

# THE N I H R E C O R D

Still The Second Best Thing About Payday

*From Chocolate Cake to Nails*

## NLM's Kathi Canese Comes Home A Certified 'Ironman'

By Rich McManus

How do you get on airplanes anymore, or pass through security at the Natcher Bldg., if you're an Ironman? It turns out that the ardors of winning that designation—swimming 2.4 miles, biking 112 miles, then tossing in a marathon (26.2 miles) for desert—make subsequent difficulties pale in comparison.



This is what Kathi

*Kathi Canese*

Canese, a librarian with the National Library of Medicine's PubMed team, has learned since placing 20th in her age group at the 25th annual Ironman Triathlon World Championship in Kailua-Kona, Hawaii on Oct. 18.

Canese, 45, almost never turned iron at all.

SEE IRONMAN, PAGE 8

## NIH Director's Town Meeting, Dec. 16 in Masur Auditorium

The third NIH Director's Town Hall Meeting will take place on Tuesday, Dec. 16 with Dr. Elias Zerhouni, from noon to 1 p.m. in Masur Auditorium, Bldg. 10. All employees are invited to attend.

Questions submitted prior to the Dec. 1 deadline for online feedback will help guide the topics of discussion. Sign language interpretation will be available and accommodations can be made for those needing special assistance. For more information, contact Carol Jabir at [jabirc@od.nih.gov](mailto:jabirc@od.nih.gov) or (301) 496-1776.

## HIGHLIGHTS

**1** Program Traces 'Red Road' of Healthy Life

**2** Director's Corner Discusses Diversity

**9** NIH'er Deployed to Wildfire Disaster



**12** Outdoor Film Festival Raises \$55,000 for NIH Charities

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

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'Great Diversity Within Diversity'

## American Native Heritage Ceremony Invokes Spirit of Healing

By Carla Garnett

If more people had the agility of body, peacefulness of spirit and enthusiasm of youth that Kevin Locke demonstrated during the recent NIH American Indian and Alaska Native Heritage Month observance, then perhaps the nation's battles with obesity, stress, hypertension and other health problems might be handily won. Locke, a renowned storyteller and award-winning musician of Lakota and Anishinabe descent who performed the traditional Hoop Dance on Nov. 13 at NIH's third annual celebration of Native American history, said much about a healthy life can be learned from the centuries-old customs of American Indians.



Locke, who hails from Stand-  
SEE AMERICAN NATIVE HISTORY, PAGE 6

*Kevin Locke performs the traditional Hoop Dance.*

## Manson Describes a West Wild with Sorrow, Trauma, Much of It War-Related

By Rich McManus

The American West, which once gained a reputation as wild during frontier settlement, is earning that title anew as surprising portions of its reservation-based populations struggle to cope with the sorrows brought on by PTSD—post traumatic stress disorder—much of it a sequel of military service in Vietnam and other traumatic events.

So explained Dr. Spero Manson, professor of psychiatry and head, American Indian and Alaska Native Programs, University of Colorado Health Sciences Center, Denver, in his talk, "Wounded Spirits, Ailing Hearts: The Legacy of PTSD Among American Indians," given Nov. 12 in Masur Auditorium.

After warmly greeting the audience in the tongue of his native Chippewa Pembina tribe, Manson presented results of two major NIH-funded studies conducted during the 1990s showing that American Indian populations in both the desert Southwest and Northern Plains suffer higher incidence of trauma, thus elevating

SEE MANSON, PAGE 4



## NIH Director's Corner

This time of the year is rich with religious observance, a sacred time for people of many faiths to celebrate, reflect, pray and practice devotion. We are fortunate here at the National Institutes of Health to have an environment that encourages diversity and respects persons and their beliefs.

As a community of professionals working together in the premier biomedical research institution in the world, diversity is our lifeblood. And as the key supporter of 212,000 scientists working at 2,800 institutions, we actively seed diversity throughout the country.

At NIH, diversity means mutual respect for each employee. For medical research to thrive, the scientific community must continue to respect, to cultivate and to nurture diversity and to focus solely on merit!

I treasure the tradition of excellence founded on decades of world-class research by dedicated scientists. This tradition continues today because our employees work together to invigorate our reputation worldwide.

When you look closely at diversity, the issue is not the formal steps you take but the implementation and creation of a new culture. For us at the NIH, diversity is not optional. Diversity is a cultural component of our institution and truly a work in progress, one that is never finished.

Just as critical, diversity is a process—from the training of the very first talented individual we identify through a special partnership with patients all the way to continuing education for the seasoned expert.

Finally, diversity demands a distinctive pool of leaders. At the NIH, we cannot succeed in our mission unless we create informal networks that help leaders succeed.

At the end of the day, we all realize in our hearts that diversity is critical because disease knows no politics, respects no boundaries and makes no distinctions.

I want to close by thanking each and every employee who reached out to individuals in need by giving through the Combined Federal Campaign.

Personal giving, to me, is the ultimate act of kindness, a caring hand extended with a precious offering, a silent gesture that touches the heart.

As Americans, we are known throughout the world for our generosity, our caring spirit and our unselfish giving. As professionals who work for the federal government, we care deeply about our jobs and about our community. As employees of HHS, we share a noble tradition of caring for those in need. Thank you again for contributing to the Combined Federal Campaign. ■

NIH director Dr. Elias Zerhouni, a radiologist by training, gave the third annual John Doppman Memorial

Lecture in Lipsett Amphitheater on Oct. 22.

Doppman, who died in 2000, was the longtime head of the Clinical Center's diagnostic radiology department.

Zerhouni's lecture was titled, "Imaging Research Trends and 21st Century Needs."



## Volunteers 18 and Older

The National Institute of Mental Health is seeking volunteers over the age of 18 for clinical trials exploring the research effects of medications compared to placebo for the treatment of depression and bipolar disorder. If you are interested call (301) 496-5645 (TTY: 1-866-411-1010).

