Employee Day A Success

More Than 4,000 Workers Celebrate Centennial

The one centennial event that NIH'ers probably cared about most—Employee Recognition Day—came off with barely a hitch on Sept. 11. One of the few complaints heard all day was that some employees didn’t recognize others.

That’s hardly surprising considering that more than 4,000 workers—roughly a third of NIH’s workforce—turned out for the occasion marking a century of caring on the part of employees.

Festivities began with opening remarks by Dr. William F. Raub, NIH deputy director; Dr. James B. Wyngaarden, director; and Rep. Constance Morella (R-Md.).

Raub quipped that after being at NIH for almost a quarter of a century and due to his thinning hairline, he was given a hair net (an Employee Day visor) to wear. He further stated that although NIH was celebrating its 100th birthday, “all good things happen one person at a time and one day at a time.”

Wyngaarden announced there were about 60 times more people now working at NIH than when it first moved to Bethesda many years ago. He went on to say that as far as he knew, this was the first centennial picnic, and the first time all BIDs have joined in festivities of this sort. He wished, “Happy birthday to ourselves and may there be many more.”

Morella was wearing two pins, each signifying an important 100. One pin represented (See EMPLOYEES, Page 6)

Open House on Oct. 4

Centennial Observances Hit High Gear

There can be no surer sign that NIH is pulling out all the stops in its Centennial celebration than that a new building is going up in honor of the occasion.

The car pool parking lot that stretches between Bldgs. 1 and 31 will soon witness the erection of a large temporary exhibit hall dubbed the “Discovery Pavilion.” Within the walls of this structure will be a wide variety of exhibits and displays that will bring employees, the public, schoolchildren and NIH alumni up to date on NIH’s past 100 years.

October is grand finale month for the Centennial, though celebrations will continue through the end of the calendar year. Three major events are planned: an Open House for the general public and for families of employees is scheduled for Sunday, Oct. 4, from 11 a.m. until 4 p.m. The following day, area schoolchildren will tour the campus as part of a special open house for young students. A commemorative ceremony in observance of the NIH Centennial will be held on the portico of the Shannon Bldg. Oct. 16 at 12:30 p.m. That ceremony occurs on the second day of Alumni Weekend (Oct. 15-18), which will include 4 days of seminars and symposia for present and former NIH scientists.

The Oct. 4 Open House will be a chance for NIH’ers to let their families, friends and neighbors learn what is going on at the world’s largest biomedical research institution.

Visitors should stop first at the Discovery Pavilion, where more than three dozen exhibits from virtually all BIDs will be located. Included will be booths featuring glass blowing, rehabilitation medicine, medical illustration, body fat determination and stress management.

Two films will also be shown in the Clinical Center. The Division of Safety will present an AIDS videotape and the Public Broadcasting Service’s first installment of its four-part series on NIH called “The Health Century” will be shown. Both films last about an hour.

Several lectures by NIH scientists on topics (See OPEN HOUSE, Page 2)
OPEN HOUSE
(Continued from Page 1)

of special relevance are also planned, though specific titles are not yet available. In addition, videotapes of lectures in the "Medicine for the Layman" series will be shown.

After visiting the Discovery Pavilion, guests will be free to follow any of several "research trails," walkways leading to exhibitions in Bldgs. 1, 10 and 31. Highlights of these tours include the model of the entire NIH campus on display in the lobby of Bldg. 1 (where a mockup of Dr. Joseph Kinyoun's laboratory of 1887—the progenitor of modern NIH—will be set up), the DeWitt Stetten Jr. Museum of Medical Research on the first floor of the Clinical Center, the temporary post office set up in the CC's Visitor Information Center (also the site of a learning lab and NIH slide show) and the imaginative new NHLBI exhibit in the lobby of Bldg. 31. Cafeterias and rest rooms will be open in Bldgs. 10 and 31.

Bus tours will also be conducted on campus. Stops include the new Mary Woodard Lasker Center for Health Research and Education, Stone House and the National Library of Medicine. Although the public won't be invited into laboratory buildings, guides on board the buses will explain what kind of work goes on in each structure.

Publicity for the Open House should be well-nigh unavoidable. Special posters inviting the public to come "just for the health of it" will adorn area Metro buses, billboards will be erected on both the Old Georgetown Rd. and Wisconsin Ave. sides of campus. Also planned is a Willard Scott promotion on the Today show. A National Eye Institute hot air balloon tethered near NLM will also attract visitors.

