

THE NIH RECORD

Still The Second Best Thing About Payday

Zinkernagel To Give Dyer Lecture

By Anne A. Oplinger

Swiss immunologist and Nobel Prize winner Dr. Rolf M. Zinkernagel will present the R.E. Dyer lecture on Wednesday, Apr. 14, at 3 p.m. in the Clinical Center's Masur



Dr. Rolf Zinkernagel

Auditorium. His talk, titled "Antiviral Immunity and Vaccines," will explore a wide range of immunological topics, including why vaccines against persistent

infections such as HIV or tuberculosis have been difficult to achieve, while vaccines that maintain or induce high levels of neutralizing antibodies have been much

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NIH Plain Language Awards Ceremony, Apr. 20 in Lipsett

On Tuesday, Apr. 20, NIH will again celebrate the talented writers employed here who were selected to receive awards by the plain language coordinating committee in the fourth annual competition. Open to all staff, the ceremony will begin at 2 p.m. in Lipsett Amphitheater, Bldg. 10.

NIH director Dr. Elias Zerhouni will host the occasion honoring the winners of this year's competition. Approximately 170 nominations, including web sites, news releases, fact sheets, newsletters, manuals, posters and other written products were submitted in response to Zerhouni's call for entries. The submissions were evaluated by members of the committee, which includes representatives from every

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'Other Paths for Daughters'

Roundtable Examines Middle Eastern Research Opportunities for Women

By Carla Garnett

Imagine yourself as a teenager in science class, fascinated by a lecture describing the wonders of chemistry and biology. As various disciplines unfold before you, your mind races with possibilities: What if science is it? Might this be what I was born to do? If you are growing up in Lebanon, Iran or Iraq, however, your enthusiasm for further exploration is most likely tempered by realities: What job opportunities in science exist in my country? How far would I have to travel from home to study? And, if you're a girl in a culture that sees your potential solely as a wife and mother, the prospects for pursuing a career in science are more daunting still. Professional research seems improbable and unlikely. It should not

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Iran native Dr. Helen Sabzevari of NCI

Intuition vs. Reason

Nobel Laureate Kahneman Posits Two Forms of Thought in WALs Talk

By Rich McManus

Every talk in the Wednesday Afternoon Lecture Series (WALS) is, of course, interesting, but some talks are more interesting than others. Dr. Daniel Kahneman's Mar. 3 lecture, which he titled "A Perspective on Intuitive Thought," was especially provocative and fun because it dealt not with biological minutiae but with phenomena common to everyday life: reading the emotions on the other end of a phone conversation, figuring out whether presidential poll results are hogwash or meaningful, deciding if a stranger on the sidewalk is a threat or harmless.

Clearly, Kahneman, who is Eugene Higgins professor of psychology at Princeton University and the

SEE KAHNEMAN, PAGE 4



Dr. Daniel Kahneman



Florence J. Hoffmann Pedersen has joined the Center for Scientific Review as an assistant director for the Division of Receipt and Referral. She comes to CSR from NCI, where she was a referral officer and referral liaison. She holds an M.A. in sociology from Duquesne University, where she taught sociology. Pedersen entered government service as a statistician for the Census Bureau. Prior to joining NCI, she served 17 years as a mathematical statistician for the U.S. Army Center for Environmental Health Research. There, she provided the full range of biostatistical support for environmental health hazards research.

DYER LECTURE, CONTINUED FROM PAGE 1

more effective at preventing disease.

A native of Basel, Zinkernagel was awarded an M.D. from the University of Basel in 1968. Deciding not to pursue a career as a surgeon, he undertook postgraduate education in experimental medicine at the University of Zurich and in immunology at the University of Lausanne. In 1973, he began a second postdoctoral course in immunology at the Australian National University, Canberra. Between 1973 and 1975, Zinkernagel and Dr. Peter C. Doherty collaborated in work that led to the 1996 Nobel Prize in Physiology or Medicine, which the two shared.

In their studies of viral infection in mice, Zinkernagel and Doherty discovered how the killer white blood cells of the immune system detect and destroy virus-infected cells while ignoring free-floating virus particles, which are targeted primarily by antibodies. They determined that the killer cells must simultaneously recognize both the "foreign" virus and "self" molecules called major histocompatibility antigens displayed on the surface of cells.

