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A Feeder of Rock Creek NIH Creek To Be Restored, Cleaned

By Rich McManus

The humbly scenic little waterway known as the NIH Creek, which meanders northeast across campus from an outfall underneath the corner of South and Center Drives, is going to get a long-delayed restoration in the next year or so. Authorities from the Office of Research Services recently finished a year-long study of the creek and are now proceeding to the design and construction phase of the \$700,000 project aimed chiefly at stemming a serious erosion problem..

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Garfield Is 'Spokescat' NHLBI Launches Children's Sleep Initiative

By Ellen Sommer



NHLBI director Dr. Claude Lenfant welcomes Garfield and the three sleep contest winners (from l) Xavier Powers, Danny Strohm and Katie Seamon.

NHLBI recently kicked off a major 5-year educational initiative to reach children ages 7-11, their parents, teachers and health care providers, with the message that adequate nighttime sleep — most children need at least 9 hours each night — is important to their health, performance and safety.

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Post Editor Dirda Speaks at Plain Language Awards Ceremony

By *Harrison Wein*

Peppering his talk with witty quotes and aphorisms, Michael Dirda, senior editor of the *Washington Post's* Sunday "Book World" section, entertained an audience at NIH's first Plain Language Awards ceremony with anecdotes and advice on how to write clearly.



Editor Michael Dirda

The audience was there to celebrate the NIH Plain Language Initiative, which stemmed from a 1998 White House memorandum calling for all federal government writing to be in plain language. Plain language documents, according to the memo, have logical organization, easy-to-read design features and use common, everyday words (except for necessary technical terms), "you" and other pronouns and short sentences.

Four teams — from NCI, NEI, NIA and NLM — were honored for winning "No Gobbledygook" awards from the National Partnership for Reinventing Government, a group dedicated to improving communication from the government to the public. NIH acting director Dr. Ruth Kirschstein said, "Winning these prestigious plain language awards demonstrates NIH's success in communicating useful information, something we have striven for for many, many years."

The NIH plain language coordinating committee honored a booklet from NICHD, and named several other documents as "superior" or "outstanding." Cited were publications ranging from booklets to calendars to web sites; an honorable mention was even given to a traffic sign ("Yield"). A full list of winners is posted at <http://www1.od.nih.gov/execsec/PLAwardsMar01.html>.

Kirschstein greeted all honorees as they came to the stage. "I encourage you to continue your efforts to ensure that everything we write, speak or display is clear and to the point," she said. "By doing so, you'll be providing support to the NIH research mission, which is so important to the public health of the country. Today I ask that we all recommit ourselves to communicating with all our audiences using plain language: language that is focused on the reader."

Dirda praised NIH's efforts after the awards presentation: "I want to express my pleasure that NIH and other branches of government have adopted a plain language philosophy. It would be hard to imagine a more useful initiative."



it sounds like writing, I rewrite it."

He stressed the importance of clear language. "If writing is communication," he said, "then only clear writing is effective communication." He recommended keeping in mind the words of Winnie the Pooh: "I am a bear of very little brain, and long words bother me." Use the most simple and powerful words you can to get your ideas across, but don't dumb down or oversimplify what you're writing about.

As examples, Dirda cited Henry David Thoreau and Ralph Waldo Emerson as early American masters of clean writing. He also cited the "forceful, concise and harmonious" prose styles of the writers John Dryden, Jonathan Swift, Joseph Addison and William Hazlitt. Describing their prose, he said, "Nothing ever jars or seems stilted or merely rhetorical." Dirda read a quote by George Orwell, who he called our modern master of this plain style: "Good prose should be transparent, like a window pane."

How to Write Better

According to Dirda, novelist Elmore Leonard once said, "If it sounds like writing, I rewrite it." But Dirda admitted that good writing is not easy. He cited the words of a famous sportswriter: "There is nothing to writing. All you do is sit down at a typewriter and open a vein."

Here are some suggestions he gave to help improve your writing:

- You really have to care about your subject. Have something to say. If you are indifferent or bored, your writing will be limp, dull and bland. Find some way to make it fun for yourself.
- Your sentences need to give you pleasure. You should read your work aloud and listen to your voice on the page. Make sure that each sentence does a job. Eliminate verbal noise, clutter, deadwood, verbiage.
- Keep your audience in mind. You need to imagine how your words will register in the minds of others. Make sure your message is clear, yet be faithful to its complexity.
- Strive to write in your own voice. Not that you should be overly eccentric or egotistical, he said, but if you can't make your writing personal — a reflection of your inner self — it will never give you satisfaction.
- The final product should be a source of pride. Not necessarily a lot of pride, Dirda joked, but at least some.

He had specific advice for those at NIH who work on highly technical documents. "I recommend the counsel of the Roman rhetorician Quintilian,"

he said. "One should aim not at being possible to understand, but at being impossible to misunderstand."

More information about NIH's plain language initiative can be found at <http://www1.od.nih.gov/execsec/plainlanguage.htm>.

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NLM Lets Readers Explore Rare Volumes, Virtually

Have you ever seen a beautiful old book housed in a glass case, with only one page set open? Did you wish you could actually leaf through it? Now, you can.

The first U.S. site of "Turning the Pages," a remarkable program developed at the British Library, is the National Library of Medicine. On Mar. 16, the library unveiled a digitally browsable version of Elizabeth Blackwell's *Curious Herbal*, a collection of illustrations of medicinal plants published between 1737 and 1739.

Blackwell's story is a classic in itself — she created the herbal book to raise money for the release of her husband from debtors' prison. And, judging from the response so far, "Turning the Pages" is an instant classic, pairing history and high technology for an exceptional learning experience.