## Weight and Insulin Study

The Uniformed Services University of the Health Sciences is conducting a study examining weight and stress responses to exercise in African American and Caucasian men and women between the ages of 18 and 45. Volunteers will be compensated for their participation. Call (301) 295-1371 or email [humanperformancelab@usuhs.mil](mailto:humanperformancelab@usuhs.mil). ■

## NIH RECORD

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### Splinters Fly at NIAMS Awards Ceremony

The raw power of NIAMS deputy director Dr. Steven Hausman sent splinters flying at a recent institute awards ceremony, an innovative celebration to recognize staff members who are a part of the Administrative/Personnel Improvement Initiatives Program. His demonstration that a single wooden board was much easier to split compared with multiple boards lashed together was dramatic proof of the value of administrative teamwork. Team-



NIAMS deputy director Dr. Steven Hausman (l), takes a crack at explaining his thoughts on teamwork through a karate exercise at an NIAMS awards ceremony. Acting NIAMS Associate Director for Management and Operations Melvin Broadus looks on.

work, he emphasized, is crucial, making possible projects one individual could not achieve alone.

The ceremony—only in its second year—featured awards to staff members who helped implement new initiatives that the institute has undertaken in the last year. These include restructuring

to improve administrative services, augmenting new-employee orientation, taking on new information and technology projects, and doing a better job of managing property and travel requests. NIAMS began its concerted effort to develop new administrative initiatives in April 2000, and held its first awards ceremony in 2002.

The awards were presented by Melvin Broadus, NIAMS acting associate director for management and operations, and Bradford Felton of the institute's Management Policies, Programs, and Initiatives Branch. Broadus, who won the NIH Mentoring Award in 2002, has made recognizing the work people do to keep the wheels turning a top priority.

"The procedures that we have instituted at NIAMS and the teamwork that has been shown toward making these programs effective are an essential part of keeping the institute running," he said. "I am mostly proud of the enthusiasm and the diligence our people bring to these tasks and their everyday commitment to make our institute better." ■

### NBC Auction Raises Funds for Inn

The third annual NBC All-Star Charity Auction, held live online from Sept. 17-26, raised more than \$94,500 to benefit the Children's Inn at NIH.

The auction, launched on the air by *Today* show host Katie Couric, gave television fans the chance to bid on walk-on roles on their favorite shows as well as studio audience tickets, VIP tours, and souvenirs and autographed memorabilia from dozens of NBC prime-time, daytime, late-night and sports shows.

The hottest items included walk-on roles on NBC shows like *ER* (the highest at just over \$10,000), *Will & Grace* and *Frasier*, and visits to the sets of *West Wing* and *Days of Our Lives*. The bidding for a *Today* show VIP Tour also topped \$10,000.

Founded in 1990, the Children's Inn has been home to more than 5,200 pediatric patients and their families from all 50 states and 57 countries around the world. There is no charge to the families who come to the inn, no matter how long they must stay. Instead, the inn raises funds from thousands of individuals, businesses, foundations and community organizations and relies on a large pool of dedicated volunteers to keep everything in order.

Tyrrell Flawn, executive director of the inn, was overwhelmed by the support received through the NBC event, saying that it comes just as the inn is getting ready to open its new wing and begin taking in more families.

"Katie Couric and the *Today* show family, and everyone else connected with the event at NBC, have been so wonderful to us," said Flawn. "The money they have raised will help us expand our home away from home for these brave children, their parents and their brothers and sisters." ■

**Biology + Computers = BISTI Symposium**—Some 600 experts in biology, medicine, computer science and other fields gathered at the Natcher Conference Center last month for a major symposium, sponsored by the NIH Biomedical Information Science and Technology Initiative (BISTI), titled "Digital Biology: The Emerging Paradigm." Among the attendees were keynote speakers Dr. Sydney Brenner (below), a Nobel Prize-winning pioneer in genetics and molecular biology and distinguished professor at the Salk Institute, and Dr. Nathan Myhrvold (r), Microsoft's former chief technology officer and now managing director of the entrepreneurial firm Intellectual Ventures.



More than 200 presentations by representatives from government, academia and industry from around the world provided a broad look at contemporary issues arising from the convergence of biomedical and computational research. The BISTI symposium was the culmination of a week-long series of meetings, which also included "satellite" events held by the National Institute of Standards and Technology and the National Science Foundation as well as a workshop for scientists interested in applying for new federal funding establishing the NIH National Centers for Biomedical Computing, part of the recently unveiled NIH Roadmap for Medical Research.

MANSON, CONTINUED FROM PAGE 1

their risk of PTSD, than do either white populations or other large minorities such as blacks and Hispanics.

He punctuated the lecture with a variety of video segments in which Vietnam veterans and their loved ones recount—with hollow-eyed desolation—bouts of depression, nightmares, flashbacks and inability to experience normal emotion. Factor in the poverty of the reservation, its few cultural resources and the enormous distances between population centers, and the result is a landscape desperately in need of healing.

Manson, a medical anthropologist who has enjoyed more than 25 years of NIH support, reported that, nationally, around 6 percent of men

and 10-14 percent of women experience PTSD at some time in their lives. PTSD is an anxiety disorder, the consequence of witnessing extremely traumatic events such as war, violent attack, catastrophe and abuse. It is characterized by emotional numbing, hyperarousal, flashbacks to the precipitating event and intrusive negative emotions.

Between 30 and 40 percent of those who are exposed to trauma go on to develop PTSD, Manson said. As one ex-GI described it, "Something's wrong, something's missing. You feel guilty, angry, horrified. I can't seem to shake it. It's one of those things that's always there."

Said another Vietnam vet, "What we believed in [from our upbringing] wasn't what we participated in...Things just didn't add up. I was taught to be brave, unafraid. Now I'm afraid all the time, of things that have happened. I am tired of doing the PTSD shuffle."

The first study Manson described was the American Indian Vietnam Veterans Project, mandated by Congress in 1990. "That study found that PTSD is a highly prevalent and definable disorder in this population...and that the United States is not equipped to cope with it." The total study sample was 621 individuals, roughly half from the Dakotas and half from the Southwest. "The PTSD prevalence rate was significantly greater [in the study population] than in their white counterparts," Manson said, "or in blacks or Hispanics." Some 30-35 percent of American Indians are veterans, compared with a national average of about 11 percent.