On Oct. 5, NIH will try to get a leg up on its next 100 years by inviting students from area schools to tour the campus. Beginning with the Centennial Scholars weekend last March, NIH has paid particular attention to stimulating an early interest in research careers. The open house for students continues this theme.

All events on Oct. 4 and Oct. 5 are free.

For more information on both open houses, call the Office of Centennial Activities, 496-0608.

Judo Classes

The NIH Judo Club's fall beginners classes will be held every Tuesday evening from 6:15 to 8 for 10 weeks at the Ridge School located at Cedar La. and Rockville Pike. Cost is $35 and valid R&W membership. For more information call Stephanie Harrison, 496-9490.

NIH Discoveries Are Highlighted in 'Health' Kit Now Available

The century following NIH's beginning has been rich in research accomplishments. A packet containing major research findings in lay language has been produced in honor of NIH's Centennial and is now available to NIH employees.

Included in the kit, titled "Health," are cards describing how:
• Dr. Joseph Goldberger demonstrated in 1914 that pellagra, a mysterious and often fatal affliction, is a nutritional disease that can be prevented with proper diet.
• Dr. Carleton Gajdusek of NINCDS discovered the first human slow virus while studying kuru, a fatal disease of the central nervous system, in New Guinea in the late 1950's. Gajdusek's research on slow viruses later earned him a Nobel Prize.
• Dr. Vincent T. DeVita, Jr., and colleagues at NCI developed chemotherapy in 1963 that cured Hodgkin's lymphoma and other lymphatic system cancers.

For a copy of "Health," write to the Office of Communications/NIH, Bldg. 31, Rm. 2B23, or call 496-0538.
Lab Worker Infected with AIDS Virus

After a preliminary review of information provided by a worker who became infected with an AIDS virus, a team of virus safety experts has identified a series of occurrences that could have caused the worker to come into direct contact with the virus.

The site at which the exposure apparently occurred was a non-governmental research facility that works with highly concentrated AIDS virus.

The team reviewing the incident included experts from NIH, the Centers for Disease Control, and other investigators. The infected worker—who is currently symptom-free—cooperated fully in discussions with one member of the reviewing team on the condition that the person's identity would not be disclosed.

The worker said that leakage from medical instruments containing the virus had occurred, and that seals for the laboratory's centrifuge rotor had failed on occasion. The outer shells of those rotors could have been contaminated with the virus at times.

The worker carried out a variety of procedures associated with the production of viruses. The worker reported having worked with the virus in containment facilities during times when skin abrasions, cuts, or dermatitis were present, although gloves were always worn when the virus was handled.

The preliminary opinion of the reviewing team was that the most likely reason for the worker's infection was direct contact with highly concentrated virus. It noted that more than 400 other laboratory personnel who work with highly concentrated AIDS virus have been monitored and none has become infected. The team judged the currently used level of containment in laboratories to be adequate provided there is strict adherence to recommended procedures.

The team is currently visiting NIH contract facilities engaged in the production of the AIDS virus and those engaged in producing the AIDS test kit to review their compliance with the CDC/NIH biosafety guidelines.

Carotid Endarterectomy Study Announced

The National Institute of Neurological and Communicative Disorders and Stroke has awarded a grant to the John P. Robarts Research Institute in London, Ontario, to assess carotid endarterectomy as a means of preventing stroke.

Carotid endarterectomy is a surgical procedure, popularly introduced in the 1950's, that clears fatty deposits from the arteries that supply blood to the brain.

The multicenter investigation will be directed by Dr. Henry J.M. Barnett, professor of clinical neurosciences at the University of Western Ontario, Canada.

"The common sense appeal of the surgery is strong, but the risk benefit ratio must be evaluated," says Dr. Murray Goldstein, NINCDS director. "The time has come to gather and quantify data on carotid endarterectomies.

With more than 130,000 carotid endarterectomies performed annually in the United States today, investigators now have the database needed for making this comprehensive assessment.

Patients with narrowing of the carotid artery and who are "symptomatic" will be recruited for the first 2 years of the study. Symptomatic patients are those who have experienced a transient ischemic attack (TIA), which is an interruption of the blood supply to the brain that resolves itself quickly.

All participants will receive optimal medical care, including antihypertensive treatment for those with high blood pressure, and counseling about diet and smoking—recognized risk factors for stroke. In addition, half of the patients will undergo a carotid endarterectomy.

Previous studies have not given definitive guidelines as to which patients are most likely to benefit from the surgery. The new study, with its large number of patients and planned 5-year patient followup, is designed to overcome these limitations.