NLM director Dr. Donald Lindberg demonstrates "Turning the Pages" to Erinn Dumas, a senior at Woodrow Wilson High School, Washington, D.C. Wilson is one of NLM's adopted high schools and Dumas works part-time in NLM's Office of Communications.



The exhibit was dedicated in a live transatlantic ceremony, featuring NLM director Dr. Donald Lindberg in Bethesda and Lynne Brindley, chief executive of the British Library, in London. Tea and crumpets followed.

"Turning the Pages" uses computer animation, high-quality digitized images and touch screen technology to simulate the action of leafing through the pages of a book. "The sensation is uncannily real," said Lindberg. "It reveals the significance and beauty of rare volumes in a way never before possible. We are grateful to the British Library for creating the system and letting us be the first to use it in this country."

In addition to looking at Blackwell's colorful drawings by moving a finger across the screen and going forward or backward in the volume, the reader can touch "zoom" and focus on any portion of the page. An audioclip then provides information about the section of the book selected.

This is the first of several volumes for which NLM plans to employ the technology. The second will be Vesalius's *Humani corporis fabrica* ("On the construction of the human body"), considered the first truly modern anatomical text.

"Turning the Pages" has become a popular tourist attraction in London, and the hope is that it will become a similar mecca at NIH. Even Queen Elizabeth II received a demonstration of TTP at the British Library. The only problem was, she always wears gloves and the touch screen will not respond

to such material; it needs the traction created by direct contact with flesh.

"Turning the Pages" is located in the NLM Visitors Center, on the first floor of Bldg. 38A, the Lister Hill Center. You can view it between 9:30 a.m. and 4 p.m. weekdays, except federal holidays. (You're advised not to visit between 1:30 and 2:30 p.m., the time of the library's daily public tour.)

Project director for the exhibit is NLM's chief of graphics, Joseph Fitzgerald.

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NIDDK Thanks Pimas with Fun, Food, Information

By Jane DeMouy

How cold was the water? "The water was VERY cold," Mike Milner laughs. The physician assistant at NIDDK's Phoenix Epidemiology and Clinical Research Branch is talking about the most popular game at a recent Pima Appreciation Day: "Dunk A Doc."

"We'd had a cold spell here a couple days before," Milner explains. The cold snap in normally warm Sacaton, Ariz., was enough to chill the tank of water where Milner and other NIDDK staff were unceremoniously dumped when Pima study volunteers hit a prominent target over the victims with a well-placed tennis ball. "It was a big hit with the kids," adds Milner, who was first into the drink, thanks to a hard, fast one thrown by Pima Governor Donald Antone. "We had to quit when the nurses stepped up," the dunkee added. Researchers Antonio Tataranni and Christian Weyer also got soaked.

More than 250 NIH study volunteers attended the recent combination carnival and science fair. It was designed to thank the generations of Pimas who have made possible 35 years of NIDDK research on diabetes and its complications, as well as to explain the important advances in understanding this complex disease that have occurred because of their generosity. The Pima Indians have the highest rate of diabetes in the world: over 50 percent of those over 35 have the disease. Many of the Pimas have participated in multiple studies.



*Pima
Appreciation
Day was a
good time
for special
people.*

The day began early. A host of volunteers, some in wheelchairs, entered a 7 a.m. 5K race. Twelve-year-old Cody Whitman crossed the finish line first, completing the 3.1 mile race in 22 minutes and 34 seconds. Fifteen-year-old Timothy Billy was second. The "Turtle" award, suggested by researcher and run organizer Inge Harper, went to elder Norma Paul.

Dr. Clifton Bogardus, who recently succeeded Dr. Peter Bennett as chief of the Phoenix research branch, thanked the Pima volunteers for their unselfishness and commitment to helping others. "Your sacrifices are recognized and appreciated by people around the world. We are indebted to you and we honor your people today," he said, presenting a plaque to Gov. Antone. The American Diabetes Association also presented the community with an award for their volunteerism.

Kids' faces were painted and visiting clowns sculpted balloons, thanks to the Gila River Community Youth Council, who helped with decorations and activities. The Southern Scratch Band added Top 40 and country rhythms to the party, and community members led a traditional friendship dance. A buffet of grilled chicken, veggies and carrot cake made a festive lunch.

Every generation joined in NIDDK's recent Pima Appreciation Day for volunteers from the Gila River Indian Community.



Pima artist Carlos Moyah designed poster art for the event: a contemporary view of Pima dancers creating one of the basket designs that are part of Pima heritage.

Among the scientific exhibits was a presentation by Dr. Michael Prochazka explaining how genetics research is done and why it takes time. "It's like trying to find one kind of small typo in a whole library of books," he said. Dr. Arline Salbe talked about the results of a study in children that found a relationship between TV viewing and obesity: the more TV children watched at age 5, the more weight they gained at age 10.

Much of the basis for defining and understanding type 2 diabetes has come from the Pima-NIDDK collaboration. Among other significant findings, researchers determined that obesity and high levels of insulin in the blood resulting from insulin resistance are risk factors for type 2 diabetes and that diabetes and obesity develop from genetic, prenatal and environmental influences. They showed that babies born to Pima women with diabetes have higher risk for obesity and diabetes because they are exposed to their mother's high blood sugar in the womb. More recently, researcher Dr. David Pettitt has shown that breast-feeding exclusively for the first 2 months of life significantly lowered the rate of type 2 diabetes among Pimas. Bogardus told the crowd that NIDDK is committed to improving clinical outcomes for patients, and to bringing better health to the Pima community, however long it takes.

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Registry To Examine RA in African Americans

Four major academic medical centers in the southeast United States will soon be gathering data for investigators interested in the genetics of rheumatoid arthritis (RA) in African Americans, with support from the National Institute of Arthritis and Musculoskeletal and Skin Diseases. The institute has awarded a research contract for the Consortium for the Longitudinal Evaluations of African Americans with Early Rheumatoid Arthritis Registry to the University of Alabama at Birmingham. Other participating centers are Emory University, the Medical University of South Carolina and the University of North Carolina. The ORWH and NCMHD also supported the contract.