Exposure to combat turned out to be the most powerful predictor of PTSD. Manson stressed that it is the environmental exposure to trauma, not one's intrinsic cultural identity, that predisposes a person to PTSD. As evidence, he cited an inner-city Detroit study that found the same high prevalence of PTSD.

When the data got a bit dry, Manson segued to video footage: a woman recounting in horror the transformation that occurred in her sleeping husband when he awoke from a nightmare, grabbed her and slammed her to the floor, not realizing that she was a loved one, not the enemy. One man, wearing a Vietnam vets ballcap, admitted, "When I hug my kids, there's a barrier that I can't get through...I think they sense it sometimes."

"PTSD is an extremely isolating illness," Manson explained. "The victims are irritable, they can't take crowds, they are easily startled. The daily consequences are dramatic."

Further, victims' sense of self is ruptured, Manson said. Relationships suffer as patients remove themselves from the social fabric that could help sustain them.

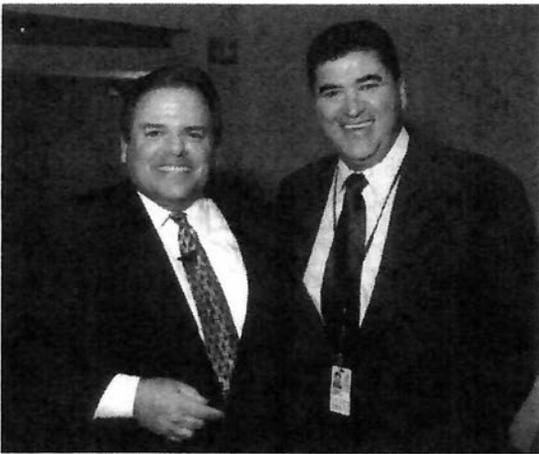
The two most prevalent forms of government care, Manson continued, are Public Health Service/Indian Health Service hospitals and Veterans Administration facilities; the former are relatively close by, often built on reservations, while the latter are usually at some distance. Nevertheless, Manson showed, VA facilities are more often used when patients are worried about issues of stigma or confidentiality. As one person told him, "I'd rather be thought drunk than crazy."

As a result of Manson's studies of help-seeking behavior for a variety of problems including physical complaints and ADM (alcohol, drugs, mental health) difficulties, the VA has adopted a policy of reimbursing clients for traditional healing services, he said.

The second large study Manson described—the Cante Waste Oyate and Shandiin Project, a study of the "epidemiology of trauma exposure"—was also funded by NIMH and data were collected in the late 1990s from a larger study sample of some 3,100 subjects from the same two areas—desert Southwest and Northern Plains.

The newer study shows that in subjects ages 15-54, the lifetime exposure risk of witnessing at least one traumatic event was 60 percent in the Southwest and 70 percent in the Northern Plains. This compares with an average lifetime exposure prevalence of 61 percent for men in the U.S. and 51 percent for women. So in American Indian country, the women's risk is about as high as the men's. "Indians experience trauma and its aftermath more often than the U.S. as a whole," Manson said.

He and his colleagues are now looking more aggressively at "therapeutic dynamics" for PTSD, and "how to stage the healing process." Manson is



Dr. Spero Manson (l) of the University of Colorado Health Sciences Center meets with NIH director Dr. Elias Zerhouni in Masur prior to Manson's talk.

using such technologies as “telehealth and tele-education” to reach people in distant locales, and has sponsored videoconferences on the topic of PTSD. Lately his team is finding that PTSD may add to risk of coronary heart disease incidence. He left the audience with the metaphor of an American Indian healer who used his ponytail braids to illustrate the difficulty of treating traumatized individuals: the healer began unstringing his braid, one strand at a time. “This strand represents the mind, the next represents the body, and the third, the spirit. How am I going to bind these all up into a single strand again?”

Manson said his studies of PTSD are only going to become more germane as the U.S. copes with the aftermath of 9/11 and prepares to welcome back its veterans of the Iraq War. ■

*Dr. Jennifer Swisher, a second-year postdoctoral fellow in the NIGMS Pharmacology Research Associate Program, recently won first place in the Presidential Student Awards in Research competition sponsored by the Society for Leukocyte Biology. She was one of four finalists who gave platform presentations at the society's 36th annual meeting. Swisher's topic was "Mitochondrial TGF-beta: Potential Mechanisms for Its Import and Function." Competitors were judged on scientific merit, presentation style and facility in answering questions. Swisher conducts research in the cellular immunology section of NIDCR. Her research interests include studying a novel role for TGF-beta in regulating cell death in mitochondria. She received a plaque, travel funds and a cash award.*



### McGowan To Leave eRA Project

Dr. John J. McGowan recently announced that he will step down from his post as Electronic Research Administration (eRA) project manager at the end of December. Under his leadership, the NIH eRA initiative has made great progress in achieving its objective of end-to-end electronic grants administration. This fall, McGowan realized the personal goal he set when he joined the project in 1999—NIH successfully accepted its first competitive e-applications for the October/November cycle.

NIH director Dr. Elias Zerhouni, in a letter of commendation, thanked McGowan for his stellar effort and vision in leading the eRA. “Dr. McGowan's leadership and management brought transparency and clarity to eRA. He established systems and a process to provide independent cost analysis and verification to ensure that the project produced results on time and within budget.”

McGowan's success in moving the project forward is due, in large part, to his ability to unite communities with diverse interests toward a common goal. An effective manager who bridged organizational cultures, he created a team of 600 participants, including volunteer eRA business area advocates from 12 different NIH institutes and centers, representatives from 18 grantee institutions, 6 Small Business Innovation Research awardees, computer specialists and end users. The eRA team closely collaborates with Grants.gov, a federal initiative supported by 11 departments and agencies to develop a one-stop electronic grant portal for full-service electronic grants administration.