According to the Nobel Prize committee, the discovery, published in the journal *Nature* in 1974, had an immediate effect on immunological research. It opened doors to a better understanding of the body's reaction to viral assault and also gave researchers important insights into autoimmune disorders such as arthritis, diabetes and multiple sclerosis, in which the body mistakenly attacks its own cells.

Zinkernagel joined researchers at Scripps Clinic and Research Foundation, in La Jolla, Calif., in 1975. In 1979, he accepted a position at the University of Zurich. He is a professor in the university's department of pathology and has been director of the Institute of Experimental Immunology there since 1992.

Among Zinkernagel's many honors are the Lasker Award, the Drew-Novartis Award and the Starzl Prize, as well as honorary doctorates from 13 universities and other institutions. He is a fellow of the U.S. National Academy of Sciences, the Australian Academy of Sciences, the American Academy of Arts and Sciences and the Royal Society. He has delivered lectures at institutions around the world, including the Kinyoun Lecture at NIH in 1979.

The Dyer lecture honors former NIH director Dr. Rolla E. Dyer and is presented annually by a scientist who has made outstanding contributions to the field of medicine. For more information or to request reasonable accommodation, contact Hilda Madine at (301) 594-5595. ■

Have Premature Ovarian Failure (POF)?

NIH offers a variety of studies for POF. If you are 18-42, you may be able to take part. Call 1-800-411-1222 or 1-866-411-1010 TTY. ■

PLAIN LANGUAGE, CONTINUED FROM PAGE 1

institute, center and OD office.

Joe Palca, senior science correspondent for National Public Radio, will be the guest speaker at the ceremony. Palca joined NPR in 1992 and covers a wide range of science topics including biomedical research. He has won numerous awards for his journalism, and has a Ph.D. in psychology. He is a past president of the National Association of Science Writers.

The event will conclude with light refreshments. Sign language interpretation will be provided. For other reasonable accommodation, call (301) 496-1461. For more information about the plain language initiative, visit www1.od.nih.gov/execsec/plainlanguage.htm. ■

Leo F. Buscher, Jr., NCI's chief grants management officer, holds a paper grant folder that can now be destroyed. Destruction of NCI paper grant files is now possible since staff are able to work electronically by accessing all documents contained in official grant files via a web-based application. In February, the NIH records officer announced that the National Archives and Records



Administration had approved a change allowing the official grant file to be in electronic or paper format, or a combination of both for both funded and unfunded grants. Buscher is holding a set of documents that reads, "First paper file to be destroyed."

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NIH Record Office
Bldg. 31, Rm. 5B41

Phone (301) 496-2125
Fax (301) 402-1485

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

Editor
Richard McManus
rm26q@nih.gov

Assistant Editor
Carla Garnett
cg9s@nih.gov

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Deutsch Named to Head DEAS

Mary Frances Deutsch has been named new director of the Division of Extramural Activities Support (DEAS), effective Mar. 22. She joins NIH from the Centers for Medicare and Medicaid Services (CMS), Center for Medicaid and State Operations, where she was a grant project officer and health insurance specialist.

Deutsch has worked for the federal government for 5 years. During her tenure at CMS, she received the Administrator's Achievement Award in recognition of expert policy analysis work. She also received the DHHS Secretary's Award for Distinguished Service,



Mary Frances Deutsch

as part of the New Freedom, a team effort for "extraordinary initiative, creativity and commitment...in improving the lives of persons with disabilities and enhancing their integration into the community."

Prior to joining CMS, Deutsch worked as a disability policy specialist for the

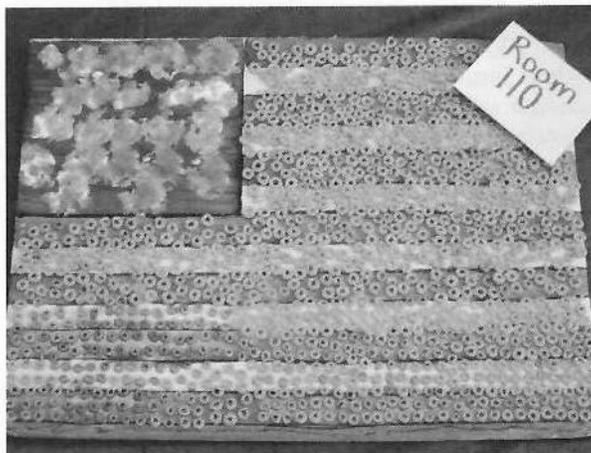
Rehabilitation Engineering and Assistive Technology Society of North America, evaluating the impact of federal policy in health care, housing, education and telecommunications on persons with disabilities.

