

# THE NIH RECORD

Still The Second Best Thing About Payday

## Publish and Flourish with WOS

By Joan Chamberlain

Writing a scientific article used to involve hours in the library tracking down publications, searching through indexes and printouts, and learning the whims of every photocopier in the building. Then the World Wide Web came along, and computer users suddenly gained access to tools and databases that revolutionized the information-seeking process. Now, the NIH Library and the Center for Information Technology are providing two new desktop tools, Web of Science (WOS) and Porpoise, at <http://publisherperish.nih.gov/>, that make retrieving scientific information even easier.

WOS gives Web access to an expanded version of the ISI Science Citation Index database, a collection of 5,300 journals in chemistry, physics, computing, mathematics, cell biology and other sciences. The Web interface to SCI Expanded, newly available to NIH staff under an NIH Library

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Sarah Ferguson (r), the Duchess of York, visited NIH recently. Among other notables, she met Tess, a "pet partner" of a CC patient. See story, photos on p. 7.

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

July 28, 1998  
Vol. L, No. 15

## Pinsky's Poetry Impresses NIH'ers

By José Alvarado

NIH'ers filled Masur Auditorium to capacity on June 25 to hear and savor the work of "the People's Poet" Robert Pinsky. While delivering the NIH Director's Cultural Lecture, the current U.S. poet laureate captivated the audience with readings of his profound, eerie and heartrending verses, which were accompanied by anecdotes and witty commentary.

In his presentation of Pinsky, NIH director Dr. Harold Varmus credited him with "making poetry into a national pastime." He noted the poet's talent for "using words to imagine community between the still-living and the newly dead, between art and science, religion and its rituals of mourning." Varmus summed up Pinsky's work by citing a verse from Howard Nemerov's "The

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## Biggest-Ever Health Fair Is Also Best Ever

"There is something for everyone at the NIH Health Fair," said NIH director Dr. Harold Varmus in his remarks at the kickoff program of the "NIH Health Fair: Good Health Begins Here." A record number of more than 1,500 employees and visitors participated in the recent event held in the Clinical Center.

Noting that this year's health fair was the largest ever with 34 booths, Varmus said that

promotion of good health habits among employees directly affects



Dr. Jaime Brahim of NIDR conducts an oral cancer screening exam.

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## First-Ever Obesity Clinical Guidelines Released

About 97 million Americans are overweight and obese, putting them at an increased risk for cardiovascular and other diseases, including hypertension and diabetes.

Recently, NHLBI, in cooperation with NIDDK, released the first federal "Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults." The guidelines are designed to help clinicians evaluate and treat patients and were developed by a 24-member expert panel. The panel was chaired by Dr. F. Xavier Pi-Sunyer, director of the Obesity Research Center at St. Luke's/Roosevelt Hospital Center in New York City.

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*NIEHS director Dr. Ken Olden recently received the 1997 Presidential Distinguished Executive Rank Award, the highest honor for the government's 7,000-member Senior Executive Service. Vice President Al Gore presented the award, noting Olden's role in reorganizing the institute and tackling the difficult scientific questions of how environmental factors affect health.*

### Clinical Research Training Boosted by Grants

Pfizer Inc., a research-based health care company, recently committed \$1.6 million over the next 2 years to the National Foundation for Biomedical Research to sponsor 16 clinical research training fellows at NIH. In addition, a grant from the Ruch family foundation in New York will support one fellow in the Clinical Research Training Program, which is a partnership developed between the foundation and NIH to attract medical students to clinical research early in their careers.

Pfizer donated \$572,000 for support in the 1998-1999 year, and will support up to 15 students in the next 2 years, for a total of \$1.6 million. The Ruch family—the first donor to the program—has committed \$35,000 for the coming academic year in honor of Mrs. William McCormick Blair, Jr., a foundation board member.

Acknowledging the funds, NFBR chairman Dr. Charles A. Sanders, said, "There is an urgent need to maintain and to increase the number of young physicians entering the field of clinical research. With this generous grant from Pfizer, the foundation and the NIH will be launching a program that will assure the education and training of a talented pool of young clinical researchers for the future."

The program focuses on third-year medical and dental students and brings them to the NIH campus for a year of didactic and practical hands-on experience. The students are selected in a competitive process by an advisory committee of experts in clinical research. Students work in NIH labs and clinics and are mentored by senior clinical investigators. They also take a core course in clinical research and receive a stipend for living expenses and other support. They have the option of considering a second year, and two of the 17 for 1998-1999 are participants from a 1997-1998 pilot program with nine students.

Incorporated in 1996, the foundation supports the NIH mission through public-private partnerships and currently is launching initial programs focused primarily on education and training. ■

*Dr. James F. Taylor, director of NIH's Office of Animal*



*Care and Use, has been elected president of the council on accreditation for AAALAC (Association for Assessment and Accreditation of Laboratory Animal Care) International, a private nonprofit organization promoting responsible treatment of animals in science through voluntary accreditation and assessment programs. He assumes yearlong leadership duties this month on the 27-member council, of which he has been a member since 1992.*

### NICHD's Loh Honored

Dr. Y. Peng Loh of the Laboratory of Developmental Neurobiology, NICHD, has recently been awarded the 1998 Women in Endocrinology Mentor Award. This award is given annually to a woman or man whose outstanding scientific accomplishments are coupled with a record of support for women in academics and of mentoring women in their scientific careers.