For McGowan, serving as project manager has been “an honor and a privilege.” He views his role as an enabler who brought the stakeholders together, championed the project at higher levels and secured the funding to empower system users to set priorities and accomplish goals. Recognizing that the project was seriously under-funded, McGowan and the advocates built a business case for increasing the annual eRA budget from \$15 million to \$40 million in a 2-year period.

During McGowan's tenure, eRA Project Team achievements included phase-out of the legacy mainframe IMPAC system; construction of all new software applications using web-based architecture and migration of existing applications to this platform; and scanning of all grant applications received by the Center for Scientific Review, virtually eliminating the costs of reproducing, distributing and storing the 60,000 annual incoming proposals for NIH staff and peer reviewers; as well as many other time and paper-saving tools.

McGowan will return to his post at NIAID. ■



*Dr. John J. McGowan will devote his full attention to his home institute, NIAID, where he is director of the Division of Extramural Activities. According to McGowan, this is a unique time for NIAID, whose budget has grown from \$2.372 billion in FY 2002 to \$4.335 billion for FY 2004 in response to bioterrorism, the emergence and re-emergence of infectious diseases, and the increase in asthma among children in the United States and worldwide.*

### Holiday Cards Benefit Inn

You can order holiday cards decorated by young patients from the Children's Inn at NIH, with proceeds benefitting the home-like residence for youngsters being treated here. There are four designs to choose from; each was created by NIH pediatric patients. The designs are available in boxed sets of 25 and can be personalized at no extra charge.

To see the cards, visit [www.childrensinn.org](http://www.childrensinn.org) and follow the instructions on the home page. Orders can be placed by printing out and faxing the order form, by filling it out online, or by calling Anne Swire, director of development and public relations at the inn, at (301) 451-9453.

## AMERICAN NATIVE HISTORY, CONTINUED FROM PAGE 1

ing Rock Reservation in Wakpala, S. Dak., also presented a musical slide show, which he accompanied by playing the Northern Plains flute, an instrument indigenous to several Native American peoples.

Frank GrayShield (Washoe) of NHLBI, president of the NIH American Indian/Alaska Native Employee Council (AIANEC), offered welcoming remarks before the White Oak Singers, a four-man Northern Plains-style drum group formed in White Oak, Md., performed the opening Flag Song; the song is used customarily to open American Indian ceremonies, in a manner similar to the U.S. National Anthem.

"Grand Father, thank you for this beautiful day," said Clayton Old Elk (Crow) of the Indian Health Service, who offered the opening and closing invocations in both his first language, Crow, as well as English. "In this season of thanksgiving, we thank you for all the things you have given us and we ask your blessing on this institution that is very important...There are many illnesses across the country, not just among Native Americans and native people, but among all people; find the cures and the resources for them to live in a good world and a better way... We ask for blessings for our tribal leaders and our healers."

Introducing Locke as a cultural ambassador, Rick Harrison of NIDA put the upcoming dance performance in context. "The Hoop Dance is much more than entertainment," he said. "It represents unity, overcoming struggle, growth and world vision."

A former schoolteacher who has traveled to more than 80 countries, educating people about the

PHOTOS: ERNIE BRANSON



Above, Clayton Old Elk of IHS addresses the audience; at right, NIH deputy director Dr. Raynard Kington lauds NIH diversity.



The White Oak Singers provide rhythms and music in the Northern Plains drum style.

traditions of his ancestry, Locke said, "I really believe that all peoples have wonderful gifts, wonderful contributions to make towards the emerging global civilization."

He said the citizens who live in the small region of Wakpala suffer from "runaway diabetes" and a number of other health problems, many of which can be attributed to what he labeled "social decay." Wakpala has an unemployment rate of about 80 percent.

"What can we do to restore the balance?" he wondered aloud, explaining that back home, prayers in the local language often describe living a good, healthy life as "walking the red road of life—the road of harmony, balance and healing."

Starting the day with an invocation, Locke added, "is central to any gathering of the indigenous people of this land. It is an acknowledgment, a recognition of the need to establish a spiritual foundation and that the only way to build anything else is from that foundation."



Hoop Dancer Kevin Locke uses his limbs and the rings to form wings and a globe.



With rhythms and music provided by the White Oak Singers, Locke performed a series of dance maneuvers using first a few and then all 28 flexible hoops, which are colored red, black, yellow and white to represent different peoples of the world. Constantly in motion—sometimes on only one foot—he used his limbs and the rings to

form such various shapes as flowers, wings, trees and a globe. As each shape developed, the audience applauded and cheered.

"Heritage includes many things we pass along from one generation to another," pointed out NIH deputy director Dr. Raynard Kington, speaking on behalf of NIH director Dr. Elias Zerhouni. "We also call it culture, and that in turn may include language, the foods we eat, the way we worship, ethnicity, rituals, manners, songs and dances."

Kington, whose great great-grandmother was Cherokee and who grew up hearing stories about her passed from generation to generation, pointed out that celebrating the heritage of the many different communities among American Indians and Alaska Natives lets us see "one of the best examples of the notion that there is often great diversity within diversity."

In addition to the previously named elements of heritage that are shared across cultures, he said,

another important component should be added, one that makes the others possible—health.

"Without good health we have no heritage," he said, explaining that illness can cripple "the means of passing on our heritage, our physical bodies."

Kington noted two equally important reasons that NIH supports heritage observances: to recognize the contributions of American Indian and Alaska Native NIH'ers and to acknowledge the agency's tremendous commitment to finding cures and treatments for the many ailments disproportionately affecting those populations. Among such efforts are NIDDK's Diabetes Prevention Program with Pima, Zuni and Navaho participants; NHLBI's Strong Heart Study with 13 tribes in Arizona, Oklahoma and North and South Dakota; NEI's research on the genetics of corneal eye disease in Alaska Natives; and the



*Locke is also an award-winning flutist.*



*During a reception following the program, Locke greeted well-wishers and signed posters and programs.*

National Center on Minority Health and Health Disparities' projects to increase the number of American Indians and Alaska Natives pursuing careers in medical research.

