

# THE NIH RECORD

Still The Second Best Thing About Payday

## David Spiegel To Deliver NCCAM Lecture, May 6 in Masur

How does the mind affect the body's ability to manage illness? Does hypnosis have a place in medical care? How does group support affect survival of life-threatening illness? These and other questions will be explored when the National Center for Complementary and Alternative Medicine hosts the first of the 2003 Distinguished Lectures in the Science of



Dr. David Spiegel

Complementary and Alternative Medicine. Dr. David Spiegel, a world-renowned authority on mind-body interactions and professor of psychiatry and behavioral sciences at Stanford University, will present "Hypnosis and Group Support in

SEE NCCAM LECTURE, PAGE 4

## Annual Pittman Lecture To Feature Pascale Cossart, May 7

Dr. Pascale Cossart, a foremost authority on the food-borne pathogen *Listeria monocytogenes*, will present the annual Margaret Pittman Lecture on Wednesday, May 7. Cossart, a professor at the Institut Pasteur, Paris, has made key discoveries about the unusual abilities of this bacterium, such as its capacity to cross the intestinal barrier. "The Fascinating Strategies Used by *Listeria Monocytogenes* to Establish an Infection" is scheduled for 3 p.m. in Masur Auditorium, Bldg. 10.

Listeriosis, the bacterial disease caused by *L. monocytogenes*, can cause severe gastroenteritis, meningitis and abortion. Foods associated with outbreaks of

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A Perfect Place for Zebrafish

## Renovations, New Wing Coming to Bldg. 6, a Former NCI Laboratory

By Rich McManus

Big changes are coming soon to staid old Bldg. 6, one of the original campus laboratory buildings, completed in September 1939 (only 7 months after Bldg. 1) as a research facility for the National Cancer Institute. The 7-level-plus-attic red-brick structure, long eligible for the National Register of Historic Places, is due to be gutted down to bare concrete and completely renovated by 2005. Its two newer wings, 6A, completed in 1978, and 6B, grafted on in 1990 primarily to house lab animals, will remain largely untouched but will gain a third wing, 6C, now known as the NMR/Zebrafish addition, on its southeast corner. This new low-rise addition—so

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The Bldg. 6C addition will occupy this site on building's east side.

Looking an Elephant in the Eye

## HHS Agencies Forge Strategy on Health Literacy

By Jennifer Wenger

Ask anyone who's ever considered having surgery, starting a new drug therapy or changing a diet: To make smart health decisions, a person needs to be informed.

So imagine how tough it must be for someone to get a handle on her newly diagnosed diabetes if she has difficulty reading a brochure explaining the hemoglobin A1c test. Or for someone to control his hypertension if his limited understanding of English prevents him from determining whether his prescription drugs will be covered by Medicare.

Such are the concerns that brought nearly every agency within the Department of Health and Human Services to the NIH campus on Apr. 2. The purpose of the all-day dialogue was to address an issue so pervasive it's often referred to as "the elephant" by those most closely involved—health literacy.

Healthy People 2010 defines health literacy as "the degree to

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PITTMAN LECTURE, CONTINUED FROM PAGE 1

listeriosis include pâté, soft cheeses such as Brie and raw or contaminated milk.

Through multidisciplinary approaches, Cossart has shed light on the strategies used by *L. monocytogenes* to evade the immune system's defenses and establish infection. For example, she and her colleagues discovered genes responsible for the bacterium's virulence as well as a master gene that

activates them. She has also investigated the steps in the infectious process, in particular the way the bacterium moves and spreads from cell to cell by using the host cell's actin protein.

Cossart discovered two proteins needed by *L. monocytogenes* to gain entry into cells. Further investigation revealed that a host cell membrane receptor used by one of these bacterial proteins is similar in guinea pigs and humans, allowing for the use of guinea pigs as models of orally

acquired listeriosis. Cossart also developed a transgenic mouse strain that carries the human version of the membrane receptor, making it the first animal model to overcome the species-specificity of a bacterial disease.

Cossart was awarded bachelor of science and master's degrees by Lille University, France, in 1968, and a master of science degree by Georgetown University in 1971. In 1977, she received a Ph.D. from Paris VII University, France. She joined the Institut Pasteur in 1971 and was head of the listeria molecular genetics laboratory there from 1991 until 1994. In 1994, she became head of the bacterial-cellular interactions unit at the institute, a position she still holds.

Her many honors and prizes include the Louis Pasteur Gold Medal from the Swedish Society of Medicine, awarded in 2000, and the Chevalier de la Légion d'Honneur, bestowed in 1998. She is a member of the German Deutsche Akademie der Naturforscher Leopoldina as well as the French Académie des Sciences. She is currently a Howard Hughes Medical Institute international research scholar and serves on the editorial boards of nearly a dozen journals.

The lecture honors Margaret Pittman, who made significant contributions to microbiology and vaccine development during her long career at NIAID. Pittman was NIH's first woman laboratory chief. Her contributions to pertussis and tetanus vaccine development were of critical importance.

The lecture is part of the NIH Director's Wednesday Afternoon Lecture Series. For more information, contact Hilda Madine at 594-5595.—Anne Oplinger ■



Dr. Pascale Cossart, an authority on the food-borne pathogen *Listeria monocytogenes*, will present the annual Margaret Pittman Lecture on Wednesday, May 7.

## FARE Abstract Competition for Fellows

The tenth annual Fellows Award for Research Excellence (FARE) 2004 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, 2003, and Sept. 30, 2004.

The FARE 2004 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 by Apr. 30 via <http://felcom.nih.gov/FARE>. Winners will be announced by the end of September 2003. More information is available on the web site above. Questions may be addressed to your institute's fellows committee representative. ■

## Is Lupus Disrupting Your Life?

Take part in a medical research study at the National Institutes of Health. For more information, call 1-800-411-1222 (TTY 1-866-411-1010). ■

## NIH RECORD

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♻️ The Record is recyclable as office white paper.

## Anxiety Disorders Screening for NIH'ers, May 7

NIMH and the NIH Work/Life Center, with support from the Employee Assistance Program, are sponsoring anxiety disorders screening for NIH staff on Wednesday, May 7, which is National Anxiety Disorders Screening Day.