Loh's scientific achievements have led to a recent promotion to the Senior Biomedical Research Service, a rank reserved for the most outstanding scientists in the federal government. She has conducted pioneering research and continues to be a leader in the field of protein trafficking and processing. During her career of more than two decades,



*Dr. Y. Peng Loh*

she has continued to work at the cutting edge of investigation into the mechanism of prohormone targeting to the regulated secretory pathway.

In addition, Loh has made outstanding contributions to the development of scientists and the advancement of their opportunities. She was re-elected and has continued to serve as chair of the women scientist advisors committee at NIH. She also serves as the woman scientist advisor to the NICHD scientific director. During her career, Loh has been the mentor and/or supervisor of more than 20 female researchers, students and technical associates. ■

## 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.

NIH Record Office  
Bldg. 31, Rm. 2B03

Phone 496-2125  
Fax 402-1485

Web address  
<http://www.nih.gov/news/NIH-Record/archives.htm>

Editor  
Richard McManus  
rm26q@nih.gov

*The NIH Record reserves the right to make corrections, changes, or deletions in submitted copy in conformity with the policies of the paper and HHS.*

Assistant Editor  
Carla Garnett  
cg9s@nih.gov

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## NIH, Cornell Cultivate Future Leaders in Science

Some of the world's most outstanding veterinary students came to NIH recently for a day of presentations in a number of programs and disciplines. They learned, among other things, that grapefruit can wreak havoc with certain medications, that a 15-year-old who asked a researcher a question about mice influenced the course of a sophisticated research project, and that there are many places in this country and in the world where telephones are not on every street corner and cell phones are not the norm.

The Cornell University Veterinary Student Leadership Program brought NIH a select group of 24 fellows who listened and spoke to several key NIH administrators and top biomedical researchers in an intimate, classroom-size setting. The students represented 17 veterinary colleges in the United States, as well as Australia, Germany, the Netherlands, New Zealand and the United Kingdom. For the past 6 years, NIH and Cornell have collaborated to make the visit part of the 10-week summer program for these students who have been recognized for their ability and motivation to become future leaders of the veterinary profession or animal agriculture.

The day is traditionally packed with scientific presentations that give NIH research a face for the students. Potential career paths come to life as passionate researchers describe their work and its effect on human and animal health.



Key officials from NIH, Cornell and other affiliated universities spoke to the students. Shown are (from l) Dr. David Fraser, University of Sydney; Dr. Michael Gottesman, NIH deputy director for intramural research; Dr. Donald Smith, Cornell University; Stephen Ficca, NIH associate director for research services; Dr. Douglas McGregor, Cornell University; Dr. Philip Carter, North Carolina State University.



Ian Cox, a veterinary student from Bristol, England, poses a question to one of the speakers.

This year, the Office of Research Services joined the Office of Education to offer the students a morning of exposure to the work of a variety of intramural scientists and an afternoon session at the National Library of Medicine.

Dr. Michael Gottesman, NIH deputy director for intramural research, addressed the group, calling veterinarians "utterly indispensable" to medical research, and suggested that if they left NIH with only one message, it was that "veterinarians are going to play a pivotal role in the revolution that is taking place in biomedical research today." Almost no clinical investigations can proceed without animal models to test new treatments, and the acceleration in the discovery of genes and entire genomes will make animals increasingly important in medical research, he said.

Dr. Douglas McGregor, associate dean of Cornell's College of Veterinary Medicine, called the NIH research program "the gold standard for excellence"—one that other institutions should emulate, and for whose quality these students should aspire. Approximately 65 percent of the students in this program subsequently enroll in Ph.D. programs as preparation for academic careers or research positions in government and industry.

All the presentations engaged the students. One session on drug toxicity had everyone paying close attention for personal as well as scientific reasons. Adverse drug reactions are more common than the average person might guess—they are the fourth leading cause of death in the United States. It is common knowledge that drugs can affect other drugs adversely, but there is not widespread awareness of the effect of natural substances. It was pointed out that grapefruit juice, for example, can be dangerous because it dramatically reduces the effectiveness and/or absorption of certain medications. How do animals fit into this subject? It's unclear how drug toxicities cause diseases or undesirable conditions; scientists hope animal research can be used to show how interactions occur.

By the end of the day, the veterinary students had been exposed to many fields of biomedical research. It was clear they could envision themselves in the researchers' lab coats—or jeans and sneakers in some cases—in a few years.—Pam Dressell and Ann Cochran ■



Dr. Lance Pohl, NIMH Laboratory of Molecular Immunology, captivated students with his talk on mechanisms of drug-induced toxicities.

POET PINSKY, CONTINUED FROM PAGE 1

Makers": "...They were the ones that, in whatever tongue/Worded the world, that were the first to say/Star, water, stone, that said the visible/And made it bring invisibles to view..." It was a fitting tribute to a writer whose poetry evokes drama and history from commonplace objects and instruments, and gives transcendence to everyday human activities.

Pinsky read poems from his books *The Figured Wheel* and *The Inferno of Dante: A New Verse Translation*. He commenced with a reading of "Ice Storm," a moving eulogy for Harvard biologist Bernie Fields. The memory of the "boyish ritual of evening poker games on the first Sunday of the month" with his deceased friend is the starting point for recounting scenes and impressions of the life of a "considerate and thoughtful man" dedicated to science. But it is not Pinsky who is doing the talking here, but his friend Bernie, who addresses Pinsky from the dead, and asks, "What is a life?"

"It was harder to write than I thought," said Pinsky. "It is of a fragmentary nature, of imagined communication from the dead. Here, matters of the dead take over."

