

THE N I H R E C O R D

Still The Second Best Thing About Payday

Reporter Proposes Plain Language Alert System

By Susan Persons

To the delight and amusement of all who attended the second annual Plain Language Award Ceremony recently, Susan Dentzer, health correspondent for the *PBS Newshour with Jim Lehrer*, proposed a color-coded system that would forewarn readers of questionable language:

Blue Alert would announce hifalutin' language, soaring over everybody's head, like the sky.

Black would warn of stultifying prose, such as an IRS memo, where you can't see your way to the end of the tunnel.

Brown would be smoggy and dense.

Purple would suggest too many ruffles and
SEE PLAIN LANGUAGE, PAGE 5

Science Education Booth Debuts At Teachers Convention

By Cynthia Delgado

Horses vying for the Triple Crown at Baltimore's Pimlico Race Course have steel starting gates to hold them back. Teachers racing for the latest innovative education materials at San Diego's recent National Science Teachers Association convention had only a thin red ribbon and a single concierge to keep them at bay. Shortly after the



Students who use the curricula "appreciate what research scientists have to undergo," said Cindy Miyada of Downey, Calif.

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

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A 'Candy Store' for Reporters

Top Journalists Get to Know NIH

By Harrison Wein

Seven top journalists from around the country spent 3 weeks at NIH in March immersing themselves in the scientific culture they usually see from the outside.

They were here as medical science fellows sponsored by the University of Maryland's Knight Center for Specialized Journalism, funded by the John S. and James L. Knight Foundation. This is the third time journalists have visited NIH under the program.

Carol Horner, director of the Knight Center, said, "The idea behind the Knight Center in general is to provide opportunities for reporters to really learn something in depth about the subject areas that they cover." She said NIH was an obvious choice for journalists to pursue independent study in cutting-edge medical and scientific research. "NIH has a collection of the very best thinkers in so many areas, all in one place," she noted. "It's like a candy store for people who are interested in health and science. It really doesn't get any better."

OD's Office of Communications and Public Liaison organized

SEE KNIGHT FELLOWS, PAGE 6

Exercise Can Chase the Blues, Studies Show

By Sophia Glezos Voit

Feeling depressed? Research shows exercise may help. But first it helps to define "depressed" and it's also good to know what is meant by "exercise."

Psychiatrist Matthew Rudorfer, who heads the NIMH Somatic Treatments Program, addressed these and other issues in his recent hour-long presentation to NIH'ers on what scientists know about the effects of exercise on mood.

"The real question for us," he said at the outset of his Seminar Café talk at the Neuroscience Center, "is, 'Is exercise good for mood?'" The simple answer, he said, can be summed up in two short words: "Yes, but..."

It's an undisputed yes, he said, if you're in a low mood because of a bad day, and perhaps also if you meet the official criteria for major depression with mild symptoms. But the "but" applies to several factors not yet clearly defined.

For instance, because the published studies primarily involve participants who were exercising in group settings, could the antidepressant effect have come from something other than the exercise itself, such as the social support or even the physical environment (health club, the outdoors, etc.)? Possibly.

SEE CHASE THE BLUES, PAGE 2



Dr. Dale L. Birkle was appointed as a scientific review administrator at the National Center for Complementary and Alternative Medicine. A native Washingtonian, she earned a Ph.D. in pharmacology from the Medical College of Virginia, Virginia Commonwealth University. Her most recent research, funded by the National Science Foundation and the National Institute of Mental Health, included studying the effects of adverse early life experience on brain function and behavior, the impact of mental stress on cardiovascular disease, and neurobiological correlates of sensation-seeking behavior. Her scientific expertise focuses on the impact of the physical and psychological environment on brain structure and function, and the effects of drugs on the brain and cardiovascular system.

CHASE THE BLUES, CONTINUED FROM PAGE 1

Rudorfer told of a woman in her 40s in conventional treatment for depression (medication and psychotherapy). She arrived for an appointment "with a new bounce in her step and a smile on her face," he said. She'd been to the gym and met some new people, one of whom she went out with.