Employees may walk in any time between 11 a.m. and 3 p.m. at the sites below (except in Frederick, where the hours are 11 a.m.-1:30 p.m.). While the event is both confidential and anonymous, employees are free to visit a location where they would feel most comfortable (see locations in box below).

At all sites, employees will have the opportunity to view a short video about symptoms, diagnosis and treatment; complete an anonymous screening tool; meet privately, briefly and confidentially with a mental health professional who will provide results and guide employees to diagnostic and treatment resources; and/or just gather NIMH publications.

Anxiety disorders affect nearly 20 million Americans each year. They come in many forms and in varying degrees, sometimes out of the blue, sometimes after painful or traumatic experiences. But however they manifest, effective research-based treatments—which include certain types of psychotherapy, medication or a combination of both—can reduce symptoms in a matter of weeks.

The five major types of anxiety disorders are: panic disorder; generalized anxiety disorder; post-traumatic stress disorder; obsessive-compulsive disorder; and

phobias. People suffering from anxiety disorders also often experience symptoms of depression, including a loss of interest in ordinarily satisfying activities; sadness and hopelessness; reduced feelings of pleasure; appetite and sleep disturbances; and difficulties with concentration, decision-making and memory. For more information about anxiety and mood disorders, visit <http://www.nimh.nih.gov/publicat/index.cfm#disinfo>.

Screening participants who would prefer to communicate in Cantonese or Mandarin may meet with EAP consultant Eva Chen at the Bldg. 10 site after 1 p.m. To arrange for other-language interpretation (Arabic, Hebrew, Vietnamese, Korean, Spanish), call Andrea Rander of the Language Interpretation Program at least 48 hours in advance (496-1807). This option is only available in Bldg. 10. For reasonable accommodation or other information, write to [sglezos@nih.gov](mailto:sglezos@nih.gov) or call 443-4533.

For employees who are unable to attend this event, the EAP (496-3164) will conduct anonymous screenings through May, which is Mental Health Month. Employees who would prefer to attend a privately sponsored site or whose family members would like to be screened may call Freedom From Fear, the non-profit mental health advocacy organization that sponsors National Anxiety Disorders Screening Day. The number is (888) 442-2033.

Bethesda  
Bldg. 31, Rm. B2-B57  
Bldg. 10, Rm. 6C-306

Rockville  
NSC, Rm. B (6001 Exec. Blvd.)  
Rockledge Two, Rm. 6087A

Frederick  
NCI-FCRDC, Bldg. 426, Rm. 103

## Lu Wins Solowey Award, To Lecture May 8

Neurotrophin research is important for understanding basic biology of neural development and plasticity and also for discovering potential therapies for central nervous system disease and injury. Dr. Bai Lu is an internationally recognized leader in the field, and on Thursday, May 8, the scientific community will honor his work by inviting the NICHD scientist to deliver the 30th Mathilde Solowey Award Lecture at 2 p.m. in Lipsett Amphitheater, Bldg. 10. His talk is titled, "Neurotrophins: A New Class of Neuromodulators for Synaptic Plasticity and Learning and Memory."



Dr. Bai Lu

The Solowey Lecture Award, established in 1973 by the Foundation for Advanced Education in the Sciences, annually honors a scientist for his or her outstanding research in neurobiology or diseases of the central nervous

system. The award is made possible through the generosity of Dr. Mathilde Solowey.

The work from Lu's laboratory, along with that of others, has led to a new field of research showing that neurotrophic factors regulate synapse development and plasticity. Lu discovered that brain-derived neurotrophic factor facilitates hippocampal long-term potentiation, a cellular model for learning and memory. His group is currently investigating the mechanisms underlying neurotrophic regulation of synapses and their functional significance.

Lu received his Ph.D. from Cornell University Medical College, where he studied regulation of neurotrophin gene expression in the brain with Ira Black. He did his postdoctoral work at Rockefeller University with Paul Greengard and Mu-ming Poo on molecular mechanisms of synaptic transmission and development. In 1993, he became an assistant professor at Roche Institute of Molecular Biology. He joined NICHD in 1996, and is currently chief of the section on neural development and plasticity.

For more information contact FAES at 496-7975 or Dr. Miles Herkenham at 496-8287. ■

## NIH Record Establishes Advisory Group

*The NIH Record* invites any interested employee to consider volunteering for an editorial advisory group that would suggest story ideas to the editors, so that the publication could be more broadly useful to all readers.

Stories must somehow relate to NIH and its mission, but can involve extracurricular pursuits as well as job-related ones. The main criteria for making a suggestion should be, "Would this story be interesting to a wide variety of my fellow NIH'ers?"

If you would like to suggest good *Record* stories occasionally, or know someone who would, contact Editor Rich McManus ([rm26q@nih.gov](mailto:rm26q@nih.gov)) or Assistant Editor Carla Garnett ([cg9s@nih.gov](mailto:cg9s@nih.gov)) or call the *Record* office at 496-2125. Also, feel free to write Letters to the Editor; the *Record* welcomes input from NIH'ers.

### Prayer Day Set At Bldg. 45, May 1

The National Day of Prayer will be observed Thursday, May 1 on the back lawn of the Natcher Bldg. from 11:30 a.m. to 1 p.m. There will be a brief message, scripture readings, music and a forum for prayer requests. The observance invites all people of any faith to pray for the goodwill of the country and its leaders. The event is sponsored by the Noontime Christian Fellowship.

### NCCAM LECTURE, CONTINUED FROM PAGE 1

Medical Care: Altering Perception and Reality.” The lecture will take place at noon on Tuesday, May 6, in Masur Auditorium, Bldg. 10.

Author of more than 280 research publications, Spiegel is a leader in the field of psychosomatic or mind-body research. He is internationally known for his long-term studies of the physical, mental and emotional benefits of support groups for women with metastatic breast cancer. His landmark study—Effect of Psychosocial Treatment on Survival of Patients with Metastatic Breast Cancer (*Lancet*; Oct. 14, 1989; p. 881-891)—demonstrated for the first time that group support not only significantly enhanced quality of life, but also increased survival time for cancer patients. This research generated a new line of inquiry on the health effects of psychosocial support, and was featured in Bill Moyers’ Emmy award-winning PBS series, *Healing and the Mind*. Spiegel’s book, *Living Beyond Limits: New Hope and Help for Facing Life-Threatening Illness*, reflects 15 years of experience in helping patients cope with advanced cancer and offers guidance for patients, family, friends and physicians in managing the physical and psychological effects of living with a life-threatening illness.