The registry will provide clinical and x-ray data and DNA to help scientists analyze genetic and nongenetic factors that might predict disease course and outcomes of RA in this population. Certain genes that play a role in the immune system are associated with a tendency to develop RA. Some individuals without these genes may develop this disease, while others who possess the genes never develop RA. Scientists believe that some environmental factors may play a part, triggering the disease process in people whose genetic makeup makes them susceptible to RA.

The investigators intend to register 600 participants, starting this spring. Since there are currently no ongoing studies evaluating early RA in African Americans, the investigators have focused on this population. African Americans are under-represented in most clinical studies, including current observational studies of people with RA. "Identifying any factor, genetic or otherwise, that may predispose an individual to rheumatoid arthritis or provide clues to an individual's disease outcome will greatly improve our efforts to treat and ultimately prevent this disease which affects so many people," said Dr. Stephen Katz, NIAMS director.

RA is an autoimmune disease in which the body's immune system attacks its own tissues. It occurs in all races and ethnic groups, and affects about two to three times as many women as men. Scientists estimate that RA affects the lives of one percent of the adult population in the U. S., although young adults and children can also be affected. Symptoms and severity vary greatly among individuals, and may include inflammation, pain, swelling, stiffness and progressive loss of function in the joints.

NIEHS Journal Set for Publication in Chinese

By Colleen Chandler

Photo by Arnold Greenwell

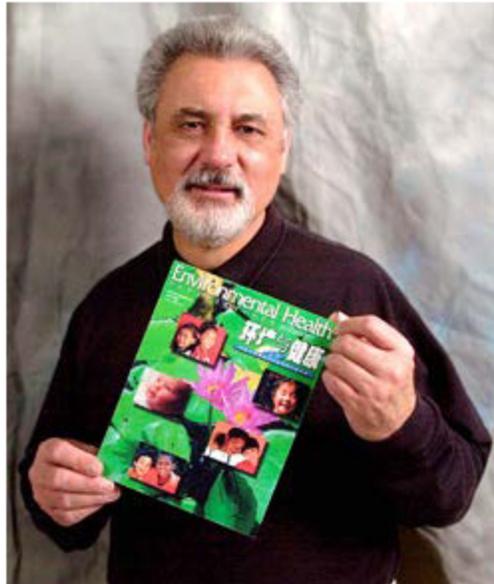
It's a new chapter — so to speak — for *Environmental Health Perspectives*.

For the first time ever, material from the NIEHS journal will be translated into a foreign language. EHP itself is already distributed worldwide, but only in English. In April, a Chinese-language supplement will be published for distribution in the People's Republic of China.

Editor-in-Chief Gary Hook said the supplement will be published three or four times a year. The content will focus on articles of general interest to environmental scientists, legislators, students, public health workers and regulators.

A contractor is working to obtain advertising support, and Hook said the publication could eventually become self-sustaining.

Environmental Health Perspectives
Editor-in-Chief Gary Hook holds the cover for the Chinese-language version of EHP, which will be published and distributed in the People's Republic of China in April.



NIEHS director Dr. Kenneth Olden said it is important to disseminate scientific information to as many individuals in the world as possible.

"I'm extremely pleased that we will now be publishing a version of EHP in China. Potentially, millions of people will benefit from the important science published in the institute's journal," he said.

Hook said he was approached about a year and a half ago by members of the Sun Day Center for Chinese Environmental Health, an organization of university scholars based in Nanjing. That center is handling the translations, printing and distribution. Hook said the audience in PRC is potentially enormous with an initial print run of 20,000; however, as word has spread concerning this environmental health publication a request has already been made to increase the distribution to 30,000.

"I'm proud to be part of it, and I'm proud our institute is there to do it," he said.

So what's next? Perhaps a Spanish version, Hook said.

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Music Is Tonic for Penta, NIEHS Scientist

By Colleen Chandler

His own ambitions would eventually take him in a very different direction. But John Penta began playing piano at age 9. His parents had decided he would be a professional pianist.

They were determined to keep John off the streets and out of trouble. And there was plenty of trouble for youth with too much time on their hands in the crowded Boston immigrant neighborhood where Penta grew up. The neighborhood had its advantages, though. As a young boy with friends from various cultures, Penta learned to speak Italian, French, German and Yiddish.



NIEHS's "Unsung Hero" Dr. John Penta volunteers his time and talent.

The Pentas enlisted the help of an immigrant from Italy to teach their young son the techniques of classical piano. Penta described his music teacher as a man of considerable girth, with Bell's palsy, a form of paralysis resulting from cranial nerve damage that disfigured his face.

"I was afraid of him," Penta said. "He played backup with the Boston Symphony so he was very serious about music."

Penta said the man laid out the rules and the young Penta reluctantly agreed to follow them, although he was not happy about trading Saturday mornings with his friends for the rigorous discipline of piano playing. To make matters worse, Penta said, he was expected to wear a shirt and tie to lessons, and to come with clean, trimmed fingernails.

"I was soon introduced to Messrs. Beethoven, Chopin, Mozart et. al., but I was more interested in Messrs. Mantle, DiMaggio, Williams and a guy named 'Say Hey' Mays," Penta said.

He quickly learned, however, that he could make money playing the piano. By age 12, he was rewriting musical scores and playing in restaurants and theaters in his neighborhood and around Boston. He was bringing in a substantial income from tips.

He was barely 15 when he was accepted into the New England Conservatory of Music in Boston. His training included recitals by memory. He spent hours perfecting his classical presence at the keyboard, with arms parallel to the piano and wrists flat enough to balance coins.