"Freeze frame," he interrupted himself. Was it the exercise or something else, like the medication or therapy beginning to take effect? Or possibly her renewed hope in friendship?

"This illustrates the challenge we're up against" in providing a definitive finding on exercise as a treatment for mood disorders, though it doesn't exclude the possibility that exercise may be an important treatment tool.

Another factor, Rudorfer said, that probably contributes to reports that exercise improves mood may be the people who join the studies; these study populations are mostly comprised of people whose depression is less severe, as well as those who are interested in exercise, since they're the ones who respond to the study-recruitment advertisements.

"There appears to be an inherent self-selection bias that accompanies many of these studies," he said. "Those with moderate or more severe depression seem to be less inclined to volunteer because of the intensity of symptoms, like fatigue, apathy, aversion to being around people, and lack of motivation, so they don't sign up. That's one reason it's hard to know whether exercise would help moderate to severe depression."

The most reliable and comprehensive study showing promise for the psychotherapeutic benefits of exercise, Rudorfer said, was a controlled clinical trial by NIMH grantee Dr. James Blumenthal and others at Duke University.

The 4-month study compared the efficacy of three randomly assigned treatments: aerobic exercise (for 45 minutes, three times a week); a commonly prescribed antidepressant (75-200 mg of Zoloft); and a combination of both.

Interestingly, by the end of the study, exercise proved to be as effective as medication, though the drug did improve symptoms sooner. And those in the combination group also fared well, with patients who had the mildest symptoms responding the quickest.

Does that mean "an exercise training program may be considered an alternative to antidepressants for treatment of depression in older persons," as the authors concluded? Maybe, but not yet, in Rudorfer's view. For one thing, people in the exercise arm were not only in group settings, but they also had eight times more interpersonal contact with the study's professional staff than the medication-only patients, since they saw the researchers each of the 48 exercise sessions.

Clearly, one can't know how the exercise patients

would have fared if they had worked out in a room by themselves. In his current study of older patients with depression, Blumenthal is adding a control group and eliminating the social setting for exercisers, in efforts to address this limitation.

For now, Rudorfer said, exercise should not be considered an alternative to conventional treatment for moderate to severe depression. "Exercise is showing a lot of promise as a potential adjunctive—and maybe even sole treatment—at the milder end of the depressive spectrum," he said. "But certainly for those who are more than mildly depressed, it's not ready for prime time."

Upcoming Seminar Café presentations include a May 16 talk by Dr. Edgardo Menvielle, NIMH child psychiatrist whose research focus is anxiety and trauma, on "Divorce and Children: What Experts Recommend." And on June 25, NIMH psychiatrist Regina James will speak on "Children at Their Worst: What We Need to Know About Disruptive Behaviors." She'll discuss the known causes and treatments, offer guidance to parents, and address educational and therapeutic alternatives for children whose problematic behaviors, despite numerous interventions, have not improved.

Sign language interpretation will be available. To request reasonable accommodation and to register for the seminar, call 443-4533 or write to sglezos@nih.gov. ■

National Day of Prayer, May 2

On Thursday, May 2, there will be a nondenominational 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. ■

N I H R E C O R D

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NIH Record Office
Bldg. 31, Rm. 5B41

Phone 496-2125
Fax 402-1485

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

Editor
Richard McManus
rm26q@nih.gov

Assistant Editor
Carla Garnett
cg9s@nih.gov

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Sodroski To Deliver Hill Lecture, May 17

A pioneer in HIV/AIDS research will visit the NIH campus to present this year's James C. Hill Memorial Lecture. Dr. Joseph Sodroski, who has made many seminal discoveries about how HIV infects cells and causes disease, will present a lecture titled "The Human Immunodeficiency Virus (HIV-1) Envelope Glycoproteins" on Friday, May 17 at 1 p.m. in Lipsett Amphitheater, Bldg. 10.

