

# THE N I H R E C O R D

Still The Second Best Thing About Payday

## New To Give Astute Clinician Lecture, Dec. 13 in Masur

"The Patients Who Taught Me and Led to My Discoveries in Congenital Adrenal Hyperplasia," is the title of the third Astute Clinician Lecture, which will be held on



Wednesday, Dec. 13 at 3 p.m. in Masur Auditorium, Bldg. 10. The speaker is Dr. Maria I. New, professor and chairman of the department of pediatrics, and chief of the division of pediatric endocrinology at New York-

Presbyterian Hospital-Weill Medical College, Cornell University.

Congenital adrenal hyperplasia (CAH) is a family of inherited steroid production

SEE ASTUTE CLINICIAN, PAGE 2

## NINR's Grady Manages Science With Science

By Robert Bock

For NINR director Dr. Patricia Grady, the management of science is science. Or, at least, amenable to the scientific approach.

"I approach my job the same way a scientist approaches a problem," she said. "Collect the data, analyze it, look for the best possible approaches and solutions, weigh them and then make a decision."

This process, she said, never ceases. For her, data collection is constant, and information must be evaluated and reevaluated.

"We don't get locked into an all or nothing-at-all-approach," she said. "If one approach

SEE GRADY, PAGE 4

## HIGHLIGHTS

1

Elite Runner Works At NCI

Program Grooms Young Scientists

3

'Back to Sleep' Campaign Targets African Americans

6

Another Fine Runner Here, Too

9

Weinberg To Give Khoury Lecture

10

Statistician Merges Music, Musial



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

November 28, 2000 Vol. LII, No. 24

## Runner Ishibe Quietly Racks Up Victories

By Rich McManus

Mention the word "runner" in Washington and you are likely to conjure political images, particularly in an election year. But one of the very best runners in the city has a deliberately low profile, letting her feet do all the talking. Though she is gradually gaining a reputation as a winner—she was named Washington Runner of the Year in 1999 and last month was the first female finisher in the Army 10-Miler—Dr. Naoko Ishibe is probably better known around NIH as the compact woman on the seventh floor of Executive Plaza South whose cubicle across from the kitchenette provides an almost constant invitation to snack.

"Being next to a kitchen is not a good thing," she laughs.

SEE ISHIBE, PAGE 6



Epidemiologist Dr. Naoko Ishibe is also an elite runner.

## Students Glimpse Future in Biomedical Research

Jared Cadiz of Ewa Beach, Hawaii, had a broad smile for a cheering group of his peers, all teenage fledgling scientists, when he won top honors in this year's National High School Students Summer Research Program (NHSSSRP). The program has "opened up the floodgates" for him, says Cadiz. "I now have contacts at universities, and my mentors would like me to come back and work with them in their labs after I get a master's degree."

Now in its sixth year, the NHSSSRP aims to spark students' interest in biomedical research careers. A collaboration of NIH and Howard University, the program is sponsored by NIDDK, the NIH Office of Research on Minority Health, and Howard's National Minority Organ and Tissue Transplant Education Program (MOTTEP), which has a 5-year grant from NIDDK to expand its education efforts. "This program brings together bright young people and mentors who give them hands-on lab experience. I can think of no better way to encourage young men and women to lend their talents to biomedical research," said NIDDK director Dr. Allen Spiegel.

Cadiz spent his summer testing for alternate indicator microor-

SEE MOTTEP, PAGE 8



Dr. Juliette B. Bell, a biochemistry professor and director of NIGMS' Minority Biomedical Research Support program at Fayetteville State University in North Carolina, was among the recipients of the Millennium Award for Excellence in Teaching in Mathematics, Science, Engineering, and Technology. The award is sponsored by the White House Initiative on Historically Black Colleges and Universities, which was created by President Clinton to strengthen historically black schools and increase their ability to participate in federally sponsored programs. Bell was recognized as an outstanding teacher who has "worked tirelessly to enhance student performance in her courses as well as mentoring and advising those requesting assistance." She was among four individuals receiving the award for teaching.

#### ASTUTE CLINICIAN, CONTINUED FROM PAGE 1

disorders. A mild form occurs in one in 100 live births and results in excess male hormone production. The severe form, which occurs in one in 14,000 live births, causes girls to be born with ambiguous genitalia, and can result in severe salt and hormone imbalances in both boys and girls.

New has pioneered major advances in the diagnosis and treatment of CAH, including the implementation of CAH newborn screening programs worldwide. She and her associates determined that the conditions result from the lack of essential enzymes of the adrenal gland. Through DNA analysis, they discovered specific mutations in the genes producing these enzymes, and developed a DNA test to diagnose the most common forms of the disease prenatally. They then found that giving the hormone dexamethasone to a pregnant mother at risk can prevent ambiguous genitalia and a newborn salt wasting crisis.

The adrenal gland is located near the kidneys and controls metabolism and sex hormone production.

New has also discovered new forms of high blood pressure, and explained their genetic basis.

She obtained a B.A. from Cornell and an M.D. from the University of Pennsylvania School of Medicine. She completed an internship in medicine at Bellevue Hospital and a residency in pediatrics at New York Hospital. She fulfilled two NIH fellowships and was research pediatrician to the diabetic study group of the comprehensive care teaching program at Cornell Medical Center.

She has received the Robert H. Williams Distinguished Leadership Award in Endocrinology and the Rhone-Poulenc Rorer Clinical Investigator Lecture Award. New was elected to the National Academy of Sciences in 1996 and was president of the Endocrine Society in 1992. She has written more than 500 articles in scientific publications.

The Astute Clinician Lecture was established through a gift from Haruko and Dr. Robert W. Miller. It honors a U.S. scientist who has observed an unusual clinical occurrence, and by investigating it, has opened an important new avenue of research.