"There I learned more about my old friend Chopin, and met some new ones named Schubert, Von Suppe and Puccini," Penta said. Much to the dismay of his professors, he continued to play pop music on weekends. "My weekend friends were Frank Sinatra, Duke Ellington and Count Basie," he noted.

The money was good and the people were interesting, so Penta spent several years playing in those "less distinguished habitats."

He said an interest in science had always lurked beneath the surface of his education. Penta's parents had enrolled him in a boys' school across town from the neighborhood he lived in. There he obtained a strong background in math and science.

"To me, it was very similar to music. Learning a periodic table is no different than learning a piece from Bach."

Penta soon left Boston for Purdue, about an hour and a half from downtown Chicago. There, he quickly discovered the upscale clubs, and was as quickly hired to play piano.

Penta earned his doctorate from Purdue. He continued his education, doing oncology research at NCI, where he advanced to section chief, and at Johns Hopkins Oncology Center in Baltimore. At NCI, he was part of a national effort that led to the treatment of osteogenic sarcoma in children and teenagers. That treatment is still used today. He moved to North Carolina and has been at NIEHS in Research Triangle Park for 5 years. There, he heads the Technology Transfer Program.

In December he was one of three people selected for the newest NIEHS Director's Award, the Unsung Hero Award. The award cites his commitment to technology transfer work at NIEHS, his time spent as a frequent volunteer lecturer on cancer detection and his popular piano-playing during lunchtimes and institute events.

Penta also volunteers his time and talent to entertain at local nursing homes and teaches oncology as an adjunct associate professor of medicine at Duke University Medical Center.

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NIAAA Streamlines Organization, Functions

Dr. Enoch Gordis, director of the National Institute on Alcohol Abuse and Alcoholism, recently announced a major institute reorganization after completion of a detailed study of NIAAA's extramural research and support functions.

"The last significant institute organizational change was in 1986, and I wanted to make changes in the structure of the institute to reflect the scientific advances and changes in our field," he said. A major component of the reorganization is the establishment of the Office of Collaborative Research, which will have responsibility for all crosscutting programs in NIAAA such as AIDS, women's health, minority programs, health disparities, research centers, institutional research training and international programs. Dr. Faye Calhoun has been appointed director of this new office.

Dr. Faye Calhoun heads NIAAA's new Office of Collaborative Research.



Other changes include assigning the institute's planning and evaluation functions to the Office of Scientific Affairs in order to streamline and integrate all research planning into an organization with scientific expertise.

As part of the organization study, assessments of the effectiveness of NIAAA's administrative operations, research dissemination, and policy/public liaison activities were conducted. Although a number of policy and user issues were identified and new approaches implemented, no organizational changes to these functions were found to be needed at this time.

Gordis reported that the institute's staff, national advisory council and scientific community support the reorganization, and pointed out that the "staff of the Office of the Director was reduced from 17 to 8, which was a significant streamlining event for NIAAA."

STEP Session on 'Science of Aging'

The Staff Training in Extramural Programs presents "The Science of Aging: Sustaining Independence," on Tuesday, Apr. 17 from 8:30 a.m. to noon in Wilson Hall, on the third floor of Bldg. 1.

Aging gracefully and sustaining the ability to live independently are major personal and societal goals. The good news from science is that aspects of aging once viewed as inevitable are now viewed as preventable. This STEP Science and the Public Health session will explore why some people lead healthy, independent and productive lives well into their 70s, 80s, 90s and even beyond, while others succumb to age-related diseases and disabilities in their 60s or much earlier. It will review recent scientific advances that may lay the foundations for future interventions to prevent the onset of Alzheimer's disease and other age-related conditions. It will present results from clinical evaluations of interventions to prevent disability and sustain independent living among the elderly.

Dr. Raynard Kington, NIH associate director for behavioral and social sciences research, will serve as moderator for the session and will present a brief overview of demographic trends and implications of an aging population. The four speakers and topics include: Dr. Richard Miller, University of Michigan, "The Biology of Aging and Longevity — Evidence from the Laboratory and the Jungle"; Dr. Marcelle Morrison-Bogorad, acting deputy director, NIA, "The Aging Brain: Normal Aging and Alzheimer's Disease"; Dr. Linda P. Fried, Johns Hopkins University, "Maintaining Independence of Older Adults through Targeting Individual Needs"; and Dr. Laura L. Carstensen, Stanford University, "Reaping the Potential of the Mature Population in the 21st Century."

All NIH employees are invited to attend. No advance registration is necessary. Inform the STEP office at 435-2769 about any need for sign language interpretation or other reasonable accommodation by Apr. 10.

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FARE Abstract Competition for Fellows

The eighth annual Fellows Award for Research Excellence (FARE) 2002 competition will again provide recognition for outstanding scientific research performed by intramural postdoctoral fellows. Winners of FARE will each receive a \$1,000 travel award to use for attending and presenting their work at a scientific meeting. Twenty-five percent of the fellows who apply will win an award.

Fellows who apply to FARE submit an abstract of their research, which will be evaluated anonymously on scientific merit, originality, experimental design and overall quality/presentation. The travel award must be used between Oct. 1, 2001, and Sept. 30, 2002.

The FARE 2002 competition is open to post-doctoral IRTA's, visiting fellows, and other fellows with less than 5 years total postdoctoral experience in the NIH intramural research program. In addition, pre-IRTA's performing their dissertation research at NIH are also eligible to compete. Visiting fellows/scientists must not have been tenured at their home institute. Questions about eligibility should be addressed to your institute's scientific director.

