

# REMEMBERING DR. LOIS JOVANOVIC

Sansum Diabetes Research Institute (SDRI) announced, with great sadness, the passing of Lois Jovanovic, M.D., M.A.C.E., renowned around the world for her extraordinary contributions to medical science, and for pioneering the protocols that make it possible for women with diabetes to deliver healthy babies.

Dr. Jovanovic, who passed away on September 18, performed her groundbreaking work at SDRI for 27 years, from 1986-2013, laying the foundation for current standards for care in diabetes and pregnancy. Dr. Jovanovic was SDRI's former Chief Executive Officer and Chief Scientific Officer from 1996-2013.

"Dr. Jovanovic's courageous and relentless fight to teach the world how to care for women with diabetes led to a global improvement in outcomes for both moms with diabetes and their babies," said Dr. Kristin Castorino, Diabetes and Pregnancy Specialist. "A star has fallen, but Dr. Jovanovic leaves behind a tremendous legacy, and her contribution to diabetes care will have an everlasting impact."

"Dr. Jovanovic's iconic patient-centered approach to diabetes care has empowered thousands of people with diabetes, as well as inspired many "Little Lois" throughout the world to become exceptional physicians," added Dr. Castorino. "Dr. Jovanovic is a mentor for women in medicine; her brazen tenacity opened doors that were previously closed to women. She showed by example how to "Lean In" well before it was popular to do so."

Under Dr. Jovanovic's leadership, SDRI became a center of excellence for diabetes and pregnancy and artificial pancreas technology. Through community outreach, patient education, teaching, and working one-on-one with thousands of pregnant women, she changed the world of diabetes and pregnancy. Dr. Jovanovic was responsible for establishing global guidelines of care adopted by the International Diabetes Federation and traveled extensively throughout the world teaching her protocols to physicians, nurses, dietitians and educators.

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# OUR GLOBAL IMPACT

## SDRI TRAVELS TO AFRICA, ASIA AND EUROPE IN 2018



The team at Sansum Diabetes Research Institute crisscrosses the globe to collaborate with medical leaders who share a common goal; improving the lives of people impacted by a global epidemic—diabetes.

Our 2018 travels include Austria, Canada, Ethiopia, France, Germany, Iran and Singapore, providing SDRI's researchers excellent opportunities to spread the word about the world-class research happening year-round at Sansum Diabetes Research Institute, founded by Dr. William Sansum in Santa Barbara nearly 75 years ago.

Dr. David Kerr, SDRI's Director of Research and Innovation, traveled to Iran in August to address the 400 Iranian doctors convened at the 3<sup>rd</sup> Iranian Diabetes Advancements in Research meeting in Tehran. He gave two presentations based on work done at SDRI, explaining why different ethnic groups are disproportionately impacted by diabetes and the place of modern technology in diabetes care.

"The delegates really appreciated hearing about the cutting-edge research we are involved with at SDRI," said Dr. Kerr. "Doctors in Iran are very keen to have SDRI back in the future. It's important to develop networks for potential collaborations because we are all of the same vision of a world without diabetes in the future."

Dr. Kerr and Dr. Kristin Castorino, Diabetes and Pregnancy Specialist, have accepted invitations to the 54th annual meeting of the European Association for the Study of Diabetes, in Berlin, Germany in October. Dr. Kerr is chairing a session and Dr. Castorino is speaking about her research in the field of diabetes device technology.

Kerr and Castorino are also headed to the Canadian Diabetes Association meeting in Halifax, Nova Scotia later in October. Dr. Kerr is honored to give one of the five plenary presentations. His topic is "Modernizing Diabetes."

Dr. Kerr will represent SDRI this fall in Paris at the Diabetes and Cardiovascular Disease Forum. In December, he travels to Singapore at the request of







OUR GLOBAL IMPACT:  
Dr. Ahmed Reja & Dr. Nagy in Africa

the government, to discuss SDRI's successful Mil Familias and Ocho Pasos projects which are improving lives in the Latino community.

SDRI Board Trustee Dr. Robert Nagy and his wife, Dr. Julie Taguchi, experienced 10 days in Africa over the summer; a trip that proved to be life-changing.

In addition to volunteering at an orphanage in Ethiopia, they also spent a considerable amount of time with Dr. Ahmed Reja, one of Africa's top endocrinologists. The two men first met in 2015 when Dr. Nagy invited him to give a presentation at SDRI in Santa Barbara. (There's a local connection; Dr. Reja's sister, celebrity chef Mollie Ahlstrand, is a restaurateur in Santa Barbara).