The talk is an NIH Director's Wednesday Afternoon Lecture Series event. For information and accommodation, contact Hilda Madine, 594-5595. ■

#### Female Paid Volunteers Needed

Are you female, 18 to 35 years old, in good health and not on birth control pills? You may be eligible to participate in a study of commonly prescribed medications. The study involves multiple visits to the Uniformed Services University (next to the Naval Medical Center, across the pike from NIH) over a 3-month period. Earn up to \$880 and get a free medical exam. Call (301) 319-8204 for more information and a preliminary telephone screening. ■

Dr. Gary L. Kreps, chief of the Health Communications and Informatics Research Branch, NCI, received the Outstanding Health Communications Scholar Award from both the International Communication Association and the National Communication Association during the



NCA's annual meeting Nov. 12 in Seattle. He was recognized for his contribution to the development of health communications as a field of study. He also was honored for the strong educational value and long-lasting impact of his scholarship, as well as for his influence on the work of others. "Communication is at the center of prevention, treatment and control," said Kreps. "Without effective communication, you can't identify health risks, provide relevant treatment information or persuade people to adopt behaviors for cancer prevention and control." He has served as head of HCIRB since its inception in October 1999.

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#### New FAES Music Course

A new music course will be offered in the FAES graduate school during the spring semester. The course will consist of a lecture-performance series on the 16 Beethoven string quartets. Each session will include a lecture with musical examples, followed by a complete live performance. For more information or to register for the course, contact the Foundation for Advanced Education in the Sciences, 496-7976, or visit [www.faes.org](http://www.faes.org). ■

## 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, 2001.

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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.

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## 'Back to Sleep' Kit Aimed at African Americans

Surgeon General David Satcher recently joined Dr. Yvonne Maddox, acting deputy NIH director, Dr. Duane Alexander, NICHD director, and others in unveiling a resource kit for reducing the risk of sudden infant death syndrome (SIDS) in African American communities. The new kit is an extension of the national Back to Sleep campaign, which promotes placing babies on their backs to sleep to reduce the risk of SIDS.

Satcher presented the kit at the annual meeting of the National Black Child Development Institute (NBCDI), in Washington, D.C.; NICHD developed the kit in collaboration with a coalition of African American organizations, headed by NBCDI, as a tool to help lower SIDS in African American communities, where infants are twice as likely to die from SIDS as are white infants.

"We have the know-how, we have the will, we have the ability to reduce SIDS in African American communities," said Satcher. "We now need other organizations to make the type of commitment that the NBCDI has made to eliminate the racial disparity in SIDS deaths."

Since the American Academy of Pediatrics began recommending back and side sleeping in 1992 and the Back to Sleep campaign began in 1994, the overall SIDS rate has decreased by nearly 40 percent. Despite the campaign's overall success in getting caregivers to place babies on their backs to sleep, African American babies are still placed on their stomachs to sleep more often than other babies. Stomach sleeping is a major risk factor for SIDS.

Last year, Evelyn Moore, founder and president of NBCDI, joined NICHD and its Back to Sleep campaign sponsors to plan a national SIDS-reduction outreach campaign for African American communities. Through its relationships with national leaders and community-based organizations, NBCDI will play a vital role in outreach activities in communities throughout the country.

Maddox helped build the partnership between NICHD and NBCDI. "We have been very successful in reducing SIDS in the total population," she said. "We now need to work with community-based organizations to reduce SIDS among African American infants to eliminate this disturbing disparity."

The kit contains materials for local community groups to use when conducting informational sessions about SIDS risk reduction, including brochures, magnets, a video, and 15-, 30-, and 60-minute training modules for group leaders. Included are myths and facts about SIDS, Q/A about SIDS, a sample promotional flyer, media release, and radio public service announcement, as well as tips on working with the media.

The Alpha Kappa Alpha Sorority, the National

Association for the Advancement of Colored People, and the National Coalition of 100 Black Women are also involved in this initiative. Representatives from these groups helped tailor outreach activities to ensure the new materials reached the most appropriate audiences.

Locally, the D.C. department of health is also working to spread the Back to Sleep message. To commemorate October as National SIDS Awareness Month, the department joined NICHD, the

Maternal and Child Health Bureau of HRSA, NBCDI, and the SIDS Alliance in sponsoring a bus advertisement that displays the message: Babies Sleep Safest on Their Backs. The ad appeared on Washington Metropolitan Area Transit Authority buses through early November.

To receive a resource kit or to learn more about the Back to Sleep campaign and its other materials, call 1-800-505-CRIB. Materials from the kit will soon be available on the NICHD web site at [www.nichd.nih.gov/sids](http://www.nichd.nih.gov/sids). ■

### APAO Elects Leadership, Plans Potluck

The NIH Asian Pacific Islander American Organization (APAO) membership recently elected its new executive board and council members for fiscal year 2001. The board consists of Lucie Chen, president; Prahlad Mathur, vice president; JoAnne Wong, executive secretary; and Lydia Luh, treasurer. Council members are Aftab Ansari, Bill Bunnag, Chong Chung, Yoshiko Doherty, Molly Eng, Zongyi Hu, Hameed Khan, Sunnie Kim, George Nhu, Janet Nguyen, Patricia Reyes, Hari Singh, Rashimi Gopal-Srivastava, Gopal Sharma, Sheo Shanker Singh and Wendy Wang.

The APAO meets on the third Tuesday of each month from noon to 1:30 p.m. Its meeting schedule can be viewed at <http://www.recgov.org/r&w/apao/meetings.htm>. All members and their guests are invited to the annual potluck luncheon to be held on Tuesday, Dec. 19 at noon in Wilson Hall, Bldg. 1. The menu includes a variety of dishes representing various Asian/Pacific Islander American groups. If interested, contact JoAnne Wong at 496-9147. ■



*Dr. Duane Alexander (l), NICHD director, discusses the release of the resource kit for reducing the risk of SIDS in African American communities with (from l) Evelyn Moore, president of the National Black Child Development Institute; Dr. Yvonne Maddox, acting NIH deputy director; and Dr. David Satcher, U.S. surgeon general.*



*The Center for Scientific Review welcomes Dr. Debora Hamernik as the new scientific review administrator of the biochemical endocrinology study section in the endocrinology and reproductive sciences integrated review group. She joins CSR from the U.S. Department of Agriculture, where she was a program director with the National Research Initiative Competitive Grants program for the past 3 years. Previously, she was an assistant professor in the physiology department of the University of Arizona at Tucson; assistant professor at the University of Nebraska; and a postdoctoral fellow in the department of pharmacology at Case Western Reserve University. Her major research interests include regulation of gene expression in the reproductive system and improvement of reproductive efficiency in domestic animals.*

**GRADY, CONTINUED FROM PAGE 1**

works, then fine. If it doesn't, then we try another approach."