Deutsch earned a law degree from Creighton University School of Law, a bachelor of arts (*magna cum laude*) in history and political science from the University of St. Thomas in St. Paul, Minn., and she is a member of the Minnesota State Bar Association. Other activities include being a past member of the University of St. Thomas alumni board from 1991-1997, and a member of the board of directors of the Epilepsy Foundation of Minnesota from 1992-1997.

"Ms. Deutsch's numerous career and civic accomplishments, her capacity to lead groups and activities in new and challenging programs, and her interpersonal skills will serve her well in managing the complexities of implementing and staffing the DEAS," said Dr. Norka Ruiz Bravo, NIH deputy director for extramural research, who made the appointment. ■

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. ■



The staff, parents and children of Executive Child Development Center recently banded together to send handmade good wishes and prepaid telephone cards to U.S. soldiers overseas. The children embraced the project with enthusiasm, said Beth Levy (shown below with a group of kindergartners), assistant director of the center. The older classes made banners and books and wrote letters to the troops. The preschoolers made a banner, picture frames, bookmarks and fans with personal notes of thanks attached. The infant and 2-year-old suites contributed hand and footprints to create books and an American flag (shown above, fashioned with



Cheerios) to boost the spirits of those away from home and loved ones. Parents and staff contributed enough money to purchase 60 prepaid telephone cards to accompany the children's care packages. In all, seven packages were mailed out to various locations in Iraq and Afghanistan. The names of soldiers were obtained from booksforsoldiers.com, an Internet bulletin board that posts soldiers' names and addresses along with requests for books and letters of support.

Role of Children in Research Examined

The staff training in extramural programs (STEP) committee will offer an Administrative Strategies session titled, "Calling All Kids? Children in Research" on Thursday, Apr. 22, from 8:30 a.m. to 12:30 p.m. in Bldg. 38A's Lister Hill Auditorium.

Children are more than miniature adults. Understanding childhood development, preventing disease in children, and designing effective, age-appropriate therapies for children require sound research involving children, not adults. In 1998, NIH established a policy encouraging the inclusion of children as participants in research involving human subjects. Nevertheless, pediatric research evokes special sensitivities and challenges. This forum will examine technical, ethical and legal issues associated with the participation of children as research subjects. ■

logical than women? "Clearly there are gender differences in cognitive processing, but that makes no difference in what I presented here." Are groups better than individuals in making decisions? "They make things worse about as often as they make things better." Groups are characterized often by shared bias and shared erroneous intuition, Kahneman said. "So they can make decisions more polarized, more extreme, more overconfident." Is adhering to a doubtful world view simply a developmental stage? "People can acquire discernment," Kahneman allowed, but our bent is to rush to a coherent, unquestioned picture of the world in which we don't consider the possibility of error.

If this kind of talk is your cup of tea, watch the whole thing at www.videocast.nih.gov. ■

NIEHS's Dr. Abraham Nyska, from the Laboratory of Experimental Pathology, coauthored the paper selected for the Best Paper Award by Toxicological Sciences, the official journal of the Society of Toxicology. The study was a collaboration between NIEHS, EPA and Harvard University School of Public Health. It looked at the relationship between air pollutants and illness or death from heart disease and found that heart injury occurred in animals exposed to particulate matter during regular intervals over a long period of time. According to a press release issued by the EPA, the study is part of a major EPA research initiative to better understand the effects of particulate matter

on susceptible populations such as the elderly and young. EPA's Urmila Kodavanti is the paper's lead author and accepted the award on behalf of all authors at the society's annual meeting Mar. 21.