Dr. Reja gave the couple a tour of Ethiopia's capital city of Addis Ababa and they shared a meal at his home. Dr. Nagy also volunteered at the diabetes clinic at Black Lion Hospital where he saw firsthand the terrible complications of diabetes in a developing nation.

Diabetes supplies are extremely limited in Ethiopia.

Patients aren't able to check blood sugars at home because they don't have access to blood glucose meters, test strips and other expensive tools. The only place to check blood sugar is at the diabetes clinic, but even the clinic lacks many modern supplies.

"I'm so humbled by what I have and what these people don't have," said Dr. Nagy, who personally lives with type 1 diabetes. "Millions of people don't have one-tenth of what we have. It really changed the way I look at diabetes from a global standpoint!"

The life altering experience has inspired Dr. Nagy to return to Dr. Reja's diabetes clinic in Ethiopia in hopes of helping any way he can.

"I'm going back in a year, for sure," said Dr. Nagy. "I just see all this need. My goal is to work with Dr. Reja hand in hand until I go back next time."

Sansum Diabetes Research Institute is immensely proud of its entire world-class team of scientists, staff, leadership and trustees, who are continually in pursuit of excellence in diabetes research, education and care.



# REMEMBERING DR. LOIS JOVANOVIC (CONTINUED)



**These are just a few of the healthy babies that Dr. Jovanovic helped bring into the world.**



Dr. Jovanovic began her academic career with a bachelor's degree in biology from Columbia University, followed by a master's degree in Hebrew Literature from The Jewish Theological Seminary in New York. She earned her medical degree from The Albert Einstein College of Medicine, completing her residency and fellowship in Internal Medicine, Endocrinology and Metabolism at the New York Hospital-Cornell University Medical College.

Dr. Jovanovic's groundbreaking work in diabetes and pregnancy began with her premise that a woman with diabetes' chances of having a healthy baby could be on a par with a healthy, non-diabetic woman, if she could achieve normoglycemia.

In her beginning year of fellowship at Cornell, New York Hospital, her first research study showed that strict monitoring and absolute normalization of blood glucose could yield healthy babies. A year later, she published a larger trial of 52 diabetic women that showed conclusively that diabetic women, even those with severe disease, could have healthy babies (Am J Med 1981; 71: 921-27).

Dr. Jovanovic proceeded to develop a program to monitor a woman's blood glucose around the clock and provide treatment strategies to achieve and maintain normal blood glucose concentrations throughout pregnancy. These protocols for intensive insulin delivery set the standard for strict glucose control in pregnancy.

Dr. Jovanovic published more than 500 articles in the fields of diabetes, metabolism, nutrition, obstetrics and gynecology, perinatology and engineering of a glucose-controlled insulin delivery device.

Her numerous honors, awards and appointments include the prestigious American Diabetes Association (ADA) 'Outstanding Physician Award' and the ADA 'Norbert Freinkel Award' for scholarship in the field of diabetes and pregnancy, the 'Clintec Award for Excellence' from The American College of Nutrition, the March of Dimes 'Agnes Higgins Award' and SDRI's 'William D. Sansum Award' for excellence in science. She was an internationally acclaimed speaker and presented her research throughout the world.

Dr. Jovanovic is survived by her two children; Larisa Taylor, MD and her husband, Nathan Taylor, and Kevin Jovanovic, MD and his wife, Kim Many, Esq. She is also survived by her four grandchildren, Caitlyn Taylor, Madeline Taylor, Luke Jovanovic and Dylan Jovanovic.





SDRI is keeping Dr. Jovanovic's legacy alive by expanding diabetes and pregnancy programs at the Institute.

To continue her legacy, SDRI is collecting stories about Dr. Jovanovic. Anyone who would like to share their memories of Dr. Jovanovic may contact Katie Haq at by email at [khaq@sansum.org](mailto:khaq@sansum.org) or call (805) 682-7640 ext. 235.

Celebration of life service will be held on November 17, 2018. For full details please visit [www.sansum.org](http://www.sansum.org). If desired, friends may make memorial contributions to Sansum Diabetes Research Institute, in honor of Dr. Jovanovic. Condolences may be sent to the family at SDRI 2219 Bath Street, Santa Barbara, CA 93105.

