

THE NIH RECORD

Still The Second Best Thing About Payday

Baltimore Gives Khoury Lecture

Dr. David Baltimore, Nobel Prize winner and president of California Institute of Technology, will present this year's George Khoury Lecture on Dec. 10, at 3 p.m. in Masur Auditorium, Bldg. 10. His talk is entitled "Cell Life and Cell Death."

In 1975, Baltimore became one of the youngest recipients of the Nobel Prize in Physiology or Medicine. He shared the prize with Drs. Howard Temin of the University of Wisconsin and Renato

Dulbecco of the Salk Institute for "discoveries concerning the interaction between tumor viruses and the genetic material of the cell."



Dr. David Baltimore

In 1970, simultaneously with Temin, he discovered the enzyme reverse

transcriptase, which enables cancer-inducing RNA viruses to replicate within the host organism. The enzyme also made possible many of the developments in biotechnology that were to follow, and its presence in human immunodeficiency virus allowed the cause of AIDS to be uncovered.

Baltimore was recently named chairman of the AIDS vaccine research committee to help coordinate AIDS vaccine research and development across NIH. In 1986, he cochaired a major study of AIDS, sponsored by the National Academy of Sciences and the Institute of Medicine.

Baltimore has been elected to the National Academy of Sciences and the American Academy of Arts and Sciences. He was also appointed to the Pontifical Academy of

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U.S. Department of Health and Human Services National Institutes of Health

December 2, 1997
Vol. XLIX, No. 24



HHS Secretary Donna Shalala (second from r) visited the Clinical Center at noon Nov. 18 to take part in a CFC fundraiser involving country line dancing. On hand at the hoedown for charity in the hospital's 14th floor assembly hall were (from l) Walter Jones, CC deputy director for management/operations; CC director Dr. John Gallin; former Redskin Jeff Bostic, who was honored for his work with NIH charities; and Dr. Ruth Kirschstein, NIH deputy director. See more coverage on p. 5.

See Survey, Pp. 7-8

Campus Parking Plan Enters New Phase, All NIH'ers Queried

The NIH community is passionate about parking. Questions flooded into the Office of Research Services when parking capacity was reduced due to construction projects, and when attendant-assisted parking plans were announced. ORS has been evaluating the situation, and has made some changes. Since Sept. 24, more than 450 spaces have been added to the employee parking pool at the MLP-8 garage by decreasing the number of spaces allocated for visitors. During the initial planning process, about 1,500 cars with no NIH parking permit were counted on campus on a typical workday. Following implementation of pay visitor parking and relocation of construction workers off-campus, this number has dramatically decreased.

On Oct. 1, another challenge began with attendant-assisted parking of employee cars in the lots surrounding Bldg. 31. This concept, which has been in effect at MLP-8 since Aug. 4, caused some initial concern for Bldg. 31 parkers. However, soon after it began, employees reported satisfaction with the system. They said they can park closer than they used to, spaces are available at later times in the morning than previously, and it does not take long for their cars to be free to go. Any waiting time that results from

SEE PARKING, PAGE 6



Dear Editor,

I read the interesting article on the effects of "divorce" on children, Nov. 4 issue, pages 1 and 4. There just seems to be one major problem with interpretation of these studies, which was alluded to by Dr. Cherlin, but then apparently forgotten for the remainder of the discussion. How is it possible to distinguish between the effects of the problems that caused the divorce, versus the divorce itself? If these children have problems, is it from the divorce or the difficulties and fights that caused the divorce? The children might have been equally affected whether the parents had stayed married or gotten divorced. If bad marriages cause divorce (a reasonable assertion) then bad marriages may also cause emotional and developmental problems for the children.

Dr. Rachel L. Roper, LVD/NIAID

Postpartum Depression Study

The Behavioral Endocrinology Branch, NIMH, is seeking female volunteer mothers ages 18-40 who either have no psychiatric history of depression or who have had one or more past episodes of postpartum depression following a full-term pregnancy. Participants must be free of medical illnesses and medication-free. Volunteers may be asked to participate in a 6-month protocol investigating the effects of ovarian and stress hormones on brain and behavior in an endocrine model of pregnancy. All volunteers will be paid. For more information call Linda Simpson-St. Clair, 496-9576.



The champions of the NIH R&W Intramural Co-Rec summer league were Jerry's Kids, coached by Jim Linn (back row, l). The Kids beat last year's cochamps, the Cloneheads, twice in a row to win the title. Keep an eye out for signups next spring for the coed softball league, which plays in two evening divisions: Monday/Tuesday, and Wednesday/Thursday.

Inn Needs Volunteers

Volunteers are needed to serve as weekend resident managers at the Children's Inn. They work in a two-person team and are responsible for the operational management of the inn during their one night or weekend stay. Volunteers are requested to be a minimum of 21 years old and to commit to help one to three times a year. If interested contact Laura King, director of volunteers at the inn, 496-5672.

Volunteers are also needed to staff a booth in Mazza Gallerie, outside of Neiman Marcus, during peak shopping times this holiday season. Mazza Gallerie and the Chevy Chase Shopping District will be raffling a 1998 Buick Regal to benefit the inn. If you are 16 or older and are available during this period to help sell raffle tickets, contact Jan Mayes, director of public relations for the inn, 496-5672.

