

THE NIH RECORD

Still The Second Best Thing About Payday

CFC Ends with Record Total Of Contributions

After months of fundraising for charities, the NIH 2001 Combined Federal Campaign has drawn to a close. A concluding CFC awards ceremony and reception took place on Mar. 7 to commend the efforts of those who led the campaign to success. Attending were CFC deputy coordinators, assistant coordinators and others who played key roles in the campaign.

In her opening remarks, NIH acting director Dr. Ruth Kirschstein reported that the NIH CFC raised \$1.6 million, exceeding its goal of \$1.3 million. She recognized the NIGMS staff, led by Martha Pine, associate director for administration and operations, for their success in managing this year's campaign. Assisting Pine throughout the campaign was her secretary, Sue Thompson. Kirschstein said, "[NIGMS'] innovative approach to goal-setting and their creative

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Bronner-Fraser To Give Director's Lecture, May 1 in Masur

Dr. Marianne Bronner-Fraser will deliver the NIH Director's Lecture on the "Formation and Evolution of the Neural Crest" at 3 p.m. on Wednesday, May 1 in Masur Auditorium, Bldg. 10. Bronner-Fraser is the Albert Billings Ruddock professor in the division of biology at the California Institute of Technology. Her talk will include some of her laboratory's latest findings on neural crest formation as well as their attempts to analyze the evolution of the neural crest in the vertebrate embryo.

The neural crest is a band of cells that forms from the ectoderm, the embryo's outermost layer that will become the nervous system (brain and spinal cord) and skin. Neural crest cells also migrate to form

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

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Women's Contributions Noted, Lauded

Heroic Women Recall Sept. 11, Usher in Season of Promise

By Carla Garnett

NIH's annual salute to women's history reflected sadness as well as hope as the aftermath of Sept. 11 was once again viewed, this time through the eyes of five women directly involved in the emergency responses. Held on Mar. 20, the first day of spring, the program also reflected a spirit of renewal that seems to be occurring not only in the nation and community, but also in women as a group and as individuals.

"Although not evident at first—during the truly tragic events of September 11—the destinies of women and our most basic rights are irrevocably intertwined with

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Dr. Arlyn Garcia-Perez offers inspirational words during NIH's recent observance of Women's History Month.

New Treatments for Alcoholism on Horizon

By Rich McManus

Though there is still much to be done in matching dose and medication to the person suffering the brain disease, alcoholism is the subject of new medical breakthroughs, according to a trio of speakers at Clinical Center Grand Rounds on Mar. 27. As an example, in one instance described during an hour-long session devoted to "Alcoholism: New Potions and Remedies," a hardened alcoholic of many years standing, who used to drink a case of beer every other day, was transformed within 3 weeks into a teetotaler.

The patient, a 42-year-old rancher who had begun drinking at age 10 and had accumulated some 11 driving-while-intoxicated offenses, plus 25 arrests for public drunkenness, in addition to failing treatment for alcohol dependence 6 times, was put on an experimental medication by physicians at the University of Texas Health Sciences Center in San Antonio, said Dr. Nassima Ait-Daoud, an assistant professor there who presented the case. Within 7 weeks of initiating therapy, the man no longer craved alcohol. He has been off medication for 3 years, remains absti-

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publicity activities enabled virtually all NIH components to reach their CFC goals."

Christine G. Williams, director of the Office of Healthcare Information at the Agency for Healthcare Research and Quality, presented Kirschstein with the Pacesetter Award, the highest honor the National Capital Area CFC gives to a large campaign. The award recognizes a gain of at least 4 percent in collections over the previous year. NIH far surpassed this level, taking in 11 percent more than last year.

The ceremony continued with the presentation of



At the recent CFC award ceremony were (from l) Christine Williams, director of the Office of Healthcare Information, Agency for Healthcare Research and Quality; Dr. Ruth Kirschstein, NIH acting director; and Martha Pine, NIGMS associate director for administration and operations.

the Merit, Chairman's, President's, and Honor Awards. These went to several institutes, centers and offices that met or exceeded their goals by the end of the campaign. Others received CFC tote bags



Pine listens to remarks offered by her secretary, Sue Thompson.

containing plaques for deputy and assistant coordinators and certificates for keyworkers. The event ended with a raffle drawing for coordinators, keyworkers and donors. Prizes included tickets to a Kennedy Center performance, Washington Wizards tickets and gift certificates to Best Buy. ■

Forum on Patients' Privacy Protection

The staff training in extramural programs will hold a Current Controversies in Medicine Forum on Tuesday, Apr. 30 from 8:30 a.m. to noon in the Neurosciences Center's Rm. C. The title is "Patients, Privacy and Protection: How Are Your Data Used?"

Valuable biological information can be acquired from the tissues, cells and DNA of patients and their families to improve their health. Advances in biomedical research enable scientists to use this information to improve diagnosis of disease and develop therapeutic treatments to promote health. But who will have access to this information and how will it be used? The forum will explore the rights and responsibilities of the patient, the practitioner and the researcher to protect individual privacy while ensuring that individually identifiable research data can be used for scientific discoveries. Controversies and approaches related to patient privacy and confidentiality will be explored. Stress will be placed on current legislation and HHS guidance, especially the "Privacy Rule." Attendees earn ESA credit. ■

Fibromyalgia and Exercise Study

Fibromyalgia affects millions of Americans. It can cause widespread muscle joint pain, fatigue and other symptoms. NIH researchers invite women diagnosed with fibromyalgia to take part in a new study to test the benefits of exercise. For more information, call 1-800-411-1222 (TTY: 1-866-411-1010). ■

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♻️ The Record is recyclable as office white paper.

Healthy Volunteers Needed

Normal volunteers, ages 20 to 55, are needed for a research study run by NIAID. Volunteers will receive an FDA-approved drug designed to increase white blood cell count and then participate in apheresis (a blood donation) to collect the excess cells. Compensation is provided. Interested individuals should call Mary Huber at 496-7935.