It is impossible to review the major publications in HIV research without seeing Sodroski's name figured prominently. An authority on the molecular biology of retroviruses, he has made major contributions to the study of HIV pathogenesis and has developed powerful tools to assist other researchers with their studies.



Sodroski, who is director of *Dr. Joseph Sodroski* the Center for AIDS Research at the Dana-Farber Cancer Institute, Beth Israel Deaconess Medical Center, and Children's Hospital in Boston, made his first major impact on HIV research when he and his coworkers discovered the key HIV regulatory proteins Tat and Rev. Those two proteins are critical molecular signals that govern HIV replication and have been the subject of extensive study since their discovery.

Sodroski's laboratory later conducted extensive research on the molecular interactions required for HIV to enter human cells. His team was the first to identify the CCR5 co-receptor on target cells, a discovery that changed the way researchers thought about HIV infection. His studies of the major HIV surface proteins, gp120 and gp41, have also revealed key aspects of how the virus attaches to cells and how the immune system might recognize the virus.

In addition to investigating the molecular underpinnings of HIV infection, he helped develop a valuable animal model of the disease. Using the related simian immunodeficiency virus (SIV), he produced a hybrid virus called SHIV that combines the external components of HIV with SIV's internal genes and proteins. The resulting virus infects monkeys and has proved to be a valuable tool for studying HIV pathogenesis and vaccines in animals.

Sodroski received his medical degree from Jefferson Medical College in Philadelphia and completed an internal medicine residency at New England Deaconess Hospital. In addition to his position at the Dana-Farber Cancer Institute, he serves as associate director of Harvard Medical School's division of AIDS and holds a joint appointment at Harvard School of Public Health.

The annual Dr. James C. Hill Memorial Lecture is

dedicated to the memory of the former deputy director of NIAID, who helped build the institute's HIV/AIDS research program during the earliest years of the epidemic and was instrumental in educating the public and government officials on the emerging threat of AIDS.

A reception will be held immediately following the lecture in the Lipsett Amphitheater lobby. All are welcome to attend. ■

Energy Awards Ceremony Honors ORS

NIH employees took home two of the six awards granted at the Department of Health and Human Services' annual Energy and Water Management Awards ceremony held recently. Awards were given in several categories including the "You Have the Power" Campaign.

Greg Leifer, energy engineer with the Division of Engineering Services, received an Individual Energy and Water Conservation Award for initiation and implementation of an alternative financing contract with Pepco to install variable frequency drives on motors that provide mechanical power to fans and pumps, energy efficient lighting fixtures, water saving plumbing fixtures, and individual meters on chilled water, steam, electricity and domestic water supplies. Through his effort, it is estimated that NIH will save \$125,000 in annual energy and water costs. Leifer was featured on the April Earth Day poster for his accomplishments.

The ORS team that worked on the Louis Stokes Laboratories (Bldg. 50) was also recognized. Wilson Franklin, Frank Kutlak, Kristy Long, Barbara Taylor, John Vilgos, Dan Walther and Rand Mortimer, who assisted in the design, construction and acquisition of the new 294,000-gross-square-foot facility, received the "You Have the Power" Campaign Energy Award for their involvement and inclusion of economically feasible and practical high-performance energy-saving features into the state-of-the-art research facility. Energy conservation measures include the use of desiccant energy recovery wheels, variable air volume systems, variable frequency drive motors, programmable high efficiency lighting systems, occupancy sensors and efficient water fixtures. With these energy-efficient devices, the building will use less than half the energy of a comparably complex conventional laboratory building.

NIH'ers were reminded that they have a key and pivotal role in helping HHS meet the energy conservation goals established by the President. Ways you can be active range from the procurement of Energy Star equipment such as computers, copiers, printers, and other office machinery, to simply turning off your personal computer and lights at day's end. ■

Healthy Children, Teens Needed

NIH is seeking healthy children, ages 6-17, to participate in a mood and emotion study. Children may be eligible if they do not have a history of psychiatric problems or take any prescribed medications, or have first-degree relatives with psychiatric problems. Participation involves 3 outpatient visits, at-home forms and 2 monthly followup visits. Compensation is provided. Call 496-8381.