KHOURY LECTURE, CONTINUED FROM PAGE 1

Sciences, an international body of distinguished scientists. He is also an elected foreign member of the Royal Society (England), and a member of the Institute of Medicine.

The Khoury Lecture was organized by NIH scientists to honor the memory of Dr. George Khoury, who had just been elected to the National Academy of Sciences when he died of lymphoma complications at age 43. Khoury was highly regarded as a superb scientist and as a caring mentor of the postdoctoral fellows in his laboratory. This is the fourth lecture in the series and the tenth anniversary of Khoury's death.

Correction

In the Nov. 4 issue, the story "NIH Grantees Awarded Nobel Prizes" on p. 12 noted that Dr. Stanley Prusiner of the University of California, San Francisco, who received the 1997 Nobel prize in physiology or medicine, has been a grantee of the National Institute of Neurological Disorders and Stroke. It should have mentioned that he also received funding from the National Institute on Aging, the National Center for Research Resources, and the National Institute of General Medical Sciences.

FAES Concert Set, Dec. 7

The FAES Chamber Music Series will present John O'Connor, piano, at 4 p.m. on Sunday, Dec. 7 in Masur Auditorium, Bldg. 10. Tickets are \$20 at the door; \$10 for students and fellows. For more information call 496-7975.

NIH RECORD

Published biweekly at Bethesda, Md., by the Editorial Operations Branch, Division of Public Information, for the information of employees of the National Institutes of Health, Department of Health and Human Services. The content is reprintable without permission. Pictures may be available on request. Use of funds for printing this periodical has been approved by the director of the Office of Management and Budget through Sept. 30, 1998.

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NIMH Alerts Physicians to Depression Among Elderly

Suicide among the elderly is a major public health problem, and one that is increasing yearly. Nearly all these deaths result from undiagnosed and untreated depression. Research has shown that even though 40 percent of the elderly who commit suicide visit their primary care physician in the week before taking their own lives, their depression is not recognized or treated. These chilling facts are contained in a recent Consensus Statement Update by lead author Dr. Barry D. Lebowitz of NIMH, and other experts on mental health and the elderly.

"The failure to diagnose and treat depression in older people is tragic," said Lebowitz, "because the condition is highly responsive to treatment." A major reason practitioners fail to recognize depression is that elderly people do not mention depressed mood. They complain of sleeping and eating problems, lack of energy, loss of enjoyment, inability to concentrate, and aches and pains. When these complaints occur in an old person with physical ailments, the physician is likely to focus on the somatic problems and ignore the depressive symptoms.

"As more people are living longer, and families are faced with responsibilities for long-term care of elderly parents, there is increasing interest in what can be done to improve their quality of life and overall health," said Lebowitz. "Recognition and treatment of depression is one of the best investments we can make," he added.

Effective treatment for depression in the elderly may be medication therapy or psychotherapy or a combination of the two. "But depression is like

arthritis and other chronic recurrent conditions requiring long-term treatment," Lebowitz said. "The challenge is not just to make people well but to keep them well and prevent relapse. Generally the treatment that gets a person well is the treatment that will keep him or her well." Elderly people with long-term depression will need treatment for the rest of their lives, he added.

The new article updates findings from a Consensus Development Conference on Diagnosis and Treatment of Depression in Late Life held at NIH in 1991 and was published to make practitioners aware of information that has come to light since the original conference. It appeared in the Oct. 8 issue of the *Journal of the American Medical Association*. A copy can be obtained through the NIMH fax-on-demand system. Using a fax machine with a telephone handset, dial (301) 443-5158 and follow the recorded directions; request document number 97-4084. ■

'Scrooge' To Raise Funds

A musical adaptation of *Scrooge* will be presented at the fifth annual NIH AIDS Benefit Show, Saturday, Dec. 13 at 7:30 p.m. in Masur Auditorium, Bldg. 10. Put on by the Performing Arts Ensemble, a troupe of local actors, singers, musicians and dancers, the show will support NIH patients and their families through the Friends of the Clinical Center. Santa Claus will make a special guest appearance for the kids. Admission is \$8 for adults and \$4 for children age 12 and younger. For tickets call 496-4328. ■

STEP Presents Forum on Genetic Testing

The STEP Forum series will present "Risky Business: Perils and Payoffs of Genetic Testing," on Tuesday, Dec. 16 from 8:30 a.m. to 4 p.m. in Wilson Hall, Bldg. 1. It will pose such questions as: Are you or your children at risk for a genetic disease? Do you want to know? Do you need to know? How are genetic tests performed, and who pays the cost? It will review the utility of screening for genetic disease or disease susceptibility and will present various viewpoints on the consequences of genetic testing.

The featured speakers are: Robert Nussbaum, NHGRI, moderator; Barbara Biesecker, NHGRI;

David Botstein, Stanford University; Henry Lynch, Creighton University; Marcy MacDonald, Massachusetts General Hospital; Margaret Pericak-Vance, Duke University; Ellen Sugarman, Integrated Genetics; and Ellen Wright Clayton, Vanderbilt University.