Grady became director of NINR in 1995, after serving as acting director and deputy director of NINDS. A neuroscience researcher in stroke, she managed the extramural programs in stroke and brain imaging at her former institute.



*Dr. Patricia Grady*

A major role of nursing research, she explained, is to develop the best ways to help people deal with chronic illness. "Chronic illness steps in and decreases our independence and our ability to function as part of society," she said. "One of our institute's major roles is to identify approaches to help people either maintain that independence, or even gain it back."

Although the nursing profession isn't new, Grady said, nursing research is. There are comparatively few nurse researchers, so NINR must spend a greater percent of its budget to train new researchers than do other institutes.

Critical, she said, is the length of time needed to train nursing researchers. Because potential candidates traditionally have obtained clinical experience after the bachelor's and master's levels, most don't earn their doctorates until their mid to late forties. Not only does this mean that they begin their careers much later than researchers in many other fields, it also results in fewer years to actually conduct research.

As always, NINR staff approach this problem scientifically. They are first collecting data and seeking the advice of top researchers around the country. During this process, a group of investigators devised a proposal for an experimental accelerated baccalaureate-through-doctorate training program. Other schools around the country are now testing similar programs.

In choosing staff for the institute, Grady, like other NIH directors, recruits the best people she can find, and tries to create circumstances under which they can excel. She also looks for people who are adept at working with others. She asks staffers who are working on a particular problem to identify more than one possible solution so that she might develop with them the best possible plan.

Although Grady is the only woman among NIH institute directors, she does not feel this makes her job more difficult. Her fellow institute directors, she said, are always willing to share their informa-

tion and expertise. She added that women leaders who have preceded her have led to a more widespread acceptance of women in government and science. There are more women in the pipeline now than ever before. In particular, she emulates the leadership style of HHS Secretary Donna Shalala, who also encourages and rewards teamwork. Similarly, she admires acting NIH director Dr. Ruth Kirschstein's inclusive style of leadership, which makes everyone working with her feel like an important part of the team.

Although NINR has come a long way in raising the profile of nursing research, Grady said, the task is far from complete. "One of my goals is that within 5 years, everyone will be able to cite examples of how nursing research is making a difference," she said.

*(The author is press officer for NICHD and a graduate of the NIH Management Cadre class of 2000. This article resulted from an assignment to study science and leadership at NIH. Information about the cadre program is available at <http://mcp.nih.gov/>.)* ■

#### **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 (daytime courses), chemistry, imaging sciences, 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. 29; mail registration ends Dec. 29 and walk-in registration will be held Jan. 3-9. 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. Note that FAES cannot access training forms entered in the NIHTS system; a signed hard copy (vendors' copy of SF 182 form) is needed in order to process registrations for classes.

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 or visit the FAES web site at <http://www.faes.org>. ■

### Leveck Named NINR Deputy Director, Director Of Extramural Activities

Dr. Mary Leveck has been named deputy director and director of extramural activities of the National Institute of Nursing Research. She will work with director Dr. Patricia A. Grady, who said, "Dr. Leveck's knowledge of NINR's scientific programs, her broad administrative experience and her net-



Dr. Mary Leveck

work with researchers in nursing and related disciplines will be invaluable to the institute as we build upon our body of research to meet the mission of the institute."

Leveck was formerly associate director for scientific programs and director, Division of Extramural Activities at NINR. From 1990 until 1999, she was an extramural program director at the institute and managed a portfolio in the

area of neurofunction and related conditions. Her major program initiatives at NIH have been in the area of symptom management of acute pain and the management of the behavioral symptoms of Alzheimer's disease patients.

She received her undergraduate degree in nursing from the University of Evansville in Indiana, her master's in nursing from the University of Colorado, and her Ph.D. from the University of Texas. Prior to coming to NINR, she held faculty and administrative positions at the College of Nursing, University of South Carolina. She has received research funding from NIH as well as from national foundations and other sources. ■

### Seven NIH'ers Win Presidential Honor

Seven employees at NIH have won the 2000 Presidential Meritorious Rank Award. They are: Dr. Wendy Baldwin, NIH deputy director for extramural research; Dr. Robert Chanock, chief, Laboratory of Infectious Diseases, NIAID; Dr. Ronald Germain, chief, lymphocyte biology section, Laboratory of Immunology, NIAID; NIMH director Dr. Steven Hyman; NIAMS director Dr. Stephen Katz; Laura Rosenthal, NIDA associate director and executive officer; and Anne Thomas, NIH associate director for communications.

The honorees were recognized for long-term accomplishments. Only 5 percent of career Senior Executive Service members may receive the award, which includes a lump-sum payment of 20 percent of the executive's base pay, a silver pin and a framed certificate signed by the President. ■

### New NCI Lecture Series Under Way

The NCI Office of Communications and the Office of Education and Special Initiatives (OESI) recently launched a seminar series. Dr. Joseph V. Henderson, director of the Interactive Medical Library at Dartmouth Medical School gave the inaugural talk and demonstration. His "virtual reality clinic" was both educational and entertaining, as conference attendees experienced firsthand the comprehensive, interactive program developed for health professionals and students.

"The important things are best learned through interactivity," said Henderson. To that end, he showed the audience how a user can choose to enter a clinic room to see a patient and decide how to handle various patient issues; to go into a virtual viewing room where one can listen to personal experiences, view a short lecture, or take brief quizzes; or to convene a meeting with colleagues in the virtual conference room.

You can read more about Henderson's work at <http://iml.dartmouth.edu>. The HIV/AIDS program that he used as a demonstration, as well as programs about cancer treatment, will be available on that web site in the near future.

Upcoming OC/OESI Friday seminar speakers include: Gary Kreps, chief of NCI's Health Communications and Informatics Research Branch, on Dec. 8; and Anne Thomas, NIH associate director for communications, on Jan. 12, 2001. Sign language interpreters will be provided. For more information or to request reasonable accommodation, contact Robin Cline at 496-6792.—Nicole Gottlieb ■

Geoffrey Laredo has been named director of the Office of Policy, Legislation, and Public Liaison, NIAAA. He will be responsible for developing and recommending program policies for potential application at the



national, state and local levels; monitoring and analyzing alcohol-related policies; conducting legislative analysis and providing legislative services; and overseeing the institute's public liaison activities. He joined NIAAA in 1996 as a senior analyst and public liaison officer. Prior to joining NIAAA, Laredo served as a senior analyst in the Office of the Administrator at the Substance Abuse and Mental Health Services Administration. He began his federal career as a program specialist with the Department of Justice's National Institute of Justice, where he worked in a number of areas including drugs and crime issues.