## CONGRESSIONAL VISIT

SDRI was honored to host U.S. Representative Salud Carbajal on August 14<sup>th</sup>. The Congressman, representing California's 24<sup>th</sup> Congressional District, visited the Institute and met with SDRI's leadership and development team. We had a positive conversation and updated him on our latest research and newest programs.

"I want to congratulate Sansum Diabetes Research Institute (SDRI) for the great work that they have been doing in the Santa Barbara community for the last 75 years," said Congressman Carbajal. "Founded by Dr. William Sansum, the first U.S. physician to isolate insulin, SDRI is an amazing local resource with a global reach, continually improving the lives of those living with diabetes through research, education and care."



(from left to right)  
Dr. David Kerr, Jessikah Morales, Ellen Goodstein, Salud Carbajal, Mary Conneely, Jamie Creason, Kara Hornbuckle

# OCHO PASOS MARKS A MILESTONE

SDRI's successful diabetes education program, Ocho Pasos a la Buena Salud (Eight Steps to Better Health), celebrates its 10<sup>th</sup> anniversary this year.

The free, 8-week nutrition course designed for low-income, monolingual residents, is taught entirely in Spanish at clinics, churches and community centers in Santa Barbara, Goleta, Carpinteria and Lompoc. More than 1,000 people have participated over the last decade.



The self-management diabetes program provides culturally-relevant information on healthy eating, meal preparation, exercise, stress management, identifying risk factors and complications of diabetes, and emotional support.

Class attendees are tested for diabetes during the first session.

Many participants discover that they have type 2 diabetes or prediabetes. Health outcomes are tracked during the classes. The results are documented and have been positive.

“People who attended the classes lowered their A1C and

they lost weight because it's about how to take care of your diabetes and how to exercise to lose weight and lower your blood glucose,” said Mary Conneely, SDRI's diabetes educator.

Promotores de salud (community health workers) teach the classes, perform A1C's and biometrics, provide support with research studies and are vital to many SDRI programs.

Ocho Pasos participant, Maria Mendoza, was diagnosed with type 2 diabetes last year. She credits the program for teaching her better food choices, portion size and how to read food nutritional labels.

“During that time that I have been caring for myself, I have lost 30 lbs. trying to eat four times a day, small portions,” said Mendoza. “I like going to Ocho Pasos because we listen and we learn from other people on what to do, how to care for ourselves, what to eat, what not to eat, what worked for other people and try it for ourselves...I like going, meeting people and likewise discussing, and if it helps, there is nothing better!”

According to the CDC, more than 30 million people in the United States are living with diabetes and another 80 million have prediabetes.







# PREVENTING DIABETES TOGETHER

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SDRI has kicked off a free, year-long Diabetes Prevention Program, in collaboration with local YMCAs and funded by the Area Agency on Aging.