This is the second major carotid endarterectomy study NINCDS has funded this year. In March, an award was made to the Bowman Gray School of Medicine of Wake Forest University, Winston-Salem, N.C., to evaluate the procedure's effectiveness in asymptomatic patients by means of a randomized, controlled clinical trial.—Kathy Kranzfelder

NIMH Needs Volunteers

The Unit on Anxiety and Affective Disorders, NIMH, is in need of healthy individuals, ages 18 to 60, to participate in various studies. Participants must have no history of psychiatric problems or drug or alcohol abuse, and must not be taking any medications. Participants will be paid.

If interested, contact Dr. Murray Stein or Dr. Manuel Tancer, 496-6825.

Freedom From Smoking

The American Lung Association, in conjunction with R&W, has scheduled the second Freedom From Smoking clinic.

The fee for the 6-week seven-session clinic is $35. Registration is limited to 25 people and will be handled on a first-come, first-served basis. A refund is available for all participants; they must contact their administrative officer and obtain the appropriate form.

Preregistration will be held at the R&W activity desk. If this session is not convenient, other clinics will be offered later.

PBS Series Profiles NIH

A four-part series about NIH called "The Health Century" premieres this fall on public television. The hour-long segments run four consecutive Monday evenings at 10, beginning Sept. 21. The Public Broadcasting Service created the series in partnership with private industry to mark the observance of NIH's Centennial.

"The Health Century," a companion book to the television series, has been published by Doubleday and Co. and will be on sale during the Open House.
NIH Centennial Alumni Reunion Begins Oct. 15

It will be bigger and better than the 1975 reunion of NIH alumni, and it will be the culmination of events on campus in observance of NIH's Centennial year. And NIH staff are invited to all the events.

From Thursday, Oct. 15, through Sunday morning, Oct. 18, the scientific symposia and social events of the second NIH Alumni Reunion will keep alumni and interested staff members stimulated and busy.

To start with Saturday, Oct. 17, the big events of that day are off campus: the plenary symposium at 9 in the morning at the Kennedy Center Concert Hall on "Frontiers in Biomedical Science," and at 7 p.m. the Centennial banquet in the Pension Bldg. at 440 G Street, NW, in downtown Washington.

Chairman of the symposium on "Frontiers in Biomedical Science" will be Dr. P. Roy Vagelos, NIH alumnus and president and chief executive officer, Merck & Co., Inc. Dr. James Wyngaarden, NIH director, will open the morning session and Dr. Donald Fredrickson, former director, will open the afternoon session. Invited speakers include Drs. Joseph L. Goldstein, Michael S. Brown, Eric R. Kandel, William E. Paul (who also organized the symposium), Philip Leder, Michael Bishop, and Gary Felsenfeld. Dr. J. E. Rall will end the symposium with his discussion "Can We Avoid Closing the Chapter on Homo Sapiens?"

There will be ample room in the Concert Hall, and preregistration is not required. Special buses will run from the NIH for this event, and there is lots of parking available in the center's garage. An innovation in scientific symposia will be free snacks—granola bars and fruit juices—served during the 45-minute intermission between morning and afternoon sessions. Conventional luncheon facilities for the large audience expected don't exist near the Kennedy Center. The symposium will end at 2:30 p.m. in ample time for participants to get home and get ready for the banquet that evening.

The Pension Bldg. will house the reception and banquet, with cocktails served beginning at 7 p.m., dinner at 8, and dancing at 9:30. As for dress, black tie is optional. There will be no formal speeches. Again, buses will run from NIH and return at the end of the evening. Banquet tickets are $40 each, with the rest of the rather considerable cost provided by grants from the underwriters of the NIH Centennial.

Reservations, accompanied by a check for $25, are due Sept. 13, payable to NIH Centennial. Questions about the weekend program may be obtained from Bonnie Kalherer, NIH Centennial Office, 496-0608.

Employee Art Show

Clinical Center walls grace the patio with oil paintings, watercolors, and montages are not a unique sight. However, NIH's first annual Juried Art Show, held in Gallery I, set a precedent this summer by displaying original artwork by NIH employees.

The mixed-media show attracted almost 30 artists, who contributed more than 75 artworks, leading to $800 in sales. Twenty percent of all sales from the show went to the Patient Emergency Fund. Prices ranged from $15 for a crayon drawing to $3,500 for a geometric rendering.