"Just as the NIH is proud of you and your contributions as individual men and women," Kington told the Natcher audience, "we are also proud of progress we are making in improving the health and thus the heritage of American Indians and Alaska Natives."

During a reception following the program, Locke greeted well-wishers and signed posters and programs. The annual observance was organized by AIANEC and sponsored by the Office of Equal Opportunity and Diversity Management and 18 NIH institutes and centers. ■

#### Wednesday Afternoon Lecture

The Wednesday Afternoon Lecture series—held on its namesake day at 3 p.m. in Masur Auditorium, Bldg. 10—features Dr. Douglas C. Rees on Dec. 17, speaking on "Getting Across the Membrane: Structural Studies of Channels and Transporters." He is HHMI investigator and professor, division of chemistry and chemical engineering, California Institute of Technology.

The series then takes a holiday break before resuming on Jan. 7, 2004, with a talk by Nobel laureate Dr. John Fenn.

For more information or for reasonable accommodation, call Hilda Madine, (301) 594-5595.

#### BIG Meeting Schedule for 2004

The NIH chapter of Blacks In Government will hold monthly meetings in 2004 at the following times and places: Jan. 22, 6001 Executive Blvd./Rm. D; Feb. 26, 31/6C Rm. 6; Mar. 25, 31/6C Rm. 6; Apr. 29, 31/6C Rm. 6; May 27, Natcher/Rm. D; June 24, EPN/Rm. H; July 29, 31/6C Rm. 6; Aug. 26, 31/6C Rm. 6; Sept. 23, Natcher/Rm. F1/F2; Oct. 28, 31/6C Rm. 6; Nov. 18, Natcher/Rm. F1/F2.

Meetings, which last from 11:30 a.m. to 1 p.m., are open to all NIH employees. For more information, contact Jacque Ballard, chapter president, (301) 435-3795. ■

#### NCI's Kohn Lectures on Ovarian Cancer

Dr. Elise C. Kohn, principal investigator, Laboratory of Pathology, Center for Cancer Research, NCI, will deliver a lecture titled, "Molecular Targeted Therapeutics and Proteomics in Ovarian Cancer," on Wednesday, Dec. 10 from 11:30 a.m. to 12:30 p.m. in Wilson Hall, Bldg. 1. The talk is organized by the women's health special interest group, sponsored by the Office of Research on Women's Health. Sign language interpretation will be available. ■

#### Employee Needs Organ Donation

Wanda White, an employee with type A blood, is in need of a kidney transplant. If there is anyone interested in being tested as a possible donor match who has either type A or O blood, call Nancy at (301) 435-2110. Federal government donors can use up to 30 days of donor leave, which is not associated with sick or vacation leave.

## IRONMAN, CONTINUED FROM PAGE 1

To get to the world championships, she had to finish first or second in her age group at one of the precursor Ironman competitions. Canese was talked into participating in her first Ironman triathlon—held at Lake Placid, N.Y., last July—by a friend who had done three such competitions before. She was so surprisingly successful there, finishing first in her age group in a time of 12:15:07, that she decided to try Hawaii.

“I always said that Lake Placid would be my first and only Ironman,” she said, “but when I qualified for Hawaii, I just had to do it.” Adrenaline might have helped make her decision for her; Canese said that her last mile of the Lake Placid race was her fastest. “I was so excited to be near the end.”

Canese didn't even know until the morning after the Lake Placid Ironman that her time had qualified her for the world championships. So quickly do races on the Ironman circuit fill that she had just a day to ponder whether or not to enter Hawaii; if you dally in deciding, race managers skip you and move on to the next registrant in your age group.

Having now proven to herself that she can not only survive but flourish in the event, Canese says she may not enter Hawaii again.

“It's exhausting, and it's expensive, too,” she said. But she plans to maintain a regular schedule of half-Ironman events (there's one called Eagleman next June near Cambridge, Md., where she finished seventh in her age group in 2003, and another at Duke University) and Olympic-distance triathlons (at the less foreboding distances of a 1-mile swim, 40-kilometer bike race and 10,000-meter run—the next one is in May, in Columbia, Md.), not to mention occasional 10K road races near her home in North Arlington, Va. Her best time in the latter event was a 38:30 five years ago in D.C.'s St. Patrick's Day race.

Canese grew up, essentially a nonjock, in Smithtown, on Long Island. “I was a gymnast in high school, and during my first year of college,” she recalls. “But I wasn't a runner at all.”

She took up running in graduate school—“a couple of miles every other day”—at the State University of New York at Albany, where she studied library science. “I did it so that I could eat chocolate cake,” she confesses.

In the summer of 1992, 3 years after first coming to NIH as a librarian in NLM's Medlars manage-

ment section, Canese said she had “kind of an epiphany,” and decided to begin training for her first marathon—Washington's Marine Corps event. “I hooked up with a group of people [who were training for the race] for about 3 months, which wasn't quite enough time.” Nonetheless she finished in 3:38, which qualified her, by 2 minutes, for the following spring's Boston Marathon. Around this time, she says, “I kind of got hooked on running.”

She finished Boston in 3:15 in 1993. “Then I just started doing a bunch—at least a couple of marathons a year,” she said. Around 1996, tempted by further challenges, Canese decided to enter some triathlons at the Olympic distance.

Training for such events is not trivial, and Canese credits her membership in the Potomac Runners as keeping her motivated. “When I'm serious, I train 7 days a week, with two workouts on a couple of those days,” she said. Four mornings are for running, including a weekend long haul of 12-20 miles with a large group of runners who meet at Belle Haven Marina, along the bike path to Mt. Vernon. Canese swims 2-3 mornings a week with a master's group at a recreation center in McLean, Va., and in the summertime swims from 5:30 to 7 a.m. at an outdoor pool at Hains Point. Sundays she takes a 50 to 100-mile bike ride, and supplements it with two evening rides per week, at distances of around 40 miles. When the weather's bad, she mounts an indoor training cycle in her basement.

“My community of friends are mostly athletes,” she says. “I do all my training with other people—it's a social thing for me, as well.”