Anxiety Disorders Screening Set, May 2

When severe anxiety emerges and persists, our lives seem to take on a pervasive pall. We're convinced we'll never feel like ourselves again, that no one could understand what we're going through. But sometimes anxiety is milder, not so devastating, not so disabling, not so constant—but disturbing and bothersome nonetheless.

Anxiety comes in many forms and in varying degrees, sometimes out of the blue, sometimes after painful or traumatic experiences. But however it manifests itself, help is available—if we seek the proven approaches that research has translated into effective treatments, namely, certain types of psychotherapy, medication or a combination of both.

Yet, many of the nearly 20 million Americans who suffer from an anxiety disorder don't reach out—whether because they're unaware they have a treatable condition or they fear what others will think. But the sooner a person gets help, the quicker he or she can feel good again—sometimes for the first time in many years.

If you work at NIH and would like to be screened, visit any of the six sites below between 11 a.m. and 3 p.m. on Thursday, May 2, which is National Anxiety Disorders Screening Day:

Bethesda	Rockville	Frederick
31/B2B57	EPN/103	Ft. Detrick, Bldg. 426,
10/6C306	NSC, Rm. B	Rm. 156
Rockledge I/5038		

This walk-in event, which asks no names and ensures confidentiality, permits NIH participants to view a short video about anxiety disorders, fill out an anonymous screening tool, and consult with an onsite mental health professional. Staff can also drop by and pick up materials, including a list of resources.

Symptoms of the five major types of anxiety disorders may be experienced differently and can also overlap or change over time. They may include obsessions and compulsions; recurrent nightmares, intrusive thoughts, and emotional numbing; feelings of unreality; sudden panic, with racing heartbeat, dizziness, and sweating; avoidance of anxiety-provoking situations or places; relentless worry about objectively unjustified concerns; and/or irrational fears, whether of rarely encountered objects, such as snakes, or of daily situations, such as the need to interact with people.

For more information, visit www.nimh.nih.gov/anxiety/anxietymenu.cfm.

If you have questions about the event—sponsored by the NIH Work & Family Life Center and the National Institute of Mental Health, with support from the Employee Assistance Program—or to request reasonable accommodation, call 443-4533. ■



Dr. Vilhelm Bohr, a grandson of Nobel laureate Dr. Niels Bohr, presented recollections of his grandparents on Mar. 2 at Baird Auditorium, Smithsonian Institution. The occasion was a daylong symposium, "Copenhagen Interpretation: Science and History on Stage" which coincided with the production of Copenhagen at the Kennedy Center. The symposium explored the science and history surrounding the play and its protagonists. In the play, Niels Bohr, his wife Margrethe and Werner Heisenberg, once a colleague of Bohr's but now on opposite sides of a world war, meet again in 1941 in Copenhagen. In the photo above, Dr. Vilhelm Bohr (r), chief of the Laboratory of Molecular Gerontology, National Institute on Aging, poses with Dr. Jochen Heisenberg (l), son of Werner Heisenberg, and (from l) actors Hank Statton portraying Werner Heisenberg, Mariette Hartley portraying Margrethe Bohr, and Len Cariou playing Niels Bohr.

Take Your Child to Work Day, Apr. 25

Let your child experience the exciting world of science and medical research. Take Your Child to Work Day is an opportunity to have your children (ages 8-15) observe and participate in some of the exciting careers offered at NIH. On Thursday, Apr. 25 from 9 a.m. to 4 p.m., NIH will again sponsor an educational, fun event. Information on activities and registration requirements can be found on the web site <http://www.cc.nih.gov/cc/nihkids/>. There are many activities that do not require registration and provide children with important information about some of the services and occupations here at NIH. Remember that adults are expected to accompany their children throughout the day.

For more information, contact Joyce Starks, 402-6068, StarksJ@od1em1.od.nih.gov or Ana Kennedy, 496-4547, KennedyA@od.nih.gov. For reasonable accommodation, contact Gary Morin by Apr. 19 at 496-4628 or 496-9755 TTY.

Chamber Music Concert, Apr. 28

The Rock Creek Chamber Players will perform at 3 p.m. on Sunday, Apr. 28 in the Clinical Center's 14th floor assembly hall. The free public concert, sponsored by the recreation therapy section, will include short works performed by the string ensemble of the Montgomery County Youth Orchestras; Haydn's Quartet, Op. 76, No. 2, performed by the Envoy Quartet; Frank Bridge's *Lament* for two violas; and Moszkowski's suite for two violins and piano. For more information call (202) 337-8710.

National Day Of Prayer Set, May 2

Congress has called on U.S. citizens to reaffirm the role of prayer in society and to honor the religious diversity our freedom permits by recognizing annually a National Day of Prayer. On Thursday, May 2, the Noontime Christian Fellowship will hold a prayer vigil near the front steps of Bldg. 1. Anyone desiring to pray for our nation and its leaders is encouraged to come to the ceremony from 11:30 a.m. to 12:45 p.m. Guest speaker will be Minister Kevin Williams, senior pastor of Love and Faith World Outreach Church, Fort Washington, Md.

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other cells in the body, including pigment cells, nerve cells and bone cells that form the facial skeleton. Neural crest cells are unique to vertebrates.

"This one group of cells gives rise to cells that are as different as the bone cells in your face and the nerve cells in your gut," said Bronner-Fraser. "How does a cell decide whether to become a bone cell or a nerve cell? And how does it know where to go? Or for that matter, how does an ectoderm cell decide to become a neural crest cell? That's what our research is focused on now." Using chicken embryos, she and her colleagues have identified some of the molecules involved in creating the neural crest. How these molecules communicate with one another to initiate the process is part of their research.

Beyond studying its development, she and her colleagues are trying to answer the larger question of how the neural crest evolved. They hope to shed light on this topic by looking at two snakelike, aquatic creatures: the lamprey (which has neural crest cells and is a vertebrate) and the amphioxus (which does not have neural crest cells and is not a vertebrate). Their goal is to determine the genetic differences that resulted in one species developing a neural crest but not the other.

Bronner-Fraser holds several NIH grants—from NIDCR, NICHD and NINDS—focused on developmental biology. In 2001, she also received an NIH grant to organize the Gordon research conference on developmental biology, the premier meeting for this field in the world.

