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ARCS® Atlanta Chapter Newsletter

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Winter 2011

Upcoming Events

- Jan. 12 Membership Meeting and Luncheon
- Feb. 17 Kia Tour
- March 9 Board Meeting
- April 13 Grady Hospital Visit

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A Straight Talking American Hero Elevates Audience

We were treated to a superb presentation by NASA Astronaut Nicholas Patrick at the annual Scholar Awards Luncheon on November 18. I have heard my share of astronaut speeches over my years in the NASA space community, but Nicholas Patrick's was undoubtedly the best. For one thing, he incorporated magnificent slides and video to illustrate his talk. Secondly, he described his space missions in language that earthbound mortals, even those without a scientific education, could understand...and marvel at. He connected with his audience and took us with him on his physically demanding and highly technical feats of preparing for, delivering and installing equipment on the International Space Station.

I've known a lot of astronauts, but Nicholas Patrick is the first one I've heard with a British accent. Also, back in the early days of space exploration, astronauts were selected who were relatively small and could fit in the tiny Mercury and Gemini spacecraft. Nicolas is a good bit heftier. I imagine he needed all that heft and muscle power for the extraordinarily demanding tasks he accomplished on his long and meticulous installation jobs floating outside the Space Station.

I was particularly impressed by the way Dr. Patrick handled the questions from the audi-



NASA Astronaut Nicholas Patrick treated his audience to an engaging presentation at the Scholar Awards Luncheon on Nov. 18, 2010

ence. They were tough questions, as anyone who follows the politics of space exploration knows. Dr. Patrick answered them all exceedingly well.

We were profoundly fortunate to hear this true American (by choice) hero tell us about his life preparation and his amazing missions in space. I am proud that ARCS can share such an inspiring speaker with our young science and engineering scholars and their academic mentors. We know we're on the right track when we hear what a strong commitment to a technical education can produce.

Contributed by Clare Whitfield

Don't Miss the General Meeting and Luncheon Wednesday, January 12 at 10:30

- Location:** Northern Trust, 3282 Northside Pkwy NW
- Featured Speaker:** Dr. Franklin West, 2002 ARCS Scholar, Morehouse, University of Georgia College of Agricultural and Environmental Sciences
- Topic:** Stem cell research and its effect on the treatment of childhood diabetes and cancer, food production and the preservation of endangered species
- RSVP:** Deede Stephenson by January 5, to 6200 Weatherly Dr. NW, Atlanta 30328, \$25p/p

Accomplished Scholars Honored at Annual Luncheon



Emory University Scholars and Guests



University of Georgia Scholars with UGA President Dr. Michael Adams and Guests



Georgia Tech Scholars with University President Dr. G.P. "Bud" Peterson and his wife, Val Peterson, former President of the Colorado ARCS chapter.



Morehouse Men with Advisors

Science Corner

Science Corner

New UGA Hand Sanitizer Helps Prevent Food Borne Illnesses

A new hand sanitizer developed by UGA food scientists could reduce the incidence of gastroenteritis. The sanitizer kills the norovirus, which is responsible for some 60% of the cases of this foodborne illness in the United States.

While the *E. coli* pathogen brings to mind undercooked hamburgers, the norovirus is more frequently associated with foods such as deli meats, fresh produce, raw fruit, and oysters that are consumed without cooking. The virus is easily transmitted from person to person and causes some 23 million illnesses each year. Although the hand sanitizer won't kill the norovirus already in contaminated food, it can prevent the spread of the virus by humans.

Cruise ships are a notorious setting for the norovirus because of the close con-

centration of so many people, who also touch the same surfaces on numerous occasions. But many more outbreaks—and a far greater number of illnesses—derive from sites such as hospitals, nursing homes, schools, and daycare facilities, according to project leader Jennifer Cannon, an assistant professor at UGA's Center for Food Safety in Griffin.

The new hand sanitizer contains a combination of ingredients approved for use by the food industry. None kills the virus when used individually, but together they break down the virus coat proteins and degrade the viral genomic material. Until it is commercially available, scientists say frequent hand washing is still the best defense against norovirus-induced illness.



In order to clean your hands well enough to prevent it, Cannon said you should "use warm soapy water and rub your hands together long enough to hum the 'Happy Birthday' song twice."

--Sharon Dowdy
Source: UGA Research Magazine, Fall 2010

Contributed by Linda Kay McGowen, Newsletter Correspondent

Ginger Each Day Keeps the Muscle Pain Away

For centuries, ginger root has been used as a folk remedy for common ailments such as colds or upset stomachs. But now UGA researchers have found that consuming ginger daily also reduces people's muscle pain caused by exercise.

Patrick O'Connor, a professor of kinesiology, was drawn to this research in order to fill a gap. While the anti-inflammatory impacts of ginger had already been demonstrated in rats, it had yet to be explored in humans. He also wanted to confirm whether cooking or heating ginger might boost this potential benefit.