Pinsky's "Shirt" is a model of how social meaning can be derived from a single artifact. It describes the workmanship and tells of the struggles and hardships of garment workers from the past and the present. The poem poignantly relates the Triangle Shirt Factory fire of 1911, which claimed the lives of 146 people, mostly poor immigrant women. As Pinsky reads, the listener is haunted by the memory of the desperate escape from the burning factory floor through windows with no fire escapes, where men helped the women out "as if to enter a streetcar and not eternity."

"Through poetry you can elucidate the historical nature of everything. I believe that to learn about objects is to learn about civilization," he said.

An artifact can also be a word, as in "From the Childhood of Jesus," where Pinsky appropriates the word Jesus and gives a very personal view of the historical and religious figure. He read and reflected on another poem from his repertoire, "The Haunted Ruin," about which he said, "Everything is a haunted ruin. You don't know all the history. Everything comes from previous generations. Even your computer is a haunted ruin." In fact, this poem was first circulated on the Internet after he was asked to recite it over the phone. Pinsky, poetry editor of the online magazine *Slate*, was quite pleased with the electronic diffusion of his poetry, and hopes the applications of multimedia technology bring poetry to a wired generation.

He also read from his 1994 English translation of Dante's *Inferno*, which put the Italian classic on the bestseller list. He joked on the process of remaking, through translation or poetry, established works. He told of a scene in the movie *Saturday Night*

*Fever* where John Travolta's character was asked admiringly by a girl if he had made up a particular dance move, and he answered, "Yeah, I made it up. I first saw it on TV and then I made it up."

Pinsky mentioned the Favorite Poem Project, his special undertaking as U.S. poet laureate. Through this project he hopes to address the fading of poetry from high school

and college curricula despite its increasing popularity. His aim is to create an audio and video archive of many Americans saying aloud their favorite poems. At the end of his talk, the Boston University professor circulated postcards on which NIH'ers could nominate their favorite poems for the national reading.

At a reception outside the Clinical Center special events office, many Pinsky fans waited eagerly to meet the poet laureate and get their books autographed. For Dora Malech, 16, a recreation therapy volunteer at CC's pediatric section, the opportunity to hear Pinsky was "really special for me." Malech, who says she has followed his poetry for several years, loved hearing Pinsky read his poetry because it is "so personal to him that it really comes alive when he reads it himself. It is a poetry that makes something special out of everyday things."

For Katie Smeltz, 30, a presidential management intern who works in NCI's Office of Clinical Research Promotion, Pinsky's poetry touches a unique chord in her life since some of it is evocative of her Jewish ancestry and the immigrant experience. The poem "Vilnius" has a special meaning for her since her grandmother is from there; she also has a relative who was in the Triangle Shirt Factory fire of 1911. "His poetry really speaks to me. It makes history real for me today because a shirt is something I can understand right now," said Smeltz, who has published her own writing. "Whereas I hear stories from grandmother and her sister about their struggles as immigrants and it seems like history I don't understand, Pinsky allows me to understand it better because he gives it tangible objects. That's why for me it means so much." ■

### Garden Club Meets, Aug. 6

When someone talks about hosta, do you think of that white-edged, green-centered plant or the even more common plain green one? Did you know that some hosta are blue? Gold? Grow (and thrive) in the full sun? Grow only a couple inches tall, while others produce flower stalks almost 5 feet high? Produce very fragrant flowers? Grow wild in Japan? Come to the next NIH Garden Club meeting to learn more about the amazing hosta. The meeting will be Thursday, Aug. 6, at noon in Bldg. 31, Conf. Rm. 7. Check the club's Web page for more information: <http://www.recgov.org/R&W/garden>.



Poet Robert Pinsky reads from his work in Masur Auditorium.

## NIDA, Partners Bestow Awards for Accuracy

The National Institute on Drug Abuse, with its partners the Entertainment Industries Council, Inc., and the Robert Wood Johnson Foundation, recently sponsored the second annual Prism Awards to honor scientific accuracy in the entertainment world.

Entertainment industry leaders and more than 50 television and movie programs were recognized for their outstanding efforts to portray accurately the science of drug, alcohol and tobacco abuse and addiction. Prism Awards were presented in the categories of feature films, five television categories, and community service activities.

According to NIDA director Dr. Alan I. Leshner, "These awards recognize the vital role the entertainment industry can play in communicating the reality of drug, alcohol, and tobacco abuse and addiction to the general public, particularly to children and adolescents.

"Various media often get criticized for 'glamorizing' these substances, but the Prism Awards give us an opportunity to honor those people in the field who have done an outstanding job of portraying drug abuse and addiction accurately," he said.

Some of the outstanding productions recognized at the Prism Awards ceremony included:

- ▶ The "No Smoking" episode of *Hang Time* which focused on nicotine addiction;
- ▶ *The Accident, A Moment of Truth Movie*, featuring underage drinking and its tragic consequences;
- ▶ "March Against Drugs," an ABC month-long comprehensive anti-drug initiative across all programming areas;
- ▶ *Gridlock'd*, a film that offers a satirical look at the difficulties encountered by a pair of heroin addicts who decide to get straight and enter treatment and recovery programs.



Dr. Alan Leshner (l), NIDA director, attends Prism Awards event in Hollywood, joined by feature film winner Vondie Curtis-Hall (c), writer/director of *Gridlock'd*, and NIDA associate director Dr. Timothy Condon.