She received a Sc.B. in biophysics from Brown University in 1975 and a Ph.D. in biophysics from Johns Hopkins University in 1979. Bronner-Fraser joined the faculty at the University of California, Irvine, in 1980 and was appointed full professor in 1990 as well as codirector of the Developmental Biology Center. In 1996, she moved to Caltech, where she became the Ruddock professor in 2000 and chair of the faculty in 2001.

Bronner-Fraser has taught courses in developmental biology, cell biology and developmental neurobiology both at UC, Irvine and Caltech. Together with her husband, Dr. Scott Fraser, she codirected the embryology course at the Marine Biological Laboratory at Woods Hole, Mass., from 1997-2001. The course is over 100 years old and teaches graduate students and postgraduate students current approaches to developmental biology.

Among her many honors and awards are excellence in teaching awards from both the Caltech biology undergraduate student advisory committee and the school's student association. She currently serves on the NASA life sciences panel for developmental biology and has served as a member of the council for the American Society for Cell Biology.

For information and reasonable accommodation, contact Hilda Madine at 594-5595. ■



Ground will be broken this month on a new 18-room addition to the Children's Inn at NIH, which now has 37 rooms for pediatric patients being treated at the Clinical Center, and their families. The site for the addition, which will also include expanded office space and a new common kitchen area, is the playground shown above, which is just south of the inn. Workmen have been dismantling the playground recently in anticipation of the new construction. Ceremonial groundbreaking will take place Apr. 24 at 10:30 a.m.

FARE Abstract Competition for Fellows

The ninth annual Fellows Award for Research Excellence (FARE) 2003 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. One-quarter 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, 2002, and Sept. 30, 2003.

The FARE 2003 competition is open to postdoctoral IRTAs, visiting fellows and other fellows with less than 5 years total postdoctoral experience in the NIH intramural research program. In addition, pre-IRTAs performing their doctoral 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. Winners will be announced by the end of September 2002. More information is available on the web site above. Questions may be addressed to your institute's fellows committee representative. ■

Attention Cancer Patients

If you are 55-75 years old with leukemia or lymphoma or MDS, doctors at NIH invite you to take part in a transplant study. Call 1-800-411-1222. ■

Fauci Wins Albany Medical Center Prize

NIAID director Dr. Anthony S. Fauci was named Mar. 27 as the winner of the \$500,000 Albany Medical Center Prize in Medicine and Biomedical Research, the richest award in medicine in the United States, second only to the Nobel Prize worldwide.

He was cited for his research on AIDS and other diseases of the immune system, for his overall contributions to the advancement of science and for his distinguished public service.

"Today we honor Dr. Fauci as one of the nation's leading physician-scientists, for his seminal contributions in helping researchers understand how the AIDS virus destroys the body's defenses, for his groundbreaking work in developing effective therapies for several once fatal rheumatic diseases, for his current efforts in spearheading the drive for vaccines to prevent the HIV virus, smallpox, anthrax and the Ebola virus, and for his overall scientific leadership and public service," said James J. Barba, chairman of the board, president and chief executive officer of Albany Medical Center.

The prize was established in November 2000 following a \$50 million gift commitment to Albany Medical Center from Morris Silverman, a New York City businessman and philanthropist who was born in Troy, N.Y., and educated in nearby Albany. The annual prize, announced each spring, has been created to encourage and recognize extraordinary and sustained contributions to improving health care and promoting biomedical research with translational benefits applied to improved patient care.

The prize also recognizes Fauci's role as a spokesperson after the events of Sept. 11, 2001, and following last fall's anthrax attacks via mail. "In the weeks and months after Sept. 11, Dr. Fauci was a ubiquitous and reassuring presence—offering a sobering, yet candid assessment of the likelihood of a mass bioterror attack," said a release. "He has been credited with helping to allay widespread fear through his appearances at White House press briefings, on news talk shows, and in testimony before Congress."

Fauci is married to Clinical Center bioethicist Dr. Christine Grady. The couple has three daughters, ages 15, 12 and 9. Fauci will be honored during a reception and dinner at the Franklin Plaza in Troy, N.Y., on Apr. 17. ■

Healthy Adults Needed

NIMH's section on clinical and experimental neuropsychology is looking for healthy men and women who are interested in participating in a brief study of attention. If you are interested, call 496-2552. ■

Campaign Warns of Drinking While Pregnant

Local Washington celebrities joined officials from NIAAA and the National Organization on Fetal Alcohol Syndrome (NOFAS) at a Mar. 5 news conference to launch a campaign in the city to raise awareness on drinking during pregnancy.

Debra Terry, from Washington's WPGC radio, and Marquita Aldrich of the Washington Mystics basketball team were among the speakers helping to get the effort under way with the message, "Play It Smart. Alcohol and Pregnancy Don't Mix."

Prenatal alcohol exposure is the leading known cause of preventable birth defects and learning difficulties. In his remarks at the news conference, NIAAA acting director Dr. Raynard Kington stated that as many as 40,000 infants born each year have some degree of alcohol-related effects. They range from mild learning and behavioral problems, to growth deficiencies, to severe mental and physical impairment. The most severe form is fetal alcohol syndrome, or FAS. Alcohol-related birth defects cost society an estimated \$4 billion annually in health care expenses and lost productivity.

The multimedia campaign being launched is a pilot program aimed at African-American women of childbearing age in Washington, D.C. For reasons not fully understood, FAS tends to be more common in minority populations in U.S. cities. The D.C. pilot program will send its message through posters in Metro stations and on buses, radio (and eventually TV) public service announcements, and partnerships with community groups, local health organizations and retail establishments. After the campaign is assessed, the sponsors hope to extend it to other target groups of women and in other cities across the country. ■

Female Volunteers Needed

NIMH seeks females ages 18-55 to participate in studies of the effects of menstrual cycle hormones on brain and behavior. Volunteers must have regular menstrual cycles with no changes in mood in relationship to menses, be free of medical illnesses and not taking any hormones or medication on a regular basis. They will complete daily rating forms and be offered participation in one or more protocols. Payment is offered. For more information, call Linda Simpson-St. Clair, 496-9576. ■



Helping to kick off a public education campaign on drinking and pregnancy are (from l) Debra Terry, WPGC radio; Dr. Raynard Kington, NIAAA acting director; Marquita Aldrich, Washington Mystics; Terry Lierman, NOFAS chair emeritus; and Tom Donaldson, NOFAS executive director.