NEW EXHIBIT, CONTINUED FROM PAGE 1

ribbon-cutting, more than 13,000 teachers formed a human stampede and rushed the convention center. Staff from the NIH Office of Science Education were there to receive them and handed out thousands of publications and other resources.

The week-long meeting, held in the San Diego Convention Center, marked the realization of a dream: the debut of OSE's new exhibit booth. OSE worked closely with Dick Hickman and Karen Cook from NIH's Medical Arts & Photography Branch, who designed the booth's graphics, and with Jim Day, senior exhibit consultant, and the solutions design department from Nomadic Display, a Springfield, Va., company that developed the framework. The collaboration established a "blue sky dream—a show-stopper," says Day. Key features include flexibility of size, ample storage and display areas, a 23-inch computer monitor and ease in set-up. The exhibit also features OSE's logo; back-lit pillars display the names of NIH's 27 institutes and centers.

OSE's mission is to help people understand and use new knowledge uncovered by NIH. The office works toward this goal by distributing literally tons of free NIH resources to the public at major conferences each year. For the NSTA conference alone, "over 6,000 pounds of NIH materials were distributed," said Terry Clark, OSE conference manager.

Handling this volume is no small task. To prepare for the show, "a detailed plan-o-gram" was created to optimize the new display's appearance and efficiency, she said. Likewise, Jim Chin, computer consultant, added audiovisual appeal to the new exhibit monitor with a PowerPoint presentation that ran continuously and included the



The activities were "very engaging, and teacher-student friendly," said Sheila Smith of Jackson, Miss.



Attendees at the National Science Teachers Association convention burst onto the exhibit floor.

Introduction to NIH video.

The NIH curriculum supplements were among the hot items requested. Teachers paused to write paragraphs of praise. They are "the best curriculum I have ever used," said Elaine Westbrook of Omaha, Neb. Comments revealed that students appreciate the interactive computer simulations and activities.



Michigan teacher Paul Niehaus said the units are formally written into his school's science curriculum and "well-received by the students and staff."

Teachers value up-to-date materials and the inquiry-based instructional approach of the units. OSE has already received over 20,000 requests for the three new supplements about to be released (visit <http://science.education.nih.gov> for details).

Other favorites include NIGMS's booklets—*Chemistry of Health, Structures of Life, and Genetic Basics*—and NCI's new kit *Cells, Genes, and Protein Machines*, and their five basic science tutorials,

including *Understanding Gene Testing*.

What makes these items fly off the shelves? Debra Knorr, director of outreach programs at OSE, believes these institutes have been particularly effective in producing the kinds of materials that can readily be incorporated into K-12 and university classrooms. "Teachers are eager to acquire free, authoritative educational materials that provide clear explanations of basic biological concepts and that help students understand the link between basic research and personal health," she said. ■

The new OSE exhibit booth is swarmed by customers at a teachers' convention in San Diego.



PLAIN LANGUAGE, CONTINUED FROM PAGE 1

flourishes, as in purple prose.

All Clear is utterly transparent, like a cool mountain stream.

Dentzer, guest speaker for the event, joined NIH acting director Dr. Ruth Kirschstein as she hosted a ceremony honoring more than 100 plain language award recipients. "The mission of NIH is to conduct and support research that will lead to better health for all Americans. But if we are to succeed in this, we must communicate in ways that are clear, concise and to the point," said Kirschstein. "Never has that point been more clear than before our appropriations committees, where again and again we are asked about our effectiveness in communicating health messages to the public."