Dr. Dat Tran, a scientific writer/editor, has recently joined the Center for Scientific Review to assist the scientific review administrators in the Division of Molecular and Cellular Mechanisms. He will help prepare summary statements, edit scientific articles and provide other writing and editing services. He joins two other recently hired science writers, Kelley Kim in the Division of Clinical and Population-Based Studies and Dr. Karen Bowers in the Division of Physiological Systems. Tran did graduate research projects in the photochemistry and photophysics of transition metal complexes, kinetic studies of reactions between nitric oxide and copper complexes, and the synthesis of metal complexes as nitric oxide sensors. Prior to joining CSR, he was an NIH postdoctoral fellow in the chemistry department at Princeton.

ISHIBE, CONTINUED FROM PAGE 1

"People bring food all the time and it's a free for all."

Besides the running shoes on her feet and a polo shirt advertising Clif Bar, an energy food, it would be hard to tell that Ishibe, a third-year fellow in NCI's Division of Epidemiology and Genetics, is an elite runner. Sure, she has a distance runner's build, but there are no trophies in the office, no copies of running magazines, or hampers full of towels spent on noon-hour runs. There is no indication that, but for a strained piriformis—a muscle near where the hamstring joins the gluteus—Ishibe might well have spent her September in Sydney, competing in the Olympic Games.

"I would have competed in the Olympic trials if I hadn't been injured," she said. "I had a pretty good year this year, but that was pretty disappointing."

The "pretty good year" includes winning the Army Ten-Miler in 56:39, a personal best (by 86 seconds) that the *Washington Post* called evidence that Ishibe "has evolved into a top-level road racer." She also placed third in the Grand Prix of Cycling and Running in Alexandria in September, and earlier that month finished second in the Avon 10K in Baltimore. A year ago, she won the NASDAQ Veteran's Day 10K in D.C., and for Thanksgiving roasted the field in the Alexandria Turkey Trot 5-miler, finishing first in course-record time.

"I do believe that I could be quite a bit more competitive," she says, "but it's hard to do when you're putting in time at your job."

That she is just a few steps behind women who make a career of running, much less pursue major-league science, is even more remarkable when you consider that Ishibe only took up the sport as a senior in college to fulfill a physical education requirement.

Born in Kyoto, Japan, she came to the United States at age 5. She grew up an hour south of Houston, in Lake Jackson, Tex. Her father, a chemist, worked for Dow Chemical, which runs a massive plant in nearby Freeport. She played some tennis in high school, but her main extracurricular activity was music; she learned both clarinet and piano. Ironically, both Ishibe and her brother were chemistry majors in college, despite no particular prompting from their dad.

To fulfill the p.e. requirement at the University of Chicago, Ishibe took up running, in part because it offered a break from sitting around waiting for experiments to finish in the lab. Because the school is in Division III, she joined the cross-country team, figuring "it shouldn't be too intense. Division III is not that much different than intramural sports. I wouldn't have tried it at a Division I school." She was good enough to make the all-conference team her first time out.

Then came graduate school at Harvard. "In Boston, running is such a big deal. I started competing at the club level, but people kept trying to steer me toward the Boston Marathon," a race she has never entered. She won the Cape Cod Marathon in 1995, however, and finished third the following year in the Bermuda International Marathon. Also in 1996, she competed in the U.S. Olympic marathon trials, placing 71st. Her most recent marathon was the LaSalle Bank Chicago Marathon in 1997, where she finished 14th in 2:43:38. That same year, she earned her doctor of science degree in environmental health and epidemiology.

Besides opportunities for running and education, Boston also offered social life: While working as a translator for two elite Japanese marathon runners at the 1993 Boston Marathon, Ishibe met her husband, Ed Sheehan, who twice finished in the top 15 in the race, and who at the time was working for the Boston Athletic Association, which organizes the annual event. Though he is no longer a competitive runner himself, Sheehan is now his wife's coach.

Ishibe's workouts these days are solitary routines.



*Ishibe runs for the finish line in the Avon 10K held in Baltimore Sept. 10; she placed second.*

PHOTOS ON THIS PAGE: GEORGE BANKER

*Ishibe en route to winning a 5K in 16:54 on June 19, 1999, in Fredericksburg, Va.*



#### **NIDCR Scientist Hoon Wins Marathon, 10-Miler**

**D**r. Mark Hoon, 36, a scientist in the Oral Infection and Immunity Branch, NIDCR, won the first Montgomery County Marathon in the Parks on Nov. 5 in a time of 2:34:47—almost 5 minutes ahead of his nearest competitor. And on Nov. 18, he won the Al Lewis 10-Miler in 57:42—again by nearly 5 minutes—continuing a years-long streak of top finishes in local races for the part-time runner.

Hoon, a Kensington resident who trains in Rock Creek Park and at Walt Whitman High School's track, says recent fatherhood has slowed down his racing career (see *NIH Record* features, Nov. 18, 1997 and Dec. 5, 1995). "I have a 2-year-old now, so I've cut down on races—it's better to lie in bed on Sunday mornings than go to races," he said.

The native of Derby, England, didn't post a personal best in the Montgomery County event—his 11th marathon. "Not by a long ways," he commented. He ran his best marathon in his home

"I don't socialize a lot with the running community. I like to train by myself. Besides, most of the groups train in the evening, which is inconvenient."

She runs virtually every morning around her neighborhood before work—longer on weekends—averaging perhaps 60-70 miles per week. "Compared to the big girls, that's not enough," she admits. "I'm a morning person, so it doesn't bother me to get up at 6 a.m." Once or twice a week she visits a track to work on her speed.

As she has matured as a runner, Ishibe has found that 10,000 meters is an ideal distance. "I hate cross country now, because you can't get into a rhythm," she says. Lately she favors the track over the road. Where some find endless laps insufferable, Ishibe explains with a laugh, "I like knowing where I am—it's the scientific, uptight side of me."