In addition to studying psychotherapeutic interventions, Spiegel has investigated the use of hypnosis in treating medical symptoms and side effects. Using PET imaging, he has been able to demonstrate that hypnosis can change the electrical activity and blood flow in those parts of the brain involved in sensory perception, resulting in pain reduction for patients. This research has helped patients to manage pain and made it possible to reduce the dose and duration of medications involved with certain surgical procedures.

Spiegel will explain the phenomenon of hypnosis and its application in managing illness. He will also describe the major components of group psychotherapy for cancer patients and will discuss the research behind his findings about the efficacy of group therapy and hypnosis in management of stress, pain, medical treatments and life-threatening disease.

Spiegel is the Willson professor and associate chair of psychiatry and behavioral sciences at Stanford University School of Medicine and founder and director of the Stanford Center for Integrative Medicine. He received his B.A. in philosophy from Yale College and his M.D. from Harvard Medical School. He has received numerous honors and awards including the Edward A. Strecker, M.D. Award in 1995, given annually by the University of Pennsylvania Hospital System to an individual who has made an outstanding contribution to the field of clinical psychiatry in the United States. He has also received the Treya Killam Wilber Award in 1993 from the Cancer Support Community, and the

Kaiser Award for Excellence in Preclinical Teaching from Stanford University School of Medicine in 1986.

NCCAM invites members of the NIH community and the public to attend the lecture. It will also be webcast on <http://videocast.nih.gov>. For reasonable accommodation, call Valeria West at 402-9686. ■

### Clinical Center To Celebrate Nurses

Across the United States, nurses will be saluted in May for their dedication, commitment and tireless effort in promoting and maintaining the health of the nation. There are nearly 3 million registered nurses—the largest health care profession—in the U.S. and more than 1,000 work at the Clinical Center, both within the CC and in the institutes and centers.

The CC will host “A Celebration of Nursing—Past, Present and Future,” during May 6-12 with events throughout the week in Bldg. 10. Special activities will include: an opening program, 10 a.m., Tuesday, May 6, Lipsett Amphitheater; reception and recognition of outstanding nurses, 11:30 a.m., Thursday, May 8, 14th floor assembly hall; Florence Nightingale birthday celebration, 2 p.m., Monday, May 12, lobby area-nurse recruitment office, first floor; scientific research presentations and posters, entire week.

NIH nurses are invited to attend each of these events. For more information contact Diane DePew at 496-0442 or email [ddepew@cc.nih.gov](mailto:ddepew@cc.nih.gov).

### Bike To Work on May 2

Friday, May 2 is Bike to Work Day. While the Washington Area Bicycle Association and several sponsors will be hosting events throughout the region, the NIH Bicycle Commuter Club and the R&W are hosting an event on campus. Get together for juice, bagels and conversation with fellow bikers from 7:30 to 9:30 a.m. in front of Bldg. 1. Not sure how to get to campus by bike? A number of bike routes to campus are posted on the NIH Bicycle Commuter Club web site at <http://www.recgov.org/r&w/nihbike/bike.html>. Have a great bike route to an NIH worksite that isn’t listed? Forward a description to Carl Henn, president of the NIH Bicycle Commuter Club, at [ch24v@nih.gov](mailto:ch24v@nih.gov). ■

### Are You Overweight?

An NIH study seeks healthy overweight adult volunteers to examine the health effects of calcium supplementation over 2 years. Call 1-800-411-1222 (TTY: 1-866-411-1010) or email [prpl@cc.nih.gov](mailto:prpl@cc.nih.gov). Compensation is provided. ■

## NIGMS Anniversaries Marked at Minority Student Meeting

For many undergraduate and graduate students, postdoctoral fellows and faculty members, the second annual Biomedical Research Conference for Minority Students provided an opportunity to learn new and exciting information and to showcase their research. The meeting also marked two milestones—the 40th anniversary of NIGMS and the 30th anniversary of its Minority Access to Research Careers (MARC) and Minority Biomedical Research Support (MBRS) programs.

The conference, held recently in New Orleans, brought together participants from NIGMS' Division of Minority Opportunities in Research (MORE), academic administrators, grant officials

**"You have the same obligation...to not only achieve your career and do it with excellence, but also at the proper point to reach back and help pull someone else up."—Louis Stokes**

and other members of the scientific community to hear research presentations; attend professional development workshops, poster sessions and exhibits; and network with each other. The events included a panel discussion by two Nobel laureates and a scientist who has been described as a potential laureate. Dr. Thomas R. Cech of the Howard Hughes Medical Institute and Dr. Alfred G. Gilman of the University of Texas Southwestern Medical Center at Dallas discussed their Nobel-winning research and encouraged students to pursue research opportunities. Dr. Erich Jarvis of Duke University, who participated in the MARC and MBRS programs as an undergraduate student at the City University

of New York, Hunter College, and as a predoctoral fellow at Rockefeller University, described his research on vocal learning in birds. Jarvis' honors include the Waterman Award in 2002. This is the highest honor for young investigators given by the National Science Foundation.

Alumni of the MARC and MBRS programs participated in another panel discussion, this one focused on their career paths and scientific accomplishments.

One of the panelists, Dr. Michael Anderson of Johns Hopkins University, stressed the importance of having a mentor and emphasized that this was the most critical factor in helping him achieve his career goals. He urged students to find mentors who have their best interests at heart and told the students that mentors "don't necessarily have to look like you" to do this.

The anniversary activities concluded with a banquet that featured a keynote address by former Rep. Louis Stokes, a strong supporter of the MARC and MBRS programs during his tenure as a congressman from Ohio. He noted the importance of honoring the efforts of the individuals who helped create these programs. Stokes commended the hard work of the late Dr. Geraldine Pittman Woods, who played a pivotal role in the development of several NIH minority programs, particularly MARC and MBRS.

Stokes also urged students to help others in need. He encouraged the students to remember that, as far back as 30 years ago when the MARC and MBRS programs were developed, people were working to help underrepresented minority students pursue biomedical research careers.

