In high school, Christine Sit saw Project SEED as an opportunity to explore her interest in science, gain hands-on experience and define her professional goals. Today, Christine attributes her career as a dentist to the program that has helped so many students achieve success in the scientific community.

When Christine moved to San Francisco from Hong Kong at age 16, she was interested in math and science but didn’t have any particular educational or career aspirations. Luckily, her mother worked for Sheila Yeh, a colleague of Dr. Elaine Yamaguchi, the Bay Area coordinator of Project SEED, who encouraged Christine to apply for the program. As a result, Christine spent two summers in Project SEED, and today she’s grateful to Sheila and Elaine for introducing her to the program that changed her life.

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Dr. Christine Sit:  
How Project SEED Changed My Life

Continued from Page 1

During the summer of 1994, Christine worked in food safety, performing assays on meat products. In 1995, she was part of a team at Raychem Corporation that studied how weather affects insulators. “I was amazed that as a high school student, I was able to work alongside chemists and college students at a big company,” Christine says.

In addition to gaining hands-on research experience under the tutelage of supportive mentors, Christine also received a stipend for her work, which she used to help pay for college. After her participation in Project SEED, she decided to major in biochemistry at San Francisco State and then went on to earn her D.D.S. at the UCSF School of Dentistry.

“If not for Project SEED, I probably would have pursued some other major in college and would have taken a different career path than I did,” she explains. Today, Christine is a dentist at the community clinic where her family received their dental treatment when they first arrived in the United States.

As someone who believes that she wouldn’t have become who she is today without Project SEED, Christine is a strong advocate of the program. “It’s more likely that underprivileged kids will go on to college if they know what they want to do or what they are interested in, in high school,” she says, adding that many young immigrants take the shortest path to a job because they don’t have the resources to explore their options.

“Project SEED changes kids’ lives,” Christine asserts. “There have been so many successful cases where students went to a good college and majored in science.” Clearly one of these successes herself, Christine hopes the program will continue to benefit generations of potential scientists.


**Steps to Including ACS in Your Will**

1. **STEP ONE**
   Choose how you want to give.
   Determine whether you’d like to make a gift of a specific amount or if you’d like to leave a percentage of your estate. You can also decide if you want to direct your gift to help particular projects or leave your gift unrestricted, allowing it to be used for the Society’s most pressing needs.

2. **STEP TWO**
   Meet with your estate planning attorney.
   Whether you need to create a will or simply update an older document, you’ll want to seek the help of an estate planning attorney. Contact Mary Bet Dobson at (202) 872-6210 or visit [www.acs.org/legacy](http://www.acs.org/legacy) to get sample language to share with your attorney.

3. **STEP THREE**
   Notify us of your intention.
   If you desire, please inform ACS of your gift so ACS can thank you and ensure that your bequest will be fulfilled in a manner you intend. ACS is happy to adhere to your wishes regarding anonymity.

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You have worked hard to accumulate assets throughout your life. When you create a will, you have the ability to determine how those assets are distributed at death. To learn how to make effective bequests, send for our **FREE** guide by completing and returning the enclosed reply card.
Why Are You an ACS Legacy Leader?

“...because I love chemistry! I want to move people forward in knowledge and lifestyle. Donating to ACS educational programs adds a positive, upbeat tone to my legacy of giving.” —Carolyn Ruth

ACS member Carolyn Ruth taught chemistry and other science subjects at Harbor Creek High School near Erie, Pennsylvania, for 26 years. She plans to leave a percentage of her estate to the Society, sharing the rest with her alma maters (Mercyhurst College and Rochester Institute of Technology) and charities that serve those in need both locally and nationally.

Carolyn frequently travels with Roadscholar (formerly called Elderhostel) programs. Roadscholar is a nonprofit organization that arranges education-oriented trips. Left: Carolyn makes glass beads at a glassworking program held in Corning, N.Y., home of the Corning Museum of Glass. Center: Carolyn stands in front of the Grand Canyon in Arizona. Right: Carolyn tries on a Mummer’s Day costume that was worn in a Mummer’s parade in Philadelphia on New Year’s Day.

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