Reporter Susan Dentzer

No stranger to NIH, Dentzer is a natural advocate for plain language. "As a journalist, I love plain language, and when I see it, I embrace it like a dear friend. This is because, frankly, it makes my life a whole lot easier," she said. Dentzer gave several examples of how she must often translate scientific language into plain language before she can understand it herself, and then convey it to the public. While delivering a news report on cancer and hair loss, she noted, "Most traditional chemotherapy drugs that fight cancer by killing cells interfere with the normal mechanisms of cell division in hair follicles. This can result in hair loss." But her source for that information was a research abstract that read, "Most traditional cytologic anticancer agents ablate the rapidly dividing epithelium of the hair follicle, and induce alopecia, or hair loss."

Also joining in the celebration was Ann Agnew, HHS executive secretary, who brought a congratulatory message from Secretary Tommy Thompson. Agnew emphasized how important plain language is to the department, which processed over 28,000 documents since Jan. 1, 2001. "Our effectiveness as a department and as individual agencies is completely dependent on how we communicate with each other and our external audiences," she said.

"The Secretary is passionate about plain language," Agnew reported. She then quoted Thompson: "The information we provide can literally make the difference between life and death for our fellow Americans, and your commitment to clarity

and accuracy helps us achieve that essential goal."

The next submission deadline for a plain language award is Sept. 20, 2002. See <http://www1.od.nih.gov/execsec/plainlanguage.htm> for more information about NIH's plain language initiative and the nomination process. ■

eRA Symposium Set, May 10

The NIH Electronic Research Administration (eRA) welcomes NIH'ers on Friday, May 10, for a half-day symposium entitled "eRA: What's in it for me?" at the Natcher Conference Center. Designed for extramural staff, it will illustrate how eRA can help employees do their jobs, as well as demonstrate eRA's progress toward achieving NIH's vision of a fully electronic grant life cycle.

From 8:30 a.m. to 1 p.m., visitors can learn how to use new eRA products and features to improve access to information, produce customizable reports, facilitate communications and increase efficiency. Three repeating 25-minute breakout sessions enable guests to focus on cutting-edge developments including: Electronic council book and query/view/reporting; eSNAP—eRA's electronic streamlined noncompeting award process; grant folder; grants closeout system; ICSTORE document management system; population tracking; and review module.

For more information and to register online, visit <http://era.nih.gov/eraworkshop/index.cfm>. Sign language interpreters will be provided. For other reasonable accommodation, email askera@od.nih.gov or call 451-5954 at least 5 days in advance. The symposium will be webcast and archived at <http://videocast.nih.gov/>. ■



New Look for the NIH Library—The NIH Library in Bldg. 10 recently installed a new combined circulation and information desk so there is only one place to go to checkout and/or return books or ask a reference question. To find out what else is new, library tours are offered on the second and fourth Wednesdays of the month, from 2-3 p.m. Comments or suggestions for improvements in any of the library's services or the facility are always welcome. To contact the NIH Library, call 496-1080 or visit <http://nihlibrary.nih.gov>.

PTSD Study Recruits

NIH is seeking volunteers over 18 years old who suffer from post traumatic stress disorder (PTSD) to participate in research studies that include mental health assessment, brain imaging (compensation provided) and/or a medication trial. Call 1-866-627-6464 (TTY 1-866-411-1010).

KNIGHT FELLOWS, CONTINUED FROM PAGE 1

the program on campus in an effort led by Bobbi Bennett, chief of the Science Communications Branch. OCPL and communication directors from potential host institutes selected the best candidates based on each journalist's application and proposed course of independent study. The host institutes' information offices provided the fellows with offices and helped them make the most of their stay, arranging interviews, laboratory tours and whatever else they needed.

The 2002 Fellows were Susan Dominus, contributing editor for *Glamour* and *New York* magazines (hosted by NIAMS); John Fauber, reporter for the *Milwaukee Journal Sentinel* (NINDS); Debra

Goldschmidt, assignment editor for CNN Medical News (jointly hosted by NIDDK, NHGRI and NINDS); Tom Paulson, reporter for the *Seattle Post-Intelligencer* (NIAID); Cheryl Platzman Weinstock, freelance writer

(NHLBI); Rita Rubin, reporter for *USA Today* (NCI and NHLBI); and Rick Weiss, staff writer for the *Washington Post* (NHGRI and NIAID). Several fellows also spent time with NIA's information office and scientists.