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those events,” remarked Dr. Arlyn Garcia-Perez, assistant director of NIH’s Office of Intramural Research, who noted that issues such as pay parity for women and recruitment of women to top leadership positions may initially seem less important in the shadow of the attacks. In fact, she said, such topics gain in relevance given the world’s current climate.

“Before September 11,” Garcia-Perez continued, “the plight of women in Afghanistan under the Taliban regime had been a footnote, relegated to specialized news programs and public broadcasting documentaries. Our intervention in Afghanistan has now liberated—at least initially—those

women, providing them the very basic right to be educated, to learn how to read and write.”

What an appropriate way to celebrate Women’s History Month, she said, acknowledging that the first official day of school for Afghan women and girls would also be marked at the same time in history. “So they’ll never forget—as we won’t as women and leaders in the greatest free nation in the world—that everything we do, everything we strive for, everything we struggle for, everything we aspire to and everything we gain sets an example for women all around the world. That example should always remain nothing but the most shining beacon of light for our less fortunate sisters to be guided by, because indeed we are all connected.”

Also during the observance, a panel of five women shared firsthand accounts and photos of their roles in the aftermath of the nation’s worst terrorist act. Blanche Williams Corey, president of Blanche Williams World-wide Inc., moderated the panel. Five NIH women were also honored for their outstanding performance to NIH following 9/11.

“President Bush proclaimed March as Women’s History Month,” said Joan Brogan, deputy director of NIH’s Office of Equal Opportunity. “As part of this observance he encouraged every American to learn more about the important contributions that American women have made to make our nation free, strong, a voice for peace around the world. He encouraged all of us to learn more about these legacies, and this is what we’re about today.”

NIH acting director Dr. Ruth Kirschstein, a history-maker in her own right who has spent more than 46 years in various leadership positions at NIH and who now has led the agency for more than 2 years—longer than some former NIH directors

PHOTOS: ERNIE BRANSON



Panelist Brenda Rabbit (l), a lieutenant at the D.C. fire department who said the worst previous disaster she faced was the 14th St. Bridge plane crash, described fire suppression efforts at the Pentagon on 9/11. PHS medical technician Betty Hastings (r) offered a glimpse of the NYC site 10 days later: “The smell was the smell of destruction, destruction of human life, destruction of property and destruction of human spirit. I cannot begin to describe the difficult transition of traveling by bus from midtown Manhattan, where things seemed normal, to the biggest open wound in American history.”



OEO Director Larry Self and OEO Deputy Director Joan Brogan (r) offer congratulations to five NIH women honored for outstanding accomplishments after 9/11. Honorees included (from l) Lucienne Nelson, Commissioned Corps Readiness Force, Clinical Center nursing department; Karen Heflin, secretary, NIH police department; and Angela Milton, ORS program specialist. Honorees not shown are Diane Eagle of NICHHD and Dr. Deborah Wilson of ORS.

appointed permanently to the position—encouraged the assembly.

“I was not at all surprised by the way our nation rallied to the aid of those who needed comfort or rescue,” she said. “Nor was I in the least surprised by the fact that women contributed so much to the emergency operations in New York, the Pentagon, and Pennsylvania, and to the long difficult rebuilding that is still going on. Part of my hopeful attitude comes from my long association with this institution and with the women of this institution, who have

Blanche Williams Corey, who moderated the panel’s discussion on women’s roles during and after the events of Sept. 11, shows the token of appreciation given to panelists and honorees at NIH’s recent Women’s History Month program.



been dedicated to bettering the lives of Americans and strengthening our security for more than a century.

“Here at NIH, health and security are one,” she emphasized. “At NIH women and men are working every day to fulfill a promise made to the American people on this campus on October 31, 1940 by President Roosevelt, a promise to provide the scientific knowledge needed to improve the health, prolong the lives and enhance quality of humankind regardless of race, creed, age or gender. Roosevelt said, ‘We cannot be a strong nation unless we are a healthy nation.’ Improving the health of American citizens through medical research goes hand in hand with bolstering our economy and our civil defense system. Both constitute domestic national security.”

Among those rallying to aid the nation in crisis was panelist Angela Martinelli of PHS, who was deployed to New York to help with rescue efforts. She gave a gripping and emotional account of the day's events and her role in them.

Offering details of local emergency efforts was panelist Tiffanye Costello, lead instructor for the Arlington County fire department, who said perspectives from 9/11 are necessarily different for those who were involved in emergency operations that day. "Unlike the images of the World Trade Center, where you see everyone rushing from the building and running away," she said, "the images I remember most were the people running to the Pentagon to help. The urgency there was to help anyone and everyone. I come to you on behalf of not only the eight women from my department who responded, but also for all the countless women who responded to the Pentagon. It was women who were the main reason why our department was able to respond so completely. [Despite the tremendous focus on the Pentagon crash scene], there was not a call that was not answered in Arlington County during that time."

Deployed to ground zero on Sept. 21 with the PHS National Disaster Medical Assistance Team, panelist Betty Hastings, a medical technician, described herself as "a social worker in uniform." She recalled the scenes of devastation and grief that met her team at the start of their shift and said she relied on her experiences as a Girl Scout to help her through 9/11. "What it taught me was that 'On my honor, I will

post-9/11, we can recognize some of our own women, women who belong to the family of NIH."

She also briefly discussed the month's national theme, "Women: Sustaining the American Spirit," and noted that historically "in times of catastrophic events, women who considered themselves ordinary became in fact extraordinary." Maddox acknowl-



edged that in the past decade the nation and NIH in particular have urged the traditional caretakers to take better care of themselves. "We've always recognized that women have cared about their families and their communities," she said, "but with the establishment of the Office of Research on Women's Health in 1990 and with a lot more emphasis on women's health, we've been able to say perhaps women will now focus on themselves and their own health."