"You have the same obligation...to not only achieve your career and do it with excellence, but also at the proper point to reach back and help pull someone else up," he said.

Dr. Marian Johnson-Thompson, director of education and biomedical research development at NIEHS, paid further tribute to Woods, who was her mentor.

Dr. Clifton Poodry, director of the MORE Division, noted, "If it weren't for the efforts of Dr. Woods and her colleagues, NIGMS' minority programs wouldn't be the success that they are today. I am proud we could honor such important individuals as we mark the 30th anniversary of MARC and MBRS."—Jillene Mitchell



*Students listen and take notes at a plenary session.*



*On hand at the meeting in New Orleans are (from l) former Ohio Congressman Louis Stokes, retired NIGMS program director Dr. Charles Miller, and senior advisor to the NIH director Dr. Ruth L. Kirschstein, who were the first recipients of the Dr. Geraldine Pittman Woods Award for their roles in the creation and development of the MARC and MBRS programs.*

**BLDG. 6, CONTINUED FROM PAGE 1**

ground-hugging that its floors have already been designated B1, B2 and B3—will house perhaps half a million of the species *Rerio danio*, or zebrafish, who will cavort in thousands of 1- and 2-liter tanks, managed by NICHD and NHGRI. The new wing will also house a massive NMR (nuclear magnetic resonance) imaging magnet for studies by scientists from NIDDK, NCI, NHLBI and NIDCR.

The renovations involve multiple institutes and scientific programs, temporary migration to swing space, and a level of complexity—largely due to the special needs of both the magnet and the fish—that tantalizes project officer Jim Lewis of the Design, Construction and Alteration Branch, ORS. A mechanical engineer with 13 years of experience at NIH, Lewis, who recently completed a biosafety level-3 facility at the Rocky Mountain Laboratories, is in charge of the multifaceted project, by far his largest yet.

Back in March 1998, NICHD cut the ribbon on a new zebrafish facility in Bldg. 6B. Dozens of scientists and veterinarians hailed the opening of a facility that would enable genetic studies on the fast-breeding fish to take place. It would complement a second zebrafish lab that the institute runs in the Bldg. 14 complex. Trouble is, the 6B fish space came to be coveted by several institutes and centers that badly need space for their rodent populations, Lewis recounted. Bldg. 6B was ideal for this purpose, having been built to satisfy AAALAC accreditation standards for such use.

NICHD, according to Lewis, wanted to consolidate and expand its fish programs in 6B and 14. And NHGRI, which had fish facilities in both Bldgs. 49 and 50, also wanted in on any new aquatic addition to Bldg. 6. So the idea of an NMR/Zebrafish addition (55 percent belonging to NHGRI

and 45 percent to NICHD) was conceived back in 2000 to satisfy multiple needs, including a new 900-MHz magnet for a thriving on-campus NMR program.

**Meeting Some Unusual Needs**

To build a cutting-edge magnet facility, you need a lot of room. Powerful magnets exert such tremendous force that they require shielding; the iron rebar typically used to reinforce concrete is unsuitable in this instance—stainless steel rebar is substituted. Calculating the magnet's force in Gauss units, building designers measure concentric circles representing Gauss values; the 5-Gauss line represents the minimum safe-exposure distance. Therefore the 6C addition has an exterior retaining wall—coinciding with the 5-Gauss line—that blocks pedestrian access to the corner of the building where the magnet is located.

"It's so unique a space," Lewis says. The magnet sits deep within a pit, atop a specially crafted block of concrete designed to be virtually vibration-free. "It would be impossible to put (a magnet) in an existing building without major renovation work," he adds. The magnet will reside on the B2 level of Bldg. 6C and take up only 1,080 square feet of space. Dr. Ad Bax, chief of the biophysical NMR spectroscopy section, is project officer for the magnet purchase. He noted, "The magnet will be used for studying the three-dimensional structure and motional properties of proteins and nucleic acids. The magnetic field strength is the highest commercially available to date, and the field is extremely homogeneous at its center, varying by less than 1/1,000,000,000 over a 0.5 cc volume."

The B3, or lowest, level of the addition will house life-support systems for the zebrafish. These consist of six separate water treatment systems, in two groups of three, which provide a steady supply of fresh water to an array, two floors above, of some 17,000 2-liter fish tanks and 8,000 1-liter tanks. Modeled on a similar, but smaller, facility at the University of Oregon, the zebrafish facility required the design advice of two outside aquatics experts, Lewis said.

In order to prevent and isolate disease among the fish, water in the system passes through two filters—a bead filter nabs particulates and a sand-bed filter screens out biological detritus. An ultraviolet-light sterilizer also treats the water, but the goal is not utter sterility; a certain amount of flora is good for the fish.

Despite the high-tech water quality management, the fish still need to be

*An architect's drawing shows the new Bldg. 6C addition poking out of a hillside on Bldg. 6's southeast side.*





This photo of Bldg. 6, taken shortly after it was built, shows what was then a lab facility for NCI.

fed manually, Lewis reported; caretakers visit each of the thousands of tanks daily, administering food with medicine droppers. Fish also require carefully adjusted light cycles, which is why there are no windows on their floor. Light is provided artificially, in measured doses. Red lights, such as are used in photographic darkrooms, enable employees to make their way around the facility during hours when the fish are in their "dark" cycle.

#### A Shell Game with People, Programs

Science can't stop while improvements are made to Bldg. 6, so a complicated *pas de deux* is planned to accommodate all parties obliged to move. ORS is renovating swing space in Bldgs. 7 and 14A to suit those scientists from 6 who didn't migrate to Bldg. 50 when it opened two summers ago. The occupants of Bldg. 7 also decamped for Bldg. 50, leaving room for newcomers displaced from 6.

Bldg. 6 is occupied mostly by workers belonging to NEI, but there is also a small group from NIAMS, and an NIDDK small-scale biotechnology "pilot plant" unit headed by Dr. Yossi Shiloach. The unit is dealing with the production and purification of biological products from various sources; it has big bioreactors used for producing large quantities of microorganisms and mammalian cells and the needed equipment for recovery and purification. The products made in the facility are used for vaccine development and structural studies. This unit will move to swing space in Bldg. 14A. NICHD, too, has part of the action in Bldg. 6.