Fellows are asked to submit their application, including abstract, electronically, from May 1-31 via <http://felcom.nih.gov/FARE>. Those who can't access the electronic application in their laboratory can find computers in Bldg. 10 at the NIH Library or Cybercafe. Winners will be announced by September 2001. More information is available on the web site above. Questions may be addressed to your institute's fellows committee representative.

Take Your Child To Work Day Shaping Up

The Take Your Child to Work Day planning committee is seeking activities and handout items (pens, cups, brochures, pencils, water bottles, etc.) for the approximately 600 children expected on campus Thursday, Apr. 26 from 9 a.m. to 4 p.m. The committee encourages participation by group — IC, branch, lab, office — in designing interesting on-the-job activities for kids ages 8 to 15 to help make this year's event as successful as in previous years. Activities should offer learning experiences about the various occupations — scientific/medical and administrative — at NIH, and should encourage youngsters to consider careers in research or research support fields. For more information or to submit activities or goody bag items, call Sandra King at 435-2524 or Ana Kennedy at 402-4157. Keep in mind that all activities must be fully accessible to persons with disabilities. If you need guidance on providing reasonable accommodation, call Gary Morin at 496-4628 or 496-9755 TTY.

Orioles Tickets at R&W

The R&W will have 50 tickets for the following Baltimore Orioles baseball games: May 4-6 vs. the Yankees, May 27 vs. the Rangers, June 14 vs. the Mets, Aug. 12 vs. the Red Sox and Sept. 22 vs. the Yankees. Ticket price is \$14.50. Seats are located under cover in the lower reserve section of left-center field. Most seats are in section 87, rows E and F.

FEW Chapter Meeting, Dinner Set

Federally Employed Women, Bethesda chapter, invites you to attend its next meeting on Tuesday, Apr. 10, from noon to 1 p.m. in Bldg. 31, Conf. Rm. 10. Speaker Kristin Arnold, master facilitator, Quality Process Consultants, Inc., will discuss "Conducting Effective Business Meetings." The next FEW membership dinner will be held on Monday, Apr. 16, at 5:30 p.m. Brian Sanderoff, a pharmacist and talk show host, will discuss "Herbs and Women's Health" at the Far East Restaurant's upstairs party room, 5005 Nicholson Lane, Rockville. Fee is \$20 per person, to be paid at the door. RSVP required by Apr. 10 to Angela Magliozzi, 496-1642 or email amagliozzi@niaid.nih.gov. For more information about the chapter, visit <http://www.FEWBethesda.com>.

Fatigue Awareness Day, Apr. 5

The fourth annual national Cancer Fatigue Awareness Day will be held Thursday, Apr. 5. The Hematology/Oncology Program of Care staff at NIH will host a full day of activities to educate patients, family members and staff regarding fatigue awareness and management. The observance will include nutrition education, relaxation and guided imagery, energy-saving adaptive devices, and loads of energizing food and drinks. Stop by for food, fun and activities in the 13 East Day Hospital Patient Education Room, Bldg. 10 from 10 a.m. to 4 p.m. that day.

Children's Inn Needs Overnight Volunteers

Overnight resident volunteer managers are needed to staff the Children's Inn. Volunteers typically serve one or two times every couple of months, managing the inn from 6 p.m. Fridays through 2:30 p.m. Sundays. Split shifts are also available. Volunteers are also needed to cover weeknights while staff members are on leave. A staff member is on call at all times.

Two-person teams are most frequently married couples, friends, mother/daughter pairs, etc. However, individuals may volunteer to manage the inn as well. The teams receive inn operations and procedures training and reside at the inn during their experience as onsite hosts, facilitators and managers. This is an opportunity to find out just how special the children and their families are. To help, call Laura King, director of volunteers, 496-5672.

HRDD Offers Management Training

The Human Resource Development Division has teamed with the American Management Association to offer four 2-day management seminars designed for mid-level to senior managers in government scientific agencies. These seminars are: Managing the Innovative Enterprise; Leadership and Team Development for Scientists and Managers; Technical Project Management;

and Leading Virtual and Remote Teams.

The material in these seminars has been presented by AMA for leading pharmaceutical and research firms and is being offered to government scientists for the first time. Seminars are open to scientists, managers, technical and support personnel, and other interested employees. For more information, visit <http://learningsource.od.nih.gov> and click on Management, Supervisory and Professional Development or contact HRDD at 496-6211.

Literary Events Tied to Inn

Two literary events in late April involve the Children's Inn at NIH. On Thursday, Apr. 26 at Chevy Chase Cars in Bethesda, a "Literary Tailgate Party Under the Stars" kicks off the second annual Bethesda Literary Festival and celebrates the Children's Inn and its Vital Signs Poetry Project. Lasting from 7:30 to 9 p.m., the event features Henry Taylor, a Pulitzer Prize-winning poet, Warren Brown, who is auto columnist for the *Washington Post*, and Davi Walders and participants in the Vital Signs Poetry Project. The event's slogan is, "You bring the family; we'll provide the picnic and entertainment."

On Friday, Apr. 27, Brown, Taylor and Walders join poets Richard McCann and Linda Pastan, among others, for a colloquium titled "Essential Bridges: Using the Humanities in Medical and Therapeutic Settings." It begins at 8:30 a.m. and goes until 5 p.m. at the Neuroscience Conference Center, 6001 Executive Blvd. Cost is \$30 and registration is limited to 150 people who must sign up by Apr. 6. For more information call Gil Brown, 496-5672.

Wednesday Afternoon Lectures

The Wednesday Afternoon Lecture series — held on its namesake day at 3 p.m. in Masur Auditorium, Bldg. 10 — features Dr. Roger A. Nicoll on Apr. 11, who will speak on "Synaptic Plasticity and the Redistribution of Glutamate Receptors." He is professor, department of cellular and molecular pharmacology and physiology, University of California, San Francisco.