Released from deadline pressures, the fellows were free to pursue their interests. Weinstock, who came to study heart disease in women, said, "The thought of spending 3 weeks with no distraction and unlimited access to researchers and their work was incredibly appealing. It's every reporter's dream."

Most fellows came without any specific project in mind, just a general idea of what topic they wanted to pursue. Weiss chose bioterrorism and genomics. "I'm always looking for a chance to just be able to learn again for a while," he said. "Sometimes it seems like we're so busy reporting things that we don't have a chance to sit back and learn more ourselves."

"For me," Goldschmidt said, "because I can't do a story unless I have a camera, I have the opportunity to really just learn—just take it all in, get hold of the big picture, grasp concepts, find out what I need to have on my radar screen to look out for." She spent her time here learning more about diabetes.

Fauber came with a very specific aim. "I had been planning to do a big project or a series of stories on

new developments in neuroscience," he said. "It just seemed like this fellowship would be a great way to find out what's new and interesting, so I applied."

The fellows began their first day at a group orientation with acting NIH director Dr. Ruth Kirschstein and others. After a luncheon during which they met their institute hosts, they went off separately to their institutes. They met as a group several more times during the fellowship. OCPL arranged four seminars for them—with the help of NIGMS, NINDS and NHGRI—in which NIH experts spoke about post-sequencing genomics, proteomics, technology transfer and stem cells. They also took tours of the National Library of Medicine and the Clinical Center and surveyed the campus by bus.

The fellows spent the bulk of their time, however, meeting with scientists. "It's a real luxury for journalists to have an opportunity to have this kind of interaction with scientists," Rubin said. She was here studying breast cancer and hormone replacement therapy. Much of the time, she said, reporters are on deadline and need a quick comment from someone who is familiar with the study they're writing about. "That's a pretty brief conversation," she noted. But during this fellowship, Rubin said, "I've spent several hours with certain scientists."

One highlight for Paulson, who was studying infectious diseases and genomics, was a tour of NIAID's malaria vaccine development unit. "You have your little fermenting things, which reminds me of my beer-making days." He quips, "A little more sophisticated than that."

Some even had direct experience, so to speak. According to Fauber, "I got zapped with a transcranial magnetic stimulator." He joked, "I haven't been the same since. But I can't tell if I'm smarter or dumber."

Dominus, here to learn more about autoimmune diseases that affect women, said there was more to her experience than learning the science itself. "One of the best things, believe it or not, that I got out of the program was a brief education on the use of NIH's online library."

Weiss agreed. "I've been practicing using the resources at the National Library of Medicine," he said, "so I can use them more efficiently from my desk when I get back to work."

The fellowship also had more subtle benefits. "I've learned new science," Paulson said, but he considers it even more important to have gotten a better sense of NIH and the people who work here. "To have direct conversations with scientists," he said, "helps you tell a story better, just makes it personal."

Rubin said she has spoken with scientists here about what they see as problems in coverage of scientific research by general interest publications. "So that's been helpful to me too," she noted.



The 2002 Knight medical science journalism fellows include (rear, from l) Tom Paulson, *Seattle Post-Intelligencer*; John Fauber, *Milwaukee Journal Sentinel*. In front are (from l) Cheryl Platzman Weinstock, freelancer; Rick Weiss, *Washington Post*; Debra Goldschmidt, *CNN Medical News*; Rita Rubin, *USA Today*; Susan Dominus, *Glamour* and *New York* magazines.



Virtually all the journalists are coming away from the fellowship with ideas for future stories. "I'm going home with many more stories than I ever dreamed I would leave with," Weinstock said.

Horner of the Knight Center said her organization is very happy with the way the program has turned out this year. "What we're trying to foster is a depth of perception on the part of the writer that translates into better coverage and better information provided to the public. That's the bottom line."

