

Confidence Award Dinner

The stunning Rancho Santa Fe home of Yvonne and Roy Polatchek was the site of The Whittier's 2003 Confidence Award dinner attended by members of Whittier Friends, our Medical Directors and other supporters. The Confidence Award was established in 1991 to honor individuals who have made a significant impact in the lives of individuals with diabetes.

Former NBA player and type 1 diabetes patient Chris Dudley was the 2003 recipient. A graduate of Yale University, Chris was honored for his exemplary life and contributions to society including the establishment of The Dudley Foundation, which funds diabetes research and education, and sponsors a basketball camp for youth with type 1 diabetes.



Hostess Yvonne Polatchek with guest Cindy Mort



The Whittier Institute CEO John Engle, Confidence Award recipient Chris Dudley and Trustee David Winkler

 THE WHITTIER INSTITUTE FOR DIABETES
9894 Genesee Avenue
La Jolla, California 92037
www.whittier.org

Non-profit organization
U.S. Postage
PAID
permit No. 1981
San Diego, CA

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Fall 2003

THE Whittier Diabetes REPORT

Singing for a Cure

Project Dulce on the Road

Estrogen and Insulin Resistance

Inhaled Insulin Study



Scripps Whittier Diabetes Program

Whittier Diabetes Research Program

*Project Dulce – a program in partnership with
Community Health Improvement Partners
and the Council of Community Clinics*

Mission Statement:

The Whittier Institute for Diabetes provides resources for innovative research, education and patient care; and is a catalyst for collaboration among leading organizations to effect a cure for diabetes.

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On the cover: Mackenzie Bartram, during a recording session of *Bring It On*.

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page two

Singing for a Cure

Since the day she was born, Mackenzie Bartram has wanted to be a singer. At least, that’s how it seems to her parents, Whittier Trustee David Bartram and his wife, Tamie. “She has always loved to sing,” Tamie says. “She loved Barney at age one, was singing in preschool plays at two, and sang in theater and the Children’s Chorus from age three to nine.” Now 10, Mackenzie recently brought her vocal talents and her type 1 diabetes, diagnosed when she was four, together for a cause.

Chance Meeting

It all started last May, when the Bartrams met Lester and Regina Abrams

at the 2003 Gala for the Juvenile Diabetes Research Foundation (JDRF). The Abrams’ eight-year-old daughter, Ashley, had been diagnosed just six months earlier, and the parents connected immediately. Conversation led to a dinner invitation at the Bartram’s home, where Mackenzie and her sister Kirstin, 13, jumped at the chance to entertain their guests with their original compositions.

Coincidentally, Lester Abrams had an impressive entertainment background of his own, including a 1979 “Song of the Year” Grammy nomination for co-writing The Doobie Brothers’ “Minute by Minute.” Inspired by Ashley’s daily

struggles to cope with diabetes, Lester had already started to pen a song about his daughter’s disease, and was searching for the right singers. “Then I go to dinner, and Mackenzie

and Kirstin explode in front of me,” he recalls.

Ashley Abrams, also talented, agreed to join the duo. The three girls recorded Lester’s song, “Bring It On” (see lyrics at right), with professional musicians. Sony Electronics assisted by burning 10,000 CDs, now available through www.bringitonsong.com. Proceeds from CD sales support research towards a cure for type 1 diabetes.

Spreading the Word through Music

Since their debut of the song at the JDRF walk in September, the girls have appeared on a local news broadcast for Fox, at The Whittier Golf Tournament, and at a JDRF event at Sea World. Families who hear the song embrace it as an alternative to talking about the downside of diabetes. “The catchy tune gives hope to the children and their families,” says Tamie, noting Mackenzie’s passion for both music and a cure for diabetes. “If she’d never had diabetes, she wouldn’t have this opportunity to be part of a CD.”

It’s a dream come true for one young girl, and another step toward the dream of finding a cure.



Kirstin Bartram, Ashley Abrams and Mackenzie Bartram (the latter two wearing their insulin pumps) perform at the 2003 Whittier Golf Tournament.