Dr. Stephen C. Groft (second from l), director of NIH's Office of Rare Diseases, recently received the 1998 Distinguished Service to Public Health Award from the National Organization of Rare Disorders, Inc. NIH associate director for disease prevention Dr. William R. Harlan (third from l), presented the award along with Nancy Harris (r), NORD's board chairman. Looking on is NORD President Abbey Myers. Groft was recognized for his diligence in developing the rare disease program at NIH since its inception in 1993. ORD is responsible for the development and maintenance of the Rare Diseases Clinical Research Database, an Internet-based information system of NIH-supported research that links investigators with patients. The ORD Web site can be found at <http://rarediseases.info.nih.gov/ord>.

## Scientist Volunteers Wanted

The American Physical Society (APS) is seeking volunteers to help implement science education reform in Montgomery County elementary schools. The schools are equipped with new curriculum and instructional materials designed toward a more "hands-on" approach to learning. The next step is training teachers how to use the new science teaching kits. That's where scientist volunteers can help. The APS will integrate scientists into teacher workshops, where they can be a resource for both the content and process of science.

Scientists wishing to participate first attend a 1-day workshop either on Aug. 26 or Aug. 29 at the American Center for Physics in College Park. There, scientists become familiar with the teaching kits, discuss national science education reform efforts, and plan their roles in the teacher workshops. Scientists are then asked to attend four 3-hour teacher workshops over the next year. The APS also encourages scientists to make some classroom visits throughout the year.

To register, fill out the registration form at <http://www.aps.org/educ/mcpsform/new1998.html> or send your name, mailing address and phone number to Kevin Aylesworth, American Physical Society, One Physics Ellipse, College Park, MD 20740, [ayleswor@aps.org](mailto:ayleswor@aps.org). The deadline for registration is Aug. 19. Only new volunteers should register. Ongoing volunteers will receive information directly from APS. **R**

## WEB OF SCIENCE, CONTINUED FROM PAGE 1

licensing agreement with ISI, provides access to these journals published from 1987 to the present.

Using WOS, you can search the footnotes, references and bibliographies published in all journal articles in the SCI Expanded collection, which is updated weekly. If you see an article you want, submit an online request and the library will photocopy it for you.

Searching is based on keywords. Each article links to its

own bibliography and to other articles that cite it or that share common references. One of WOS's strengths is the ability to search cited references, so you can find out who has cited an author's work and where.

Porpoise, the companion to WOS, enables NIH staff to tailor search criteria of the SCI database and get weekly email updates of journal articles matching the criteria. To receive the updates, all you need is an NIH email address registered in the NIH email directory (call 594-3278 for help), and to set up your search profile. Both WOS and Porpoise search by topic, author, source and address (or institution).

"It's a valuable service, especially for bench scientists," said CIT's Dr. Peter FitzGerald, who led the CIT team that developed Porpoise. "You can keep up with what's going on in your area of

interest, and which competitors, colleagues, grantees or institutions are publishing without leaving your desk."

Introduced in February, WOS and Porpoise already have a large following. About 5,000 NIH staff have visited the WOS/Porpoise site, and Porpoise now processes more than 2,600 search profiles each week for approximately 900 NIH users. For help using these tools, visit the WOS Web site or call the NIH Library at 496-1080.

The collaboration between the NIH Library and CIT, which purchased and maintains the WOS hardware, updates the database and developed Porpoise, has been "a win-win partnership," says NIH Library Director Suzanne Grefsheim. "We've truly become an electronic library. NIH staff can access information when they need it, not just when we're open," she notes. Recent innovations such as online document ordering from the NIH Library Web site at <http://nihlibrary.nih.gov/>, and now from the Web of Science, are rapidly becoming popular services. "The next generation of improvements will be to deliver those articles electronically. Our goal is to break down as many barriers to services as we can."

Does the shift to electronic services mean the demise of the NIH Library as a place to browse and seek a librarian's help? Not at all, says Grefsheim, who saw a 40 percent rise in library use by walk-in patrons last year. "People still need a physical place where they can read, study, meet and contemplate. If the library didn't exist as a physical place, we'd have to reinvent it." ■



The team that brought you Web of Science and Porpoise: (from l) Suzanne Grefsheim, Nancy Terry and Stephanie Publicker of the NIH Library, and Peter FitzGerald, Charlene Osborn, and Steve Bailey of the Center for Information Technology.



magazine. Ellyn Pollack, ORWH information officer, also received a Thoth Award for best news article for "Women's Health Research: The Next Phase," which appeared in the magazine. The awards are sponsored by PRSA's national capital chapter and recognize the best public relations programs and components in the Washington metropolitan area. NIH News & Features is produced by the Office of Communications with assistance from the IC information offices. The publication features research topics of special interest to the public. Shown with posters of the award-winning material are Mary Sullivan (l), NIH News & Features editor and OC public affairs specialist, and Pollack.

NIH's Office of Communications and Office of Research on Women's Health recently received a 1998 Thoth Award from the Public Relations Society of America (PRSA) for NIH News & Features: Research on Women's Health for best 1-3 color



The NIH-based Bethesda/Medical chapter of the National Contract Management Association recently elected officers for 1998-1999. They are (from l) Sharon Miller, NCI, national director; Donna Berkowitz, NHLBI, treasurer; Suzi Winter, NCI, co-secretary; Debra Powell, MayaTech Corp., co-secretary; Rosemary McCabe Hamill, NIAID, vice president; and Janet Mattson, NCI, president. The chapter meets at lunch-time the third Wednesday of each month in EPN, Conf. Rm. H. A special meeting will be held Wednesday, Aug. 5 on "Multiple Award Task Order Contracts and Government Wide Agency Contracts" presented by Peter Levine, minority council to the Senate arms services committee. For information on chapter meetings call 496-6014.