Gallery I, located along the main clinic corridor leading to the hospital, is one of four galleries in the Clinical Center. Because of the success of the exhibit, show dates have already been scheduled for Aug. 2 through Sept. 13, 1988. For information, contact Helen Orem, 496-8113.

The NIH R&W Toastmasters Club was recently recognized as the outstanding Toastmasters Club in the national capital area for 1986. The Club of the Year Award was presented to Marie Pinho (l) and Fran Roark (r), District 36 Governor. Also, Gilbert Wright, Jr., (not shown), received an award as editor of the outstanding area newsletter for 1986. The Toastmasters Club meets every Friday at noon, in Bldg. 31, Rm. B2C05.
Three Named to NEI Council

Three new members have been appointed to the National Advisory Eye Council, the principal advisory body to the National Eye Institute.

Dr. Richard F. Brubaker, chairman of the Mayo Clinic’s department of ophthalmology, is recognized as a prominent leader in glaucoma research, particularly in the area of dynamics of aqueous humor flow within the eye. The impaired drainage of this fluid from the eye raises intraocular pressure and plays a key role in the development of glaucoma, a leading cause of blindness.

Dr. M. Christina Leske, head of the epidemiology division at the State University of New York, Stony Brook, is a world recognized expert in community and preventive medicine. Her scientific research on the epidemiology and prevention of eye diseases has the potential of having a major impact on the reduction of worldwide blindness due to such disorders as cataract and glaucoma.

Dr. Kenneth A. Poise, professor of optometry and physiological optics at the University of California, Berkeley, is a recognized leader in optometric clinical research, particularly in the field of contact lens effects on the cornea and corneal physiology. He has also been influential in the training of scientists in optometric research and in the application of epidemiology to the study of optometric problems.

NHLBI/GSI Serve Heart Healthy Meals

If it’s Tuesday, it must be “very lemony chicken” day at the five main cafeterias around the NIH campus.

Throughout the month of September, Guest Services, Inc. (GSI) in collaboration with the National Heart, Lung, and Blood Institute is serving a cornucopia of epicurean delights. Chicken marsala, Oriental rice, sweet and sour seashells, fish veronique, stir-fried beef and vegetables, and Italian vegetable bake are just some of the delectables featured during September. What makes these lunchtime delights unique is that they are all heart healthy meals, low in saturated fat, cholesterol and sodium.

With some minor modifications, these are recipes that were developed by NHLBI nutritionists and used in the Multiple Risk Factor Intervention Trial to help participants lower their blood cholesterol levels.

This collaboration between NHLBI and GSI was initiated by the staff of NHLBI’s Office of Prevention, Education and Control. It is one of several NHLBI activities planned during the month of September to commemorate the NIH Centennial. Recipe cards for the heart healthy meals will be available in each of the five main cafeterias. Posters around the cafeteria, buttons, and aprons worn by GSI staff remind diners that tasty, nutritious, and heart healthy food is available.

GSI is also using the same recipes in several other federal cafeterias beginning in October, including the State Department, the National Gallery of Art, the CIA, and the Old Executive Office Building. In addition GSI plans to institute this program in its Business Dining Division, which serves food in non-governmental cafeterias. Another division of GSI, which operates in 21 states and includes several retirement homes, will use the same heart healthy recipes beginning in November.

Take advantage of this opportunity to eat great tasting, heart healthy foods and join NHLBI in celebrating its 40th anniversary.

Help for PC Users

The Division of Computer Research and Technology’s Personal Workstation Office (PWO) provides guidance and support to the estimated 4,500 NIH employees who use personal computers (PCs) and those who are considering using them.

A full-time staff of computer specialists, engineers, and instructors is available to provide guidance in a wide range of areas:
- training courses
- technical advice
- consultations/inquiries
- local area networks and
- PWO-supported product demonstrations.

The PWO also produces a number of publications, including the newsletter Newsbrief, the PWO Product Information Guide, the PWO Printer Guide, and the 3270 Emulation Guide.

If you need help, information about PWO-supported products, or want your name added to the PWO mailing list, call 496-2282.
Employees (l to r) Harriett Bennett, David Lanham, Dorothy Wilson and Carla Garnett gather to hear reggae music. At far right is Brent Jaquet, information officer for NIDR.

More Than 4,000 Workers

(Continued from Page 1)

NIH's Centennial and the other, the 100th Congress.

Commenting on the celebration of Centenarians' Day held recently, Morella said, "Boy, what a century of caring will do for you."

She continued, "Because I recognize that the government doesn't work without your dedication and commitment, we salute you and wish you a happy birthday. Thank you for serving all of us."