“Bring It On”

Words & Music by Lester Abrams

*All we need is a little help
A little faith
A lotta love for sure*

*All we need is just one more day
So we can tell the world
That we found a cure*

*Bring It On
Bring It On
Bring It On
Whatever it takes
For every kids sake
Bring It On*

*All we need is to be set free,
Live normally
And all you have to do*

*Is see the vision in your heart
That we all knew
Would soon come true,*

CHORUS
*No Pens, No Needles, No Pricks,
No Pains
No Ands, No Ifs, No Maybes,
Just Game
No Pumps, No Lumps, No Bruises,
No Shame
Just Aim And Shoot For A Cure
We Can Claim*

Project Dulce Goes Cross-Country

Born and raised in San Diego, The Whittier's Project Dulce is taking a road trip.

"When Project Dulce was first developed in 1996, one of the initial goals was to create a self-sustaining and replicable diabetes management program for underserved and culturally diverse populations," explains Chris Walker, MPH, Executive Director. Now, with the support of pharmaceutical company GlaxoSmithKline, Project Dulce aims to replicate its unprecedented program in three U.S. cities. First stop: Philadelphia, Pennsylvania.

"The people in Philadelphia found us on the Web and just called," explains Walker. "They have a big diabetes coalition and wanted to do something very similar to what we had developed, but didn't want to recreate the wheel."

A Joint Effort

The project brings together Project Dulce and GlaxoSmithKline's Model Cities program, which reaches out to ethnic communities nationwide to spread the word on diabetes management. GlaxoSmithKline's support makes it possible for cities that don't necessarily have the resources or funding to set up community diabetes management

programs to replicate Project Dulce's efforts. According to Walker, a great deal of work was required to get the project "replication-ready."

"Over the past years, we've written everything down as we went along," she explains. "We put our peer educator *Training Manual* together, as well as all the processes that nurses use to evaluate and assess patients. It is a huge operations manual. We adapted our teaching curriculum to different populations. Initially it was developed for the Latino population. Then, we did a lot of focus groups and interviews to adapt it to other populations, such as Vietnamese, Filipino, and African-American, so that we could address the specific needs of other cultures. We've arrived at a place where we can bring the program to other communities."

As a result of speaking at conferences and meetings, including a trip to Washington, DC, to present the program to the heads of federal health agencies including the Centers for Disease Control, National Institutes of Health, and Office of Minority Health, Project Dulce began receiving requests from around the country to set up a program locally. In addition to Philadelphia, two other cities will be chosen for the program.

Setting the Stage for Success

What's involved in such an undertaking? "Initially, we evaluate the environment in terms of how health care is delivered, how the underserved are provided for, and so on. It differs widely from one county or city to another," explains Walker. "We assess the feasibility of a project like Project Dulce to become self-sustaining. We don't want something that is going to be dependent on grants, and we want people who will commit and really invest energy into it."

The next step is training. "We have a whole training process, everything from the peer education component, to helping administrators create a registry to track diabetes care, to training the operations people," says Walker. "As they are implementing it, we don't just drop this and go away. We provide continual support to make sure it is successful."

Walker anticipates the Philadelphia program to be up and running by the spring of 2004.

Diabetes Summit '03

Summit Brings Diabetes Leaders Together

In early November, Project Dulce and The Whittier Institute brought together nearly 200 health care professionals, educators and policymakers throughout California for Diabetes Summit 2003: Managing Diabetes Across Diverse Communities.

In addition to sharing their expertise and experience in providing diabetes care to underserved populations, the participants identified private and public policy barriers to providing care. The Summit included panels of experts to address delivery models, registries, and financing of diabetes care. Robert K. Ross, MD, President & CEO of The California Endowment, facilitated a panel on the second day to address policy issues and barriers that had been identified during the Summit.

Diagnosed with type 2 diabetes in her 30s, Jeanne Jones learned to control her diabetes through diet and has parlayed her success into a career as an internationally renowned nutrition consultant and writer. Jeanne has been involved with The Whittier since 1981. Along with her mother, Kathryn Fishback, and sister, Cheryl Harris, Jeanne established the Kathryn C. Fishback Family Foundation, which has contributed handsomely to The Whittier Institute.



Curried Waldorf Salad

This salad adds a wonderfully crunchy texture to any menu. My version eliminates the mayonnaise, and thus the cholesterol, and contains no dairy.