## Computer Training Lights Up Summer

CIT's 1998 summer term offers more than 70 training classes, from the popular Introduction to HTML and PC Troubleshooting, to new courses such as Web Access to Scientific Computing Applications, Advanced GQL (Graphical Query Language), and Web Sponsor Features and Capabilities.

For those interested in the Internet, over 10 classes are offered including two new courses: Tango Users Group and Porpoise - An Automated Literature Search Service. Porpoise helps NIH scientists track literature in the Science Citation Index using topic, author, or journal searches (see story on p. 1).

Database training continues to play a large role in the training program, including such popular classes as Using SQL to Retrieve DB2 and Oracle Data, and Relational Database Design. A new course, NIH Contractor Performance System, demonstrates an agency-shared system that collects and maintains past performance evaluations for government contractors; students will learn to access the information required by Federal Acquisition Regulations for the source selection process.

To meet the growing need for greater technical security in the workplace, CIT offers the following new courses: Security Attacks and Fixes, Desktop PC Security, Security for Server Administrators, and Year 2000 Concerns for Researchers and Clinicians.

The wide variety of network classes includes Windows NT Server Troubleshooting for Administrators, Parachute Startup for Windows, LAN Services, and Email from Parachute, and Advanced Network Topics.

Five classes are being offered in statistics: SAS Fundamentals I and II, Producing Tables with SAS, Advanced SAS Tabulate Features, and Overview of SAS Release 6.12 for Windows.

The NIH Data Warehouse series is adding a hands-on seminar about advanced features of the Graphical Query Language. A second hands-on database class is being given by the NIH Office of Contracts Management for users of the NIH Contractor Performance System.

CIT training classes are free to all NIH employees. To receive a catalog or register, call 594-3278, visit the Web site at <http://livewire.nih.gov>, or stop by the help desk in Bldg. 12A, Rm. 1011. Application status can always be checked on the Web at <http://livewire.nih.gov/training/lookup.asp>. ■

## Volunteers Needed for Medication Study

Healthy volunteers ages 18-35 are needed for a USUHS study of commonly prescribed medications. The study provides free medical tests and involves multiple visits over a 3-month period. Participants will be paid. Call (301) 295-4009 or (301) 319-8204. ■

## Fergie Gets Royal Treatment at NIH

NIH played host to royalty when Sarah Ferguson, the Duchess of York, visited the campus on June 23. Patients and employees lined the halls of the Clinical Center for a glimpse of the striking red-headed Duchess, better known to her fans as "Fergie." She was in town to receive an award from the *Journal of Women's Health*, according to Anne Thomas, NIH associate director for communications, who explained, "The Duchess has many opportunities to talk to women via television, at lectures and through print media interviews" and was interested "in learning from NIH scientists what major health messages she should deliver to women, based on the research conducted through NIH."

Welcoming the royal entourage to Bldg. 10 were Dr. Ruth Kirschstein, NIH deputy director, and Dr. Vivian Pinn, associate director for research on women's health. The Duchess then embarked on a brief tour led by the Clinical Center's Dr. David Henderson, deputy director for clinical care. Along the way, Fergie stopped to say hello to an important NIH volunteer—a dog named Tess (see photo, p. 1), one of the pets that visit patients through the CC's animal-assisted therapy program. The well-behaved pooch observed all the proper protocols, enthusiastically wagging its tail and being rewarded with a royal pat on the head. The tour moved on to the clinical pathology department, where the human staff likewise gave the Duchess a warm reception. Though she could only remain for a few minutes, several employees shook her hand and received autographs. Fergie declared, "We must stay longer next time," and departed amid friendly applause.

Duchess Ferguson next proceeded to the heart of her visit—a panel discussion with Joan McGowan, director of NIAMS's Musculoskeletal Diseases Branch, Karen Donato, coordinator for NHLBI's Obesity Education Initiative, and Jeff Abrams, an NCI senior investigator. The panelists discussed several issues including the Women's Health Initiative, osteoporosis, obesity and breast cancer.—Gregory Roa ■



*Sarah Ferguson (r), the Duchess of York, meets with Dr. Vivian Pinn, NIH associate director for women's health.*

PHOTOS: JANET STEPHENS



*Ferguson gets a briefing from the Clinical Center's Dr. David Henderson.*

**HEALTH FAIR, CONTINUED FROM PAGE 1**

the quality of worklife and the missions of NIH and HHS.

"This is an excellent way for each of us to make a commitment to better health," he said. Varmus urged employees to take full advantage of health screenings and information on such topics as mental health, elder care, safety, drug and alcohol abuse, nutrition, ergonomics and prevention and control of common diseases.

"The feedback from employees for this health fair has been overwhelmingly positive," said Susanne Strickland, chair of the worksite health promotion action committee (WHPAC). She said that participants gave the fair high marks in their evaluations.

"The NIH Health Fair is a win-win situation," noted James Hadley, chair of the fair planning committee and coordinator of the event. "It's good for employees and it's good for NIH."

He said the NIH Blood Bank gained 79 new donors from the health fair. Between 200

and 300 people were screened by NIDR for oral cancer and a few potential medical problems were discovered early and referred for followup. Out of the 41 people screened for skin cancer by NCI, 10 were referred for biopsy. NEI can be lauded for sending a few of the 162 participants screened for visual acuity scrambling for appointments with their eye doctors. The R&W Fitness Center gave away 240 free passes to try out fitness equipment at the center. NCI distributed nearly 1,500 bags of prunes as part of the Five a Day Better Health Program, which encourages increased consumption of fruits and vegetables.