Lewis says the construction schedule for Bldg. 6 is currently at 21 months, and is set to start this spring. Most of the employees displaced by the construction work will eventually return to Bldg. 6.

The 6C addition will connect to Bldg. 6A at the B1, or top level, Lewis said. The highest level of the new addition will line up with the B1 level of Bldgs. 6 and 6A. "The addition will sort of poke out from the side of the hill," on the east side of Bldg. 6. Only the B1 level of Bldg. 6A will be affected by renovation; the rest will remain untouched. ■

#### NCI Updates 'Pink Book'

The National Cancer Institute recently announced the availability of a popular resource, *Making Health Communications Programs Work: A Planner's Guide*. This guide for health communicators, better known as the "Pink Book," has been updated to reflect recent advances in the health communications process. The Pink Book emphasizes a practical approach to health communications, recognizing that one communications plan will not fit all organizations.

The publication guides readers through 4 stages in the health communications process. From planning and strategy development, to assessing the effectiveness of communications campaigns and making refinements, organizations will have clear answers on the best methods of conducting health communications programs.

By following these stages, communicators can assess community needs, create a message, identify appropriate audiences and media for their message, conduct market research, create partnerships and evaluate and improve programs. The book concludes with ready-to-use forms, scripts and samples to create and evaluate successful communication plans.

The Pink Book is available by calling 1-800-4-CANCER (1-800-422-6237) and can be viewed online at <http://www.cancer.gov/pinkbook>. ■

#### Cancer Prevention Fellowships Available

The Cancer Prevention Fellowship Program provides a foundation for clinicians and scientists to train in the field of cancer prevention and control. As part of the program, master of public health training is offered at accredited universities during the first year, followed by mentored research with investigators at NCI, typically for about 2 years.

Opportunities for cutting-edge basic science laboratory studies, epidemiologic research and behavioral research have been hallmarks of the program since its inception in 1986. This year, in addition to a specialty track in the ethics of prevention and public health, a new track for clinicians is offered in clinical cancer prevention research.

Other educational opportunities are provided throughout the fellowship period to complement the fellows' training, including the NCI Summer Curriculum in Cancer Prevention, molecular prevention laboratory training, leadership and professional development training, the weekly NCI Cancer Prevention and Control colloquia series, and weekly fellows' research meeting, as well as a variety of training opportunities outside NCI. The application deadline is Sept. 1, 2003. For more information visit <http://www3.cancer.gov/prevention/pob/> or contact Barbara Redding, 496-8640. ■

#### Trauma Survivors Needed

NIMH 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).

### Gottesman Wins Mentoring Award

The Association for Women in Science, Bethesda chapter, recently presented one of its annual Awards for Excellence in Mentoring to NCI's Dr. Susan Gottesman. The awards are in recognition and appreciation of outstanding mentoring of young scientists. Gottesman is chief of the biochemical genetics section in the Laboratory of Molecular Biology. She has acted as a mentor for both postdoctoral fellows and predoctoral trainees for the past 26 years. She has also hosted a series of high school, college and medical school students in her lab. Many of her trainees have remained in science and are now running their own laboratories.

#### HEALTH LITERACY, CONTINUED FROM PAGE 1

which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions." One key indicator of a person's health literacy is his or her ability to read. According to the 1992 National Adult Literacy Survey, 90 million adults—47 percent of the adult U.S. population—occupy the lowest two literacy levels. Although they may be able to read and interpret a traffic sign or paycheck, they are generally unable to comprehend a bar chart or lengthy news article. According to Dr. Dean Schillinger, associate professor of medicine at San Francisco General Hospital and a leading expert on health literacy, the average reading level for Americans is between the eighth and ninth grades, while those on Medicaid, on average, read at the fifth-grade level.

But health literacy doesn't stop with materials that are in print. It can include the ability to understand what's spoken, such as when a doctor tells a patient how to follow a prescription, or what's presented on a videotape, audiotape or web page. Aging, vision and hearing problems, poverty, learning disabilities, immigration and minority status and education all contribute to low health literacy.

"We wanted to bring people and agencies that didn't know about health literacy or hadn't been part of the health-literacy discussion into the discussion, and we wanted to share information about the variety of health-literacy activities going on in the department," said Dr. Cynthia Baur, health communication and e-health advisor in HHS's Office of Disease Prevention and Health Promotion, and chief organizer of the workshop. Her office is responsible for ensuring that the health-literacy objectives of Healthy People 2010—namely, improving the health literacy of individuals with inadequate literacy skills, and improving the communication skills of healthcare providers—are met.

"We don't need to discover new genes, or invent new technology," Dr. James Battey, Jr., director of NIDCD, told the group of 70-plus in his welcoming remarks. "We need to put into practice things that we already understand. To not do so would be a major mistake."

U.S. Surgeon General Richard Carmona voiced his endorsement of departmental activities in health literacy as well. "The evidence indicates that health literacy may be both a cause of and contributor to health disparities," he said in a letter read at the meeting. "The bottom line for our department is we need to present health information in ways that people of all races and ethnicities, all walks of life, and all regions of this country will understand, and more important, use it."

Already, some headway is being made in the area of health literacy, both within and outside the department. Baur reported that HHS has

sponsored external experts to draft an action plan, now in the clearance process, for achieving the health-communication objectives in Healthy People 2010, including those pertaining to health literacy. The department has also added 20 questions related to health literacy to the U.S. Department of Education's 2003 National Assessment of Adult Literacy. Responses to those questions will be used to determine if health-literacy objectives in Healthy People 2010 are being met.

Efforts outside HHS include an Institute of Medicine study in progress to assess the problem of health literacy and to recommend steps to remedy the situation through public health and education.

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**The purpose of the all-day dialogue was to address an issue so pervasive it's often referred to as "the elephant" by those most closely involved—health literacy.**

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And the American Medical Association and Pfizer have both named health literacy as an issue of top priority.