Raub kicked off the festivities by proclaiming, "Let the games begin." And so they did.

As employees set out to enjoy the food, games, and music, the Record spoke with a few to get their reaction to this first Employee Recognition Day celebration.

Victor Carr, an NLM employee for 7 years, said, "I feel bad because this is Employee Recognition Day and there are a lot of people here I can't recognize."

Jerry Ericsson, 8 years at the CC and on his way back to the surgery unit, said, "I came out to enjoy some of the festivities and I think it's real neat."

Esther Lewis, who works for NIMH and has been at NIH for almost 27 years, had this to say: "It was a beautiful idea, whoever thought of it. We should do something like this more often. It makes the employees feel better."

Shirley House, a lab technician for NINCDS and a veteran of 20 years at NIH, said, "I think it's nice to recognize us as employees since we get so much backhand stuff about being government workers."

Michio Masumura has been at NIH for only 8 months. He works at NIMH and found the celebration to be very interesting and different from a Japanese ceremony. He feels very good being a part of NIH and will be here for 2 years.

Tricia Lake, 2 years in CC nursing, was having a fun time at the games and even won a prize at the ring-the-leg booth.

Charles Taylor, who has worked for 20 years in the electrical shop for DES, was enjoying the reggae music. "Beautiful. I would like to spend
Turn Out for Employee Day

all my Fridays like this.’”

Gloria Grant, with 25 years at NLM, said,
“What I enjoyed most about today was the informality of it—so clean, open and so many different things to do.”

Jesse Quintero, a hearing-impaired employee, has worked 7 years for NCI. Swaying to the music of the reggae band, he said, “I can follow the beat of the music, but I can’t follow the words.”

Eunice Summers of NINCDS, who has plans to retire in February 1988, said, “What a good idea. This is the first time NIH has ever held something like this.”

Wilbur Gray, 25 years at NIH, works for Grounds Maintenance, a group that was responsible for cleaning up after the picnic. According to Gray, they began setting up the tables on Thursday, Sept. 10. Also, he says, it will take them about a day to get everything back in order. “No, I don’t mind doing it—that’s our job. It’s been very nice and more people turned out than we thought,” Gray said.

Bill Benson, NIH’s assistant fire chief, said he knew of only one problem—a bee sting reported at one of the aide stations. There was a small problem with not having enough generators to go around, so the reggae band was hooked up to the fire truck’s generator. Benson and another fire department employee, William Boswell, were close enough to enjoy the band and respond to an emergency, if needed.

In addition to the prizes won at the carnival games, many employees won door prizes at the final drawing of the day. The big winners were: Debbie Jarmon, NCI, 2 free Eastern Airline tickets; Eileen Sussman, NCI, free tickets to professional sports events; Steven L. Jones, FDA, a video cassette recorder; and Lou Zong, NHLBI, weekend for two at the Crowne Plaza in Rockville.

The BID tennis tournament, which began play on Employee Recognition Day, will play its final match the week of Sept. 21. The championship game is between DCRT and NIGMS.
A chef serves pieces of a large Centennial cake donated to NIH by the Crowne Plaza Holiday Inn.

Competition was leisurely and pleasant at the horseshoe pit.

A participant in the ring-toss game appears to have thrown a halo over the head of a colleague. The real target is the foot that appears in the foreground at right.
The lead singer for reggae band Uprising exhorts his audience to get up and dance.

A booth publicizing the professional achievements of Hispanic workers anticipated the opening of Hispanic Heritage Week at NIH, Sept. 14-18.

Elicia Berman, 8, daughter of NIH'er Marilyn Berman, wears a sign expressing a widely held belief about the quality of NIH's newspaper.

Whether they stood and danced or sat and listened, NIH'ers appeared to enjoy the music at Employee Day.
NIH Guide Available Online

Readers of the NIH Guide For Grants And Contracts have noted some significant changes in that publication since May. The Guide, which contains notices of extramural policy changes and funding opportunities, formerly was published each month with notices of research contract opportunities appearing as separate one-page supplements. Readers now receive the publication approximately every week and it includes notices of all types of extramural programs.

Another less obvious feature of the Guide is that it is assembled by electronic mail in DCRT'S Wylbur system. Electronic assembly and transmittal of the Guide was designed to facilitate weekly publication and to allow online access by the 30,000 scientists and administrators who now pursue it. Since the beginning of July, 19 research institutions have been able to access the Guide as part of a pilot project sponsored by the Public Health Service; the next step is to allow access by NIH staff.