*An employee works out vigorously on the treadmill as he is coached by Jeff Withers of the R&W Fitness Center.*

PHOTOS: JOHN CRAWFORD



*Clinical Center nurses check the blood pressure of employees.*



*Dr. Ruth Kirschstein, NIH deputy director, prepares to cut the ribbon to open the NIH Health Fair. Looking on are (from l) Susanne Strickland, director of the Worksite Health Promotion Program in the Office of Disease Prevention, Linda Witt, special assistant to the health fair chair, and James Hadley, chair of the health fair planning committee and coordinator of the event.*

During the kickoff program, C.W. Metcalf, author of *Lighten Up: Survival Skills for People Under Pressure*, said people create a lot of their own stress and then pass it on to others. We create stress by how we view the world, seeing ourselves as the "center of the universe." We then convey this view of our own self-importance, and the responsibilities that go with it, in our interactions with others. He said we need to learn not to take ourselves too seriously, and to "lighten up."

An initiative of WHPAC, the health fair is sponsored by the Office of Disease Prevention in cooperation with the ICs, R&W and FDA. ■



*Rep. Barney Frank (D-Mass.) visited Bldg. 1's Wilson Hall on June 22 and spoke to NIH'ers on the progress of legislation that would prohibit discrimination and ensure fairness in the workplace for gay and lesbian Americans. Frank, who is openly gay and an advocate of gay issues, said that homosexuals need to put aside their traditional distrust of the political system and participate in the electoral process. "We are winning the culture war, but have not followed up politically," affirmed the congressman, who is founder of the Stonewall Federation, an organization that advances homosexual issues in the Democratic Party and on Capitol Hill. "The single most effective thing to do is to get involved in your local political situation," he said. "People don't understand that members of Congress are driven by what happens back home." The Gay and Lesbian Employee Forum arranged Frank's talk as part of its "Noons in June" seminar series.*

After 25 Years of Service

## Geoff Grant Departs NIH for Stanford

We have all heard the old adage “no one is indispensable.” In some cases, this saying simply doesn’t apply. Such was the feeling on June 11—the day Geoffrey Grant, a 25-year NIH veteran and director of the Office of Policy for Extramural Research Administration, bade farewell to his colleagues and friends. On July 1, he assumed a new position as associate vice president for research administration at Stanford University.

“This is truly a sad day at NIH,” said Dr. Wendy Baldwin, NIH

deputy director for extramural research, who had worked closely with Grant since she came to the Office of Extramural Research in 1993. “Geoff Grant embodies the rare combination of skills that have made him a treasure and resource to the NIH and the extramural community. His vision, knowledge, diplomacy and good humor will be sorely missed.”

Grant held a variety of positions at NIH including grants management officer of the National Eye Institute, acting executive officer of the National Institute on Deafness and Other Communication Disorders, and grants policy officer in the Office of Extramural Research. In 1992, he was appointed acting director of the Office of Policy for Extramural Research Administration (OPERA) and selected as director in 1996.

As director of OPERA, Grant worked closely with many outside organizations including the Federal Demonstration Partnership, National Council of University Research Administrators, and Society of Research Administrators to help minimize the administrative burdens of federally funded researchers and research administrators and improve the stewardship of federal funds. In particular, he distinguished himself as a champion of extramural “reinvention.” As a result of his efforts, NIH is implementing a streamlined application and award process, expanding the development and installation of Electronic Research Administration, and testing a series of initiatives to expedite receipt of grant applications to award.

More than 200 friends and colleagues attended an ice cream social held in Grant’s honor on June 11. The program included song parodies of “King of the Road” (“King of the Feds”), “Wake Up Little



*Geoffrey Grant accepts a gift from NIH deputy director for extramural research Dr. Wendy Baldwin.*

Susie” (“Pack Up Little Susie”) and “Bye, Bye Miss American Pie” (“Bye, Bye Grants Management Pride”) and numerous toasts and speeches. Among those who spoke at the event was NIH director Dr. Harold Varmus, who thanked Grant for his many contributions and wished him well at Stanford. Several members of Grant’s family attended the event, including his wife Suzanne and their two children Rob and Jenny, his brother Fred and sister-in-law Rose, and his father, Robert Grant, who retired as associate director from the Fogarty International Center in 1967. Six of the former presidential and management interns whom Grant had mentored over the years also attended the party.

“I leave NIH grateful for the opportunities I have had and for the friendships I have forged over the years,” said Grant. As a departing memento, he presented the audience with a model of a labyrinth he had purchased from Grace Cathedral in San Francisco. He asked Baldwin to hang the labyrinth in the OPERA offices to help others find a path to peace and resolution when faced with future challenges. At the end of his remarks, Grant thanked the audience for sharing this part of his path.—MaryJo Hoeksema ■

## Ruffin Addresses Millennium Forum

Dr. John Ruffin, NIH associate director for research on minority health, and panelists from private industry recently provided a glimpse of life in the 21st century at the Millennium Forum sponsored by the American Association for Gifted Children. The event was held in Washington, D.C., during National Recognition Week for 141 high school seniors honored as 1998 presidential scholars.