The forum is free and open to all on a first-come, first-served basis. No advance registration is necessary. Inform the STEP committee about any need for sign language interpretation or reasonable accommodation by Dec. 8. For more information, contact the STEP office, 435-2769. ■

Cytokine Biology Symposium

A Cytokine Interest Group mini-symposium titled "Defining Cytokine Biology through Knockout and Transgenic Models," will be held from 8:50 a.m. until 5 p.m., Thursday, Dec. 11, in the Natcher Bldg. main auditorium. It will include sessions on "Approaches to the study of cytokines through gene manipulation," and "Gene knockout models in the study of immune function." For more information call Dr. T. Mark Doherty, 496-4881. ■



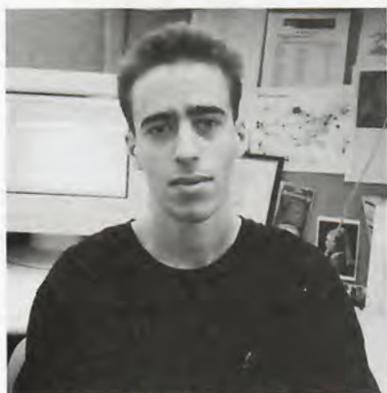
Dr. Edward A. Berger, chief of the Laboratory of Viral Diseases, NIAID, is a recipient of this year's Award for Biomedical Science sponsored by Novartis (formerly Ciba Pharmaceuticals) and Drew University. The award was presented in conjunction with the Novartis Drew 21st annual symposium, *Molecular Immunology: Basic Research and Therapeutic Targets*. Berger spoke on "Chemokine Receptors and HIV: Doors for Virus Entry and Windows on Transmission and Pathogenesis." He and his laboratory staff recently identified the elusive cellular coreceptors that the human immunodeficiency virus uses as it enters target cells. These discoveries provide a major understanding of HIV infection and tropism, and give new perspectives on broader problems of HIV transmission, pathogenesis and therapy.

Whiz Kid Crewdson Leaves DCRT

By Joan Chamberlain

He looks and walks like a teenager, likes rap music, watches *Beavis and Butthead* on MTV, and drinks gallons of Diet Coke a day. Yet the words DCRT staff use to describe the 18-year-old computer whiz—"mature, independent, persistent, accomplished, professional"—evoke the image of someone far older. In many ways, Andy Crewdson defies easy categories.

First as a Walt Whitman High School stay-in-school student and recently as a contractor, Crewdson won the respect and admiration of coworkers, who have been as impressed by his demeanor as by his technical skills. In a year and a half, he's done it all: writing, Web page



Andy Crewdson heads for Berkeley.

design, systems administration, and serious programming.

He helped DCRT's online magazine *LiveWire* get off the ground. He played a key role in designing the DCRT intranet. He researched and solved computing problems that stumped other computer specialists. In short, "he's a professional," says Dr. Robert Pearlstein, head of the Center for Molecular Modeling and one beneficiary of Crewdson's expertise. "Andy helped us implement a lot of new technologies needed to support molecular modeling.

He takes on the difficult problems, researches them, and comes up with answers. He doesn't give up."

"He was doing stuff at 12 that most people have to be 20 to understand," says Dan Zoll, creator of *LiveWire*. "He did almost all the programming on *LiveWire* and kept the technology cutting edge yet compatible. He did everything I asked and more."

The DCRT intranet owes a lot to Crewdson's talents. "Andy helped make it dynamic rather than static," says Charles Mokotoff, who oversees the intranet. "He's a tremendous resource. He grabs onto something and sees it through to the end. I consider him a peer in every way."

Crewdson became interested in computers in middle school and learned much of what he knows by listening, experimenting and reading. If it has to do with computing, he reads it: manuals, books and trade publications.

As he leaves NIH to begin the life of a freshman at the University of California, Berkeley, Crewdson is not sure what he wants to study. Computer science? Too narrow. Maybe information management systems.

"I'm interested in a wide range of things, not just programming," he says, adding that he enjoys the design aspects of Web site development. "In some ways, design is harder." In his short career, he's taken on some major design challenges including Walt Whitman's newspaper, *Black and White*, which he singlehandedly "webified" last year, earning the paper nationwide recognition in a journal for high school newspaper advisors.

As the time for goodbyes draws near, rumor has it that Andy's 10-year-old brother, Ollie, is into computer games. "We're looking at him as a possible replacement," muses Zoll. ■

Takoma Mandoleers in Concert

The Takoma Mandoleers will perform in concert on Sunday, Dec. 14 at 3 p.m. in Masur Auditorium, Bldg. 10. The free concert, open to the public, is sponsored by the rehabilitation medicine department. The Takoma Mandoleers, founded in 1923, is the oldest mandolin orchestra in the United States. Several members from its earliest years are still active in the band. Its repertoire includes songs of the early 20th century such as classical, popular marches and ragtime.



In the board room of the National Library of Medicine, Dr. Donald Lindberg, NLM director, recently accepted the donation of an oil portrait of Dr. Albert Schweitzer, painted in 1958 by German artist Erich Voigt (1891-1963). At the presentation, the late artist's daughter, Mrs. Johanna Kluger (r), explained that she wanted to donate the portrait to NLM "so that it would be enjoyed by all those who are aware of Dr. Albert Schweitzer, and his work as a philosopher, theologian, musician, mission doctor and winner of the Nobel Peace Prize in 1952." One of Voigt's most prominent oil portraits is of President Dwight Eisenhower seated at his desk writing.