On rare occasions, when her rhythm in a race is just right, Ishibe says she experiences "a heightened sense of awareness. I can tell when someone is going to make a move. My intuition is sharper." Though it only happens a few times a year, the sensation is something for which she constantly strives.

After racing hard since mid-August, Ishibe is now taking a break in anticipation of the winter indoor season. She hasn't targeted any major races in 2001 yet, but intends to return to the track and improve her times in both the 5K and 10K. "I'll use the indoor season—a couple of races in the Boston area—to prepare for the outdoor season," she said.

Ishibe's talent has attracted the financial support of sponsors; Moving Comfort, a women's sports clothing company based in Chantilly, Va., makes the goods in its catalog free to her, and Clif Bar provides

incentives that help pay her travel expenses. She has entered events as far afield as Yokohama and Seoul, competing as a member of the U.S. national team in an event called Ekiden, which is a road relay race that adds up to a marathon. "The distances vary from 5K to 10K, with six women to a team," she explains.

Despite appearing in the local sports pages more and more often, Ishibe prefers a low profile. "I try to keep my running low-key, but all my colleagues know that I do it."

There was a time when she was afraid that her peers at NIH would not approve of her extracurricular pursuits. "I had to prove that I could balance the two spheres when I first arrived here," she notes. "Now people are not so concerned."

She is considering the possibility of a brief sabbatical to concentrate on running, but says she hasn't quite figured it out. "NIH has been very understanding and accommodating so far," she said. "I don't want to have any regrets 10 years down the road, wondering, 'What if?...'"

At the moment, her studies of Von Hippel-Lindau disease consume her working hours at NCI. "We're anticipating data from a field study that will explore the role of genetic polymorphisms and environmental exposures," she explains.

Perhaps the answer as to whether she will give running the major shot her talent seems to be eliciting can be inferred from a more casual topic: Asked if she can resist the goodies available just across the hall in the kitchenette, she declares, "I don't believe in depriving yourself—at some point you're going to break down!" And she laughs like someone both happy and certain. ■

### Calling Computer Users

**Do you work in an office environment full time?**

**Do you work on a computer at least 4 hours a day?**

**Are you between 20 and 67 years of age? If you answered yes, you are needed for a research survey study about computers, work and health.**

**Volunteers with symptoms of pain, numbness or tingling in their fingers, hands, wrists, forearms, elbows, shoulders and/or neck and volunteers without any symptoms are needed for the study. You will be asked to complete 1-3 surveys online; questions are related to work and health. Participants will be compensated. For more information, go to [www.work-health.net](http://www.work-health.net) or call Stacey at (202) 687-2392.**

town at age 24, finishing in 2:24.

A member of the Montgomery County Road Runners Club who competes, without a sponsor, in many local club events, Hoon likes to do one marathon each fall. In fall 1998, he placed fourth in the Richmond Marathon; last year he finished third in that race, winning

\$250. It spared him the 100-mile drive to Richmond to compete this fall in the inaugural Montgomery Marathon, which he entered at the invitation of the race director, a running friend of Hoon's.



*Dr. Mark Hoon*

The county marathon, which netted him \$400, traced a hilly route, with some steep downhill grades Hoon said were challenging. But strangers shouting out his name along the course encouraged him.

"It's nice to train for a marathon once a year," he said. "It gives you a goal to focus on for a few months."

To prepare for the Marathon in the Parks, Hoon competed in the Georgetown 10K earlier in the fall, finishing, he recalls, 15th. But that was only the first leg of a longer training run; he kept right on running up through Georgetown and all the way out to home in Kensington after the race.

He continues to bike to work on days when there isn't ice or torrential rain, and works out four evenings a week. Hoon says he will continue to race locally, but admits, "It's not so good for my ego to be beaten by too many youngsters."—Rich McManus

**MOTTEP**, CONTINUED FROM PAGE 1

ganisms in Oahu's freshwater streams. The presence of certain microorganisms in stream samples suggests that the streams have been contaminated with some form of fecal matter. However, Cadiz explained that Oahu has a "unique environmental dynamic. The standard indicators used nationally by the federal government and the Environmental Protection Agency are found in high numbers in our natural environment, so they do not necessarily mean there is fecal pollution in our streams. We have to find other ways to monitor our streams." Cadiz is now a freshman at Chaminade University in Hawaii, majoring in biology.

New York's Keisha Lindsay, who took second-place honors, is continuing work on her research project as an undergraduate at New York University. She became interested in the number of patients at the Voice Center at Mount Sinai Medical Center who were nonsmokers and nondrinkers but still had laryngeal cancer. "We found that they also had high acid reflux, so we are trying to find a correlation," Lindsay explains.

Cadiz and Lindsay are two of the 43 select teenagers from across the country who spent the summer hanging out not at the mall, but in the lab. The students spent 8-10 weeks with mentors in their hometowns researching topics ranging from renal preservation to hydralazine-induced lupus. The program concluded with a 3-day trip to NIH where the students visited NIDDK labs and presented their findings before their peers and a panel of judges from NIH and Howard.

"These kids are very bright and have worked very hard; it shows in the excellent presentations they made," said Dr. Larry Agodoa, director of NIDDK's Office of Minority Health Research Coordination.

According to national MOTTEP project director Mary Gordon, the program receives up to 175 applications each year. Participants are paired with local researchers—including many NIDDK grantees—who provide hands-on lab experience in ongoing projects. Patrice Miles, executive director of MOTTEP, says many participants who enter the program with a general interest in science are

*During a visit to the cell biochemistry and biology lab of NIDDK's Dr. John Hanover, high school science students don glasses to view a 3-dimensional image of a cell captured by a confocal microscope.*



*Jared Cadiz accepts congratulations from Mary Gordon, project director of the National Minority Organ and Tissue Transplant Education Program, on his first-place award for his summer project on fecal pollution in Oahu's freshwater streams.*

planning to major in biomedical sciences in college by the program's end. Past participants reported that, once in college, "they flew through their science courses while other kids were struggling," Miles adds.

Students came from as far away as Alaska, New Mexico and Oklahoma, as well as seven from the Washington, D.C., area. Dr. Kevin Abbott mentored two local students, Christopher Hill and Maria Duran, at Walter Reed Army Medical Center. As a result of their work, Hill and Duran are coauthors of papers being considered for publication by the *American Journal of Nephrology* (Hill) and the *Annals of Epidemiology* (Duran).