Marin Allen, director of communication for NIDCD, told the group that communication disorders such as aphasia, auditory processing disorder, language impairments, and hearing loss, as well as other challenges such as dyslexia and dementia, can significantly influence a person's ability to obtain, process and understand health information. Health-literacy programs at NIDCD are being conducted in such areas as early identification of hearing loss, informed consent, and antibiotic use; in addition, bibliographical and information resources on health literacy for health communicators and other professionals will soon be posted in a new section on NIDCD's health information web site at [www.nidcd.nih.gov/health](http://www.nidcd.nih.gov/health).

NIDCR was the lead agency for the development of the Surgeon General's report *Oral Health in America*, as well as the chapter on oral health for Healthy People 2010, both of which identified the need to raise oral health literacy, said Dr. Alice Horowitz, NIDCR senior scientist. Among NIDCR's endeavors are several studies to determine the level of knowledge related to the prevention and early identification of oral cancer, a disease for which there is a 50 percent survival rate.

For more information on departmental health-literacy activities and how to become involved, contact Cynthia Baur at [cbaur@osophs.dhhs.gov](mailto:cbaur@osophs.dhhs.gov); Marin Allen at [marin\\_allen@nih.gov](mailto:marin_allen@nih.gov); or Alice Horowitz at [horowitza@email.nidcr.nih.gov](mailto:horowitza@email.nidcr.nih.gov); or contact your institute's Healthy People 2010 coordinator. ■

## Are You a Computer Hacker's Target?

Computer hackers don't need to resort to their bag of technical tricks if they can con you into giving up information in easier ways. Security specialists have adopted the term "social engineering" or "people hacking" to describe how hackers gain unauthorized access by manipulating people's innate human tendency to trust. Once hackers create a sense of legitimacy, they can exploit it for a variety of motives including disruption, fraud, industrial espionage, network intrusion, identity theft and even entertainment.

Here's how it can work. Imagine that someone comes to your desk and claims to be from customer support. He says he needs access to your computer to check out a network problem. Would you give him your password? Maybe he'll ask you to enter it as he watches the keystrokes from over your shoulder. Perhaps you'll get an email message directing you to click on a web site to install a free copy of a new action-packed video game. As promised, it's a great game, but unbeknownst to you, malicious software has also been downloaded. It's still your computer, but who controls it now?

This kind of "social engineering" presents a major threat to computer security because security is grounded in trust. Ironically, because hackers can easily prey on the human impulse to be kind and helpful, using social engineering to access a system is often easier than technical hacking. A local security analyst who performs risk assessments for corporate customers says, "It's a given that if [hackers] use social engineering, they'll be able to break in."

How can you recognize a social engineering attempt? Indications include the use of intimidation, name-dropping, refusing to give contact information, a sense of urgency, flattery/flirtation, small mistakes (misspellings, odd questions, misnomers) or a request for forbidden information. A hacker will pretend to be anyone you might trust, for example a network administrator, manager, phone technician, FBI agent or police officer or credit card company. Social engineering can be done in person, over the phone or online. Folks using instant messaging services might get a message notifying them of a virus infection. The message instructs them to download software (from a malicious URL) to "clean" their machine.

What can you do to thwart social engineering? Never give out your passwords. Never disclose them over the phone or in an unencrypted email message. Reasonably question anyone in your work area who does not appear to belong there. Don't indiscriminately open the door for people who seemingly can't find their card key. If you don't see their NIH ID, refer them to the security guard.

Never give out confidential information about

others without authorization. Be wary of opening unsolicited email attachments. If in doubt, check with the sender to see if an attachment was really sent.

Be cautious of downloading software from untrusted Internet sources such as games, programs or screen savers—you could be accessing an infected web site. Recall the adage, "beware of strangers bearing gifts" before installing any free software on your computer. If it seems too good to be true, it usually is.

Employees can review *An Awareness Guide to Social Engineering*, located at <http://irm.cit.nih.gov/nihsecurity/GuidSocEngine.htm>, or take the new NIH Computer Security Awareness course (see <http://irtsectraining.nih.gov/>).

In summary, sometimes it's okay to be a little suspicious. Don't be afraid to ask questions. Trust your intuition. If you have any doubts as to the authenticity of an inquiry or the actions you are being asked to take—hold on. Refer the request to your supervisor. If you think you have fallen prey to a social engineer's ploys, notify your supervisor and, if appropriate, immediately report the situation to your local IT help desk, ISSO (<http://irm.cit.nih.gov/nihsecurity/scroster.html>), or TASC (594-6248). If security has been compromised, swift action can help minimize damage.—Cheryl Seaman ■

### NINDS Mourns Former EEO Advisor Duvall

George R. Duvall, a former biological laboratory technician at NINCDS (now NINDS), died on Feb. 13 at the age of 78. He retired from NIH in the 1980s with 35 years of dedicated service.



George R. Duvall

In addition to his work in the laboratory, Duvall was an advocate for equal employment opportunity issues. In 1970 he was elected to serve as the first chair of the NINCDS EEO advisory committee.

His EEO work later garnered him an award for his "outstanding performance and exceptional contributions to promoting EEO in the institute, at the NIH and throughout Montgomery County at large." During the award presentation, former NINDS director Dr. Edward F. McNichol cited Duvall's "dynamic leadership and staff work for having made the NINDS advisory committee an increasingly constructive and cohesive force for the welfare of the institute and its employees."

Because of his leadership abilities, Duvall's services and advice were often sought by other NIH institutes as they developed and strengthened EEO programs for their employees.

Duvall is survived by three daughters, one son, one stepdaughter, four grandchildren, and two great-grandchildren. His wife preceded him in death in 2001.

### NIGMS Minority Program Directors Honored

Two NIGMS minority program directors were among the most recent recipients of the Presidential Award for Excellence in Science, Mathematics, and Engineering Mentoring. The annual awards recognize influential institutions and individuals who have been leaders in encouraging minorities, women and people with disabilities to pursue careers in science, math and engineering.

The recipients included Dr. R. David Bynum, an associate professor of biochemistry and cell biology at Stony Brook University, State University of New York; and Sara L. Young, director of the American Indian Research Opportunities (AIRO) program at Montana State University-Bozeman.

Bynum directs the Minority Access to Research Careers program at Stony Brook. He is credited with mentoring undergraduate students and laying a path for community college students to study molecular biology.