HHS Secretary Donna Shalala (r) speaks briefly to some 150 NIH'ers who paid a nominal fee to take a country line dancing lesson with her in the 14th floor assembly hall Nov. 18; proceeds benefit the NIH-related charities in the Combined Federal Campaign. The informal fundraiser netted more than \$750. Below (r) a giant check for \$45,000 is presented to Special Love-Camp Fantastic, the Friends of the Clinical Center and the R&W Foundation by Jack Hanson (l), representing General Electric's Elfun Society, which helped R&W sponsor the Jeff Bostic Celebrity Golf Tournament last spring. Bostic (second from l), former Redskin center, waves a cowboy hat to the crowd along with CC director Dr. John Gallin (second from r) and Randy Schools, R&W general manager. Below (l), Shalala, sporting a Stetson, learns a dance.



PHOTOS: ERNIE BRANSON



Motivational speaker Michael P. Scott will give a talk on "Breakthroughs to Balance," on Thursday, Dec. 11 in Masur Auditorium, Bldg. 10, from 11:30 a.m. to 12:30 p.m., sponsored by R&W and other campus organizations. Scott has addressed employees at many corporations, and focuses on balancing work, career and family priorities. His humorous, practical insights are designed to help employees expand their effectiveness in the midst of daily distractions.

Opportunities for Research in Japan

Through arrangements made with the Fogarty International Center, the Japan Society for the Promotion of Science (JSPS) is offering fellowships for American biomedical and behavioral researchers to pursue collaborative research in Japanese universities and other eligible institutions and laboratories.

The JSPS Short-term Fellowship provides for stays of 7 to 60 days; the JSPS Short-term Postdoctoral Fellowship provides for stays of 3 to 11 months. Applicants must be U.S. citizens or permanent residents and research plans must be arranged in advance with the Japanese host. The application deadline is Jan. 30, 1998.

Interested persons should contact FIC immediately to receive detailed program information and application instructions. Requests should be addressed to: Dr. Allen Holt or Christina McLauchlan at 496-4784; fax: 480-3414; email: jsp@nih.gov. **R**

Gardening in Winter?

Gardeners frustrated by cold and snow can take heart—there is still indoor gardening with house plants. The NIH Garden Club's December meeting will have a speaker discussing care of house plants over the winter. While winter is obviously hard on outside plants, the dry, heated indoor air is also difficult for most plants (except cactus, of course). This is an opportunity to learn more about how to help those plants you brought in from the garden survive and how to make your other household plants thrive. The meeting is open to all interested gardeners; just drop by at noon, Tuesday, Dec. 2, Bldg. 31, Conf. Rm. 7. For more information, email kh21k@nih.gov. Watch for the club's new web page to be up shortly within the R&W home page—address to be announced next month. **R**

NIH BIG Celebrates 15th Year, Bestows 1st Scholarship

NIH's chapter of Blacks in Government recently held its third annual scholarship and 15th anniversary dinner dance at Bethesda Naval Medical Officers' Club. Ayni Brown, a 1997 graduate of Oakton High School, received a plaque and BIG's \$1,000 scholarship award to further her education in the field of dentistry.

Although the scholarship fund began in 1994, this was the first time funds were awarded. Keynote speaker Major F. Riddick, Jr., chief of staff for the State of Maryland, addressed the audience. Linda Plummer, president, NAACP Montgomery County branch, and Bettye Eley, BIG



Felicia Shingler (l), NIH BIG president, greets former NIH BIG leader Vincent A. Thomas, Jr., under whose presidency the scholarship fund was established, and Linda Plummer, president of Montgomery County's NAACP branch.

national membership chair, were on hand to congratulate Brown. The scholarship fund was supported by several corporations and community businesses, including the NIH Federal Credit Union. "The success of the affair was largely the result of Ms. Gladys Whitted's [fund raising committee chair] efforts," noted Felicia Shingler, NIH BIG president. "BIG's commitment in developing youth and in enhancing the promotion of ethnic pride through fellowship with others who have similar goals and objectives as BIG was symbolic in the [dinner dance]."

Chartered in September 1982, the NIH chapter has directed its efforts toward improving opportunities for African Americans at the agency. During the chapter's years on campus, it has interacted with Congress, NIH management, and such local and national organizations as the NIH Black Scientists Association, NIH Black employee advisory committee, and the NAACP in an effort to resolve concerns that affect African Americans employees. ■

Seminar on Government Contracting

The Bethesda/Medical chapter of the National Contract Management Association is hosting a brown bag lunch seminar entitled "Making These the Best Days of Your Life," on Wednesday, Dec. 3 from 11:45 a.m. to 1 p.m. in EPN, Conf. Rm. H. Speaking will be Bruce Johnson, a popular motivational speaker. All are welcome; no registration needed. For more information call Sharon Miller, 435-3783. ■



Ayni Brown, a 1997 high school graduate, receives the first scholarship awarded by NIH's BIG.

SEE PARKING, CONTINUED FROM PAGE 1

"stacking" is much less than the time involved in searching throughout campus for a possible space. Attendant-assisted parking at both MLP-8 and Bldg. 31 appears to be working its way into the NIH culture as an acceptable means of increasing parking capacities, providing better turnover of spaces throughout the day and enhancing security at the parking facilities, particularly after dark. Side benefits include services such as jump starting dead batteries or unlocking cars accidentally locked by their owners.