Dressing:

- 1 cup silken lite soft tofu
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 3/4 teaspoon curry powder
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon fresh lemon juice
- 1 tablespoon canola oil

Salad:

- 1 cup coarsely chopped raw almonds
- 3 cups celery, without leaves, diced
- 4 Red Delicious apples (2 pounds), cored and diced to make 6 cups
- 1/2 cup chopped chives or green onion tops
- 1/2 cup raisins

1. If possible, make the dressing several hours before you intend to serve. Combine all dressing ingredients in food processor and blend until satin smooth. Makes 1 cup

2. Toast the chopped almonds in a preheated 350° F oven until lightly browned. Watch carefully, as they burn easily. Set aside.
3. Combine celery, apples, chives/ onions and raisins in a large bowl. Toss with dressing until thoroughly mixed.
4. Place 3/4 cup salad on each of 8 chilled plates and top with 1 tablespoon toasted almonds.

Makes 8 cups

Each 3/4 cup serving contains approximately:

- Calories: 157
- Fat: 8 gm.
- Cholesterol: 0
- Sodium: 130 mg.
- Carbohydrates: 21 gm.
- Protein: 4 gm.
- Fiber: 4 gm.

Jeanne's new cookbook will be available in December 2003.



Audrey Nguyen, Ph.D., is a recipient of the 2002 Big Bear Hike proceeds benefiting Whittier-supported research projects.

How Does Estrogen Affect Insulin Resistance?

Do women have an advantage over men in the battle against insulin resistance?

It appears that they do. And diabetes researcher Audrey Nguyen, Ph.D., a post-doctoral fellow at the University of California, San Diego, is trying to find out why.

Born in Vietnam and raised in Belgium, Nguyen studied biochemistry at Concordia University in Montreal, Canada, where she earned her Ph.D. under the mentoring of A.C. Karaplis, M.D., an endocrinologist and researcher. During her graduate studies, Nguyen became interested in hormonal disorders.

“I became especially interested in diabetes because of the number of individuals affected and its complications,” Nguyen says. “I thought any research I could do would be of great help to prevent or decrease diabetes complications.”

Upon completing her Ph.D. in 2002, Nguyen joined Jerrold Olefsky, M.D., Chief of the Endocrinology/Metabolism Department at UCSD, in research studies aimed at understanding the mechanisms of insulin resistance, a hallmark of type 2 diabetes.

Estrogen and Fatty Acids

“My research deals with fatty acids,” Nguyen explains. “We know that a high-fat diet can induce insulin resistance. However, very recent reports have documented that females are less likely to develop insulin resistance.”

Because estrogen production is one of the most significant physiological differences between men and women, Nguyen hypothesized that estrogen plays a protective role against fat-induced insulin resistance. Research from her collaborator Andrea Hevener, Ph.D., supports this idea.

“When we remove the ovaries from female animals, or when women produce much less estrogen after menopause, they are no longer protected against fat-induced insulin resistance,” Nguyen explains. “We know there is a correlation here, but we don’t know why.”

Modeling Estrogen

Nguyen has used mouse cell culture systems (the process of growing cells on plastic surfaces) to examine the estrogen effect. She treats the cells with estrogen, then “challenges” them with fatty acids in an attempt to induce insulin resistance. The fat decreases the ability of cells to respond to insulin and stresses the cells,

which respond by producing inflammatory molecules.

“We are now generating data suggesting that estrogen is a strong anti-inflammatory molecule,” explains Nguyen. While fat can significantly stress a typical cell, estrogen-treated cells have a higher tolerance.

Putting the Puzzle Together

“There’s a lot of work left to do,” says Nguyen. “If we can pinpoint the proteins that are downstream of estrogen, and show that these are the molecules that change the fate of cells facing a fatty acid challenge, we will have a good idea how to make cells more insulin-responsive.”

In addition to its impact on diabetes, Nguyen’s research is especially important for women considering hormone-replacement therapy (HRT) after menopause.

“The work is very exciting and promising,” says Nguyen. “Understanding how things work is the foundation of everything. Hopefully, I can figure out how estrogen works in preventing fat-induced insulin resistance.”

On the Way: Inhaled Insulin

Insulin therapy could soon be as simple as breathing.

Exubera® is an inhaled, short-acting insulin preparation indicated for the treatment of type 1 and type 2 diabetes. A joint project of pharmaceutical companies Aventis and Pfizer Inc., Exubera is the most advanced inhaled insulin in development and, if approved, could eliminate the need for meal-time insulin injections in patients with diabetes requiring insulin therapy.

The concept of delivering insulin directly to the lungs (pulmonary insulin) dates back to 1925. However, most insulin sprayed or inhaled through the mouth tends to become lodged in the pharynx and never reaches the lungs. In developing Exubera, Pfizer and Aventis have collaborated with Nektar Therapeutics, which specializes in finding delivery solutions for oral and pulmonary drug administration. Exubera, a rapid-acting, fine dry-powder insulin, was developed using Nektar’s proprietary inhalation technology, so that inhaled insulin enters the bloodstream more rapidly than by injection.