Working with colleagues from UGA's College of Veterinary Medicine and a kinesiologist at Georgia College and State University, O'Connor directed two studies that examined the effect of ingesting raw or heat-treated ginger supplements on muscle pain.



For 11 consecutive days, participants took capsules containing either two grams of raw ginger, two grams of heat-treated ginger, or a placebo. On the eighth day, participants began performing repeated elbow extensions using a heavy weight to induce moderate muscle stress to the arm.

Researchers measured muscle function, inflammation, and pain level in all three groups. The participants taking raw or heat-treated ginger supplements showed 25% reductions in exercise-induced pain.

Source: UGA Research Magazine, Fall 2010

Contributed by Linda Kay McGowen, Newsletter Correspondent

Get a Jump on Winter Book Club

It's never too early to start reading our winter discussion book. This year the selection is "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. Henrietta Lacks' cancer cells were unusual. They were removed during a biopsy, cultured without her permission and reproduced in the labs. Join us as we untangle some of the ethical issues in the case of a woman whose cancer cells have been the basis for an enormous amount of research.

We'll be getting the details out as soon as our speaker has been confirmed. Plans are for a date in early February. Happy Reading!

Contributed by Brooke Weinmann



SKYLAND TRAIL

Offering hope, changing lives

Members Learn About Mental Illness and A Valuable Community Resource

In October, ARCS members attended a "Friend Raiser Event," a community education program hosted by Skyland Trail as an introduction to the organization's services and an overview of mental illness. Skyland Trail is a non-profit, community-based residential and day mental health treatment facility for adults with serious mental illness; including depression, anxiety, bipolar disorder and schizophrenia.

Participants learned more about Skyland Trail's treatment programs and heard from President/CEO and ARCS member Beth Finnerty and Medical Director Dr. Ray Kotwicki. Dr. Kotwicki provided insight into mental illness, including some of the known causes or triggers as well as the prevalence rates for different disorders. He said major depression is slated to be the second most costly illness world wide by 2020.

After the presentation, current Skyland Trail clients talked to the group about their experiences with mental illness that brought them to Skyland Trail for treatment. They talked candidly about their journeys, as well as their need for the services provided at Skyland Trail.

Participants also had a chance to tour the Skyland Trail Dorothy C. Fuqua Center and Health and Education Center, both located on North Druid Hills in Buckhead.

Contributed by Anita Kern

Mark Your Calendars for Upcoming Education Events

Road Trip!

On February 17, 2011, you won't want to miss our exclusive tour of the Kia Motors plant in LaGrange, Georgia. This \$1 billion automotive assembly and manufacturing plant on 2,259 acres of land is the first plant for Kia in North America. At full capacity it has the capability to manufacture a staggering 300,000 vehicles annually. Fortunately, we will tour the massive plant in company vans. Please wear comfortable, closed-toed shoes for the plant tour. A light lunch will be served. Tour size is limited to 40, members and one guest only per participant. Cost of tour and lunch - \$15.

Date: February 17, 2011

11:30 am	Arrive at Kia Georgia Training Center for Plant briefing and lunch
12:30pm	Depart via vans for Kia plant tour
2:00pm	Return to Atlanta

Send your checks payable to ARCS to: Ms. Brooke Weinmann, 3905 Club Drive, Atlanta, GA 30319

Get an Inside Look at Grady Hospital

Opened in 1892, Grady Health System grew up with Atlanta. Most Atlantans know Grady for its trauma and emergency services. You've seen Grady ambulances on the scene and Grady surgeons on television during local disasters. Grady has the only level I trauma center within 100 miles of metro Atlanta.

On Wednesday, April 13, 2011, 11:30 – 1:30, Dr. Leon Haley, Head of the Emergency Room, will speak to us and lead us in a behind the scenes tour of Grady. Meet for lunch at 11:30 in the Emory Building, for a short introduction and then move on to the Emergency Room (20 - 25 minutes) and the Stroke Center (20 - 25 minutes) for tours of each. We should be finished at 1:30 p.m. Maps and detailed directions will be mailed to those attending.

Cost: \$15, Limited to members only. Send checks payable to ARCS to: Ms. Anita Kern, 442 Emory Circle, Atlanta, GA 30307

Condolences

We extend our sympathy to Corrie and Wayne Johnson on the loss of Wayne's father, Wayne Johnson, Jr., on October 20; to Betts Love and her family on the passing of her mother, Betty Bailey Culp, on October 24; to Sue Mobley and her family on the loss her husband, John, on October 26; and to Sally and Jim Hinkle on the passing of his mother, Margaret Hinkle, on November 9.

From the President's Desk by Kay Weiss

Our 2010 Scholar Awards Luncheon was a wonderful celebration! My thanks go to Susan McGonigle, Luncheon Chair, for putting together the outstanding event. I also thank Debbie Shelton, Luncheon Chair-elect, for taking care of the reservations and for securing our superb speaker, Astronaut Nicholas Patrick. As always, many members were involved and each did her job with enthusiasm, ingenuity and flawless execution.