On Apr. 18, Dr. David L. DeMets, professor and chair, department of biostatistics and medical informatics, University of Wisconsin Medical School, will present the 2001 Robert S. Gordon Jr. Lecture in Epidemiology, "Managing and Monitoring Multicenter Clinical Trials: Who Is in Charge of What?"

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

Housing Needed for Future Scientists

Every summer, 1,000 students from across the United States come to train on the NIH campus. They are undergraduates, graduate students, medical and dental students who are here from 6 to 10 weeks, usually starting in May or June. If you would like to help by renting a room in your home or rental property to these future physicians and scientists, contact R&W, 496-4600, or see www.recgov.org (click on NIH, then housing).

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Byrnes Appointed SRA at CSR



Dr. Noni Husain Byrnes is now the scientific review administrator of the bioanalytical engineering and chemistry special emphasis panel at the Center for Scientific Review. She earned her Ph.D. in analytical chemistry at Emory University and then became a research scientist for the bioanalytical section at Procter and Gamble Pharmaceuticals. While there, she developed several bioanalytical methods for the testing of cardiac drug candidates and metabolites, established in-house automated solid-phase extraction technology for phase III clinical trial samples, and was the section representative on a multi-disciplinary team that successfully completed an investigational new drug submission package for the Food and Drug Administration.

Cox Is New NEI Staff Scientist



Dr. Terry A. Cox recently joined NEI as a staff scientist in the Division of Epidemiology and Clinical Research. He comes from Duke University Medical Center, where he served in both the department of biostatistics and bioinformatics and the department of ophthalmology. In addition to assisting colleagues with the design and analysis of research projects, he maintained a clinical practice in neuro-ophthalmology and conducted both clinical and statistical research. A combination of ophthalmologist and statistician, Cox brings to NEI experience in clinical neuro-ophthalmology, ophthalmic biostatistics and epidemiological studies. In his new position, he will develop new statistical methods for ophthalmic data and provide statistical support for NEI studies at the Clinical Center.

Gardner Appointed FIC Senior Advisor



Dr. Pierce Gardner has joined the Fogarty International Center as senior advisor for clinical research and training. He will work across NIH and with U.S. schools of medicine and public health to help ensure that FIC's current and future programs include appropriate activities in clinical training and research. In addition, he will develop the FIC program on international clinical, operational and health services research and training (ICOHRTA), working with partner ICs at NIH. The ICOHRTA will help scientists in low- and middle-income countries, working with U.S. partners, to design and implement essential clinical trials. Gardner comes to FIC from the State University of New York at Stony Brook, where he was associate dean for academic affairs and professor of medicine.

Rojo Joins FIC as Division Director



Minerva Rojo recently joined FIC as director of its Division of International Relations (DIR). Formerly a foreign affairs officer at the Department of State, she will bring extensive international experience to overseeing DIR, which promotes the international exchange of scientists and fosters cooperation in biomedical research throughout the world. Most recently, she was acting deputy of the State Department office of environmental policy, where she was responsible for developing and implementing U.S. foreign policy on environmental matters in a number of multilateral organizations, including the U.N. Environment Program, the Organization for Economic Cooperation and Development, the World Trade Organization and WHO.

Schmitt Named Scientific Review Administrator



Dr. Clare Schmitt is the new scientific review administrator of the Center for Scientific Review's special reviews study section that reviews Small Business Innovation Research grant applications for the infectious diseases and microbiology integrated review group. She holds a Ph.D. in microbiology from the University of Texas at Austin. She did postdoctoral research at the Uniform Services University of the Health Sciences in Bethesda, where she studied food-borne pathogens. Schmitt eventually became a research assistant professor in the USUHS department of microbiology and immunology and conducted both basic and applied research on *Salmonella*, *E. coli* and *Campylobacter*.

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Science Writer Joyce Doherty Dies

By Joan Chamberlain

Joyce Doherty, former science writer for NCI and NEI, died Feb. 28 in Bloomington, Ind., of pancreatic cancer.

From 1981 to 1988, she worked in NCI's press office on issues ranging from the discovery of the AIDS virus, first known as HTLV-3, to experimental cancer therapies such as interleukin-2. Of her demanding, "whirlwind" interaction with the press, she recalled, "We were at the heart of a very important activity, explaining and defending institute research and positions. We succeeded most of the time. It was an honor to be associated with the NIH, and I was always proud to say I worked there."



NIH retirees Jim and Joyce Doherty. Joyce died on Feb. 28.

"Joyce was always upbeat and poised for action no matter how tense the situation, and press work is often very stressful," said Pat Newman, chief of the NCI press office. "Though she left the NIH more than a decade ago, we kept in touch and had a warm personal relationship until her death."

In 1988, Doherty joined NEI's information office, where she wrote speeches and information about eye diseases for patients and the lay public. She retired in 1992 and 2 years later moved to Bloomington with her husband Jim, who retired from NCCR as information officer. The Dohertys traveled to Ireland, Kenya, Sicily and the Caribbean, but their first love was the vibrant cultural life they found in Bloomington and the home they were constantly "building, painting, designing, tearing down, and putting back together, much to our neighbors' amusement," said Joyce, who loved nothing more than to contemplate her summer garden from the deck she built. "I don't think I ever visited their home without being brought up to date on the latest project," said family friend Rev. Bernard Head, who remembered Joyce's "dedication to home and husband and her no-nonsense wisdom about the big issues of life."

Born in St. Paul, Minn., Doherty received her B.A. from St. Thomas College and her M.A. in English from the University of Notre Dame. She taught English in several Minnesota high schools and was working toward her doctorate in English at Notre Dame when she met and married Jim, a fellow graduate student. Before coming to NIH, Doherty served as information officer for the U.S. Water Resources Council, a small presidential commission that was phased out during the Reagan administration.