The White House Commission on Presidential Scholars has honored the nation’s most distinguished high school seniors for 34 years. Initiated by President Lyndon B. Johnson, the commission annually selects one young man and young woman from each state, the District of Columbia, Puerto Rico, Americans living abroad, and 15 at-large students. Scholars are selected on the basis of outstanding scholarship, service, leadership and creativity.

Forum panelists described a world of rapid technological change and scientific discovery during the Third Millennium. Ruffin captured the students’ attention as he showed how macromolecules such as DNA, RNA and protein will routinely be applied to the prevention and treatment of disease. Hoping to inspire many of the students to pursue careers in medical research, Ruffin also introduced the students to NIH, its mission and the many training opportunities available to support students at each step of their academic development. ■



*NIAMS director Dr. Stephen I. Katz was recently honored with the 1998 Inflammatory Skin Disorders Research Award by the American Skin Association. The award was given “for his many contributions to the understanding of the immunological and molecular mechanisms involved in inflammatory skin diseases, and for his outstanding record as a mentor for trainees at the Dermatology Branch of the National Cancer Institute.” Katz also serves as chief of NCI’s Dermatology Branch. The award was presented at the International Investigative Dermatology Meeting in Cologne, Germany.*

## OBESITY, CONTINUED FROM PAGE 1

The guidelines' development used a rigorous "evidence-based" approach, which involved a systematic analysis of research. To develop the evidence model, the panel posed 35 key clinical questions such as, "What is the evidence that weight loss directly affects high blood pressure?" The scientific literature published in MEDLINE from 1980-97 was then searched and repeatedly screened. This led to the development of evidence tables, on which the panel based its recommendations.

The evidence model was chosen in order to conduct a thorough review of the scientific literature and also to produce guidelines that would give clinicians as much information and flexibility as possible. The guidelines document how different treatment strategies affect weight loss and how weight control affects the major risk factors for heart disease and stroke.

The guidelines' release resulted in widespread media coverage, much of it focusing on the panel's recommendation that clinicians use the body mass index (BMI) to help define overweight and obese. After reviewing the evidence on the health risks associated with an increasing BMI, the panel defined overweight as a BMI of 25-29.9 and obese as a BMI of 30 or more. The definitions apply to men and women, although some very muscular people may have a high BMI without added health risks. The definitions are used by many organizations, including the World Health Organization and the American Heart Association, and support the BMI definitions in the 1995 Dietary Guidelines for Americans.

The guidelines recommend that persons with a BMI of 25-29.9 but no other cardiovascular disease risk factors not gain weight. The panel advises weight loss for persons who have a BMI of 25 or greater and two or more obesity-related risk factors such as hypertension and diabetes.

The panel reserves drug therapy for those who are obese or who have a BMI of 27 or above and two or more other concomitant obesity-related risk factors and only after at least 6 months of nondrug therapy. The panel says drug therapy may be used only in combination with diet and physical activity, and that appropriate patient followup should be conducted.

The guidelines note that the most successful weight loss strategies include calorie reduction, increased physical activity, and behavior therapy to improve eating and physical activity habits.

To change behaviors, the guidelines suggest patients focus on simple ways to break old habits and develop new, healthier ones. For instance, while fat matters, calories count, and Americans should be careful not to over-eat low fat products, thus tipping the balance of energy intake versus energy expenditure.

The guidelines also recommend 30 minutes or more of moderate physical activity on most or



Speakers at the recent press conference to release the new clinical guidelines were (from r): NHLBI director Dr. Claude Lenfant, AHA president Dr. Martha N. Hill, NIDDK director Dr. Phillip Gordon, expert panel chair Dr. F. Xavier Pi-Sunyer of St. Luke's/Roosevelt Hospital Center in New York City, panel member Dr. Shiriki Kumanyika of the University of Illinois at Chicago, and Karen Donato, coordinator, NHLBI Obesity Education Initiative.

preferably all days of the week, an initial weight loss for those in treatment of about 10 percent of body weight, a loss of no more than 1 to 2 pounds per week, and making weight maintenance be a priority after the first 6 months of weight-loss therapy.

NIH'ers can find their BMI by using the special calculator on the NHLBI Web site at <http://www.nhlbi.nih.gov/nhlbi/>. Besides the calculator, the site has the guidelines—in their full and executive summary forms—the press release, evidence tables, BMI tables, consumer nutrition tipsheets and more.

Or write to the NHLBI Information Center, P. O. Box 30105, Bethesda, MD 20824-0105. Single copies of the executive summary and the consumer tipsheets are available free. The full guidelines will be published in the September issue of the journal *Obesity Research* and the executive summary is expected to appear in the September issue of the *Archives of Internal Medicine*.

NHLBI also is collaborating with the North American Association for the Study of Obesity to produce a practical guide version of the guidelines, which will be distributed to primary care doctors and others who treat overweight and obese people. ■

#### R&W Has 'Footloose' Tickets

Save \$4 plus a service charge on phone orders by buying your tickets to the Kennedy Center Opera House's production of *Footloose*, to be staged Sunday, Sept. 13 at 7 p.m. Tickets are \$54 and are available at the R&W activities desk in Bldg. 31. For more information call 496-4600.



Lori Thompson, a personnel specialist in the Center for Information Technology, has received the Human Resources Specialist of the Year Award from the Montgomery County chapter of the International Personnel Management Association.



### NIDCD's Helen Abbott Mourned

Helen Ruth Johnson Abbott, who had been with NIH for 24 years and was an administrative officer in NIDCD's extramural program, died on May 27 at her home in Gaithersburg. She was 58.