Abbott, a mentor for 3 years, is grateful for the students' help and for the chance to open doors to biomedical research for bright adolescents. "If I had had a chance like this when I was in high school, I would have jumped at it. It's an outstanding program with outstanding kids," he said, adding, "Anyone who says that high school students today are not up to par hasn't seen these students." ■

**WFLC Seminars Scheduled**

Below are the Work and Family Life Center "Faces & Phases of Life" seminars still open for December:

**Life Coping Skills (& Avoiding the Pitfalls)**  
Tuesday, Dec. 5, 1-2:30 p.m., 31/6C6

**Stress Management**  
Tuesday, Dec. 12, noon-1:30 p.m., 31/6C6

Preregister for all seminars by calling WFLC, 435-1619, TTY/TDD: 480-0690. Sign language interpretation will be provided. For other reasonable accommodation, call WFLC at least 48 hours prior to the seminar. For a full schedule of "Faces & Phases of Life," visit <http://wflc.od.nih.gov>. Can't make it to a seminar? You can watch on the NIH videocasting web site, <http://videocast.nih.gov>. All seminars are presented free of charge. ■

## Pioneer of Cancer Biology To Give Khoury Lecture

By Samuel Perdue

Bad things can happen when cells stop paying attention to their growth signals. When cells break from the tightly regulated balance of reproduction and death, uncontrolled division results and cancer may occur. On Wednesday, Dec. 6, a pioneer in the field of cancer biology will visit NIH and speak about how far science has come in understanding the underlying mechanisms behind cell division and cancer.

Dr. Robert A. Weinberg will present "Creation of Human Cancer Cells" for the annual George Khoury Lecture, to be held at 3 p.m. in Masur Auditorium, Bldg. 10. Weinberg, who is currently Daniel K. Ludwig professor for cancer research at the Massachusetts Institute of Technology, has achieved many "firsts" in cancer research, and his studies have continued to reveal new ways of looking at human cancer and its causes.

In 1980, Weinberg's laboratory broke new ground in cancer research with the discovery of the first human oncogene, called *ras*. The *ras* oncogene is a mutated form of a gene encoding an intracellular switch. In healthy cells, this protein switch turns cell division on and off, providing a key control point that governs cell numbers. When the gene is altered, however, the switch remains stuck in the "on" position, causing the cell to divide out of control.

Weinberg continued to look for ways in which altered genes could affect cell division, and in 1986 his studies of retinal cancer led to isolation of the first known tumor suppressor gene. The retinoblastoma gene, or *Rb*, encodes a protein that puts the brake on cell division. Many children with retinoblastoma are missing their *Rb* gene and therefore cannot stop cell division in certain retinal cells, causing tumors to appear.

Those seminal discoveries, made within a span of 6 years, identified two types of cellular controls that, when altered, could lead to cancer in humans. Weinberg's research revolutionized the way scientists thought about human cancer and led to new methods of early diagnosis. By beginning to establish a framework for the underlying genetics of cancer, the Weinberg laboratory opened the door for many other researchers to begin probing cells for other genes that might play a role in this disease.

Over the years many new oncogenes and tumor suppressors have been discovered, and Weinberg has continued to investigate the complex molecular circuitry that controls cell division. Today his laboratory also studies a third protein, called telomerase, which has been implicated in many human cancers. Telomerase extends the tips of chromosomes that have been shortened following repeated cell divisions. These shortened tips, or telomeres, typically tell a cell when it has reached the end of its life. Telomerase blocks the signal, how-

ever, and the cell continues to divide unchecked.

"Over the past two years, we have learned how alterations of oncogenes, tumor suppressor genes, and the telomerase gene collaborate to produce cancerous cells," says Weinberg. "Such work suggests that a common set of regulatory pathways

must be perturbed during the creation of a wide variety of human tumor types."

Weinberg has been on the MIT biology faculty since 1972, and in 1982 he became one of the five original members of the Whitehead Institute for Biomedical Research, a position he still holds today. He has been an American Cancer Society research professor since 1985. A



Dr. Robert A. Weinberg

member of the National Academy of Sciences, he holds many honors and awards including the *Discover* magazine 1982 Scientist of the Year, the National Academy of Sciences/U.S. Steel Foundation Award in molecular biology, the Bristol-Myers Award for Distinguished Achievement in Cancer Research, the Gairdner Foundation International Award for Achievement in Medical Science, and the 1997 Medal of Science. He has served on scientific advisory boards for the Institute of Molecular Pathology in Vienna, Austria; the Weizmann Institute in Rehovot, Israel; and Massachusetts General Hospital.

Weinberg is the author or editor of five books and more than 290 articles. His most recent books, intended for lay audiences, are *One Renegade Cell*, *Racing to the Beginning of the Road: The Search for the Origin of Cancer*, and *Genes and the Biology of Cancer*, coauthored with former NIH director Dr. Harold Varmus.

The talk is part of the NIH Director's Wednesday Afternoon Lecture Series. For more information or for reasonable accommodation, call Hilda Madine, 594-5595. ■

### NIH Chamber Singers Holiday Concert

The NIH Chamber Singers holiday concert features Alfred Burt carols, Hanukkah songs, a *cappella* favorites by Porter, Hindemith, Brahms, Mozart and Sharon. There will be two performances in the Clinical Center: Tuesday, Dec. 12, noon, Masur Auditorium; and Thursday, Dec. 14, 7:30 p.m., 14th floor assembly hall. Admission is free. For more information, see <http://www.recgov.org/r&w/chamber/> or call 435-3209.

### Renewal of NIH Parking Permits

NIH parking permits for off-campus employees will expire on the last day of December 2000. In order to obtain an off-campus permit, an employee must visit the NIH Parking Office in Bldg. 31, Rm. B3B04. Hours are 7:30 a.m. to 4 p.m., Monday through Friday. Permits may also be obtained at the following off-campus locations: Rockledge II on Dec. 12 from 10 a.m. to noon in Conf. Rm. 9104 and EPN on Dec. 13 from 1 to 2:30 p.m. in Conf. Rm. C. Remember to bring a valid NIH identification card, driver's license and vehicle registration certificate. For more information, call 496-6851.