Three-event races such as triathlons and Ironman competitions also demand that participants be skilled at logistics; you have to stow gear at various transition tents, and find a way to nourish yourself over the course of a daylong effort. Canese offers anecdotes tracing the strict order to which all races adhere: swim, bike, run.

When she first dove in to Mirror Lake at Lake Placid, N.Y., amid 1,800 other competitors, Canese was repeatedly shoved underwater by men, who outnumber women by at least 4-1 in these events. “It's chaos at the start of a race,” she cheerfully admits. Canese looked down and saw divers peering up at her; they were stationed there to rescue athletes who might need help. Both Lake Placid and Hawaii shared a high-tech aspect; all participants wear computer microchips, which enable them to be tracked not only by race organizers, but also by fans and family members half a globe away who can monitor the event on the web.

Biking is a world of rules and conventions unto itself. Canese rides a \$2,000 Cervélo “tri bike” specially made for triathlons—lightweight, skinny tires and aerodynamic, with “arrow bars” in place of conventional handlebars. Unlike most bike races,



Canese grabs her bike by its “arrow bars” as the cycling portion of the Kona Ironman competition begins.

Canese is a member of the PubMed team at the National Center for Biotechnology Information. Her Natcher Bldg. colleagues support her racing career.



which are team efforts in which riders can “draft” or be sucked along in the wake of a leading rider, triathlon biking enforces a three-bike-length gap, policed by officials on motorcycles. You have precisely 15 seconds to pass another cyclist and reestablish the gap; if you fail, you get written up and lose crucial time.

The transition from biking to running is crucial; Ironpeople have to stop “pounding” about 5 miles before the end of the race and switch to “spinning,” which gives the legs a chance to prepare for an altogether different form of stress.

The pros who enter these races compete in a single outfit, Canese reports. People like her, dubbed “age groupers,” bring changes of clothes for each of the three competitions.

Although each participant handles nutrition differently, Canese uses the bike portion of the competition to eat. She typically consumes four Clif bars, an energy supplement, while cycling, and might be able to choke down half a sandwich while changing into her running singlet.

“Running is definitely my strong suit,” Canese says. “It’s where I have the most confidence.” She especially relishes picking off bikers who had passed her earlier in the day.

Hawaii was so hot and humid on race day that Canese, striding through fields of black lava baked by the sun, took to dumping water on her head. “I was squishing in my sneakers by the end of the race,” she recalls. The race ended long past dark, and runners held glow sticks just to keep from colliding. Canese acknowledges that most age groupers have to walk a portion of the marathon—they are simply too worn out by this time to sustain a jog.

Canese finished the Kona event in 12:49:04, physically drained but emotionally exhilarated. “It’s fun to be with the best,” she said. “It was unlike anything else I’ve ever done.” So impressed were her coworkers back on the fifth floor of the Natcher Bldg.—many of whom had followed her progress via computer—that they threw her a party on Oct. 24.

Canese doesn’t rule out Hawaii again, and has resumed training for some local triathlons. “I won’t say never,” she laughs. “I plan to keep doing triathlons as long as possible—I get a little antsy if I don’t get to train. I’m also thinking about doing

some adventure racing, which involves different events such as kayaking, orienteering and mountain biking. There are some crazy ones that involve rappelling, too, but that’s too adventurous for me.”

Her NLM job is also an energy-consuming adventure. As part of the National Center for Biotechnology Information’s Information Engineering Branch, Canese “serves as a liaison between the NCBI programmers and the people I used to work with in the traditional part of the library. So I do a lot of database testing, documentation and classes.” She also teaches a PubMed course at Woods Hole, Mass., every summer.

Ending an interview in order to be feted by coworkers, Canese notes that her colleagues have gotten swept up in her competitions, too. “I think maybe I’m a positive influence on them,” she says, an Ironman in a velvet glove. ■



Dr. Alan Zametkin, NIMH intramural child psychiatrist and commander in the Public Health Service, was deployed for 2 weeks in November to the disaster response for the San Diego wildfires. The effort was mounted by the American Red Cross. Zametkin was sent to Julian, Calif., a community decimated by California’s largest wildfire, covering 337,000 acres.

Some 2,200 homes were lost and 14 people died. Zametkin provided psychiatric services to countless residents who had lost homes, businesses and neighbors. He spent 2 days with students of the Julian Elementary School and the Julian Middle School. Zametkin is a member of the Commissioned Corps Readiness Force, a highly mobile corps of service providers trained to respond to disasters. He documented some of the devastation on film, including the photo below of a burned-out settlement.



#### Pelvic Pain Relief Study

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

#### Tae Kwon Do Beginner’s Class

The NIH Tae Kwon Do School is offering a beginner’s class for adults and mature teens starting Jan. 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, (301) 402-5197 or visit <http://www.recgov.org/r&w/nihtaekwondo.html>.

## CSR's Jerry Fried Bids Farewell

By Don Luckett

In the '50s, there were few treatments for a severe case of asthma. Dr. Jerry Fried's father was given only one option: leave New York City and move to Arizona. He embraced it with surprising vigor, becoming a cotton farmer in the suburbs of Phoenix, so he could breathe fresh air all day. Fried spoke of his father as he retired from the Center for Scientific Research, where he was scientific review administrator for the erythrocyte and leukocyte biology study section. He explained how his interest in scientific research grew with his father's cotton plants.



Dr. Jerry Fried

"My father had a theory that a lot of the cotton farmers didn't apply fertilizer and water properly," Fried explained. "He felt you could do better by using more water, especially during certain parts of the growing season."

In high school, he tested his father's theory in a controlled experiment on the farm. "It showed if you scale up the water and fertilizer it would make a significant difference," Fried said. There was thus no mystery why his father's yield was greater than others in the area.

Greater mysteries, however, lay ahead as Fried went to Caltech. He received his bachelor's degree there in physics with a minor in biology in 1958.

As he thought about graduate school, he decided to study electrical engineering. "It was more applied and somewhat different," he said.