Helen Abbott

Abbott was born in Duncan, Ariz. She attended Brigham Young University in Utah, and continued her studies at Montgomery College in Rockville from 1984 to 1989, receiving an associate degree in business administration.

In 1989, she joined NIDCD as an administrative assistant. Shortly thereafter, she was

promoted to administrative officer for four of the institute's components.

Before coming to NIDCD, Abbott worked as a secretary in the Division of Digestive Diseases and Nutrition, an extramural program at NIDDK. She was also a secretary in the computer science section, Biometry Branch, NCI.

In June 1987, Abbott was selected for administrative officer's training under the NIH Career Curricula Program. Throughout her career, she was recognized with numerous awards and certificates for superior work performance. Many of her efforts were devoted to excellence and equality in the workplace. From 1984 to 1985, she was an active member of the NIDDK EEO advisory committee. In this capacity, she served as a representative to the Federally Employed Women's Training Program. From 1980 to 1982, she was a member and recording secretary for the NCI EEO advisory committee. For her dedication and outstanding service, she received the NCI EEO Honorable Recognition Award in 1983.

"Helen was always direct, committed and had a good sense of humor," said David Kerr, NIDCD executive officer. "She took pride in her work and her family, especially her seven grandsons."

In her private time, Abbott enjoyed volunteering for church-related educational and recreational groups. She taught religious education at adult volunteer classes that included as many as 150 people, and led group discussions on building teaching skills.

Abbott will be greatly missed by all of her friends and colleagues. Her family asks that expressions of sympathy be made in her name to the Montgomery Hospice Society, 1450 Research Blvd., Suite 310, Rockville, MD 20850.—Cheryl Fells

### 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'ers. For details call 496-6211 or visit DWD online at <http://www-urc.od.nih.gov/dwd/dwdhome.html>.

<i>Courses and Programs</i>	<i>Starting Dates</i>
<i>Management, Supervisory &amp; Professional Development</i>	
Time Management Techniques for Administrative Support Staff	9/3
<i>Administrative Systems</i>	
Administrative Officers Seminar	8/26
Foreign Travel - Overflow	8/31
Communication in the Workplace	9/1
<i>Career Transition</i>	
NIH Retirement Seminar - FERS	8/31
<i>Computer Applications and Concepts</i>	
WordPerfect 7.0 for Windows 95 Introduction	8/25
Excel 7.0 for Windows 95	8/26
MS Word 7.0 Intermediate	8/31
Introduction to Javascript Scripting	9/1
MS Excel 97 Advanced	9/2

### CIT Courses and Seminars

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

NIH Data Warehouse Procurement and Market Requisitions	8/3
MAX: Tools for ISPF Programmers	8/3
Seeking Information on the Web	8/4
Macintosh Shortcuts and Techniques I	8/4
Learn Programming with Qbasic	8/4-7
Producing Tables with SAS	8/5
NIH Data Warehouse Advanced GQL	8/5
Electronic Forms Users Group	8/5
Security Attacks and Fixes	8/6
Web Access to Helix Scientific Computing Applications	8/6
NIH Data Warehouse Personnel Costs - Mini Session	8/6
Windows NT Server Troubleshooting for Administrators	8/6
NIH Data Warehouse Travel	8/10
Overview: The Power of TANGO	8/11
Using SQL to Retrieve DB2 and Oracle Data	8/11-12
PC Troubleshooting	8/12
NIH Data Warehouse Procurement and Market Requisitions - Mini Session	8/12

### Stress Study Needs Vols

The Uniformed Services University of the Health Sciences is recruiting volunteers for a brief research study investigating the value of educational components relating to stress. This study takes approximately 2 hours over two visits to the lab. Also, you will complete some simple "home-work" assignments and several questionnaires. Volunteers should have no current or past psychological diagnosis or treatment history. Participants will be paid \$50 upon completion of the study. For more information visit <http://members.aol.com/AnxietyLab> or call Darin Lerew at (301) 295-9665.

## Farm-Fresh Goodies Featured Every Tuesday

Every Tuesday afternoon from 2 to 6, representatives from a number of Maryland farms gather to sell their produce at the NIH Farmer's Market near parking lot 41B, behind the National Library of Medicine. Farmers from Brookville to Laurel assemble their tables boasting a plethora of fresh fruits and vegetables in the shade beneath a grove of sycamores. On display one can find anything from tomatoes and peaches to such produce as basil and spinach. The range of items has grown in the past few years to include flowers and baked goods as well. Former NIH employee Roger Cole sells orchids from his nursery in Laurel; Terry Fawley offers fresh fruit pies along with her fruits and veggies. This is Fawley's fourth year participating in the farmer's market, selling fresh goods from Beaver Tree Nursery in Ijamsville, a chemical-free establishment. Renee Spates, a self-proclaimed pioneer of the market, has been selling her Poolesville produce since the market got started about 20 years ago. The farmers grow everything themselves, save for a few who buy their fruit from other farms. The market, sponsored by the Montgomery County Farmer's Market Association, is open through Oct. 27.



*Joan Riser, a certified organic grower, stands proudly behind her array of fresh produce from Avian Mead farm.*

*Business is brisk at a table loaded with fresh fruit. Even if you don't buy anything, a trip to the market is a pleasure to the senses. The market's shady site is a welcome destination on a hot summer day.*

PHOTOS AND STORY: CAROLINE NORTHROP



*Crisp produce from one of the many farms represented at the weekly NIH Farmer's Market.*



*Terry Fawley helps a customer decide what's best amid the fruits and veggies of Beaver Tree Nursery.*