Young directs the Initiative for Minority Student Development program at Montana State. The initiative is a component of the school's AIRO program, a consortium of Montana's seven tribal colleges that provides opportunities to Native American students studying science, math and engineering.

Another individual associated with NIGMS minority programs, Dr. Steven G. Greenbaum of the City University of New York, Hunter College, received the award. Greenbaum, a physics professor and a subproject investigator on NIGMS' Support of Continuous Research Excellence grant, was recognized for mentoring students who have become major figures in industry, academia and research.

The three were among 10 individuals and 6 institutions who received the awards during ceremonies at the White House on Mar. 18. The awards, established by the White House Office of Science and Technology Policy and administered through the National Science Foundation, consist of a \$10,000 grant and a commemorative Presidential certificate. ■

### NIH Parenting Festival, May 14

The NIH Parenting Festival will be held on Wednesday, May 14, from 11 a.m. to 2 p.m. in the first floor conference room in Bldg. 50. Did you know that NIH has a wealth of information and internal resources to assist you as a parent? No matter what the age of your child—infant, toddler or teenager—the Parenting Festival has something to offer you. Over 20 tables will be staffed with information and resources on lactation services, child care referrals, family health benefits, flexible spending accounts, savings plans, family leave, adoption and foster care, latest research on children's health, on-site parenting experts and much more. There will be drawings, prizes and giveaways as well.

The event is sponsored by the NIH child care board in cooperation with the ORS Worksite Enrichment Programs Branch and the NIH Work/Life Center. For more information call 435-1619.

## HIRE EDUCATION



### Training Branch Class Offerings

The Training and Development Branch 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>.

Purchase Card Training	5/5
Who Is My Customer & What Does My Customer Expect?	5/5
Purchase Card Processing System	5/6
Developing Proofreading Skills	5/6-8
Creating Distinctive Customer Service	5/6-7
How To Conduct a Performance Review	5/6
Introduction to MS PowerPoint 2000	5/6
Professional Service Orders	5/7
Interviewing Skills: Getting the Right Person	5/7
The Full Power of Spreadsheets	5/7
Emotionally Intelligent Leadership	5/8
Power Listening	5/8
The Art of Negotiation	5/8
Travel Refresher Course	5/8
Advanced Project Management	5/13-14
Budget Formulation	5/14-15
Creating and Maintaining Filing Systems	5/14
Critical Thinking	5/15
Supervising Former Peers	5/15
Purchase Card Training	5/19
Foreign Travel	5/19-20
Delegated Acquisition Training Program	5/20-23

### CIT Computer Classes

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

Getting Started with the SAS Output Delivery System	5/1
Hands-On PC Upgrading and Security	5/1
Easy Large-Scale Bioinformatics on the NIH Biowulf Supercluster	5/6
Introduction to HTML	5/6
Data Warehouse Query: Budget & Finance	5/6
Fundamentals of Unix	5/6-8
NIH Contractor Performance System	5/7
Introduction to Statistics	5/7-8
Data Warehouse Query: Research Contracts & Grants	5/8
Creating Presentations with PowerPoint for the PC	5/9
Data Warehouse Query: Advanced Query & Reporting	5/13
From Scan to PDF: Composing Scientific Figures with Adobe Photoshop and Illustrator	5/13
Categorical Data Analysis Using Logistic Regression in SAS Software	5/13-15
PowerPoint Topics: Graphs, Links and More	5/14
mAdb Basic Informatics	5/14

## **NIDDK Establishes New Office of Obesity Research**

**N**IDDK is establishing an Office of Obesity Research to encourage a multidisciplinary approach to obesity research and to coordinate all obesity-related research within NIDDK.

"We are increasingly concerned about the health burden overweight and obesity place on American citizens," said institute director Dr. Allen Spiegel. "Obesity creates high risk for many major diseases NIH research is exploring and trying to prevent. This new office will help us better respond to obesity research opportunities, which are the first line of prevention for many of our most serious disorders."

In the United States, adult obesity has doubled since 1970; in addition, the number of overweight American children and adolescents has tripled in the same time period. African American, Hispanic and Native American women are among those at highest risk for obesity and its related diseases such as diabetes and hypertension. This epidemic is a national health crisis that is increasingly recognized by both health professionals and the lay public.

Obesity is also a multi-faceted research problem, requiring knowledge not only of the biological mechanisms of cell and organ dysfunction, but also understanding of human behavior and how people come to shed destructive behaviors in favor of healthy ones.

Both NIDDK's Division of Digestive Diseases and Nutrition (DDN) and the Division of Diabetes, Endocrinology and Metabolic Diseases (DEM) support a wide range of studies, from basic research focused on understanding brain mechanisms underlying appetite through clinical research studies designed to modify the environment to prevent obesity. Understanding and changing behavior is the foundation of obesity prevention and treatment, according to Dr. Philip Smith, deputy director of DEM.

Smith and Dr. Susan Yanovski of the DDN will co-direct the new office and coordinate the work of more than 11 programs with major obesity-related components. These range from basic research on the metabolic effects of obesity to major clinical trials such as Look AHEAD, a study of the health effects of weight loss in people with type 2 diabetes, and the Diabetes Prevention Program.

The office will carry out much of its work through the NIDDK obesity research working group, which provides a forum for sharing and coordination of trans-NIDDK and trans-NIH obesity research activities. In addition to representatives from DEM and DDN, the working group includes staff from the NIDDK Review Branch, the Office of Scientific Program and Policy Analysis and the Division of Nutrition Research Coordination.

Established in 2002, the working group is an

advisory body assisting the NIDDK director in identifying research opportunities, initiatives and advances; planning appropriate workshops and conferences; and helping to prepare obesity-related reports. ■

## **BECON Symposium Targets Team Science**

The Bioengineering Consortium (BECON) has scheduled its sixth annual symposium for June 23-24 at the Natcher Conference Center. Titled "Catalyzing Team Science," it will examine the forces that encourage and discourage team approaches to biomedical research, and explore ways in which NIH, academia and others can stimulate and reward team efforts.

Amid growing concerns that the paradigm of individual principal investigators working in isolation is not well suited to many areas of contemporary biomedical research, the BECON Symposium will look at the fundamental shift in the conduct of science towards trans-disciplinary teams.