Capt. Patricia Haynes of the NIH Police Branch and panelist reflected on changes to her profession—both locally and nationwide. "I have been in the law enforcement arena for more than 23 years," she said, "but law enforcement now is totally different than it was before 9/11. Prior to 9/11, at NIH the police department's primary focus was catching the everyday criminal. After 9/11, our focus was not only on your everyday criminal, but also on the threat of bioterrorism. We had to develop new strategies and policies to meet these objectives."

Noting that the safety of employees, patients and visitors had always been given highest priority and that the priority never changed, she admitted that "now the nature of the dangers has changed."

Women, she said, have demonstrated extraordinary capabilities holding positions in scientific laboratories, in hospital settings, in roles of leadership and in government offices. "There is no field in life, no position in government or in civilian society where women are not equally capable," Haynes concluded. "For women post-9/11, we need to begin the healing process in our homes and our communities. We have a real opportunity today to use our moral authority, our hearts and our minds to help ensure peace for our children and our children's children." ■

Among those aiding the nation in crisis was panelist Angela Martinelli of PHS (l), who was deployed to New York to help with rescue efforts. Panelist Tiffanye Costello (c) of the Arlington County fire department recalled the caring community of people who responded in the hours immediately after the attack at the Pentagon: "We were tired and our feet were always wet, but to all the volunteers who just saw that we had dry socks and T-shirts, I want you to know that those efforts were truly appreciated." Capt. Patricia Haynes (r) of the NIH Police Branch spoke about changes in her profession: "Law enforcement now is totally different than it was before 9/11."

"...My hopeful attitude comes from my long association with this institution and with the women of this institution, who have been dedicated to bettering the lives of Americans and strengthening our security for more than a century."—Dr. Ruth Kirschstein

try to serve God and my country' and help others whenever I can," she said, recalling words and sentiment of the Girl Scout Promise.

Panelist Brenda Rabbit, a lieutenant at the D.C. fire department who helped with fire suppression and rescue at the Pentagon with 80 other members of her station on 9/11, recalled being moved by the American flags she saw everywhere. Following their presentations, the panelists were given mementos of appreciation by Rudene Thomas, president of the Bethesda chapter of Federally Employed Women and event planning committee chair.

Congratulating all the women, NIH acting deputy director Dr. Yvonne Maddox said, "I would venture to say that these women who were outstanding after 9/11 are also women who were outstanding before 9/11, in terms of their tenacity and in terms of their commitment. It's great that as we learn about the heroism and courage of people all over the country



Woodrow Wilson High School junior Jason Kamosi (r) participated in CIT Groundhog Job Shadow Day 2002 by following two CIT staff members, Peter Munson, computer specialist, and Jennifer Barb (l), student trainee systems analyst, during their work day on Feb. 4. First instituted in 1998, this popular program usually takes place on Groundhog Day and encourages qualified students to spend the day "shadowing" computer scientist staff members. Several ICs, including CIT and NLM, participate in the program. Its purpose is to help high school students gain new perspective on how their course work relates to possible careers in the sciences. During a working lunch over pizza and soda, Kamosi said he found the experience, "very informative and enjoyable."

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ment, has regained social stability and now counsels other alcoholics, added Ait-Daoud.

The physician-researchers, all of whom are funded by the National Institute on Alcohol Abuse and Alcoholism, are optimistic that advances in pharmacogenetics will yield great benefits in the treatment of alcohol dependence. "The new medications are really becoming practical additions to psychotherapy" in treating alcoholism—believed to be both a brain and behavioral illness—said Dr. Bankole Johnson, Wurzbach distinguished professor of psychiatry at UT, San Antonio. "Matching the right type of medicine for the right type of person (there is evidence of biological differences between early- and late-onset alcoholics) can be highly beneficial. In the future, pharmacogenetic studies can tailor treatment even more effectively."

"You have a much lower risk of becoming an alcoholic if you start drinking after age 21."

More than 14 million Americans are believed to suffer from alcohol abuse and dependence; the cost to society is estimated at \$184 billion annually, "or about the same range as cancer and heart disease," reported Dr. Fulton Crews, director of the Bowles Center for Alcohol Studies and professor of pharmacology and psychiatry at the University of North Carolina, Chapel Hill. "A lot of that cost is in lost productivity."

Some 10 percent of employed males are alcohol-dependent, and 5 percent of all deaths are alcohol-related, he continued. The peak age of dependence is 25-45, though drinking usually starts 10-15 years earlier. While the amount one drinks is not a criteria for alcoholism, some 20 percent of the nation's drinkers are consuming 80 percent of the booze, Crews noted. "You have a small percentage of drinkers consuming a large percentage of all the alcohol consumed."

There are six criteria for defining a patient as alcoholic, half of which are loss-of-control issues, and the rest involving one's preoccupation with obtaining and consuming alcohol.

"Alcoholism is progressive and chronic," Crews said. Its earliest symptoms are behavioral (fighting, arrests, accidents), and the disease is marked by both psychological and physical dependence.

While there is a "very strong genetic component" to alcoholism, the disease is not totally governed by inheritance; Crews estimates the cause as 60 percent hereditary and 40 percent environmental. Most susceptible to the disease are so-called "low responders," as measured both subjectively and hormonally—it takes more alcohol to affect these individuals, which translates into a tendency to consume heavily.

A 1994 study of drug use and addiction in the U.S.

showed that more than 90 percent of Americans have experimented with alcohol, and about 70 percent drink at least occasionally. About 15 percent of those who experiment become alcohol-dependent at some point in life. This compares to a dependency rate of 25 percent in those who experiment with smoking tobacco, and around 4 percent in marijuana smokers.

Summarizing the pharmacology of alcohol's effect on the brain, Crews noted that chronic alcohol alters a variety of signaling pathways, blunting "pro-survival" pathways and increasing neurotoxic ones.

