Junior League. I have worked as an advocate for many educational and children's causes, including legislation mandating children's car seats and early intervention for children with disabilities. I enjoy gardening, cooking, reading, and sewing.

I wanted to join ARCS because I am interested in research, particularly in the medical field, and I want to be part of an organization that supports science generally and researchers specifically. I have known Jean Josephson for many years and have enjoyed hearing about the speakers and scholars.

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Members listen carefully to our November speaker, Dr. Kevin Grove, as he discussed fetal fat syndrome: the effects of maternal health and diet. We met at the Oregon National Primate Research Center.
ARCS National Board Report

The January ARCS national board meeting was held in Phoenix, AZ from Jan 8-10. Highlights of the meeting include –

• Portland members Liz Christiansen and Caron Ogg have been asked to participate on the National Website Task Force exploring improvement of the national website so that it is more user friendly.
• Approval of a new ARCS logo by the national board. Once the logo has received copyright and trademark approval, chapters will begin using it.
• All NB committees began work to implement the long-range plan approved at the October meeting.
• The NAM (national annual meeting) is set for May 27-30 in San Francisco. The theme is “Some Like It Hot” and will focus on issues surrounding global warming. Attendees will also tour the greenest building in the world, Academy of Science Building at Golden Gate park. Put it on your calendar now!
• Portland President Leslie Workman worked with other chapter presidents, focusing on fundraising strategies – successes and challenges.

Why is the National Board of ARCS Foundation important to the Portland Chapter and what benefits does the chapter receive from National?

When Portland received its charter, National provided us with $15,000 of operating funds over 3 years to help establish the Portland chapter. The funds were used for printing, copy expenses, financial and legal expenses, travel expenses for the president, development activities, insurance, training for board members, establishment of an operating reserve, etc. These funds were invaluable in helping the Portland chapter get “off the ground.” Portland initially supported more scholars than ANY previous chapter in our first several years of operation! Portland’s success is directly related to the support we received from National and the Gates Foundation during our first three years of existence.

National provides and maintains three websites for every chapter’s use (public, member and alumni), and provides marketing and fundraising materials, document templates, training for officers, a forum for exchange of ideas, and intellectual and trademarked property for our use. This is in addition to its 50-year history of successful fundraising around the nation.

The new long-range plan recently passed by the National Board aggressively seeks to expand by five new chapters. It also plans for greater national name recognition in support of the sciences. In addition, National is focusing on assisting chapter leaders in strengthening individual chapters through the member survey, which was conducted in February, 2009. Once the survey results are compiled, National will provide coaching to assist chapters in meeting member expectations.

Portland operating dues currently stand at $150 annually. The Portland chapter pays National $25 per active member. Given all the benefits, this is a bargain!

Sharon Hewitt.
Greetings from ARCS National!

After spending last year evaluating and celebrating our past 50 years and developing a strategic plan for our foreseeable future, your National Board this year is focused on implementing this ambitious Long Range Plan (LRP) agenda. Most of the elements of this LRP advance chapter support.

A two-year initiative of Communications and Marketing was to develop and adopt a new logo, which as you know was voted on by the National Board at our recent January meeting. This dynamic, graphic “elevator speech” (with our new tag line, Advancing Science in America) will now be incorporated into all of our print and electronic materials as soon as possible. Which leads to another major program we have put on the fast track - website development. A recently appointed Website Task Force is currently working on what elements and capabilities we need on a website, developing a Request For Proposal to solicit bids from website design companies, soliciting those bids and selecting a website design vendor. The next step will be, of course, to secure funding and/or underwriting! As the song says, “There ain't no mountain high enough…”

I look forward to seeing you in May at our National Annual Meeting in the fabulous city of San Francisco. Our theme is, “Some Like It Hot.” We will explore the front-burner issue of ENERGY, and our keynote speakers and scientific panel are global experts in this field. This is a meeting not to be missed!

Another key component of our future growth is New Chapter Development. Blasting ahead with a goal of five chapters in five years, this committee now has three budding chapters in the hothouse – Minnesota, Tampa Bay and Utah. Now, this has not happened overnight. Bringing most of these locations towards fruition has required several years, many miles and many hours of work. (Editor’s note: Major thanks here to Sharon Hewitt)

By now many of you will have taken the Membership Survey, designed to help us at the National level know where we stand as an organization, how we can better support the chapters and provide a benchmark with which to compare how we look at the end of our LRP initiatives. Chapters will also be able to mine your own data to see how you can best serve your own members. A new National VP Membership has been slated this year, and she will coordinate support for your chapter Membership Chairs.

There is so much more happening at the National level, and you will be able to read a complete account in our National Annual Report at the end of the year.

I do want to close by letting you know some recent exciting news. The ARCS Foundation, Inc. has been nominated by President David W. Oxtoby and Pomona College for the CASE (Council for the Advancement of Education)/James L. Fisher Award for Distinguished Service to Education. This nomination is a testament to the vision of our founders and 50 years of dedicated labor by each and every one of you. We will anxiously await word from the selection committee!

Best always,
Janie Wilson
President, ARCS Foundation Inc.

All members are invited to the National Annual Meeting, May 27-30, to be held at the Ritz-Carlton, San Francisco. Husbands or partners are welcomed.

MARCH 2009 VOL. 5, NO. 2 PAGE 7
**Mark Your Calendar for These Outstanding 2009 Programs:**

- **April 2—9 am—** Don't let the bus leave without you as OSU opens its doors to our ARCS members and guests. You'll see the impressive Wave Lab, the Kelley Engineering Building, and the Linus Pauling Special Collections. We will return to Portland by 5 pm. Lunch is included. Reserve by sending your $40 check to Diane Mackenzie by Mar. 30. Space is limited.
- **May 7—11:30 am—** Annual Meeting at the Town Club. All members welcomed.
- **May 14—** New member orientation.
- **May 27-30—** National Annual Meeting in San Francisco. All members welcomed.
- **September 27—4-6 pm—** Scholar Picnic at Gabriel Park in southwest Portland. Scholars, donors and ARCS board members are invited, along with university mentors, to greet new and returning scholars.
- **October 20—** Scholar Luncheon at the MAC.

**The ARCS Foundation**

provides scholarships to academically outstanding United States citizens studying to complete their degrees in science, medicine, and engineering, thereby contributing to the worldwide advancement of science and technology.

ARCS® Foundation—Portland
P.O Box 2063
Portland, OR 97208-2063