The objectives of the symposium are to identify obstacles and incentives for conducting team science, recommendations for overcoming obstacles and enhancing incentives, and next steps for NIH in the process of working with scientists and administrators to advance team science.

The symposium is structured to draw leaders and critical thinkers such as investigators, university administrators responsible for formulating and overseeing academic policies, managers of information dissemination and funding agencies. The program will include breakout sessions on the following topics: NIH policies, procedures and funding mechanisms; academic institutions' assessment and reward procedures; publication and dissemination issues; models of team science; and institutional administration of research teams.

A preliminary agenda, along with program and registration information, is available at <http://www.becon.nih.gov/symposium2003.htm>. ■

## **Tae Kwon Do Beginner's Class**

The NIH Tae Kwon Do School is offering a beginner's class for adults and mature teens starting May 12. The curriculum combines traditional striking arts, forms and sparring with emphasis on self-defense. No experience is necessary. Class will meet in the Malone Center (Bldg. 31C, B4 level, next to the NIH Fitness Center) from 6 to 8 p.m. on Mondays and Wednesdays, and will continue for about 2 months until participants can be integrated into the regular school training. Dues are \$40 per quarter and a uniform costs \$30. Interested persons are welcome to watch regular training sessions. For information call Andrew Schwartz, 402-5197 or visit <http://www.recgov.org/r&cw/nihtaekwondo.html>. ■

### Wednesday Afternoon Lectures

The Wednesday Afternoon Lecture series—held on its namesake day at 3 p.m. in Masur Auditorium, Bldg. 10—features Dr. Pascale Cossart on May 7, giving the NIH Director's Margaret Pittman Lecture on the topic, "Fascinating Strategies Used by the Bacterial Pathogen *Listeria Monocytogenes* to Establish an Infection" (see story on p. 1).

On May 14, Dr. Joachim Frank, chief, laboratory for computational biology and molecular imaging, New York State department of health, HHMI investigator and professor, New York University department of cell biology, will present "What Makes It Tick? Attempts to Understand the Dynamics of the Ribosome Using Cryo-electron Microscopy."

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

### Credit Union Opens Clinical Center Branch

On Apr. 14, the NIH Federal Credit Union opened the doors of its newest branch, located in Bldg. 10, in space formerly occupied by SunTrust bank, which closed its NIH branch last fall.

The new location—on the B1 level just outside the main cafeteria—features all of the same services as other NIHFCU branches, plus added services such as safe deposit boxes and foreign currency exchange. Members also have access to a full-service ATM, a deposit "drop box," and an Internet kiosk. Members can use the kiosk to access the credit union's web site, online banking and online loan applications.

NIH employees, government employees who work at NIH, contractors, fellows and students are eligible to join NIHFCU. In addition, NIH patients and their families are also eligible to join.

"We're delighted to have this opportunity to be right at hand for so many of our members at the Clinical Center," said Lindsay A. Alexander, president and CEO of NIHFCU. "We believe that members will take advantage of the added convenience for loans and deposit accounts."

The Clinical Center branch hours of operation are: Monday - Thursday: 8 a.m. - 4 p.m.; Friday: 8 a.m. - 6:30 p.m.; Saturday: 8:30 a.m. - 1 p.m. (Saturday hours are curtailed during orange security alert periods).

For more information visit [www.nihfcu.org](http://www.nihfcu.org) or call the Telephone Service Center at (301) 718-0208; TDD (301) 881-5822. ■

### Ever Work on Welfare Island?

The Roosevelt Island (New York) Historical Society is seeking persons who worked or studied at the hospitals on Welfare Island. Roosevelt Island was Welfare Island prior to 1973. The hospitals were Goldwater Memorial Hospital, Bird S. Coler Hospital, City Hospital, Metropolitan Hospital, Neurological Institute, Cancer Institute, Strecker Laboratory and Columbia University Research Facility. The society is collecting this material for its archive and to learn more about the island's past. Contact Judith Berdy, president, 575 Main Street, Roosevelt Island, NY 10044, call (212) 688-4836 or email [rooseveltislandhistory@usa.com](mailto:rooseveltislandhistory@usa.com). ■

### NIH Library Classes Begin May 8

Seize the moment this summer—take one of the NIH Library's classes such as Drug Information, Clinical Trials, or EndNote 6. Learn how to find and evaluate information in the many online books, journals and databases available to NIH staff. Free, hands-on classes covering 12 topics are offered in the library training room, Bldg. 10. For more information, call 496-1080 or visit <http://nihlibrary.nih.gov/training.htm>. ■



Four NIH employees captured awards in the annual communications contest sponsored by the Combined Federal Campaign of the National Capital Area. Drs. Melissa Racioppo and Cece McNamara of NIDA received a first place award for the Best Campaign Event, adapting an approach to treating drug abuse to motivate their coworkers to participate in the CFC. They stocked a fishbowl with gift certificates to local restaurants and stores and let contributors fish for a prize. CSR Communications Director Don Luckett placed first for Best Feature Article Featuring an Employee for his Nov. 26, 2002 NIH Record article on NINDS CFC keyworker Donald Thompson. NIH photographer John Crawford won second place for Best Photographic Coverage with his CFC kick-off photos published in the Oct. 15, 2002 NIH Record. Winners are (from l) Luckett, Racioppo, McNamara and Crawford.

### STEP Forum on 'Communicating Science'

The staff training in extramural programs (STEP) committee will offer a Current Controversies in Medicine Forum on the topic, "Communicating Science: What Have We Cured Today?" on Thursday, May 1 from 8 a.m. to noon in Lister Hill Auditorium, Bldg. 38A.

Scientific discovery is fine, but the public wants better health. The NIH mission is to uncover new knowledge that will lead to better health for everyone; this includes fostering communication of medical information, identifying research findings that can be applied to the care of patients and helping transfer such advances to the health care system. Yet the path between discovery and the application to improve public health can take years and be costly. How does NIH balance investment in discovering new knowledge with the need to make optimal use of current findings? What are the most effective ways to convey information and transfer advances?

The STEP forum will explore the challenges and responsibilities of supporting research for new discoveries as well as supporting the translation and communication of new research knowledge to private industry, clinicians, Congress and the public. The forum is offered for ESA credit. ■