Wylbur users can access the Guide by following these simple steps:

1. Add the following statement to your @WYLBUR PROFILE as the first statement:
   X FROM &AVG1PZB NIH CP ON CAT
   2. When this statement is executed you are ready for the online routine. There are three statements (commands) which you should use:
   GUIDE This executes the online main routine.
   NEXT This command lets you select another issue of the Guide.
   QUIT This quit command ends your session for the Guide online, and terminates your session with Wylbur.

You may enter "guide" or "next" in response to any "?" prompt prior to the "quit" command. After the quit command you must start the "login" procedure. The procedure includes simple prompts for how to access any issue of the Guide beginning with June of this year and includes a "message board" that will tell you if the Guide is not being issued on any of the regular Friday publication dates. The Guide will be available for electronic access on the Wednesday preceding the Friday printing.

The Guide may be accessed through any Wylbur terminal or personal computer with a communication feature, e.g., Telios or Kermit. Kermit is recommended if you wish to download the text and avoid computer charges for time spent reading or searching the text. If you have questions or problems, contact Peter Basa of DCRT, 496-6671.

Please note that internal mailings of the Guide will be discontinued after Nov. 1.

The new Guide format and electronic access procedures were developed 2 years ago by Dr. G. Wayne Wray while he was on assignment as a grants associate in the Office of Extramural Research. Wray, who currently serves as an executive secretary in the Review Branch of NHLBI, developed procedures for producing the weekly Guide and proposed online access as a substitute for the costly printing and mailing. The first phase—weekly publication of a consolidated publication—has already cut the cost of announcing NIH extramural programs in half. Further savings are anticipated when the Guide goes completely online. Equally important are the benefits to the research community resulting from the more timely and complete issuance of policy and funding announcements.

Fall Tennis Tournament

The R&W Tennis Club is sponsoring an open tournament for NIH personnel. Spouses, patients, non-members of the tennis club, and participating R&W members are also eligible.

Deadline for receipt of entry form and fees is Sept. 25. Each participant must fill in a separate form even if only a partner on a doubles team. Send form to Dr. R. Chen, Bldg. 10, Rm. 5D-18.

The draw sheets will be posted Sept. 28 at the courts and outside the R&W office, Bldg. 31, Rm. B1W-30. Copies of the draw and detailed rules will be sent to all entrants. About 5 days will be allowed for each round, with the exact time and place of each match to be decided by the players. The semifinals and finals will be played at the NIH courts on the weekends of Oct. 30-Nov. 1 and Nov. 7-8. Updated draw sheets will be posted during the tournament and sent to entrants.

For more information, call 496-4073.

Three New Members Named To NICHD Advisory Council

Three new members have been appointed to serve on the National Advisory Child Health and Human Development Council. They are Drs. Roger K. Freeman, an obstetrician and gynecologist who is a professor at the University of California at Irvine; Jane Ava Menken, a demographer and professor of sociology at the University of Pennsylvania in Philadelphia; and Joseph B. Warshaw, a pediatrician at Yale University in New Haven, Conn.

NICHD conducts and supports research on the reproductive, developmental and behavioral processes that determine the health of children, adults, families and populations.

Freeman is medical director of Women's Hospital at Memorial Hospital Medical Center in Long Beach, Calif. Until recently, he was also director of the division of maternal-fetal medicine at the University of California in Irvine. He continues there as professor-in-residence of gynecology and obstetrics.

Menken is formerly associate director of the Office of Population Research at Princeton University. She is now visiting professor of sociology and public affairs at Princeton University and professor of sociology and demography at the University of Pennsylvania in Philadelphia.

Warshaw is professor and chairman of the department of pediatrics at Yale University. From 1982 until recently, he has served as professor and chair in the department of pediatrics at the University of Texas Health Science Center in Dallas.
The NIH Training Center of the Division of Personnel Management offers the following:

### Courses And Programs

**Management and Supervisory** 496-6571
- Effective Communications 9/29–10/2
- Introduction to Supervision 9/21–25
- Managing Behavior in the Work Environment 10/28–30
- Practical Management Approaches 10/15–16
- MBTI II 11/6–9
- Why Can't They Hear Me? 11/18–19
- Using Animals in Intramural Research 10/29
- Networking 10/31
- Pragmatic Problem Solving 10/31
- Medical Terminology I 10/20
- **Technical Skills** 9/14–25
- **Office Skills** 9/14–25
  - Introduction to Working at NIH for New Support Staff 10/18
  - Secretarial Excellence & Clear Communication 10/18
  - Proofreading and Editing 10/19
  - Computer Literacy for Support Staff 10/5
  - Medical Terminology I 10/20