The fellows also have a better sense of the campus itself. "I can spend a year here if you all would let me," Goldschmidt said. "Everybody around this campus is so nice. It's not your typical D.C. atmosphere." ■

Bike To Work Day, May 3

NIH will observe Bike to Work Day on Friday, May 3. Those who cycle in that day are invited to meet in front of Bldg. 1 from 7:30 to 9:30 a.m., when orange juice, bagels and cream cheese will be served. Also available will be a Bike Routes to NIH map and route descriptions, lots of bike information, equipment checks and free minor adjustments. The NIH Bicycle Commuter Club has posted routes to NIH on its web site at <http://www.recgov.org/r&w/nihbike/bike.html>. More bike route descriptions, whether to campus or any off-campus building, are welcome and should be emailed to Carl Henn, Bicycle Commuter Club president, at ch24v@nih.gov. People interested in supporting bicycle commuting at NIH are invited to join the club's email list; details are posted at the web site above. Bike lockers removed for security reasons following 9/11 are to be replaced, at least 100 feet from buildings, by May 3, Henn said.

Have Smith-Magenis Syndrome?

You and your family can help doctors at NIH learn more about this devastating syndrome. For more information call 1-800-411-1222 or 1-866-411-1010 TTY. ■

Endometriosis Pain Relief Study

NIH invites women with endometriosis to take part in a pain relief study of the drug raloxifene (Evista). Call for more information: 1-800-411-1222. ■

Have Breast Cancer?

Consider taking part in studies at NIH. There is no charge for study-related care. For more information: 1-800-411-1222 or 1-866-411-1010 TTY. ■

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>.

How To Delegate Effectively	5/1
IMPAC II Committee Management for CMOs and CMAs	5/1
Mid-Career Benefits and Financial Planning	5/1
Creative Problem Solving	5/2, 3
Stressed For Success! Achieving Work/Life Balance	5/2
Intermediate MS Word 2000	5/7
Leading Others: A Myers-Briggs Workshop	5/7
Power Listening	5/7
Purchase Card Processing System	5/7
How to Develop Team Skills For Success	5/8, 9
Purchase Card Training	5/8
Processing Personnel Actions: A Refresher	5/9, 10
Advanced Project Management	5/13, 14
Job Analysis and KSA Examining	5/13, 14, 15
Creating Results Through Influence	5/14, 15, 16
How To Conduct A Performance Review	5/14
Introduction to MS Outlook	5/15
Time Management: Organizing Yourself	5/15

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>.

Software Purchases: Before You Buy, Give NIH's SDP a Try	5/1
Introduction to Statistics	5/1-2
An Introduction to TCP/IP	5/2
Creating Presentations with PowerPoint 2001 for the Mac	5/2
SAS Programming Fundamentals I	5/6-7
Data Warehouse Query: Budget & Finance	5/7
High-Volume, High-Speed Sequence Analysis on the Biowulf Supercluster	5/8
Data Warehouse Query: Technology Transfer	5/8
Enterprise Project Management Using Microsoft Project 2002	5/8
Blackberry Tips and Tricks	5/9
Software Construction Using Microsoft Component Systems	5/9
SAS Programming Fundamentals II	5/13-14
Hands-On EndNote 5 for Windows	5/14
WIG - World Wide Web Interest Group	5/14
Building a Secure Home Network	5/15
Data Warehouse Query: Research Contracts & Grants	5/15



Dr. Okibide Hikosaka recently joined the NEI Laboratory of Sensorimotor Research (LSR). Formerly a professor in the department of physiology at the Juntendo University in Tokyo, he served in the LSR as a visiting scientist 1979-1982 after graduating from the University of Tokyo in 1978. "I am delighted we have been successful in bringing Dr. Hikosaka to the NEI," said LSR chief Dr. Robert Wurtz, "both because of his cutting edge research on the cognitive processing related to vision and eye movements and because of his work on the basal ganglia." Hikosaka's current studies focus on reinforcement learning. He plans to investigate more detailed mechanisms underlying reinforcement learning by combining pharmacological and neurochemical methods.