Research Study Coordinator Jean Smith, RN advises Mary Deneen on how to use the inhaled insulin pump.



Clinical Trials at The Whittier

The Whittier Institute conducts clinical trials on an ongoing basis for adults with diabetes or diabetes-related conditions, such as cholesterol and hypertension. The Whittier’s clinical research team of diabetes educators offers a personalized, professional approach that is comforting to both first-time and returning participants. All research studies are reviewed by an independent institutional review board (IRB). Diabetes education and supplies that include a glucose meter and strips are often provided to the participants. Financial compensation may also be available for taking part in a clinical trial.

To learn more, visit our Web site at www.whittier.org and click on “Clinical Trials” or call The Whittier’s Clinical Trials division at 858-626-5678.



The winning foursome from the 2003 Whittier Golf Invitational: Tim Meissner, Josephine Bennett of US Bank, George Latter, Donovan Perkins.

News and Events

2003 Big Bear Hike Benefits Diabetes Research

Nearly 300 hikers trekked to scenic Big Bear to participate in the October 4th Big Bear Hike for Diabetes. For the third year in a row, The Whittier Institute was named the primary beneficiary of the event. The recipient of the funds from the 2002 event, UCSD scientist Audrey Nguyen, Ph.D., attended the dinner on the eve of the hike and outlined her research to the participants (see page 6). "Everyone really enjoyed meeting Audrey and learning how the money raised is used," noted Kris Foulkes, coordinator of the event. "The Hike is a fun way to increase both the awareness of diabetes and money for research." This year's Hike will again benefit a young researcher, who will be selected in early 2004. To participate in the October 2, 2004 Big Bear Hike, call Katie Andrews at 858-626-5671.

Whittier Selected as Legacy Golf Tournament Beneficiary

The Whittier was selected by the friends and family of the late Fred Mort as one of the two beneficiaries of the annual Rolf Benirschke Legacy Golf Tournament, held in September

at The Farms in Rancho Santa Fe. The event was a moving tribute to Mort, a father and husband who loved golf and died from complications of diabetes in January 2003 at age 41.

The Whittier Invitational Golf Tournament is a Winner

The Whittier extends a huge thank-you to all the committee members, led by Trustee Chuck Scribner and Dick Mau, who created a very successful event netting over \$110,000 for The Institute. Our signature event, the tournament is played at the exclusive La Jolla Country Club and was sponsored by US Bank, ResMed Foundation, Viejas Enterprises and Union Bank. This year, players were given three opportunities to win a car by making a hole-in-one on the three par holes. Our appreciation also goes to Kearny Mesa Lexus, Witt Lincoln Mercury and Marvin K. Brown Cadillac, Buick & GMC for their participation. The evening's activities included silent and live auctions, a performance of the "Bring It On" song (see page 2) and the presentation of the Jessop Award to researcher Alberto Hayek, M.D.

To learn more about the 2004 Tournament, scheduled for October 4, call Katie Andrews at 858-626-5671.

The Best Thing Since Sliced Bread

As part of the Scripps Whittier Diabetes Program's continuing education, graduates of our self-management courses are invited to attend follow-up classes. In a recent session, certified diabetes educator Laurie Block, MS, RD, CDE, focused on the importance of dietary fiber as related to diabetes and heart disease. More than two dozen attendees were treated to high-fiber dishes prepared by a personal chef, and received a complimentary loaf of whole-grain bread from Milton's of Del Mar. Milton's high-fiber, low-sugar, low-carbohydrate bread was created as a direct result of the owner learning firsthand from The Whittier about the importance of such products. For more information on any of The Whittier classes (page 9), please call 1-877-WHITTIER (944-8843).

Scripps Whittier Diabetes Program Diabetes Education Classes

We offer the following classes at locations throughout the county:

Type 2 Diabetes Self-Management – A four-week program designed to meet individual needs while helping to create a foundation of knowledge necessary to successfully control diabetes.

Diabetes Education – During one-on-one appointments, all aspects of diabetes care are covered including home blood glucose monitoring and medication and insulin adjustments.

Gestational Diabetes – One-on-one appointments assist in the management of blood sugars during pregnancy. Our staff works intensively with each patient until the delivery, to help the expectant mother have a healthy baby.