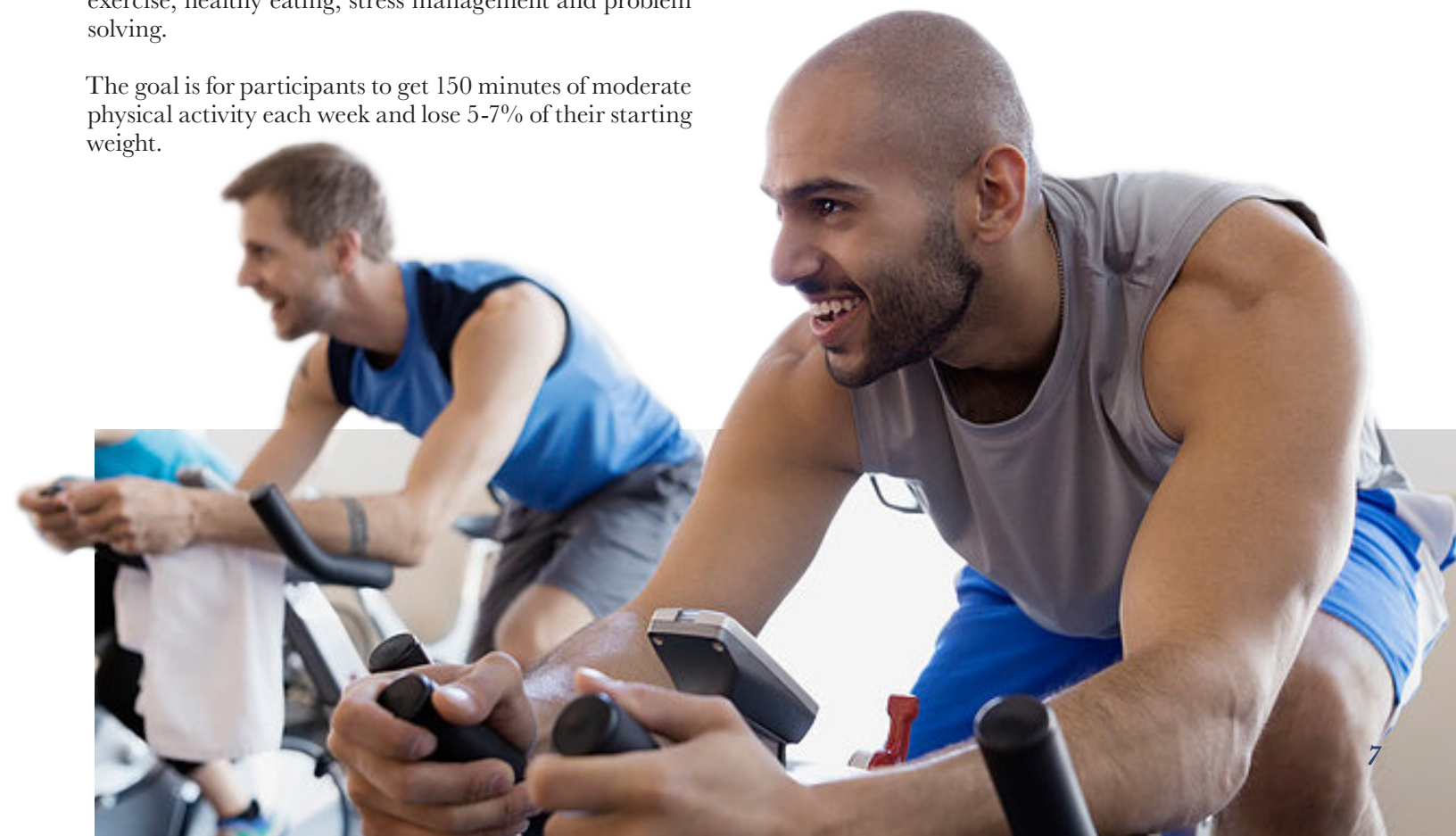
Classes are held at the YMCAs in Santa Barbara and Santa Ynez. Participants either have prediabetes or are at risk for type 2 diabetes.

A trained lifestyle coach facilitates small group sessions on exercise, healthy eating, stress management and problem solving.

The goal is for participants to get 150 minutes of moderate physical activity each week and lose 5-7% of their starting weight.

The response from participants thus far has been universally positive, praising the instructors, the group of people enrolled and the right balance of individual goals and group support.

For more information or to join the program, contact Alicia Michelson, MPH, RDN at (805) 682-7640 ext. 221 or [amichelson@sansum.org](mailto:amichelson@sansum.org).





# UPCOMING EVENTS

For more info, visit our website at  
[www.sansum.org/program-calendars](http://www.sansum.org/program-calendars)

## T1D EVENTS

### **Santa Maria Coffee & Conversations**

Oct. 23 at 10:00 – 11:00 PM  
Moxie Cafe, 1317 McCoy Lane, Santa Maria, CA 93455

### **OneTalk Pediatric Support Group**

Oct. 17 at 5:30 – 7:00 PM  
Goleta Valley Cottage Hospital  
351 S. Patterson Ave Goleta, CA 93117

## T2D EVENTS

### **Diabetes Education & Nutrition Program**

Oct. 11, 18, 25 & Nov. 1, 8, 15 at 11:45 AM – 1:00 PM  
SDRI, 2219 Bath Street, Santa Barbara, CA 93105

### **Diabetes Prevention Program Santa Ynez (English Series)**

Oct. 16 & 30 at 12:00 PM – 1:00 PM  
Santa Ynez YMCA  
900 N Refugio Rd, Santa Ynez, CA 93460

### **Diabetes Prevention Program Santa Barbara (English Series)**

Oct. 19, Nov. 2 at 9:00 AM – 10:00 AM  
Santa Barbara Family YMCA  
36 Hitchcock Way, Santa Barbara, CA 93105

## SDRI SPECIAL EVENTS

World-class winemakers, chefs, and an Olympian have teamed up for SDRI's successful series of fundraising events—Dinner with the Winemakers.

