

# Members-at-Large NEWSLETTER



National Honor Society for Women in  
Chemistry January 2004

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
## Nominate Someone for the MAL Educational Re-Entry Award

A flyer is enclosed describing the Members-at-Large Educational Reentry Award. The award is \$1,000 of unrestricted cash and a plaque. If you have a qualified student, nominate them. IF YOU THINK YOU KNOW SOMEONE WHO MIGHT BE ELIGIBLE, TALK TO HER AND CONSIDER NOMINATED HER. IF YOUR COLLEAGUES KNOW SOMEONE, PLEASE HAVE THEM NOMINATE THEIR STUDENTS. Nominators don't need to be lotans. The students don't need to be lotans either. If the student is not an lotan and wins and meets membership qualifications, she will receive a year's complementary membership is Iota Sigma Pi

## Serve on the MAL Award Committee

If you don't know anyone to nominate for a particular award you can still participate! Volunteer to serve on the MAL Award Committee. Just let me know (see return address or email me at [kthomasson@chem.und.edu](mailto:kthomasson@chem.und.edu)).

## A Note from the 2003 MAL Award Recipient

Corrine Kvamme, the recipient of the 2003 MAL Award writes: I would like to thank  for their generous financial support. The award money I received helped to support me in paying for tuition at the University of North Dakota during the fall semester of the 2003-2004 academic year. During the summer, I was able to be working in the Biochemistry department for Professor Masaru Miyagi. My research project for Professor Miyagi this summer has grown and is continuing into this school year. I am currently working on two-dimensional electrophoresis of bovine retinal proteins, with associated characterization using mass spectrometry. the impetus for my going back to student life has been my goal of becoming a clinical physician, and in furtherance of this goal, I have been

successful in securing an interview at the Medical School at the University of North Dakota.

## Websites


For the national 

<http://www.iotasigmapi.info/>

For MALs

<http://www.iotasigmapi.info/MAL/>

## Member Get-a-Member Campaign

As MALs, we have a policy in place for nominating new members. If you get two new members to join within a year, you are eligible for free  merchandise from the supplies coordinator. National council lets you use the honor system so when you've found to tell the supplies coordinator and she will send you something. The new supplies coordinator is

QuynhGiao N. Nguyen  
NASA John H. Glenn Research Center at Lewis Field  
Mail Stop 106-1 Environmental Durability Branch  
21000 Brookpark Road  
Cleveland, Ohio 44135  
Email: [qnnguyen@grc.nasa.gov](mailto:qnnguyen@grc.nasa.gov)

Look around you. Are there colleagues, subordinates, friends or students who qualify? Qualifications for membership can be found on our website mentioned above. Remember, *students don't need to be majoring in chemistry, but must have taken the minimum of chemistry courses (see the undergraduate qualifications). Professionals also just need to meet the minimum number of Chemistry credits, they don't need to be working as Chemists.* You can contact me for application forms. I look forward to seeing your nominations for new members.

## MAL Listserv

Our listserv is up and running again. Not many folks have signed on. I've been posting ISP news and other items of interest to the listserv. It's not a noisy listserv if you are concerned about getting a lot of junk email.

To join the list serve, send a message to

[listserv@ceemast.csupomona.edu](mailto:listserv@ceemast.csupomona.edu)

In the subject part of the message type:  
*ispmal.*

You should receive a message beginning with

" This is an automated message:  
You have been subscribed to the  
ispmal mailing list.

To send a message to the list send an e-mail to:

ispmal@ceemast.csupomona.edu

To unsubscribe, send a message to:

listserv@ceemast.csupomona.edu

with "unsubscribe ispmal" without quotes as the subject"

To send a message to the listserv email:

ispmal@ceemast.csupomona.edu

### **Questions for Thought & Response**

This issue's question is submitted by Alice Ottoboni.

**Can Attention Deficit-Hyperactivity Disorder (ADHD) Result from Nutritional Deficiency?** While doing the research for our book (*The Modern Nutritional Diseases and How to Prevent Them*), we encountered a sufficient number of scientific papers to convince us that ADHD has a strong nutritional component. With the exception of excess sugar, food additives, and food allergies, all of which have been ruled out as causes, the role of diet in ADHD has been little studied. The general consensus of the medical community is that the etiology of ADHD is largely unknown. Little attention is being given to prevention, and the use of prescription drugs is the accepted method for the control of symptoms.

It is estimated that from three to five percent of school age children are affected with ADHD, and the rates are increasing. We believe these disquieting statistics demand a new look at evidence for the influence of diet that are already present in the scientific literature.

Briefly, the scientific evidence is as follows: The essential fatty acids, omega-3 docosahexaenoic acid (DHA) and omega-6 arachidonic acid (AA), are required building blocks for the brain and eyes of the newborn. Approximately half of the lipids of the brain are DHA.

Maternal deficiencies of these essential fatty acids, especially DHA, during pregnancy and the nursing period are associated with smaller brain weight (head size) in infants. The levels of DHA in placental blood and mothers' milk are directly related to brain size and mental aptitude of the offspring. Brain volume is three to four

percent smaller than average in individuals with ADHD.

Alleviation of ADHD symptoms can be achieved in some cases by supplementation with fish oil (DHA). Supplementation with AA is not necessary because the omega-6 fatty acids are abundant in the average American diet. Further, administration of fish oil plus control of insulin by elimination of dietary sugar and refined carbohydrates is effective in some cases that are not responsive to fish oil supplementation alone.

The full text of our argument, with references, appears in a paper titled "Can Attention Deficit-Hyperactivity Disorder (ADHD) Result from Nutritional Deficiency?" in *Journal of American Physicians and Surgeons*, Summer 2003, Vol. 8, No. 2, page 58. The paper is available on line at:

<http://www.jpands.org/vol8no2/ottoboni.pdf>

If you want a reprint, send your name an address to Alice at ottoboni@775.net.