Comprehensive Insulin Management Program – Ideal for individuals with insulin-dependent diabetes interested in improving and optimizing blood glucose control. The four-week class emphasizes intensive self-monitoring of blood glucose levels, balancing diet, counting carbohydrates and adjusting insulin.

Healthy Weighs Group Education Core Program – Spanning four weeks,

this nutrition education program is designed for individuals desiring weight loss, lower cholesterol levels, blood pressure reductions and/or improved blood sugars.

Healthy Weighs Follow-up – Offered to those who have completed the Healthy Weighs Core Program.

Nutrition Counseling – Through individual appointments, patients, physicians, and the general public are offered a variety of medical nutrition therapy services for the treatment/prevention of disease.

Cardiac Rehab – These free classes meet weekly and cover a variety of topics including Exercise, Stress Reduction and Nutrition, Healthy Choices When Dining Out, and How to Reduce Overall Fat.

Heart-Healthy Cooking – Participants learn to cook delicious, healthy dishes that are low in fat, sugar and/or sodium.

Diabetes Self-Management Education Support Groups – Monthly meetings feature a guest speaker and are held for the benefit of people with diabetes who would like more information, help or contact with others

with diabetes. Below is the monthly schedule of our free support groups:

The Whittier Institute for Diabetes
3rd Wednesday of the Month
1:30 – 2:30 PM
1-877-WHITTIER (944-8843)

Scripps Mercy Hospital
2nd Tuesday of the Month
2:00 – 3:00 PM
619-293-3196

Scripps Well Being Chula Vista
2nd Monday of the Month
2:00 – 3:00 PM
Spanish:
3rd Friday of the Month
1:00 – 2:00 PM
619-293-3196

Scripps Well Being Encinitas
2nd Wednesday of the Month
1:30 – 2:30 PM
1-877-WHITTIER (944-8843)

All classes are staffed by certified diabetes nurse educators and/or registered dietitians.

Diabetes education is covered by Medicare and most health plans. Call us directly at 1-877-WHITTIER (944-8843) to learn more about any of our classes.

Leaving a Legacy: The Gift That Lives On

Philanthropy is a highly personal issue, and is what each of us chooses to make it. In general, philanthropy deals with your emotional issues long before you write a check. Many people just wish to do good deeds, while others want to be remembered by leaving a financial legacy.

To most people, the idea of leaving a legacy sounds like something only a Rockefeller or Bill Gates would do. This is not necessarily true. The size of the gift is not what characterizes a philanthropist. While your estate may never be large enough to build libraries, it may be large enough to buy books.

As you review the list of donors to The Whittier in this report (at right), please note that they come to us in many different forms, including individuals who have diabetes or have a loved one with the disease, a company whose business is impacted by diabetes, or a foundation that wants to help The Whittier in a specific research endeavor, program or activity. Everyone is unique – in

their finances, their emotional involvement and their desire to play a role in fighting diabetes.

If you would like to achieve your philanthropic and personal goals, planned giving is a financial strategy that also creates a legacy of caring. A planned gift to The Whittier is your gift to those facing the challenges of diabetes – your expression of optimism about finding a cure – and signifies your concern for that goal.

A planned gift delivers maximum impact in both financial and charitable terms. You benefit by helping others while providing a customized security plan for yourself and those you love.

Find out how to create your legacy. Call John De Michele, Director of Development, at 858-626-5664.

Thank You!

During the past fiscal year (October 1, 2002 – September 30, 2003), the Board of Trustees of The Whittier Institute agreed to match all donations, up to \$250,000, received from our annual giving program. Thanks to your

generosity, donations not only matched the Board's commitment, but exceeded it by nearly \$25,000.

Our annual giving program provides the unrestricted funds that enable The Whittier to access the restricted gifts and grants that fund our research, patient education and care. During this past year, The Whittier was able to obtain nearly \$4 million in restricted funds. That is quite a return on an investment of \$500,000 – and was possible only because of the critical unrestricted fundraising efforts.

The Board has once again committed up to \$250,000 if our annual giving program can raise an additional \$250,000. We know it can be done because you just did it. Please use the return envelope provided in the center of this magazine to make your annual gift to The Whittier.

With your support, we can have another great year.

The Whittier Institute's Donor Wall



2002-2003 Whittier Friends

We gratefully acknowledge The Whittier Institute donors of \$1,000.00 and greater over the past year, including in-kind gifts.

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