After he received a master's degree from Stanford, the university started a new graduate program in biophysics. "The timing was very lucky," said Fried, who became one of the first students in the program. "I combined my interest in biology with my experience in physics."

He advanced research there on metabolic pathways in yeast by developing a mathematical model for studying the kinetic behavior of radioactive tracers.

"I wanted to compare the input and output signal...under steady-state metabolic conditions," he said. His experiments succeeded just like his earlier experiment in the cotton patch.

Once he earned his Ph.D., Fried returned to New York City. He soon joined the Sloan-Kettering Institute, where he had a 22-year research career. Working first in its biophysics division, he developed mathematical models of proliferating cell populations and computer programs to evaluate radiotracer data from leukemia patients in order to assess and advance chemotherapy. Fried and his colleagues were some of the first scientists to use

flow cytometry. He continued this research when he joined the hematopoietic cell kinetics laboratory. Fried later became director of a fluorescence-activated cell sorter facility, which he used to further his and his colleagues' research.

After developing a successful program, he became interested in doing something different. When word got out in 1987, he was recruited to coordinate reviews for the pathology B study section at the NIH Division of Research Grants (now CSR). A year later, he moved to the hematology 2 study section.

"I enjoyed working with the people here and with my study section members," he said. "I also found it fascinating to get an advance look at what hematology will look like in the next 5 years."

He was so committed to the people and work that he delayed his retirement in order to help complete the recent reorganization of his integrated review group. "I wanted to see the new one get off to a good start," he said. Then-CSR director Dr. Ellie Ehrenfeld said she "couldn't thank him enough for his contributions." Dr. Joy Gibson, chief of CSR's cardiovascular sciences IRG, praised Fried for his "quiet competence" and noted that he produced "model summary statements."

Fried is looking forward to visiting his two sons in Los Angeles and Taiwan, learning Spanish and Mandarin, and studying comparative religion and philosophy. He also plans to make use of his new leisure time to develop closer ties with friends and family and to maintain an active lifestyle, both mentally and physically. ■

## CIT Computer Classes

All courses are given without charge. For more information call (301) 594-6248 or visit <http://training.cit.nih.gov>.

Using SQL to Retrieve DB2 and Oracle Data Warehouse Query: Research Contracts & Grants	12/10-11
Intro to Javascript, Pt. 1 - The Basics	12/10
Intro to Javascript, Pt. 2 - Adv. Examples	12/10
OS X Tips and Tricks	12/11
Basic Security - Protect Your PC w/Available Tools	12/11
New Advances w/Microsoft Office 2003 System	12/12
NCBI's Structural Analysis Quick Start	12/12
Designing Effective Scientific Slides	12/12
Introduction to Cascading Style Sheets	12/12
nVision Travel	12/15
Introduction to Perl for Biologists	12/15-18
Fundamentals of Unix	12/16-18
Budget Tracking	12/16
Seeking Information on the Web	12/16
Introduction to mAdb	12/17
NCBI's MapViewer Quick Start	12/18
VB6 to VB.NET Migration	12/19
Snort Lightweight Intrusion Detection System	12/19

### Malaria Vaccine Study Needs Volunteers

Healthy men and women ages 18-45, without previous history of malaria or receipt of a malaria vaccine, are needed to participate in a study on the safety and effectiveness of a new investigational malaria vaccine at Walter Reed Army Institute of Research in Silver Spring. Health screening and financial compensation provided. Call 1-866-856-3259 toll free or (301) 319-9335/9320, or visit [www.wrairclinicaltrials.com](http://www.wrairclinicaltrials.com).

## Grigg Retires from Public Affairs Career

A respected source of federal health news and information was lost Nov. 1 when Bill Grigg retired after more than 30 years in the federal government. He's been an award-winning spokesman for five federal health agencies—the Food and Drug Administration, the Public Health Service, the National Institute of Environmental Health Sciences, the National Toxicology Program and, finally, NIH's Office of the Director.

Most recently, he served for 4 months as acting deputy to the NIH associate director for communications. "I especially liked announcing our NIH employees' victory in keeping their jobs, beating a private contractor's bid to provide support for our research grant managers," he said.

Because he had been medical reporter for the old *Washington Star*, Grigg has known reporters' needs, appreciated their deadlines and won a reputation as a "no bull" straight-shooter. Between jobs at the *Star* and the health agencies, he was press and administrative assistant to Rep. Gilbert Gude, the environmentalist who helped save the C&O Canal and Glen Echo amusement park, and his successor, Rep. Newton Steers.

Grigg handled a number of high-profile controversies during his career. He was the news director for the FDA in the early 1980s when cyanide-laced Tylenol capsules killed seven people, spawning a crisis in consumer confidence and prompting anti-tampering drug packaging that is still common today. Grigg put his home phone number on press releases, to remain available to reporters throughout the crisis. He later helped FDA navigate cases of poisoned Chilean grapes, and the danger of children's aspirin as the cause of Reye's syndrome.

As news director at PHS, Grigg found himself in the midst of the medical marijuana controversy when his agency halted a federal program that had provided small amounts of free marijuana for medical purposes.

His media work broadened when he became director of communications for NIEHS, and its National Toxicology Program. Besides press, Grigg's responsibilities included oversight of a joint NIEHS-NTP journal, *Environmental Health Perspectives*, and a specialized library. He built up the institute's publications and video capacities to promote the theme, "Your environment is your health."

Grigg won a number of awards from FDA, the first

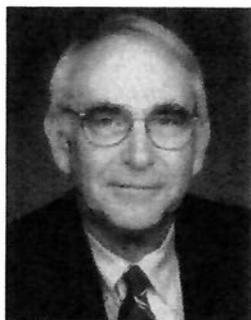


Bill Grigg

two public affairs awards of the Department of Health and Human Services and 12 awards from the National Association of Government Communicators, among them a first-place "Blue Pencil" award. He also won two federal Merit Awards.