Primer on attendant-assisted parking

Employees who arrive earliest park and lock their own cars in the usual striped spaces. Once the facility is full, attendants direct employees to certain locations where employees leave their cars and ignition keys, and receive a claim ticket. Vehicle keys are locked by the parking attendant. As self-park spaces open up, stacked cars are moved into them. When employees who turned their keys over to an attendant depart, they present their claim ticket and attendants give back the keys and remove any blocking vehicles. At least one attendant remains at each lot until 1 a.m. Employees can self-park and lock their cars any time there are available spaces—24 hours a day, 7 days a week. Handicapped parking is retained at or close to current locations. Employees and visitors with disabilities who have the appropriate tags or placards can park in the visitor lots for free.

The entire parking system is being monitored and evaluated on a regular basis. In mid-October, new surveys and inventories were taken of peak-hour traffic volumes, parking lot capacities and parking permit categories on each of the lots. These are being evaluated to provide the basis for any modifications of the system. ORS has also developed a questionnaire (see pp. 7-8) for all NIH employees. This is intended to solicit input on the parking system, and to assess the potential of various parking and commuting alternatives, incentives and management strategies to reduce parking demand and improve the quality of life on campus for employees coming to work, visitors doing business, and patients seeking medical treatment.

For more details on current and future parking management issues, visit the Web site at <http://www.nih.gov/od/ors/parking/parking.htm>. To share your comments and suggestions with ORS, contact Stella Serras-Fiotes, 496-5037 or email serrasfs@des13.od.nih.gov. ■

EMPLOYEE PARKING QUESTIONNAIRE From the Office of Research Services — December 1997

This questionnaire is intended to help NIH management plan for alternative commuting methods and viable options for each NIH employee. Please respond no later than Dec. 10 by mail or fax to Stella Serras-Fiotes, Bldg. 13/Rm. 2W48, Fax 402-0017. Thank you for your cooperation.

1. Your ICD (Institute/Center/Division) _____
Pay Plan (GS, WG, Contractor, Other) _____ Grade _____
Primary work location (site, building) _____ Hours _____

2. In which county or city do you live?
 Baltimore Frederick Howard Montgomery
 Prince George's District of Columbia Arlington Fairfax
 Other (specify): _____ What is your home zip code? _____

3. How do you usually travel to work?
Days per week
 Drive alone: _____
 Carpool: _____ → How many in the carpool: _____
 Vanpool: _____ → How many in the vanpool: _____
 RideOn or Metro Bus: _____ → Do you participate in the NIH
 Metrorail: _____ → TRANSHARE Program? _____
 Commuter train (MARC, other) _____
 Drive to satellite lot & use NIH shuttle _____ → Which lot? _____
 Walk/Bike (specify): _____
 Other (specify): _____
Primary reason? _____

4. If you have an NIH parking permit, what category is your parking permit? _____

5. Are you currently participating in alternative work schedule programs that affect your commute?

AWS → Which day(s)? _____
 Telecommute → Which day(s)? _____
 Other → Specify: _____

6. Do you currently use the NIH shuttle bus for any of the following trips?

Medical Center Metro to/from work place on campus _____ days per week
 Campus parking lot to/from work place on campus _____ days per week
 Satellite parking lot to/from work place on campus _____ days per week
 Mid-Pike Plaza Garage 57 Other _____
 Between buildings on campus _____ days per week
 Between campus and NIH sites off-campus _____ days per week

7. In light of the decreasing number of parking spaces on campus, which of the following alternatives to driving alone would you be more likely to use for your daily commute?

Take public transportation
 Carpool/Vanpool
 Park at satellite lot and use NIH shuttle → Which lot? _____
 Participate in AWS → Which day(s)? _____
 Telecommute → Which day(s)? _____
 Walk or bike _____ days per week
 Other _____
Why? _____

TEAR ALONG LINE; FAX OR MAIL

8. Attendant-assisted parking for employees and pay visitor parking have been in effect since Aug. 4. Please comment on any experience you may have had with these services. Would you like to see attended parking expanded to other facilities? _____

9. NIH is considering programs to help you find an alternative to driving alone to work. Please read the brief descriptions below, and note if the program would work for you.

Additional **Express Buses** could be established to provide direct express service during peak hours between Park & Ride or shopping mall lots and the NIH campus.

Yes, I would use the express bus _____ days per week.
Which lot, mall or area? _____

Ride Bank is a voluntary program that would allow NIH'ers who drive alone or with a small carpool to provide rides to others on a temporary basis. Registered drivers and passengers would meet at prearranged locations in their communities and/or on campus.

Yes, I could be a volunteer driver _____ days per week.
 Yes, I could ride with a volunteer _____ days per week.

Donor Day is a parking program that would guarantee a parking space 4 out of 5 days each week in exchange for an employee agreeing to not drive to work 1 day per week.

Yes, I can use an alternative to driving 1 day per week. Which day? _____

10. NIH is considering parking management strategies to better utilize campus parking capacities. Please read the brief descriptions below and provide your comments.