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NEI Seeks People for Lutein Study

The National Eye Institute seeks people age 60 or older for a study to evaluate the effects of lutein, an antioxidant vitamin, on the development of age-related macular degeneration (AMD), the leading cause of vision loss in Americans over 60. People with and without AMD are needed. The study is designed to determine the effect of various dosage levels of oral lutein supplements on eye health. Participants must agree to be followed for 1 year, must not currently be taking lutein supplements other than multivitamins containing small amounts of lutein, must not have had an acute potentially life-threatening illness such as a heart attack in the last year, and must not have a history of any cancer or blood disease not in remission. For more information, call Merria Woods, 402-1369.

Postpartum Depression Study

The Behavioral Endocrinology Branch, NIMH, is seeking volunteer mothers ages 18-40 who have had one or more past episodes of postpartum depression following a full-term pregnancy, but are not currently depressed. Participants must be free of medical illnesses, medication-free and currently not breastfeeding. Volunteers may be asked to participate in a 6-month protocol investigating the effects of hormones on brain and behavior. All participants who complete the study will be paid. For details, call Linda Simpson-St. Clair, 496-9576.

Adults Needed for Study

College-educated, middle-aged adults are needed for a 2-day outpatient study at NIMH. Involves blood draw and routine clinical, neurological and cognitive procedures. A stipend is available. Inquire at 435-8970.

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A Feeder of Rock Creek NIH Creek To Be Restored, Cleaned

By Rich McManus

Photos by Rich McManus

On the Front Page...

The humbly scenic little waterway known as the NIH Creek, which meanders northeast across campus from an outfall underneath the corner of South and Center Drives, is going to get a long-delayed restoration in the next year or so. Authorities from the Office of Research Services recently finished a year-long study of the creek and are now proceeding to the design and construction phase of the \$700,000 project aimed chiefly at stemming a serious erosion problem.

Continued...

Last profiled in the Oct. 6, 1987, issue of the Record, the NIH Creek — not to be confused with a sister stream known as Stony Creek (or Stream G), which also runs northeast, but from the south boundary of NIH property across the lawn of the National Library of Medicine — suffers a badly eroded shoreline, allows too much sediment to wash into its waters, and is marred by an astonishing assortment of manmade junk including fractured concrete curbing, tumults of asphalt paving, and myriad blocks of masonry plonked into the watercourse in old and unlettered attempts at responsible stream management.



Through a culvert built in 1957, the NIH creek exits campus under Rockville Pike near Cedar Lane.

"In the fifties, sixties and seventies, rubble was dumped in there to firm up the streambed and banks," said Lynn Mueller, chief of the grounds maintenance and landscaping section, Division of Engineering Services, ORS. "Of course nowadays that's not acceptable...We're going to attempt to return the stream to its natural setting, and make it more attractive to wildlife."

Fauna at the creek includes stickleback minnows, crawfish, ducks, beavers visiting from Rock Creek Park and lots of birdlife, Mueller said. "But the creek is not very conducive to life in its present shape, especially when we get these big afternoon storms and washouts."

A pair of mallards paddle upstream in the vicinity of Bldg. 21.



He said NIH sits on very soft soil, and that water rushing off rooftops and parking lots during summer thunderstorms builds quickly, rushing — with its load of sediment — virtually unimpeded into the creek. Particularly in the vicinity of Bldg. 21 south of Wilson Drive, where the creek has several "S" turns, erosion is worst. Back in 1972, during Hurricane Agnes, the stream in this location overflowed its banks and flooded Bldg. 21 up to the main floor. The renovation project should prevent that from ever occurring again, Mueller said.

"The quality of the landscaping will also be greatly enhanced," he added. "A variety of fruit and nut trees including walnuts, hickories and pawpaws have been planted along the creek in the past 3 years. The willow trees that line the bank were put there specifically to stop erosion — they were planted in the early 1980's, and have been pretty successful. But the water is still more powerful than the trees."

Once the project is complete in summer 2002, Mueller anticipates the return of birds, fish and butterflies to the creek. "It's been a long time coming to give this creek the attention that it needs," he said.



After the daylight headwall near the intersection of South and Center Drives, there are 13 headwalls along the creek, which is about a half-mile long. Maintenance workers clean the trap in the foreground on an as-needed basis.

Hummocks of asphalt and concrete pollute the stream course near Bldg. 21.



Mueller said he gets email from advocates of the creek whenever something is amiss there. "We don't have much control over what gets dumped into the creek upstream from NIH and passes through here," he lamented. The stream originates in the neighborhoods west of NIH in the vicinity of Suburban Hospital and is then piped underground until it daylights at the outfall near Bldg. 21. "If there's something wrong with the creek like oil, litter or being muddy, folks automatically assume NIH caused it."

The restoration project is being led by J.P. Licud of the Design, Construction and Alteration Branch, DES, who has gotten consulting help from Montgomery County, the U.S. Army Corps of Engineers, and from the same architecture/engineering firm that helped the Navy manage its portion of Stony Creek on the other side of Rockville Pike from NIH.

"We need to control the quality of water going into the creek," he said. Eventually, he envisions placement of "sand filters" on the banks of the creek, through which runoff will perk before reaching the stream itself. "The filters are 18 feet long, 2-3 feet wide and 4 feet deep," he explained. Six of the filters will be buried near Bldg. 21, a project that will involve some minor excavation, and perhaps the temporary closing of a few parking spaces.



There are places where the creek is barely six inches across (foreground); and places where it widens to more than 8 feet (center).

This shot of Bldg. 1 with the creek in the foreground makes NIH seem like a sylvan place for conducting biomedical research. The creek has also been known as the NIH Stream, and, as one wag dubbed it, "the East River."