10-time Olympic medal-winning swimmer Gary Hall Jr., spoke at SDRI's Dinner with the Winemaker in May at S.Y. Kitchen in Santa Ynez featuring Storm Wines. Hall shared stories about winning gold at the Olympics and the challenges of competing at such a high level with type 1 diabetes.

Renowned winemaker Paul Lato poured big bottles of his high-scoring Paul Lato wines at SDRI's sold-out September 27<sup>th</sup> Dinner with the Winemaker at Wine Cask.



**Gary Hall Jr.**



**Ernst Storm**



**Executive Director Ellen Goodstein  
& Chef Luca Crestanelli**

Our October 25<sup>th</sup> Dinner with the Winemaker at Presqu'île Winery in Santa Maria features pinot noir specialist Dieter Cronje and wine country cuisine by Field to Table. For tickets, visit [www.sdrispecialevents.com](http://www.sdrispecialevents.com).

Mark your 2019 calendar for the 2<sup>nd</sup> annual Dinner with the Winemakers at Ember restaurant in Arroyo Grande on February 4<sup>th</sup> featuring the Lindquist Family of winemakers; Bob, Louisa and Ethan Lindquist, pouring Qupé, Verdad and Ethan wines paired with a multi-course dinner prepared by Chef Brian Collins.

To sponsor a future Dinner with the Winemaker, contact Kara Hornbuckle at (805) 682-7640 ext. 246 or [khornbuckle@sansum.org](mailto:khornbuckle@sansum.org).



# HIGHLIGHTS FROM THE ADA'S SCIENTIFIC SESSIONS

SDRI was in the spotlight at the largest diabetes meeting in the world, the American Diabetes Association's 78<sup>th</sup> annual Scientific Sessions, June 22-26 in Orlando, Florida. More than 13,000 physicians, scientists, clinicians and other diabetes professionals gathered at the annual conference to unveil cutting-edge research, treatment recommendations and advances toward a cure for diabetes.

Our researchers gave 9 presentations on SDRI's innovative and in-depth diabetes research.

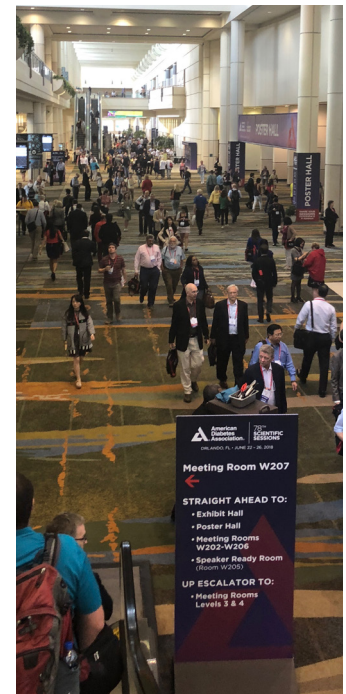
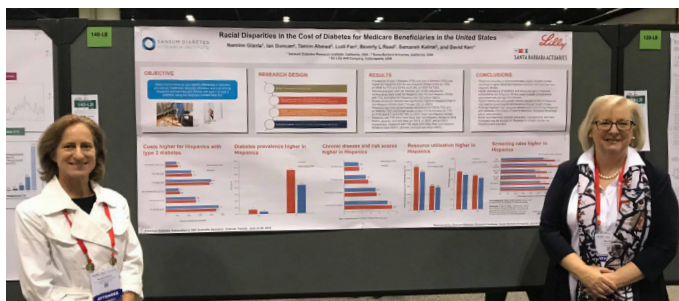
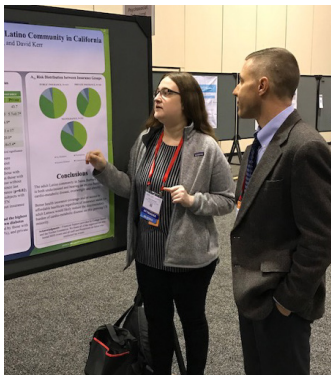
SDRI's Dr. Jordan Pinsker, who is running a series of studies evaluating fully automated insulin delivery systems in people with type 1 diabetes, presented his artificial pancreas research. As Director of Artificial Pancreas Technology at SDRI, Dr. Pinsker presented the results of the pivotal trial of the Tandem Basal-IQ predictive low-glucose suspend (PLGS) system. This dinner event presentation, sponsored by Tandem Diabetes Care, was held at Del Frisco's Double Eagle Steak House, where over 120 physicians and medical providers attended.