National Day of Prayer Marked, May 6

The National Day of Prayer tradition predates the founding of the United States when the Continental Congress issued a proclamation setting aside a day of prayer in 1775. In 1952, Congress established an annual day of prayer and, in 1988, that law was amended designating the National Day of Prayer as the first Thursday in May. This year's observance will be held Thursday, May 6 in front of Bldg. 1 from 11:30 a.m. to 1 p.m. People of all faiths are invited to join together seeking strength from God to face the problems of this nation, requesting guidance for the uncertainties of tomorrow, and giving thanks for the blessings that our country has enjoyed throughout its history. There will be music as well as remarks from guest speaker Kevin Williams of Love and Faith Outreach Church, Clinton, Md. The event is sponsored by the Noontime Christian Fellowship. ■

NIEHS Ranked Third-Best Place for Postdocs

NIEHS has been ranked third-best place for postdocs in the United States. NCI followed at number four, and NIH came in at tenth.

That ranking came from *The Scientist*, which conducted a survey of people who describe themselves as non-tenured life scientists working at a non-commercial research institute.

Multidisciplinary research, economic stability and an affable working environment were factors cited for job satisfaction. NIEHS ranked #1 in overall quality of training, quality of facilities and infrastructure as well as for effectiveness of the postdoc organization and providing the necessary training, supplies and equipment.

An estimated 48,000 survey invitations resulted in just over 3,500 useable responses identifying 929 institutions in the U.S., Canada, Western Europe and Israel.

"This recognition is a great honor to the institute and is a tribute to Dr. Deborah Swope for her outstanding leadership, vision and energy as director, Office of Fellows' Career Development," said NIEHS director Dr. Ken Olden. That office was formed about a year ago to work with the NIEHS Trainees Assembly to identify and implement programs for postdocs.

The Scientist staff reviewed information on 61 U.S. institutions that received at least 10 responses and 30 non-U.S. institutions with at least five responses. Top slots in the U.S. went to Fox Chase Cancer Center in Philadelphia and Medical College of Wisconsin in Milwaukee, respectively.

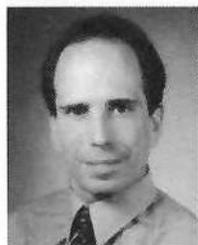
The NIEHS Trainees Assembly was formed in the mid-1990s by a group of fellows who wanted to improve the lot of postdocs. Swope came to NIEHS as a postdoc herself. She got involved with the NTA in 1998 and later chaired its steering committee for about a year and a half. She and current chair Diane Klotz said the committee members deserve the credit for the ranking, since it was their hard work that resulted in the programs cited as reasons why NIEHS is among the best places for postdocs in the United States. ■

Study Needs Healthy Girls

Parents, NIH would like your healthy girls 4-10 years of age to participate in a growth and development study. No blood draws. Compensation provided. Call 1-800-411-1222 (TTY: 1-866-411-1010). Refer to study # 00-CH-0180. ■



NIEHS Trainees Assembly steering committee member Friederike Jayes fills out a personality inventory form. She was an attendee at an NTA workshop designed to help postdocs learn more about having and being a mentor.



Dr. Marc Rigas has joined the Center for Scientific Review as scientific review administrator. He manages reviews of special mechanisms in both the bioengineering sciences and technologies, and the biophysical and chemical sciences integrated review groups. Rigas previously was a scientific review administrator at NCR. He earned his Ph.D. in bioengineering from Pennsylvania State University. Before coming to NIH, he was a research scientist with the EPA Office of Research and Development and was an adjunct faculty member at the University of Nevada, Las Vegas. He also served on an interagency coordinating committee for the National Children's Study, directed by NICHD.

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2002 winner of the Nobel Prize in economics, has given a lot of thought to how humans think and judge. Intuition, he argued, is responsible for both marvels and illusions; he joked that he specializes in pointing out its flaws. The good thing about intuition, he said, is that it is quite often accurate, and takes a long time to form. The bad part is that it can not only be erroneous, but also "the errors are very difficult to correct."

He started simply by illustrating what he called "the accessibility problem." First he flashed a math equation: $17 \times 24 = 408$. Few in the audience would bother to actually do the math, he predicted; the answer seems at least ballpark-true. Next he flashed, "Vomit is disgusting." It takes no reflection at all to agree with that, no mental "work." It is intuitively true.