Crews' lab is currently exploring the hypothesis that binge drinking leads to chronic abuse. He showed evidence that brain volume, chiefly cortical gray matter, reduces over time in heavy drinkers, with the frontal regions of the brain most severely affected. "The degeneration we have seen is somewhat selective, corresponding to losses in such abilities as executive function and problem-solving." He has also demonstrated that alcohol abuse impairs creation of neuroprogenitor cells, or cells destined to become mature brain cells.

Using an animal model of 4-day bingeing, Crews reported "a significant increase in neuron death. Binge drinking does cause damage." But it is not yet clear that it leads to alcoholism.

Adolescent age turns out to be a major risk factor for alcoholism—"you have a much lower risk of becoming an alcoholic if you start drinking after age 21," he said.

Fortunately, the brain regenerates during abstinence, said Crews, adding that an alcoholic must remain dry for long enough for the brain's executive-function capacity to return. Metabolic recovery from alcoholism can take place after about 2 weeks, he said. "Recovery is greater in abstainers than relapsers," he observed.

Bankole Johnson's talk dealt with the complexities of the serotonin, glutamate and opioid systems in the brain, a knotty maze of chemical interactions affecting mood, sleep and vulnerability to addiction. Therapies involving selective serotonin reuptake inhibition have been somewhat effective, he said, but he is now investigating a drug called ondansetron, an antagonist of the 5HT3 receptor. "This drug is quite expensive but is highly promising as a treatment for early onset or biological alcoholism," he said.

Johnson also suggested, with real optimism, that careful, targeted alteration of selected neurotransmitters in the brain offers the best hope for new therapies. ■

Knee Injury of the ACL?

No surgery? Call NIH for a study of how the hip takes over the work of the knee. Compensation provided. Dial 1-800-411-1222. ■

Extramural Associates Hold Biennial Conference

By Gerri Adams-Simmons

NICHHD director Dr. Duane Alexander set the tone for the future at the 2002 Extramural Associates Program biennial update conference. "At the Clinical Center, in the Visitor Information Center," he began, "there is a Nobel laureates' wall that has pictures and stories of the research accomplishments of NIH grantees and our own scientists who are Nobel prize winners. It's quite dramatic that virtually all who are on this wall are white and male. That needs to be changed. We need diversity on that wall, just as there is diversity in the halls of fame, and you, the Extramural Associates Program, are one of the ways we hope to achieve that."



Current EAs include Dr. Betty Dennis (l) of North Carolina Central University and Dr. Glendora Carter of Jarvis Christian College.

The program began, as it did 24 years ago, with the entrance of three new EAs interviewed by Dr. Matthew Kinnard, EA program director. As a neophyte health scientist administrator at the National Institute of Dental Research in 1977, Kinnard interviewed three EAs during an MBRS/MARC symposium: one from

Chicago State University, one from Paine College in Augusta, Ga., and another from Southern University in Baton Rouge, La.—all are still employed at their respective schools and continue to have an impact on university programs.

Two activities distinguish the EA program from other NIH targeted programs: the annual regional technical assistance workshops for recruitment, and the biennial conference that familiarizes EA alumni with emerging EA-related research and training opportunities, and updates knowledge of NIH grants management and administration policies.

The program made a giant leap forward in the early 1990s when the advisory board convinced the administration of Alabama A&M State University to award \$40,000 to Dr. Jeanette Jones, who had recently returned from EA residency training. The award was to help her involve A&M faculty and students in research and training activities. That grant, coupled with an experimental HHS initiative—the 4-year "Capacity Building" award given to four historically black colleges and universities—ultimately resulted in the launching of the Extramural Associates Research Development Award (EARDA) in 1994.

The EARDA is a grant given to EAs returning from NIH residency training to help them achieve long- and short-term program goals more effectively. Since 1994, 58 people have been trained and



Attending the EA conference were (from l) NIH associate director for research on women's health Dr. Vivian Pinn, EA program director Dr. Matthew Kinnard, NICHHD director Dr. Duane Alexander and NIH acting deputy director Dr. Yvonne Maddox.

received the EARDA grant. Other notable changes instituted by the program since then include: a two-model EA residency training experience and two versions of the EARDA; a mid-semester sabbatical from the 5-month residency training; inclusion of selected community colleges as eligible EA participants; and organized participation in non-federal, but related organizations.

Ironically, Alexander, the only IC director to have served on the advisory board, was a board member when the EARDA grant was added. Because the program was under the NIH Office of the Director at the time, it—like all OD components—had no grant management, review or award authority, nor was there a mechanism for secondary peer (council) review. Alexander came to the rescue, volunteering the necessary grant support and NICHHD advisory council services to maintain the EARDA. Those services have continued undiminished and in June 2000 the program was officially transferred from OER/OD to NICHHD.

The 80 participants at the conference also heard from Dr. Yvonne Maddox, NIH acting deputy director and NICHHD deputy director. "We began early on when Dr. Ruth Kirschstein 2 years ago proposed that we would have trans-NIH initiatives to address the President's health disparities initiative," she recalled. "I was pleased to be able to share responsibility for planning this initiative with Dr. Anthony Fauci of the allergy institute. Dr. Kirschstein made it clear to me then that she wanted to see programs such as the EA program, the MARC program, the MBRS program—the programs that have been working for years with special populations—to be the focus or pivotal point for the health disparities initiative."

Alexander's closing remarks held special meaning for the EAs: "If it takes a village to raise a child," he said, "it takes a diverse population to overcome health disparities. Providing that diversity is what the Extramural Associates Program is all about." ■



At the update conference, Kinnard and Dr. Hinda Zlotnik, EA advisory board vice chair, show the honor award they presented to Dr. Mildred Ofosu "for her sustained and dedicated service to the goals and ideals of the EA program." Kinnard said, "Ofosu serves unselfishly as an unofficial mentor and advisor to at least half of those EAs trained since I assumed the directorship in 1994."

Premier Night at Circus Draws Crowd

Some 8,400 guests were on hand for the annual Premier Evening of the Ringling Bros. and Barnum & Bailey Circus at the MCI Center, cosponsored by NIH's Recreation and Welfare Association.