PROLOG (PLGS for Reduction Of Low Glucose) showed a 31% reduction in the time blood glucose was less than 70 mg/dL with use of the system. Sansum Diabetes Research Institute was one of only four US clinical sites where the study was performed. Results of the study, co-authored by Dr. Pinsker, were published in Diabetes Care in August 2018. In addition, Dr. Pinsker recently published a review article summarizing ongoing Artificial Pancreas studies in the August 2018 journal Current Diabetes Reports.

Dr. Kristin Castorino and her innovation team at SDRI also presented their groundbreaking work on diabetes and pregnancy. Dr. David Kerr and Namino Glantz, PhD, project manager for SDRI's Mil Familias, unveiled the award-winning project. Mil Familias is a 10-year initiative to engage with 1,000 Latino families from the Central Coast to collect data to understand why diabetes is so common and how biology, behavior and environment play a role in diabetes development. (In addition, Glantz ran in the ADA 5K race and impressively won her division!)

Executive Director Ellen Goodstein and supporting staff also represented SDRI at the important conference.

We look forward to the opportunity to present our latest work at next year's ADA Scientific Sessions, June 7-11, 2019 in San Francisco.





# 'FARMING FOR LIFE' WINS FEDERAL GRANT



The U.S. Department of Agriculture (USDA) has awarded a Community Food Projects grant to Sansum Diabetes Research Institute to launch Farming for Life, a new program that prescribes locally-grown vegetables to low-income individuals with diabetes.

Residents of Santa Barbara County living with type 2 diabetes will be invited to participate over the next several years. Organic vegetables grown at program partner Fairview Gardens and other local farms will be provided free in return for health data. Measurements will be taken to determine changes in diabetes control, food security and overall health.

Farming for Life participants will present their prescriptions at the Fresh Food Pharmacy located at Unity Shoppe of Santa Barbara, the third program partner. Participants then select a week's worth of vegetables—enough to feed their entire family.

The program builds a bridge between healthcare, social services, and agriculture to eradicate the heavy burdens of chronic disease and food insecurity while simultaneously enhancing the capacity of and demand for local farmers to supply fresh produce.

The USDA grant pays for half of Farming for Life programming costs and requires matching funds to be raised locally. Foundations, corporations and individuals can help meet this match and launch this program by contacting Sheba Laser Lux, SDRI Grants Director: (805) 452-3159 or [slux@sansum.org](mailto:slux@sansum.org).

Potential program participants who are food insecure and have diabetes or prediabetes may contact Mary Kujan, Project Coordinator—Farming for Life: (805) 682-7640 ext. 243 or [mkujan@sansum.org](mailto:mkujan@sansum.org).



## SDRI HONORS RUTH GARLAND BOWES

SDRI proudly debuted our laboratories' new name: "Ruth Garland Bowes Memorial Laboratories," with a distinguished gathering on June 29<sup>th</sup> at our 2219 Bath Street location in Santa Barbara.

The extraordinary Ruth Garland was a Santa Barbara native and one of the first women to graduate from Stanford University School of Medicine. While in school, she participated in a groundbreaking study with our founder, Dr. William Sansum. Two of Dr. Garland's brothers lived with diabetes and their participation in the study significantly improved their quality of life. Dr. Garland enjoyed a distinguished career as a San Francisco physician and educator at Stanford University.

Dr. Garland's son, William K. Bowes, Jr., started a foundation in the San Francisco Bay area. Mr. Bowes, a successful venture capitalist, was a founding partner of U.S. Venture Partners and was the founding shareholder and the first chairman of Amgen. His focus shifted to philanthropy when he formed the William K. Bowes, Jr. Foundation in 1991.

In 2017, the Foundation awarded Sansum Diabetes Research Institute a substantial 3-year grant, honoring

the commitment that Mr. Bowes made before his death in late 2016 at the age of 90.

Dr. Alexander M. DePaoli noted, "As President of the Board at SDRI and previously a physician scientist at Amgen, where I had the honor of meeting Bill, I would like to express my profound thanks to the William K. Bowes, Jr. Foundation for their generous support of SDRI and its mission. We are very excited to have renamed our laboratories in memory of Ruth Garland Bowes."

SDRI is grateful to the William K. Bowes, Jr. Foundation and proud of the woman whose name graces our building.