* Issue off-campus employees different parking permits with limited parking rights on campus. Off-campus employees would be encouraged to park at their work place and use the NIH shuttle. Those off-campus employees needing to drive to campus could use the visitor lots in conjunction with validation stamps purchased and issued by their ICDs. _____

* Limit the number of employee parking permits issued to the available campus capacity. Currently all employees and many service/professional contractors can be issued permits. In the future, a maximum number of employee permits could be issued by a lottery system, and contractor permits could be allocated at satellite parking lots only. _____

11. Do you have any suggestions to improve the NIH shuttle bus service and/or make it more useful to you? _____

12. Do you have other suggestions for alternative commuting programs and/or management strategies to reduce the demand for campus parking? _____

13. In addition to improving parking and transportation services, ORS wants to help improve other services that add to the daily quality of life on campus. These include food services, roadways and walkways, auxiliary services such as the R&W, fitness centers, grounds beautification, etc. Please provide any comments or suggestions on what service improvements you would like to see addressed. _____

Seminar Examines Social Support, Stress and the Common Cold

By Susan M. Persons

Friends are good medicine, especially during cold season. A study presented by Dr. Sheldon Cohen at a recent NIH Office of Behavioral and Social Sciences Research (OBSSR) seminar has found that diverse ties to friends, family, work and community help to reduce susceptibility to upper respiratory illness. Although chicken soup may provide soothing relief to cold symptoms, it is the friend who brings you the soup that is proving to be important in maintaining health.

"Psychological and social factors play an important role in determining our resistance to upper respiratory illness," reported Cohen. For the past 10 years, Cohen, professor of psychology at Carnegie Mellon University and adjunct professor of pathology and psychiatry at the University of



Dr. Sheldon Cohen

Pittsburgh School of Medicine, has been studying the effects of psychological stress and social support on immunity and susceptibility to infectious disease. At the OBSSR seminar, Cohen described his study of 276 healthy volunteers ages 18 to 55, who were given nasal drops containing viruses that cause a common cold. "Only 40 percent of those exposed to a virus actually

develop a clinical illness," Cohen said.

"Our work has shown that those having more types of social relationships including family but also neighbors, friends, work mates, and members of religious and social groups were less likely to develop a cold when exposed to a rhinovirus." Those who had 1-3 types of social relationships were over 4 times more likely to develop a cold than those with 6 or more types. "Not only were they less susceptible to developing colds, they produced less mucus, were more effective in mucociliary clearance of the nasal passage, and shed less virus," Cohen stated. In addition, "network diversity was a more important determinant of susceptibility than the total number of people in one's social network," he said.

The association between social network diversity and colds occurred in both those who entered the study with and without antibody to the experimental viruses. Cohen also found that health practices including smoking, alcohol consumption, sleep quality, exercise and dietary intake of vitamin C were also associated with susceptibility to illness.

However, differences in health practices were not responsible for the relationship between diverse social networks and susceptibility.

Cohen also discussed his work on the relationship of psychological stress and susceptibility to upper respiratory infections. Again, study participants who completed questionnaires assessing psychological stress were subsequently given nasal drops containing respiratory viruses. "In all three studies, we found that those reporting higher levels of stress before exposure to the virus were more likely to develop respiratory illness," Cohen said. "We have found stress is associated with increased susceptibility to illness induced by 7 different viruses, including 6 cold viruses and an influenza virus."

However, not every stressful event increases the risk of illness. "The longer the duration of the stressful event the greater the risk," according to Cohen. For example, an argument with your spouse that is resolved in a few days has little effect. However, if the marital discord lasts a month or longer, there is a substantial increase in the risk of illness. "The type of stress also plays an important role in disease susceptibility. Job loss and divorce produced the most serious threat to the individual, whereas other less significant life challenges may not have the same impact," Cohen said.

The association between psychological stress and illness could not be explained by differences in stressed and nonstressed people in their demographics, allergic status, weight or height. Nor did the season, viral specific antibody status before virus-exposure, nor their health behaviors provide an explanation. "The relation between stress and susceptibility is probably attributable to stress induced changes in the immune function," Cohen said. "Our most recent work is moving toward identifying the relevant components of immunity with stress-induced changes in the production of proinflammatory cytokines as the most likely culprit."

The next OBSSR seminar will provide an update on the National Longitudinal Study of Adolescent Health by Dr. J. Richard Udry from the University of North Carolina at Chapel Hill on Thursday, Jan. 29 in Wilson Hall, Bldg. 1, from 10 to 11 a.m. All are invited to attend. ■

Bethesda Little Theatre Gives Holiday Show

The Bethesda Little Theatre (formerly the NIH R&W Theatre Group) will present its annual holiday program and sing-along on Tuesday, Dec. 16 at noon in Masur Auditorium, Bldg. 10. The hour-long show will include performances by group members and end with the traditional sing-along. Show coordinator Alice Smyth ('Frankie') is happy to have her husband, Michael Terence, at the piano, and Ben Fulton back as master of ceremonies. Come join the fun and get into the holiday spirit. ■



Dr. Elizabeth Fee, chief, History of Medicine Division, NLM, has received the Arthur Viseltear Prize for the History of Public Health in America. The prize, established in 1989 and awarded by the American Public Health Association, was created to honor Viseltear, former professor of the history of medicine at Yale University and former chair of the medical care section, APHA. Fee was cited for her outstanding contribution to the history of public health, in particular the scope and importance of her books and articles.

BSA Seminar Features Coleman

As part of its Science Working for Us Seminar Series, the NIH Black Scientists Association will sponsor a scientific seminar on Thursday, Dec. 4 in Lipsett Amphitheater, Bldg. 10 at 11:30 a.m. The seminar is titled, "Helicobacter pylori and E. coli: An Antibacterial Strategy," and will be presented by Dr. William Coleman, a group leader within the section on pharmacology, Laboratory of Biochemistry and Genetics, National Institute of Diabetes and Digestive and Kidney Diseases. The seminar is cosponsored by the National Institute of Neurological Disorders and Stroke. All are welcome.