### **Chapter News**

**Tellurium Starts a Mentoring Program for Graduate Students:** The idea of this program is based on a very successful model at the University of Colorado in Boulder. It provided an excellent opportunity for new grad students to meet their colleagues in the program and also gave a completely non-threatening resource for questions and answers ranging from identifying the scary classes and professors to local highlights and things to do in town. It also seemed to help develop a very close-knit community within the department as a whole.

The mentoring program is mainly for the benefit of first year graduate students in the Chemistry department, but it also gives senior graduate students a chance to meet the new crop as well. It works as follows: All of the senior graduate students interested in mentoring incoming first years provide a little information about themselves (where they're from, where they did their undergraduate degree, who they're working for and in what division, and some personal hobbies or interests) and a list is compiled for the first years to peruse. The first years

would have a chance to circulate and chat with everyone and then make a list of the three senior students that they might like to have as a mentor. Assignments are made to pair first year students with mentors, and the main duty of the mentor is to initiate contact and take the first year student out to lunch. From there, it's really up to the pair to decide how often they might want to meet.

It's really just a way of providing the incoming students with a more experienced ear and a sounding board for concerns or questions, and perhaps give them the chance to develop a friendship that they may not have otherwise found. Most senior students already know the town and have established a group of friends, but it wasn't like that when they first arrived. They've all been there in the mass confusion involved in relocating to a new town and finding their way around the bureaucracy of a new program with very few people they could go to for real answers. The mentor program might simply make that transition easier while it also opens up the possibility of forming lasting friendships.

#### **General News**

**NSF Publishes Guide to Helping Girls Get Ahead:** The National Science Foundation's Division of Human Resource Development, Education and Human Resources has produced "New Formulas for America's Workforce: Girls in Science and Engineering," a publication that may assist in creating a more nurturing environment for the scientific and mathematical education of young women. The publication describes a wide range of projects supported by the NSF, from renovating teaching styles in Georgia elementary schools to helping disabled girls avoid complacency and self-doubt in pursuing their education. A number of AWIS projects are included as well, such as the AWIS Mentoring Project. If you are interested, this book can be viewed online at

<http://www.nsf.gov/pubs/2003/nsf03207/start.htm>  
or ordered for free in either print (#NSF 03-207) or CD-ROM format (#NSF 03-208) at  
<http://www.nsf.gov/home/orderpub.htm>.

**US Dependence on Foreign Scientists:** The National Science Board (NSB) released a report titled "The Science

and Engineering Workforce-Realizing America's Potential". The report describes the state of American dependence on foreign experts in the sciences and engineering. Over the past few years, a noticeable decline has occurred in the number of visas given to foreign scientists. In the U.S., 38% of science and engineering workers with doctorates are international. There is a serious need to fill positions in these areas to maintain the current levels of development if the number of visas continues to decline. According to the NSB, the best method to remedy the situation is to offer better assistance to elementary educators in the sciences, in hopes of attracting the interest of young students who may one day join STEM fields. The NSB report can be found at

<http://www.nsf.gov/nsb/documents/2003/nsb0369/nsb0369.pdf>

**AWIS Supports the Patsy T. Mink Fellowship:** The Association for Women in Science has endorsed a piece of legislation: the Patsy T. Mink Fellowship Program, named after the late Congresswoman Patsy Mink. This program offers women and minorities the chance to be supported while getting the doctorate needed to become a university-level educator. Fellowships like these are important because fewer than 14% of collegiate faculty are from minority groups. In addition, women generally do not receive positions at research universities as often as men do. The American Association of University Women (AAUW) and the United Negro College Fund are the primary developers of this legislation. For more information contact the AAUW's Public Policy and Government Relations Department by phone at (202)785-7793 or by email at [votered@aauw.org](mailto:votered@aauw.org).

#### **Member News**

**Michelle (Ward) Muscatello writes:** I was married (hence the name change) to on October 4th to Aaron Muscatello who I have been seeing for a little over 4 years (on and off at times). I also graduated with my MS in August and am continuing on for the Ph.D. My MS was in Analytical Chemistry and the title of my thesis was "Development of an Intelligent Polymerized Crystalline Colloidal Array for in vivo Detection of Signature Cancer Proteins".

**Sue Marine writes:** I am so excited and pleased to tell you that my department voted to grant me tenure and promotion. My packet went forward to the dean. The long process will not officially be over until February-ish, but the department is the hardest hurdle in chemistry. Thanks for your support through the years.

#### **Joke of the Day**

The Three Bears in 2003. Baby Bear goes downstairs and sits in his small chair at the table; he looks into his small bowl. It is empty. "Who's been eating my porridge?!!", he squeaks.

Papa Bear arrives at the big table and sits in his big chair. He looks into his big bowl, and it is also empty. "Who's been eating my porridge?!!", he roars.

Momma Bear puts her head through the serving hatch from the kitchen and yells.

"Good grief, how many times do we have to go through this with you idiots? It was Momma Bear who got up first. It was Momma Bear who woke everyone in the house. It was Momma Bear who made the coffee. It was Momma Bear who unloaded the dishwasher from last night, and put everything away. It was Momma Bear who went out in the cold early morning air to fetch the newspaper. It was Momma Bear who set the damn table. It was Momma Bear who put the cat out, cleaned the litter box, and filled the cat's water and food dishes, and, now that you've decided to drag your sorry selves downstairs, and grace Momma Bear's kitchen with your grumpy presence."

"Listen good, cause I'm only going to say this one more time."

"I HAVEN'T MADE THE PORRIDGE YET!!"

MAL Newsletter  
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