### Statistician, Musician and Card Collector Makes Order Out of Chaos

Joe Haseman, senior statistician at NIEHS, says he enjoys making order out of chaos.

That could explain his huge collection of more than 10,000 baseball cards. Old cards, that is. He started collecting them as a kid, not knowing that they would be valuable some day. It was always the statistics on them that interested him most.

In fact, the young Haseman created his own version of video game entertainment: He would compare two randomly selected cards, and the one with the best stats for its featured player scored a run for his team.

Haseman said he made up many such games.

His collection includes complete sets from 1954, 1955 and 1956, and partial sets from 1953 and

1957. His most valuable card, he says, is the rookie card of Pittsburgh Pirates Hall of Famer Roberto Clemente.

But his all-time favorite is his childhood hero, St. Louis Cardinal Stan Musial. Haseman said his grandfather took him to Cardinals games when he was a kid. His other favorite cards, such as the Mickey Mantles, were well worn in childhood. The ones still in mint condition are ones that didn't mean much to him as a kid.

At NIEHS, Haseman puts his numerical problem-solving talent to good use, supporting scientific work by attaching meaning to raw data. Of the approximately 500 reports issued by the National Toxicology Program, he is listed as a contributor on about 300 of them. His is a backstage, supporting role he contentedly plays that may explain his other favorite hobby: playing the tuba.

The tuba is not a melody instrument, and that's just fine with him. He has no desire to play a solo or be in the spotlight. "I've always considered myself to be a team player...What I do as a statistician is just as important to the institute as my tuba playing is to the orchestra," Haseman said.

He played the tuba as a kid in school, continuing through high school and college. But because the instrument was so expensive, he never owned one, borrowing an instrument from the schools instead. When he finished school without an instrument, he quit playing. For 27 years, anyway. Then, his



Joe Haseman and his tuba—not a melody instrument, which is okay by him.

church choir director put together a musical production and Haseman was recruited once again.

After reading a classified ad with a bargain price of \$1,200 for a used tuba, he was back in business. That was 10 years ago, and he still plays for the church and occasionally at NIEHS and the day care center.

With 30 years of federal service under his belt, Haseman is eligible to retire, but says he won't as long as he is still having fun. However, when he does retire, he says he intends "to get serious" about his baseball card collection, attending more shows and improving the quality of the collection.—Colleen Chandler ■

### NIH Receives Workplace Excellence Award

The National Institutes of Health has been selected to receive the year 2000 "Workplace Excellence" Seal of Approval by the Montgomery Work-Life Alliance and the Montgomery County Chamber Workforce Corporation. The seal is being awarded to NIH for its commitment to and support of work/life integration policies for its employees. The award recognizes the agency for its inclusive corporate culture, progressive policies and programs, active community involvement and corporate citizenship, demonstrating that it values its workforce as one of its greatest assets.

The Montgomery Work-Life Alliance, a public/private nonprofit coalition, promotes work/life integration policies in the Montgomery County business community to support excellent places to work. The alliance is a partnership between Montgomery County Chamber-Workforce Corporation, the Mental Health Association and Discovery Communications, Inc.

Wendy Thompson, manager of the NIH Work and Family Life Center, accepted the award on behalf of NIH at the Workforce Awards Breakfast on Nov. 15.

### Holiday Show Set, Dec. 14

For some joyful holiday spirit, plan to attend the 16th annual NIH Holiday Show presented by the Bethesda Little Theatre. The performance will be held on Thursday, Dec. 14 at noon in Masur Auditorium, Bldg. 10. Come and enjoy a variety of tunes in celebration of the holiday season. The Bethesda Little Theatre is an R&W organization whose proceeds benefit NIH charities. The show is BLT's gift to the NIH community in thanks for their support throughout the year. For more information, visit <http://www.recgov.org/r&w/blt/>. ■



**HRDD Training Tips**

The Human Resources Development Division has scheduled the following courses in December in Executive Plaza South. For more information about these and other HRDD offerings, visit the web site at <http://trainingcenter.od.nih.gov/> or call 496-6211.

<i>Administrative Systems</i>	
Fellowship Payment System	12/13
<i>Career Transition</i>	
NIH Retirement Seminar-CSRS	12/11
<i>Financial and Procurement Management</i>	
Buying From Businesses on the Open Market	12/7
Consolidated Purchasing Through Contracts	12/6
Federal Budget Process	12/11
Federal Supply Schedules	12/5

**CIT Computer Classes**

All courses are on the NIH campus and are given without charge. For more information call 594-6248 or consult the training program's home page at <http://training.cit.nih.gov>.

Getting Started with GCG	12/4
What's New in Office 2000	12/4
Data Warehouse <i>Query</i> : Training Business Area	12/4
Creating Presentations with PowerPoint 2000	12/4
Introduction to Programming	12/4-7
Producing Reports with SAS	12/5-6
Hands-On Web Animation	12/5, 7
Data Warehouse <i>Query</i> : Advanced Query & Reporting	12/7
SAS Programming Fundamentals I	12/7-8
Data Warehouse <i>Query</i> : Budget & Finance	12/8
Windows 2000 Server for System Administrators	12/11
SAS Programming Fundamentals II	12/11-12
WIG - World Wide Web Interest Group	12/12
Advanced Sequence Analysis Using GCG	12/12-13
Account Sponsor Orientation	12/13
Budget Tracking	12/13
Data Warehouse <i>Analyze</i> : Budget & Finance	12/13
Wireless Communication	12/14
Hubs, Switches, and Routers	12/14
Contractor Performance System for New Users	12/14
Producing Graphs with SAS	12/14-15

**'Messiah' Sing-Along, Dec. 10**

The fourth annual *Messiah* Sing-Along will take place on Sunday, Dec. 10 at 3 p.m. in Masur Auditorium, Bldg. 10. Presented by the NIH Community Orchestra and the Bethesda Little Theatre, this popular event will feature the orchestra along with a chorus and soloists. Come prepared to sing your part or just listen and enjoy the music. There will be scores available for borrowing. The suggested donation of \$10 will benefit NIH charities. For more information, visit <http://www.gprep.org/~music/nih> or call (301) 897-8184. 