### Dates
- 9/29-10/2: Effective Communications
- 9/21-25: Introduction to Supervision
- 10/28-30: Managing Behavior in the Work Environment
- 10/15-16: Practical Management Approaches
- 11/6-9: MBTI II
- 11/18-19: Why Can’t They Hear Me?
- 10/29: Using Animals in Intramural Research
- 10/31: Networking
- 10/18: Medical Terminology I
- 11/6-9: MBTI II
- 11/18-19: Why Can’t They Hear Me?
- 10/29: Using Animals in Intramural Research
- 10/31: Networking
- 10/18: Medical Terminology I

### Adult Education 496-6211

**Training and Development Services Program** 496-6211

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### Training and Development Services Program

**Minority Programs Hold Symposium**

One of the largest gatherings of minority biomedical scientists in the United States will take place Oct. 1-3 at the Hyatt Regency Crystal City Hotel in Arlington, Va.

The event, a symposium sponsored by the Minority Biomedical Research Support Program of the Division of Research Resources and the Minority Access to Research Careers Program of the National Institute of General Medical Sciences, celebrates the NIH Centennial and the 15th anniversary of both programs.

The symposium will feature presentations of research papers and poster sessions by a number of undergraduate and graduate students supported by these programs. Among the featured topics are substance abuse, neuroscience, molecular genetics, hypertension, and biomedical research careers.

There is a $20 registration fee for this meeting. For more information, call 496-6745.

### Child Health Day Oct. 2

To commemorate Child Health Day 1987, the National Institute of Child Health and Human Development and the American College of Obstetricians and Gynecologists will sponsor a symposium on “Advances in Reproductive Medicine.”

This fifth annual Child Health Day observance will review the history, assess the present, and provide a preview of the future of reproductive medicine, an area that affects most adults as they make choices about childbearing.

The symposium will be held on Friday, Oct. 2 in Masur Auditorium. The program will start at 9 a.m. and conclude at 12:30 p.m. Three CME credits will be available to attendees.

Featured speakers are physicians and scientists representing the fields of genetics, molecular biology, pregnancy-induced hypertension, growth factors, and population biology. For more information, contact the NICHD Office of Research Reporting, 496-5133.

### DB2 Demonstration Offered

In light of the enthusiastic response to previous DB2 grants data management presentations, an additional one will be held on Tuesday, Oct. 6, at 2 p.m. in Bldg. 12A. Rm. B51.

The session will include live demonstrations of two DB2-based systems and will last about 2 hours. Seating is limited. Please reserve a place by calling 496-9158.

### FAES Offers Stipends

FAES has established a new program to support part-time employment of minority students from the local area to work in NIH laboratories while attending school. This program is the Thomas Malone Stipend, and will begin in January 1988.

High school seniors as well as college students may apply. Applications are available by calling FAES, 496-7975. The deadline for applications is Nov. 1.

### NINICDS Seeks Volunteers

NINICDS is seeking healthy men and women, ages 18 to 45, to participate in medical research studies. Participants must be unmedicated and free of medical and neurologic illness. Financial compensation will be provided.

For further information, contact Dr. Orrin Devinsky, 496-5121.

### Studies Need Women

The NIMH is currently seeking women who have premenstrual syndrome for studies of that disorder.

Participants must be 18 to 45 years of age, free of medical illness and currently taking no medication, including oral contraceptives.

Participants will complete daily rating forms and participate in various outpatient protocols. Treatment by protocol will be available for eligible participants.

For further information, call Dr. Peter Schmidt, 496-9675.

### Second Study

The institute is also seeking female normal volunteers between the ages of 18 and 45 to participate in menstrual cycle studies.

Volunteers must be free of medical illness, medication-free, including oral contraceptives, and experience no mood changes premenstrually.

Volunteers will complete daily rating forms, and will be asked to participate in one of several protocols. Compensation is available according to Normal Volunteer Program guidelines.

For further information, call Dr. Margaret Jensvold, 496-9675.

### NIMH Asks for Volunteers

National Institute of Mental Health is seeking individuals between the ages of 18 and 55 who are troubled by a persistent and irrational fear of one or more social situations in which they are exposed to possible scrutiny by others and a fear of acting in a way that may be embarrassing (e.g., informal social contacts or gatherings, public speaking, writing or eating in public). Volunteers will participate in a 12-week treatment study comparing cognitive therapy and drug therapies for social phobia. Medical evaluations, laboratory tests, and medication or cognitive therapy will be provided at no cost to participants.