R&W was able to bring children from most area hospitals, including the Clinical Center, Children's Hospital, Fairfax Hospital, Georgetown University Hospital, Walter Reed and Navy Medical, said Randy Schools, president of R&W.

"It was a grand time," he said. The sponsors also donated more than 2,000 tickets for clients



Showing off a tie-dyed Camp Fantastic T-shirt are Paula and Hugh Murphy, joined by Dave Smith (l), executive director of Special Love Inc., which sponsors the camp. Looking on are camper Kate (l) and Kara Murphy.

PHOTOS: ERNIE BRANSON

Fellows Hold 'Survival Skills' Workshop

The NIH fellows committee, in conjunction with the Office of Education and the Office of Research on Women's Health, is holding a series of Survival Skills Workshops. The next one is titled "Negotiating a Job Offer" and will be held twice on Monday, Apr. 22; from 8:30 to 11:30 a.m. in Lipsett Amphitheater, Bldg. 10, and again from 1:30 to 3:30 p.m. in Lipsett. Guest speaker is Dr. Laurie Weingart of Carnegie Mellon University's graduate school of industrial administration.

In the workshop, fellows will learn to identify and discuss such key issues as salary and start-up funds with potential employers. They will also learn how to obtain a desirable employment package and the resources needed for successful careers.

For more information, contact Debbie Cohen (dec@helix.nih.gov) or Margaret Mentink-Kane (mmentink@niaid.nih.gov), 594-2345. ■

"The opportunities for progress in mental retardation research have never been better," said Dr. James Hanson, new director of NICHD's Mental Retardation and Developmental Disabilities Branch. Advances in genetics and the development of new molecular tools promise to make great inroads into the causes, treatment and prevention of mental retardation and developmental disabilities. Similarly, advances in behavioral and patient-oriented research can help to ensure that these new advances can be used by patients and their families in their everyday lives. Before coming to NICHD, Hanson was acting chief of the Clinical and Genetic Epidemiology Research Branch, NCI. In his new position, he looks to the recent sequencing of the human genome to provide important tools to understand how genetic variation contributes to human development, health and disability. He also seeks to exploit advances in imaging, environmental sciences, new computer-based advances in the collection and analysis of scientific data, and communication technologies to help in the treatment and prevention of mental retardation and developmental disabilities.



13-Week Weight Management Program

The Uniformed Services University is looking for overweight, healthy African American women between the ages of 18-55 who are not pregnant to participate in a weight management program as part of an ongoing study examining factors affecting weight loss. In addition, applicants should not smoke or have problems with thyroid, kidney, or heart disease, diabetes or uncontrolled hypertension. Program and materials provided at no cost. Interested individuals should call (301) 295-9664. ■



Performers from the Ringling Bros. and Barnum & Bailey Circus posed with many of the children, including Travis Casey, a Children's Inn resident.

of Bethesda Cares, Greentree Shelter, Bethesda Youth Services, Wells Robertson House, Stepping Stone Shelter, St. Ann's Home, Linkages to Learning, Special Love/Camp Fantastic and other facilities aiding families and children. Guests were fed at MCI Center and entertained

by circus employees, who stop in Washington, D.C., each spring for a series of performances.



Katie Collins, a camper at the summertime Camp Fantastic in Front Royal, Va., gets a touch-up from one of the many clowns who circulated at the charity event.



HRDD Class Offerings

The Human Resource Development Division supports the development of NIH human resources through consultation and provides training, career development programs and other services designed to enhance organizational performance. For more information call 496-6211 or visit <http://LearningSource.od.nih.gov>.

IMPAC II Peer Review Module	4/17
Introduction to MS Excel 2000	4/17
Professional Service Orders	4/17
Scientific and Technical Writing	4/17, 18, 19
Stressed For Success! Achieving Work/Life Balance	4/18
Conflict Across Cultures	4/23, 24
Critical Thinking	4/23
Speed Reading	4/23, 30, 5/7
Introduction to MS PowerPoint 2000	4/24
NIH Retirement Seminar—FERS	4/24, 25, 26
Plain Language in Government Writing	4/24, 25
Valuing Differences	4/24
Emotionally Intelligent Leadership	4/25
Intermediate Project Management	4/25, 26
Domestic Travel	4/29, 30, 5/1
Giving Dynamic Presentations for Women in Science	4/30, 5/1
Introduction to MS Access 2000	4/30
NIHITS II Training	4/30

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>.

Outlook 2000 Tips and Tricks	4/18
LAN Concepts	4/19
Network Security and Firewalls	4/19
Homology Modeling with GeneMine	4/19
C Language	4/22-5/1
The ABC's of ABC/M (Activity-Based Costing and Management)	4/22
Introduction to HTML	4/22
Data Warehouse Query: Travel	4/22
Statistical Analysis of Microarray Data	4/23
Experience the New Technologies of Office XP	4/23
BRMUG – Biomedical Researchers Macintosh User Group	4/23
Designing Effective Scientific Slides	4/24
Introduction to Perl for Biologists	4/24-25
Data Warehouse Query: Advanced Query and Reporting Workshop	4/25
The NIH Intranet Web Portal: An Overview of Technology and Content	4/25
Avoiding Pitfalls in Statistical Analysis	4/26
Introduction to Active Server Pages	4/26
Creating Composite Images with Photoshop	4/26
PowerPoint Topics: Graphs, Links and More	4/29
Getting Started with Knowledge Management	4/30
Titan Transition - Where's My Keyword?	4/30
Software Purchases: Before You Buy, Give NIH's SDP a Try	5/1
Introduction to Statistics	5/1-2

The Association for Women in Science Bethesda chapter presented its annual Awards for Excellence in Mentoring to Dr. Suzanne Epstein (l) and to Dr. Anita Roberts as part of its Mar. 21 meeting in the Cloisters chapel in Bldg. 60.