FAES Announces Spring Courses

The FAES Graduate School at NIH announces the schedule of courses for the spring semester. The evening classes sponsored by the Foundation for Advanced Education in the Sciences will be given on the NIH campus.

Courses are offered in biochemistry, biology, biotechnology, chemistry, immunology, languages, medicine, microbiology, pharmacology, psychiatry, statistics, toxicology, administration and courses of general interest.

It is often possible to transfer credits earned to other institutions for degree work, and many courses are approved for category 1 credit toward the AMA Physician's Recognition Award.

Classes will begin Jan. 26; mail registration ends Dec. 31 and walk-in registration will be held Jan. 7-14. Tuition is \$100 per credit hour, and courses may be taken for credit or audit. Courses that qualify for institute support as training should be cleared with supervisors and administrative officers as soon as possible. Both the vendor's copy of the training form and the FAES registration form must be submitted at the time of registration.

Schedules will be available in the graduate school office in Bldg. 60, Suite 230, the foundation bookstore in Bldg. 10, Rm. B1L101, and the business office in Bldg. 10, Rm. B1C18. To have a schedule sent, call 496-7976. ■



Dr. Richard K. Nakamura has been appointed acting deputy director at the National Institute of Mental Health. He will also continue to serve as associate director for science policy and director of the Office of Science Policy and Program Planning at the institute. Dr. Rex Cowdry, who has served as acting deputy director at NIMH since February 1996, has been

asked by NIH director Dr. Harold Varmus to work with the American Association of Health Plans on issues related to coverage of routine patient care costs of individuals participating in clinical trials. Cowdry is returning to the NIMH Division of Intramural Programs.

Injured on the Job?

Do you have a work-related upper extremity problem or injury, i.e., carpal tunnel syndrome, tendonitis, or repetitive strain injury of the fingers, wrist, elbow or shoulder? USUHS is conducting a study that includes a \$40 payment. Volunteers must be 20-60, seen by a physician within the past month and currently working. Call (301) 295-9659. ■

NIAID's Dr. Bernard Moss recently received the J. Allyn Taylor International Prize in Medicine from the John P. Robarts Research Institute in London, Ontario, Canada. Moss, chief of the Laboratory of Viral Diseases, was cited for outstanding contributions to the understanding of virus-host interactions. He is recognized for the discovery of the first of a large number of viral secreted immune defense molecules, biological characterization of the first virus-encoded growth factor, development of novel genetic approaches for the study of poxviruses, and development of vaccinia virus into a versatile and widely used expression vector system. He was also cited for a number of studies on viral gene expression including the determination of the mechanism of formation of the mRNA cap structure. Moss received the honor along with Drs. Michael Oldstone of the Scripps Institute and Bernard Roizman of the University of Chicago. The prize is named after a Canadian business leader who is past chair of the Robarts Institute board of directors, and is deeply involved in health care matters in Canada.



GSA Honors Two NIH'ers

The General Services Administration recently honored the fourth graduating class of students in its "1,000 by 2000" program in information resources management. Two DCRT employees—Lori Gordon and Michele Millican—received certificates for completing six graduate-level courses in information technology and management. Both work in the Information Systems Branch. The program's intent is to have 1,000 information management professionals trained by the year 2000. So far, 448 federal workers have completed the program. Visit the GSA web page at <http://www.itpolicy.gsa.gov/> to see photos of the honorees.

Worried About Your Child's Growth?

Does your child have a medical condition affecting growth and development such as Turner or Laron syndrome, hypoparathyroidism, nongrowth hormone deficient short stature, male precocious puberty, or congenital adrenal hyperplasia? Researchers at NICHD are conducting a group of studies to help them understand and treat these problems. They are looking for children to participate in studies at the Clinical Center. There is no charge for taking part in these studies. After initial evaluation, the decision to participate is always left up to the parents and child. For more information, contact the Patient Recruitment and Referral Center, 496-4891; email: prcc@nih.gov; fax 480-9793. ■



DWD Training Tips

The Division of Workforce Development, OHRM, offers the courses below. Personal computer training is also available through User Resource Center hands-on, self-study courses, at no cost to NIH employees. Additional courses are available by completing the "Training by Request" form in the back of the DWD catalog. For more information call DWD on 496-6211 or consult DWD's home page at <http://www-urc.od.nih.gov/dwd/dwdhome.html>.

Courses and Programs Starting Dates

Management, Supervisory, & Professional Development

Thinking Systematically About Organizational Performance	1/7
How Managers Design Organizations: Practical Guidelines	1/8
The Straight Talk Program	1/12
Supervision: New Skills, New Challenges	1/13
Budget Formulation	1/13
Conversational American Sign Language-Level 1	1/13
The Best Program: Building Effective & Successful Teams	1/16
Dynamic Mentoring: How to Be an Effective Mentor	1/21
Introduction to Working at NIH for New Admin. Support	1/21
Break the Smoking Habit	1/21
The Merits of Having a Mentor	1/23
How to Deal with Frustrating Situations	1/26
Creating Distinctive Customer Service	1/28
Effective Listening and Memory Development	1/28
Speaking Across the Gender Gap	1/29