Licud has already appeared, through the auspices of NIH's Office of Community Liaison, before community groups to present the project, and reports that neighbors, particularly on the Cedar Lane side of the campus, are delighted. "They are saying, 'That's good...That's great...It's about time.'"

The design phase of the project starts in April and will last about 6 months, followed by a construction phase expected to end sometime next summer. The recently completed study phase was extensive as engineers carefully measured erosion rates, and evaluated water quality including temperature, pH level, and levels of dissolved solids and bacteria. Some of the measuring apparatus can still be seen poking through the turf near the intersection of Cedar Lane and Rockville Pike, where the NIH Creek exits campus through pipes under the pike, then heads toward Rock Creek, the Potomac, then Chesapeake Bay.



An aisle of weeping willow trees, not yet in bloom, lines the bank of the creek. They were planted in the 1980's as a way of reinforcing the banksides.

An octagonal slab of sidewalk sits

in the middle of the creek near parking lot 31C.



The remains of an old dam include this low wall and a half-buried portion on the opposite bank. There were four small fish ponds along the Bldg. 21 section of the creek, dating back to the original Peters Estate. Bldgs. 16 and 16A were built about 1930 and the creek was dammed up for the ponds. The ponds and dams were all gone by the early 1950's, except for a few relics.

Oddments of concrete line the bank north of lot 31C.



Bashed-off accretions of masonry flank this headwall near North Drive.

Granite boulders buttress the east bank of the creek near parking lot 31C.



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Garfield Is 'Spokescat' NHLBI Launches Children's Sleep Initiative

By *Ellen Sommer*

On the Front Page...

NHLBI recently kicked off a major 5-year educational initiative to reach children ages 7-11, their parents, teachers and health care providers, with the message that adequate nighttime sleep — most children need at least 9 hours each night — is important to their health, performance and safety.

Continued...

The initiative is bringing together national and local organizations to implement strategies to create greater public awareness of the importance of sleep for young children. The goal is to instill in children the understanding that sleep is important to doing your best in whatever you do, including school activities, sports and other extracurricular activities, and good family relationships and friendships.

"We want young children to understand that they need at least 9 hours of restful sleep each night and to establish a good night's sleep as a lifelong habit," said NHLBI director Dr. Claude Lenfant. "Adequate sleep is associated with good health and performance as well as fewer accidents, an even more critical issue when children reach adolescence and need to be aware of the dangers of drowsy driving."



NHLBI director Dr. Claude Lenfant welcomes Garfield and the three sleep contest winners (from l) Xavier Powers, Danny Strohmman and Katie Seamon.

He also announced that Garfield creator Jim Davis and his studio, PAWS, Inc., are cosponsoring this initiative. "Garfield has tremendous appeal to people of all ages, and messages from Garfield about the importance of sleep should have particular resonance for young children, as well as their parents," Lenfant said.

Sleep problems are estimated to affect about 70 million Americans of every age, race and socioeconomic level, and there is a growing body of scientific evidence showing that inadequate sleep results in difficulties with focused attention, irritability, easy frustration and difficulty modulating impulses and emotions. This is as true for children as it is for adults, although little attention has been paid to the problem of sleep in children.

The campaign, whose theme is "Sleep Well. Do Well.," is being implemented by the National Center on Sleep Disorders Research at NHLBI. Center director Dr. Carl E. Hunt explained, "Sleep disorders are often not recognized in children, and symptoms related to sleep deprivation may be erroneously attributed to hyperactivity or behavior disorders, to boredom with school, or to today's hectic lifestyles."

PAWS, Inc., representative Kim Campbell, joined by Garfield, the campaign's "Star Sleeper," read a letter from Jim Davis, stating, "Garfield and I and the folks at PAWS, Inc. are delighted to play a role in this important campaign to teach kids that a good night's sleep is important if you want to do well in school and in sports and be in top form."

Garfield also joined Hunt in presenting awards to three youngsters who won a Garfield sleep contest, which was posted on the NCSDR and PAWS web sites in October 2000: 10-year-old Katie Seamon from Pittsburgh; Xavier Powers, age 9, from Alliance, Ohio; and 8-year-old Danny Strohman from Duluth, Minn.

The 2-month contest, which attracted scores of entries from throughout the U.S., challenged children in grades 1 through 5 to write the ending for a comic strip that showed Garfield lamenting that he had stayed up too late last night and was so tired today that he did something wrong or silly. The winning entries were: "Kissed Nermal instead of my mirror," from Seamon; "Wore my gloves for shoes and shoes for gloves," provided by Powers; and "Fell asleep in my lasagna pan," submitted by Strohman.

Each child received a large version of the Garfield comic strip with the ending that he or she had suggested. The strip was specially drawn and signed by Davis. The winners also received copies of a new Garfield Star Sleeper Fun Pad, a 48-page book of games and puzzles with embedded sleep messages, and a 16-inch tall plush Garfield doll in his "Star Sleeper" jammies.

The Fun Pad will be distributed to children ages 7-11 through school, youth and physician groups. An interactive online version, as well as other sleep education materials, are available on the NHLBI sleep web site at www.nhlbi.nih.gov/sleep.

An important component of the campaign is partnerships with organizations concerned about children's health. Organizations that have signed on include the National Association of Elementary School Principals, the American Academy of Pediatrics, the American Academy of Sleep Medicine and the Capital Children's Museum in D.C., which hosted the kickoff event.

Another partnering organization is the World Public Charter School, a Washington, D.C., elementary school located at the Capital Children's Museum. Philip Duarte, a first-grade teacher there, and his students demonstrated a classroom session on sleep. To emphasize that an environment conducive to sleep is important, the children were asked to say what they need to help them get a good night's sleep, just as Garfield needs his teddy bear and his blanket. Some of their answers: a teddy bear, a story, a warm bath and a relaxation tape.

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