On behalf on the membership, I receive thank you notes from our ARCS Century Scholars. I want to share some of their comments with you.

Phillip Callihan, UGA - "As a result of ARCS generosity, this award will provide me a number of important opportunities

including attending multiple scientific conferences and workshops where I can present my research and further my professional development."

Devon Livingston-Rosanoff, Emory - "This generous gift will further my research and academic growth by enabling me to purchase data analysis software allowing me to analyze my experiments as soon as they are completed. This award will also allow me to attend scientific meetings where I can discuss my findings and interact with leaders in the field."

Alecia Septer, UGA - "I am writing to express my sincere gratitude for being given an ARCS Scholar Award. The graduate students who are given these awards at UGA have a reputation for being excellent researchers and active leaders, so I am honored to be considered one of their peers. While I have funding to cover my tuition, stipend, and cost of lab supplies, one resource I severely lack is travel funds. Presenting new findings at meetings is a key aspect of being part of the research community. This award is being used to help pay for an international meeting I attended in Seattle, future travel to a collaborator's lab in Oklahoma, and future scientific conferences as well as membership to professional scientific organizations. Before this ARCS award, finding the funds to cover these costs was both challenging and stressful. I am extremely thankful for this award."



Dr. G.P. "Bud" Peterson, Georgia Tech President; Kay Weiss, ARCS Atlanta President; Dr. Michael Adams, University of Georgia President



make an investment in the future of all of the ARCS Scholars. Thanks go out to our members, their families and the community corporations and foundations that support our mission.

We have a lot to look forward to in 2011. At our General Membership Meeting on January 12, we will hear from Dr. Franklin West. Dr. West, a 2002 ARCS Scholar from Morehouse, is now at the UGA College of Agricultural and Environmental Sciences. In addition to discussing his stem cell research, he will update us on wide-ranging advancements to help children with diabetes and cancer, improve food production in poor African and Asian farming villages and provide hope for endangered animal species.

Brooke Weinmann and Anita Kern, VPs for Education/Events, have plans for field trips and a Book Club to keep us active and better informed into Spring. In March, ARCS will host an exciting event with a featured speaker to benefit the Endowment Fund.

Looking to the future, 2012 is the 20th anniversary of our Chapter, so we'll have a special celebration for the occasion. Already in the works, Sally Boice and Susan Higley are busy planning our biennial retreat to be held in Cincinnati, Ohio, Sally's hometown.

Thanks to you all for making this organization so terrific!

What a privilege it is to have the opportunity to

Scholars Speak: ARCS Scholar Julie Rushmore Pursues Lifelong Dream

Julie Rushmore is a home grown ARCS scholar who graduated from Chattahoochee High School and Duke University before enrolling in a joint degree program at UGA's School of Veterinary Medicine. Julie is on schedule to receive her PhD in the Summer of 2012 and she will begin vet school the next month.

Julie says she has been fascinated with non-human primates and animal behavior since she was a child whose favorite outing was to the zoo. In 5th grade, after reading much of Jane Goodall's work, she declared that she wanted to be a primatologist. Her parents, while not outdoors people, have been very supportive and encouraged both Julie and her sister to be independent in their career searches.

Julie's broad interest is in animal behavior, disease ecology and conservation medicine. Her international field research helped her sharpen her focus to the interplay of behavior and pathogen transmission in wild animals. Her research has included three summers of field work. In 2006, she worked in Madagascar with a Duke field team studying pathogen transmission between wild and domestic animals. In 2007 and 2008, Julie worked in Vietnam, Uganda and Rwanda on a Harvard research project funded by her Fulbright Fellowship.

At our recent ARCS luncheon Julie was seated at the table with her parents, UGA President Dr. Michael Adams and our own member Anne Easterly who recalls Julie's enthusiasm and appreciation for what she termed the "phenomenal women who represented a broader range of interests than she ever imagined."

Julie will use The ARCS Global Impact Award to hire some undergrads to support the statistical analysis of



Julie Rushmore is a DVM/PhD candidate at the University of Georgia College of Veterinary Medicine and Odum School of Ecology.

behavioral data collected in Uganda. The unrestricted nature of our grant will enable her to have a more efficient approach to her research and to collaborate with colleagues in Illinois and Boston. Julie feels that ARCS has rejuvenated her enthusiasm for this research. She says that "Little is known about how social interactions affect pathogen transmission among wild primates. Further, no studies have examined how sexually transmitted diseases...can affect wild ape populations."

To learn more about Julie and see her photo albums visit: <http://rushmore.myweb.uga.edu>

Contributed by Lee Doyle, Newsletter Correspondent

Fall Cocktail Party: Lovely Evening, Luscious Setting, Lively Camaraderie



Buddy Weiss, Chuck and Janie Wilson, Doyle and Gracia Conn



Gary and Libby Jones, new member, with Barbara and Byron Williams



Shearon and Taylor Glover, Party Hosts



Thank You to Our Generous 2010 Scholar Award Donors

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