**NIH's Ethics Program Honored**

"How much money can I give to my favorite political candidate? If a corporate visitor offers to pay for my lunch, can I accept? A medical association sent me a gold watch worth over \$500 for an NIH conference that I worked on with them. Do I keep it or send it back?"

These are the kinds of federal government "Standards of Conduct" questions that would be answered by the ethics official in any government organization. If you work at NIAMS, you consult NIAMS deputy ethics counselor and deputy director Dr. Steven J. Hausman. The NIAMS ethics program under Hausman's stewardship was audited recently. The audit resulted in a perfect score, and earned the 2000 Outstanding Ethics Program Award, which is the first of its kind at NIH.

The award is given by the Office of Government Ethics, an agency within the executive branch. This year, the ceremony was held in Philadelphia at OGE's annual conference. NIH Ethics Coordinator Fran Plyler accepted the award for NIAMS.

"There are many, many aspects to the ethics official position," said NIAMS Personnel Officer Christine Steyer, "and it requires organizational skills and countless follow-up steps. Steve is one of the few officials who can handle all the details, and still keep a smile."

NICHHD also received a perfect score and an award.—Janet Howard 

*At right, Dr. Carlos Carmargo, assistant professor of medicine at Harvard, discusses "Body Mass Index and Risk of Developing Asthma" at part two of NIH's Hispanic Heritage Month observance, Bridging the Gap in Health Disparities.*



*Below, Dr. Amelie Ramirez, deputy director of the Chronic Disease Prevention and Control Research*



*Center at Baylor College of Medicine, delivers a talk on "Hispanics and Cancer: Charting a Course for the Future," the final lecture of the month's celebration sponsored by more than a dozen NIH components.*

**Women Needed for Study**

**Do you work at a computer at least 4 hours per day? Are you a female between the ages of 21 and 50 who is currently working full or part time? If so, you are invited to participate in a research study of job stress and computer use. The study includes a \$100 payment. For more information, call (301) 295-3672.**



*Dr. Donna Vogel of the Reproductive Sciences Branch, NICHD Center for Population Research, was recently selected to receive the American Society of Reproductive Medicine (ASRM) Distinguished Service Award. Her selection marks the first presentation of the award, which is given in recognition of outstanding service to ASRM and its members over an extended period of time. For many years, Vogel has assisted ASRM members in their interactions with NIH. Her special efforts have contributed to the successful academic careers of many scientists and researchers. She received the award at the organization's recent annual meeting in San Diego.*

## Rodgers Named NIDDK Deputy Director

Dr. Griffin Rodgers has been named deputy director of the National Institute of Diabetes and Digestive and Kidney Diseases effective Jan. 1, 2001. He replaces L. Earl Laurence, who is retiring as NIDDK's deputy after working at NIH since 1961.

In making the announcement at a recent meeting of the NIDDK advisory council, institute director Dr. Allen Spiegel called Rodgers "an outstanding clinical scientist and molecular hematologist. He has made singular contributions to the study of globin disorders." Internationally recognized, Rodgers has advanced development of treatments for sickle cell anemia and other genetic diseases that affect hemoglobin, the main component of red blood cells.

As deputy director, he will work with Spiegel to provide scientific leadership and to manage a staff of 900 employees and a \$1 billion budget. They plan to expand public outreach



*Dr. Griffin Rodgers*

and education efforts, particularly in disease prevention and management, improve clinical trial oversight, and provide more training opportunities for basic researchers and physician scientists.

"Rarely is a physician-scientist given the opportunity to ascend from the narrow confines of an individual research focus to the broader concerns affecting a larger segment of society," said Rodgers. "I am deeply honored to be entrusted with this position and look forward to its challenges and opportunities."

In addition to his new duties, Rodgers will continue as chief of NIDDK's Clinical and Molecular Hematology Branch, which he has headed since 1998, and will further his research on sickle cell anemia, thalassemias and other disorders of blood cells.

Rodgers, who is from New Orleans, received his undergraduate, graduate and medical degrees from Brown University. He was an intern, resident and chief resident in internal medicine at Washington University School of Medicine in St. Louis. In 1982, he joined NIDDK as a research fellow, and has been a member of the Commissioned Corps since 1989. ■

## NINDS Funds Three New Programs at Minority Institutions

As part of its initiative to promote and enhance neuroscience research at minority institutions, the National Institute of Neurological Disorders and Stroke, in collaboration with the National Center for Research Resources, recently funded three new Specialized Neuroscience Research Programs (SNRPs). The programs at the University of Alaska Fairbanks, Meharry Medical College and Hunter College seek to encourage neuroscience graduate education among minority students and to stimulate new research on brain and nervous system disorders affecting minorities.

NINDS' support for these and other SNRPs is part of a larger effort to improve the health status of minority Americans and eliminate healthcare disparities through the funding of new neuroscience research by and for minorities. The National Institute of Mental Health collaborated with NINDS on the University of Alaska Fairbanks program.

"The institutions we've chosen are specially prepared to educate and guide young minority scientists," said Alfred Gordon, director of the Office of Special Programs in Neuroscience, NINDS, and lead administrator of the SNRP initiative. "Through these awards, NINDS helps to develop the careers of future neuroscience health professionals who can assist us in reducing disease disparities in populations at increased risk for disorders of the nervous system."

Funding for the programs allows the institutions to build or enhance research facilities, to develop additional neuroscience educational programs and to strengthen the research capabilities of faculty and students. ■

## NIA Exercise Video at R&W Stores

Here are the top 10 reasons to buy the *Exercise with the National Institute on Aging* video at NIH's Recreation and Welfare Association stores: It is based on sound scientific research funded by NIH; it is inexpensive; it comes with the offer of a free 100-page companion book; it makes a great gift for mom, dad, other relatives and friends; participants receive an NIA certificate of achievement for sticking with the program for 1 month; Margaret Richard, who leads the exercises, is a well-known fitness guru seen on public television; the physically robust astronaut John Glenn supports the NIA's exercise guide; it's never too late to start exercising; it is geared specifically to aging boomers and seniors; it emphasizes strength, flexibility, balance and endurance exercises for a well-rounded workout.

The video is available now at R&W stores in Bldgs. 10, 31, Rockledge and Executive Plaza South. To view an online clip of the video, go to <http://www.maillist.org/exercise>.