Administrative Systems

Basic Time and Attendance Using TAAMS	1/5
Buying From Small & Large Businesses on the Open Market	1/7
Consolidated Purchasing Through Contracts	1/8
Federal Wage System Time and Attendance Using TAAMS	1/8
Federal Supply Schedules	1/9
Delegated Acquisition Training Program	1/12
Domestic Travel	1/20
Time and Attendance for Supervisors Using TAAMS	1/23

Human Resource Management

Basic Employee Benefits	1/12
Introduction to Staffing	1/21

Career Transition

Mid-career Benefits and Financial Planning-CSRS	1/5
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Computer Applications and Concepts

MS Word 97 Fundamentals	1/7
MS Word 7.0 for Windows 95 Fundamentals	1/7
Introduction to Internet	1/12
Advanced Internet	1/12
Web Page Design HTML	1/13
WordPerfect 7.0 for Windows 95 Introduction	1/13
Introduction to Windows 95	1/14

Welcome to Macintosh	1/15
MS Word 7.0 Intermediate	1/22
Lotus 1-2-3 for Windows 95	1/27
Introduction to Excel 5.0	1/27
Web Page Design-Advanced	1/27

DCRT Courses and Programs

All courses are on the NIH campus and are given without charge. For more information call 594-3278 or consult DCRT's home page at <http://livewire.nih.gov/>.

WIG - World Wide Web Interest Group	12/9
Java	12/9, 11, 15, 17
Introduction to the Helix Systems	12/10
Introduction to Mathematica for the NIH Community	12/10
Producing Graphs with SAS	12/10-11
Introduction to HTML	12/12
NIH Data Warehouse: Budget and Finance	12/12
Creating Composite Images with PhotoShop	12/15
NBARS Administration	12/16
NT Server Security	12/17
Using Eudora Pro at NIH	12/18
SILK Web Technologies	12/18
Windows NT 5.0 WINS DNS Migration Issues	12/18
PC Viruses	12/19
Database Technology Seminar	12/19

Extramural AOs Hold Retreat

The changing role of the administrative officer, customer service, shared resources and information—these were just a few of the issues discussed at the first NIH extramural administrative officers (EAO) retreat. The daylong workshop, held recently at the National 4-H Center in Chevy Chase, addressed a wide range of topics pivotal to the delivery of administrative services to the NIH extramural community. The agenda included a series of network and team-building activities. Discussions among the 61 attendees centered on the changing role of the AO, improving communications, and establishing collaborative efforts with other NIH administrative management components. Throughout the coming year, the committee hopes to build on the outstanding ideas and recommendations gathered at the retreat. "If the enthusiasm and creativity exhibited at the retreat are any indication, NIH is well on its way to being a customer service model for its administrative operations," said Felicia Brice of NEI.

The EAO includes diverse administrative professionals appointed as representatives from each ICD. For information contact EAO cochairs Brice, 496-4233, or Ludlow McKay, 594-8864. ■



Christine Wisdom is the new executive officer at the Center for Scientific Review (formerly DRG). From 1990 to 1997, she was deputy executive officer of the National Institute of General Medical Sciences. Previously, she held grants management and administrative positions at several institutes, as well as nursing positions at the Clinical Center and other government organizations. Wisdom has won a number of awards, but her favorite is probably the 1996 Certificate of Appreciation from the NIH Management Interns and Presidential Management Interns. Ever since she graduated from the MI program in 1983, she has been an active volunteer for both programs.



Monster Bash is a Smash, "Frankenstein" Opens at NLM: From the pulsating brain to the fog spilling over the mezzanine, from the chilling music to the eerie images projected onto the rotunda dome, with masses of MD's, medical librarians and others costumed beyond recognition, the opening of NLM's "Frankenstein" exhibition had it all. The Oct. 30 reception centered on the library's newest attraction, a collection that features an original edition of Mary Shelley's 1818 masterpiece, archaic devices designed to reanimate the dead, a look at Hollywood's take on the Frankenstein legend, and a look at modern-day scientific phenomena that have been compared to Frankenstein such as cloning and genetic engineering. Special guest Sara Karloff (above, second from l), daughter of actor Boris, added star power to the opening, and is joined here by NLM director Dr. Donald Lindberg and his wife, Mary, plus the guest of honor. Families from NIH's Children's Inn were special guests (top, r), touring the exhibit with Frankenstein himself, enjoying a magician and savoring bags of Halloween goodies. At middle right, *The Visible Humans* showed up to honor the occasion; they are NLM Graphics Specialist Joe Fitzgerald and his wife Jean. Below, Lindberg welcomes NIH director Dr. Harold Varmus (c) and Dr. Michael Gottesman, NIH deputy director for intramural research. "Frankenstein" is open during regular library hours until Aug. 15, 1998.



Wednesday Afternoon Lectures

The Wednesday Afternoon Lecture series—held on its namesake day at 3 p.m. in Masur Auditorium, Bldg. 10—features Dr. David Baltimore on Dec. 10 giving the annual George Khoury Lecture (see story on p. 1) on the topic, "Cell Life and Cell Death." Baltimore is president, California Institute of Technology.

On Dec. 17, Dr. M. Geoffrey Rosenfeld closes out the fall semester with a talk on "Mechanisms of Transcriptional Control of Neural and Endocrine Development." He is an HHMI investigator at the University of California, San Diego, School of Medicine.

The lecture series goes on holiday break Dec. 24 and resumes on Jan. 7.

For more information or for reasonable accommodation, call Hilda Madine, 594-5595.