Epstein is chief of the Laboratory of Immunology and Developmental Biology, Division of Cellular and Gene Therapies, Food and Drug Administration. During her 17 years at FDA as a researcher and reviewer, she has mentored several postdoctoral students and a large number of summer students. As laboratory chief, she has recruited several tenure-track investigators and been very supportive of their career development. She is experienced in regulatory review of applications to FDA and has mentored a number of new reviewers. Roberts is chief of the Laboratory of Cell Regulation and Carcinogenesis at the National Cancer Institute. She was recognized for being a superb mentor to many members of her laboratory and has taken an active role in helping with their career development. According to AWIS, she creates an unusually cooperative, nurturing and supportive environment in the laboratory and handles personal problems with great sensitivity and fairness. She has helped many of her former fellows obtain excellent academic positions.

Study of Dystonia

Researchers at NIH are conducting a study to determine if amlodipine can improve the effects of botulinum toxin injections for individuals with cervical or focal hand dystonia. Call 1-800-411-1222 (TTY: 1-866-411-1010).



Excavation continues on the site of the new John Edward Porter Neuroscience Research Center, which is being built near the corner of Lincoln Drive and Old Georgetown Rd. The new laboratory facility will occupy 560,000 gross square feet, or roughly the same space as three Bldg. 36s, when it is completed in 2007. The giant hole in the ground is just across Old Georgetown Rd. from Suburban Hospital (upper l), and has been the scene of much dump truck traffic in recent months. Employees in Bldg. 36 can view not only the excavation, but also an exhibit on the Porter Center, on the first floor of the building's west side, overlooking the site of all the recent digging.

Do You Have Keloids?

If you and your family members have keloids, call 1-800-411-1222 for more information. Compensation available to those who take part in an NIH study. ■

Wednesday Afternoon Lectures

The Wednesday Afternoon Lecture series—held on its namesake day at 3 p.m. in Masur Auditorium, Bldg. 10—features Dr. A. James Hudspeth on Apr. 24, speaking on “How the Ear’s Works Work: Transduction and Amplification by Hair Cells.” He is HHMI investigator, F.M. Kirby professor and director, Kirby Center for Sensory Neuroscience, Rockefeller University.

On May 1, Dr. Marianne Bronner-Fraser will give an NIH Director’s Lecture on “Formation and Evolution of the Neural Crest” (see story on p. 1).

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

Brain Awareness Week

Olfaction Expert Describes Passion for ‘Nosing Around’

By Jennifer Wenger

It’s perhaps the most underappreciated of all our physical features—roundly resented for being too broad, too narrow, too pointy, too bumpy or too “pug.” But to Dr. Stuart Firestein, associate professor of biology at Columbia University in New York, the nose—a model of sensory sophistication—is nothing to sniff at.

“It’s the best chemical detector on the planet,” he declared matter-of-factly to an audience of 150-plus at The Brain, the Body, and Aging, a conference sponsored by NIH in accordance with Brain Awareness Week. Firestein, who delved into the question of how we smell, as well as current trends in olfaction research, spoke on behalf of the National Institute on Deafness and Other Communication Disorders, which has funded his research for more than a decade. Brain Awareness Week is an international educational effort of the Dana Alliance for Brain Initiatives and its sponsoring partners, of which NIH is a member. The National Institute on Aging took the lead in this year’s conference, held at the University of Maryland’s Rockville campus on Mar. 11 and 15.

“The nose does a lot more than just hold up our eyeglasses,” Firestein remarked amiably to the crowd of primarily senior citizens, who also had listened to lectures on Alzheimer’s disease, “senior moments,” and macular degeneration that day. Although generally not crucial to one’s day-to-day survival, our sense of smell plays a key role in the smelling and tasting of food, in sexual and social encounters, and in sensing environmental danger such as fires or gas leaks.

The inability to smell, or anosmia, can have a negative effect on a person’s quality of life, Firestein said. For example, in an attempt to counteract the perceived blandness of food, individuals who can’t smell may have the tendency to eat more sweet, salty and spicy fare—just the kinds of foods nutritionists tell us to steer clear of. They also may be ostracized socially for wearing too much perfume—or too little deodorant. Furthermore, not only are they at greater risk of not detecting certain environmental hazards, such as a gas leak in the home, but the realization of this fact can lead to psychological problems such as paranoia.

Odors—whether emanating from a sweet-smelling gardenia or a rank sweat sock—are volatile chemicals that can kill olfactory neurons. As a result, these neurons are replaced regularly throughout our lives. As we age, however, our ability to replace cells slows, which explains why so many elderly people lose their sensitivity to smell. Pollutants, head trauma, bacterial or viral infections, allergies or

sinusitis, and genetic factors also can lead to a reduction in olfactory ability.

Firestein credits genomics—the study of an organism’s complete genetic make-up—for generating some of the most exciting research findings in recent years regarding our ability to smell.

For example, when the mouse’s 1,000 genes that actively code for olfactory receptors (another 300 genes are considered “pseudogenes,” which means they may have been important at one time, but don’t play a role anymore) were overlaid with the human’s 350 genes (some 650 olfactory genes are pseudogenes), researchers discovered that the same area was covered, though in humans, one gene performed the work of three or four genes in mice. “That means that we can smell everything a mouse can, but that mice are able to discriminate more keenly between smells,” said Firestein. “It also means that the mouse is a good model for studying smell in humans.”

Currently, Firestein is studying the mouse to determine whether different genes are more active during certain periods of an organism’s life, and “turned off” during others.

According to Firestein, understanding how we smell has many beneficial applications: from helping rescue workers cope with objectionable odors while searching for survivors, to developing a “stink bomb” so foul and enduring that it could be used to force a military foe out of hiding. In addition, if certain olfactory receptors are more likely to become depleted as we age, then perhaps a food additive could be developed to target other receptors—making food, and life, a whole lot more palatable for the hundreds of thousands of Americans with smell disorders. ■

Study of Uveitis and JRA

Children are needed for a study of the safety and effectiveness of the drug etanercept (Enbrel) against a placebo. If your child has uveitis associated with juvenile rheumatoid arthritis, call 1-800-411-1222 (TTY 1-866-411-1010). The study take place at the Clinical Center. All study-related tests and medications are provided at no charge. ■



Dr. Stuart Firestein