Interested persons should contact Cheryl Shea, 496-6657.

### Coffee Drinkers Wanted

Coffee drinkers are needed for a study of coffee’s effects on mood and behavior. Healthy nonsmokers (males and females) between the ages of 18 and 45 who drink 1 to 2 cups of coffee a day are needed. Volunteers will be paid $20 for the 2-hour session.

For more information, call Mary at 295-3278.
Are You Hip to Hippotherapy?

Health Benefits of Pets Discussed at Workshop

Many studies strongly suggest that contact with pets and some other animals produces health benefits to humans.

Speakers at an NIH technology assessment workshop on "Health Benefits of Pets" Sept. 10—11 pointed to a variety of benefits, including psychological improvements in depressed elderly people and lowered blood pressure in normal volunteers, but stressed the need for improved study designs and for "piggy-backing" on established longitudinal health studies.

The two-day workshop was sponsored primarily by the Division of Research Services and the Office for Medical Applications of Research. Other sponsors were the Clinical Center, National Center for Nursing Research, NHLBI, NIA, NICHD, CDC, and FDA.

NIH support for research in this area will depend above all on submission of well-grounded grant applications, workshop coordinator Dr. Thomas Wolfe said at a press conference following the workshop.

Some of the results presented were:

- Looking at, talking to, and touching pets can transiently reduce heart rate and blood pressure.
- Young children may turn to pets for comfort through touching and caressing, especially in families with both parents working or with frequent moves.
- Pets may benefit depressed or bereaved elderly persons who have no other source of emotional support.
- Use of service dogs to help persons in wheelchairs tends to make social interactions easier and more relaxed both for the disabled person and for others.
- Therapeutic horseback riding (also called "hippotherapy") has proved effective in helping certain people with a wide variety of problems, including multiple sclerosis, bedwetting, and lack of balance.

The workshop also discussed risks in contacts with animals, including bites, allergies, and transmissible diseases. "But these risks are minimal with appropriate pet selection, planning, and training," Wolfe said.

A summary statement prepared by the workshop's working group stated, "Future research in this area needs to assess the benefits and risks of the human/animal bond to both parties. Studies should clearly identify target populations and include healthy adults and children, senior adults, handicapped and ill persons. These studies must identify mechanisms through which human-animal contacts influence health outcomes. We need to know more about the critical characteristics of people and animals to better ensure appropriate matches."

The working group will issue a more detailed report next month. Additional information is available from the NIH Office of Animal Care and Use, 496-5424.—Jim Doherty □

Lecture Time Changed

The NIH Lecture originally scheduled for 8:15 p.m. on Wednesday, Sept. 23, has been changed to 3 p.m. that day. Dr. Michael J. Berridge of Cambridge University will discuss "Inositol Lipids and Intracellular Communication" in Masur Auditorium, Bldg. 10.

'Decency Is Not Lost'

My son Paul died recently at age 27 of complications of cancer. I write while our grief is fresh because the treatment he received at the Clinical Center of the National Institutes of Health, both medically and personally, deserves notice and commendation in a time when government institutions are under attack for cheap political gains by leaders from presidents on down. Civil-servant bashing, frequently deserved, has become a national sport for politicians of many stripes, tarring all with an indiscriminate brush.

My son's medical treatment, part of a study of different protocols for the treatment of lymphoma, an aggressive but often treatable form of cancer, was of the highest order. The civil servants of the NIH Clinical Center with whom we came into contact belied the stereotype. Of course, NIH is a giant bureaucracy with all the foibles that brings—as are most hospitals we have encountered.

But especially in crisis times, the physicians and technicians were superb, often gray with fatigue from long and arduous hours. They were also patient, informative and unfailingly decent. Almost without exception they made themselves available to us for clear and frank explanations and to answer innumerable, often no doubt foolish, questions.

Our greatest tribute, however, must go to the nursing staffs of 13 East and 10D. It is difficult to imagine a group of people who would give so much of themselves to care for and care about a difficult patient whose prospects were poor.

The best medicine available could not save our son. But his death is a lesson that decency is not lost in the hundreds of people, mostly civil servants, who were involved in his care. I am proud for all of us that this government institution exists.

SIEGBERT B. PORITZKY
Bethesda