Known for his capacity to produce a clear, crisp press release in 10 minutes, Grigg has also written government pamphlets on environmental and genetic discoveries, fertility, pregnancy and teen health habits. He hopes now to "graduate to even longer forms of writing," which suggests a book or two, though he won't say. "The subjects will be health and environmental issues, for darn sure," he said. ■

*NINDS intramural scientist Dr. Henry McFarland, director of the Clinical Neurosciences Program and chief of the Neuroimmunology Branch, recently received the 2003 Charcot Award for lifetime achievement in multiple sclerosis research. Sponsored by the Multiple Sclerosis International Federation (MSIF), the award was presented at a Berlin conference where McFarland*



*presented the Charcot Lecture titled, "The Changing Face of MS." A world-renowned leader in the field of neuroimmunology and, in particular, in MS research, McFarland also conducts research in the areas of neurovirology, immunology, genetics, clinical trials and imaging. His laboratory team studies the cellular immune response to autoantigens of the central nervous system and examines therapeutic strategies targeting this response. They also study the natural history of MS using magnetic resonance imaging and identify effective designs for clinical trials of new therapies for MS. The Charcot Award is presented every 2 years for a lifetime of outstanding research contributions to the understanding or treatment of MS. The winner is selected by an international panel of experts set up by the chair of the MSIF international medical and scientific board.*

## NIH Training Center Classes

The Training Center 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 (301) 496-6211 or visit <http://LearningSource.od.nih.gov>.

Basic Time & Attendance Using ITAS	12/10-11
Purchase Card Processing System	12/10
Time & Attendance for Supervisors Using ITAS	12/15
NBS System Travel for Approving Officials	12/17
NBS Travel System	1/5-6
Domestic Travel	1/12-14
NBS System Travel for Approving Officials	1/14

## Normal Volunteers Sought

Normal volunteers, ages 20 to 60, are needed for a research study run by NIAID in the Clinical Center. Volunteers will receive an FDA-approved drug designed to increase white blood cell count and then undergo apheresis (blood collection) to collect the excess cells. Compensation is provided. If interested call Mary Huber, (301) 496-7935.



The Comcast Outdoor Film Festival held in August raised a record \$55,000 for several NIH charities this year. Comcast recently presented the check to NIH officials and patients at the Children's Inn. Shown are (from l) Candace Street, Special Love/Camp Fantastic; Ricky Webster, 14; Bob Deutsch, Comcast Outdoor Film Festival; Therese Clemens, Friends of the Clinical Center; Mario Mason, 9; Craig Snedeker, Comcast of Montgomery area vice president and general manager; Corey Lee, 9; Anne Swire, Children's Inn; Randy Schools, R&W president. "We hope that this donation will help the Children's Inn, Camp Fantastic/Special Love, and Friends of the Clinical Center continue to provide the wonderful services that help so many families through NIH," said Snedeker. More than 85,000 people attended the 10-day free film festival this year on the grounds of Strathmore Hall Arts Center. The proceeds were raised from corporate sponsorships, donations by moviegoers and from the proceeds of food sales during the festival.



Dr. Joseph Gallelli was presented with the Andrew Craigie Award of the Association of Military Surgeons of the United States on Nov. 20, "for sustained accomplishments and leadership in advancing professional pharmacy and supporting clinical research at the National Institutes of Health." The award is presented to an individual who has had a

career of outstanding accomplishments in the advancement of professional pharmacy within the federal government. Gallelli has been a research pharmacist at the Clinical Center for nearly 40 years. From 1962 to 1970, he served as chief of the pharmaceutical development service and was later promoted to pharmacy department chief, where he served until 1995. Today he is a senior advisor for biotechnology product development; he oversees and advises on the manufacture and development of biopharmaceuticals and biotechnology products for human use. Among Gallelli's accomplishments are publication of the first text on the compatibility and chemical stability of intravenous medications based on original research conducted in his lab; publication of guidelines and recommendations on the safe handling, chemical inactivation and disposal of injectable antineoplastic drugs; and establishment of the first post-graduate hospital pharmacy residency training program, which has graduated dozens of pharmacists in leadership positions today.

## NCI Publications Honored

The National Cancer Institute's *Facing Forward* series recently received two awards from the 2003 annual National Health Information Awards, established 10 years ago as a seal of quality for consumer health information. *Facing Forward: Life After Cancer Treatment*, which explores post-treatment issues such as follow-up medical care, physical and emotional changes, changes in social relationships and workplace issues, received a silver award. *Facing Forward: Ways to Make a Difference in Cancer*, which provides an overview of the potential benefits of involvement in activities that give back to one's community and how one can become involved, received a bronze award. Both publications, part of a series created by NCI's Office of Education and Special Initiatives and the Office of Cancer Survivorship, also received Plain Language Awards this year from NIH.

The booklets can be ordered from NCI's Cancer Information Service by calling 1-800-4-CANCER (1-800-422-6237) or by visiting <http://cancer.gov/> publications. *Facing Forward: Life After Cancer Treatment* is also available in Spanish (*Siga adelante: la vida después del tratamiento del cáncer*). ■

Katie Finn, a management analyst in the Office of Management Assessment, OD, was recently named one of the winners of the 2003 Toyota Tribute to Working Women Awards for her 13 years of service to the



Children's Inn at NIH, and for her contributions to her community and workplace. She was honored during a luncheon at the Westin Embassy Row Hotel, hosted by ABC 7 news anchor Kathleen Matthews. Finn was among the first volunteers when the inn opened in 1990, and has logged more than 3,100

hours of service to the facility. She continues to work at the inn every week. "Katie's special gift is the ability to touch others' hearts and give them strength, hope, love and encouragement to make each day as bright as possible," said Laura King, the inn's director of volunteers, in the award nomination.

## Asian/Chinese Volunteers Needed

The department of transfusion medicine (Blood Bank) at the Clinical Center seeks healthy volunteers (male and female) 18 years of age and older to participate in a research apheresis study that assesses the influence of ethnic background on immune response. Volunteers are needed who were born in China, including Taiwan, Hong Kong and Singapore or first generation offspring of parents who were born in these countries. Two visits are required and compensation is available. Call Rose Werden, (301) 402-0757. ■

## Trauma Survivors Needed

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).