NIH's 'Green' Efforts Recognized

The Maryland department of the environment recently recognized NIH as its "Maryland Member of the Month," for its variety of pollution prevention efforts, recently highlighted in a newsletter circulated among members of Businesses for the Bay, a voluntary group dedicated to preserving the Chesapeake Bay watershed.

The news release cited the Division of Safety as recognizing a 10-fold increase in generation of low-level radioactive hazardous wastes (mixed wastes) in the late 1980's, and subsequently focusing on minimizing these waste streams. DS instituted a waste management program requiring all users of radioactive materials to receive training on source reduction techniques and encouraged the use of non-radioactive methods in biomedical research.

By 2000, the increased awareness resulted in a greater than 99 percent reduction in generation of mixed wastes, even though the research work load since the 1980's has increased significantly, said the article.

NIH was also credited with the development, testing and first permitting of a novel application of ultraviolet peroxidation treatment technology to destroy organic compounds in aqueous mixed wastes. The process oxidizes organic compounds to carbon dioxide and water, creating no residues or air emissions.

The publication also lauded NIH's recent Campaign for a Mercury-Free NIH, which resulted in the elimination of 1,500 mercury-containing devices in the Clinical Center. The hospital is now considered mercury-free. Also recognized were NIH's adoption of ozone action day plans (which include notifying employees of Code Red days through email and flags at the entrances to the campus; encouraging grounds maintenance to halt the use of gasoline engine equipment; asking that trucks not idle at loading docks; encouraging the use of Montgomery County's free "Ride On" bus service; encouraging NIH police to use bicycles; and switching to natural gas to reduce power plant emissions).

According to the state, NIH has been able to reduce single occupancy vehicles by more than 30 percent over 10 years through public transit subsidies and carpooling. Approximately 55 percent of NIH'ers currently use a mode of transportation other than a single occupancy vehicle.

NIH also leads the Department of Health and Human Services in the percentage of government vehicles converted to alternative, renewable fuels. Thirty-five percent of the fleet is now using ethanol, and biodiesel produced from soybeans. All remaining gasoline-powered vehicles will be replaced with vehicles that will use these alternative fuels. ■



Shortly before leaving office, former Surgeon General David Satcher (c) released a report seeking to improve the health of people with mental retardation. The report is based on a conference that NICHD cosponsored with other institutes, federal agencies, private groups and Satcher's office. Attendees included (from l) Loretta Claiborne, NICHD director Dr. Duane Alexander, Eunice Kennedy Shriver and Timothy Shriver, president of Special Olympics. To prepare for the national conference, Satcher held a listening session that allowed people at selected sites around the country to express their needs and hopes. He also established a special web site to solicit comments from the public. The conference identified six goals for improving the health and lives of people with mental retardation and specified steps to achieve each goal. The full text of the report is available at <http://www.nichd.nih.gov/publications/pubs/closingthegap/index.htm>.

Nursing Day Features Videocast, May 2

The Public Health Service will hold its 11th annual Nursing Recognition Day conference on Thursday, May 2; NIH'ers may access it via videocast.nih.gov or by viewing it in Lipsett Amphitheater, Bldg. 10 between 1 and 3 p.m. The event is titled, "The Role of Nursing and Public Health During Times of War and Terrorism."

The conference will address historical and local, state, national and international public health initiatives in the war against terrorism and bioterrorism. Delivering opening remarks will be Mary Pat Couig, chief nurse of the PHS; the panel includes four other speakers. For more information, contact Edwina Smith, 443-1061.

Study of Uveitis, Macular Edema

If you are 9 years of age or older, consider joining an NIH study evaluating daily high dose of vitamin E to a placebo. Call 1-800-411-1222 (TTY 1-866-411-1010). ■

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.