## PLANNED GIVING SPOTLIGHT: TOM & NANCY CRAWFORD

When both Tom and Nancy Crawford were diagnosed with diabetes, they trusted Sansum Diabetes Research Institute with their care. When Tom's father received the same diagnosis at age 90, SDRI was there for him, too.

The renowned Dr. Lois Jovanovič, SDRI's former Chief Scientific Officer treated Nancy and taught her how to manage diabetes. "Dr. Jovanovič was my lucky star," recalls Nancy. "She was so genuinely nice! She really made me feel that it wasn't the end of the world and that it would be okay."

The Crawfords raised four children in Santa Barbara and were active in the community for 30 years. Today, Nancy and Tom are in good health, enjoying retirement on the island of Kauai.

SDRI made a difference in their lives and the Crawfords have kindly reciprocated, over and over again. For 25 years, Tom and Nancy have given generously to SDRI's capital campaigns, sponsored events, made annual contributions and Nancy served on the SDRI Board of Trustees from 2004-2010.

SDRI holds such a special place in their hearts that the couple has decided to honor us with a lasting legacy.

"One of the best ways my husband and I can help our community and support the charities we love into the future is by including a bequest in our estate planning," Nancy said. "One of those favorite charities is Sansum Diabetes Research Institute because of their dedication to changing the lives of people with diabetes. Planning ahead gives us peace," the Crawfords added.

Our sincerest gratitude to Tom and Nancy Crawford! By making provisions in their estate plans the Crawfords are helping SDRI advance Dr. Sansum's significant work.

To learn more about creating a legacy for your family or other ways to support SDRI, please contact Tamara Skov at 805.682.7640 x215, or [tskov@sansum.org](mailto:tskov@sansum.org).

## SAVE THE DATE

**75<sup>th</sup>** SANSUM DIABETES  
RESEARCH INSTITUTE  
**ANNIVERSARY GALA**  
*Celebrating 75 Years of Progress · March 16, 2019*

**SDRI's 75th  
Anniversary Gala:**  
**Saturday, March 16, 2019**

Rosewood Miramar  
Beach Montecito  
1555 South Jameson Lane  
Montecito, CA

**Dinner, live auction, dancing**  
*Celebrating 75 Years of Progress*

## PAST TRUSTEES LUNCHEON

As we begin to plan for our 75<sup>th</sup> anniversary, we wanted to start by acknowledging those who have helped bring the organization to where it is today. Through the years, many accomplished local individuals have served on our Board of Trustees and have been responsible for guiding our growth.

On September 14<sup>th</sup>, SDRI hosted a luncheon to honor those past Trustees. Held in the newly-renovated Alice Tweed Tuohy Library, former and current Trustees renewed their friendships and learned about recent successes. Presentations from Drs. Pinsker, Castorino, and Kerr, highlighted the important work that, begun by Dr. William Sansum, continues to this day, improving the lives of those impacted by diabetes through research, education and care.



Ron Fox, Dr. Castorino, Rick Feldman, Ellen Goodstein





SANSUM DIABETES  
RESEARCH INSTITUTE

2219 Bath Street, Santa Barbara, CA 93105

*A Global Leader in Diabetes Research, Education, and Care.*

*Written content by Wendy Thies Sell & design by Experia Creative*

## MESSAGE FROM THE EXECUTIVE DIRECTOR



Ellen  
Goodstein

This issue of the Quest is dedicated to Dr. Lois Jovanovic, SDRI's beloved former leader. Known worldwide as the "Godmother of Modern Diabetes Care", her legacy will continue through our work improving the lives of those impacted by diabetes through research, education and care. Dr. Jovanovic served SDRI for over 26 years and her vision, courage and kindness will never be forgotten. As we approach 2019 and the 75<sup>th</sup> anniversary of our founding by Dr. William Sansum, we will also never forget his legacy as the first U.S. physician to manufacture and administer insulin to a patient here in Santa Barbara, just steps from SDRI. In light of the growing epidemic of Type 2 diabetes, we have increased our efforts in this area through innovative programs like Farming For life which recently received a significant grant from the US Department of Agriculture. And we have demonstrated that consistent, quality education programs like Ocho Pasos, now celebrating its 10th anniversary, make a real difference in the health of people living with type 2 diabetes. We believe that Dr. Sansum would be very proud of our progress as we continue his work. And we could not do it without your continued support.

*Ellen M. Goodstein*

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