Not all intuition is easily won. Chess masters, for example, must play an average of 10,000 hours of the game to develop expertise. But that investment of time equips them with a "vision" of how to play, of how to see the consequences of multiple steps into the future. Fire chiefs, too, said Kahneman, develop mastery in sizing up risk and response to blazes, and can decide almost instantly how to handle fires. Psychologists call the fireman's power "recognition-primed decision-making...When you ask them later why they behaved as they did, very often they are not conscious of having made a decision—they simply chose the first solution that came to mind," said Kahneman. "They recognized what needed to be done."

Expertise grows best with prolonged practice that includes rapid and unequivocal feedback, and that features reliable signals of threats and opportunities. "These conditions, however, are not always fulfilled," Kahneman said. When they are not, flaws can emerge in intuition, leading to "overconfident experts and false impressions."

He reviewed several decades of psychology experiments, many very cleverly designed, showing intuition's clay feet, its tendency to make too much of sparse sample data. Hubris, it turns out, is intuition's great sin—a tendency to pair very poor accuracy with blazing confidence. "People are poor at assigning weight to evidence," he observed via studies of political and economic forecasting in which intuitive thinking fared reliably and stubbornly poorly against predictive equations. Further damning the intuitive mode of thought is its resistance to education; those in its thrall "have little ability to learn from their mistakes," Kahneman observed.

He proposes a model of intuitive thinking "that can accommodate both its flaws and its marvels," he said. There are two basic families of thought processes: 1) intuition and 2) reasoning. The former is fast, automatic, parallel, effortless,

associative, slow-learning and emotional. The latter is slow (in the ruminative sense), serial, controlled, effortful, rule-governed, flexible and (emotionally) neutral.

"Basically, we run on system 1," Kahneman said. "We don't work very hard." The appeal of this mode is that it's "unproblematic, skilled and adequately successful...One physiological sign that the mind is working hard is that the pupils dilate, and I don't see many pupils dilating out there in the audience," he quipped.

How do you tell if you're in system 2 versus system 1? Kahneman posited an "effort diagnostic." You're definitely in system 2 if interruption by a concurrent activity—say someone practicing trumpet while you're trying to read the paper—proves irritating.

Illustrating how the mind shifts from light attention to more concentrated effort is a simple math problem: A bat and ball cost \$1.10. The bat costs a dollar more than the ball. How much does the ball cost?

Fifty percent of Princeton undergrads (and a slightly lower percentage of MIT students, Kahneman said) flub this question by reflexively answering, "Ten cents." Further attention to the terms of the problem reveals the correct answer—a nickel. The error, Kahneman argues, is due to "light monitoring" by the mind.

All of which returns us to the idea of accessibility—the ease with which thoughts come to mind.

Kahneman calls his theory of mind an "evolutionary speculation." He claims that the intuitive system is an adaptation of human perceptual systems, including seeing, hearing, and all the modes by which we understand the world. He showed that context determines how we interpret the things we perceive, and that our minds often rush toward single interpretations while actively suppressing alternative interpretations. "Doubt," he stated, "is a product of system 2." So is consideration of the possibility of alternate perceptions. "We don't compute everything we could compute," he summarized.

Through a series of slides and other examples, he showed that perceptual rules determine how we see the world and that "very close analogs to these rules apply to thinking."

His continual warning, as he described various psychology experiments, was that "very often we're not aware of cases in which our intuition is leading us astray...Very little can be done about this...Sometimes we can recognize situations when intuition is leading us the wrong way, but the process is slow, laborious, difficult and costly."

But there was nothing gloomy about this sober assessment. In fact, the questions after Kahneman's lecture were as interesting as his talk: Are men more

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seem impossible, though, according to the five NIH researchers—all women and all born in countries in the Middle East or North Africa—who gathered on Mar. 17 to discuss such issues in celebration of Women's History Month.

"The tremendous challenge in our countries is for parents who have not been educated themselves to realize that there are other paths for daughters

one of our most distinguishing features and one of our greatest strengths."

A true commitment to diversity is when an organization's leaders believe that "without ensuring a diverse workforce, the agency won't survive," he continued. "We believe that. We can't do what we do best, we can't be the leading biomedical research agency in the country—in many ways, the world—

without providing opportunities for the best minds to come here and excel, wherever they may begin."

Acting FIC director Dr. Sharon Hrynkow championed the event as part of Fogarty's ongoing effort with the NIH Office of Research on Women's Health to examine career issues facing women in science in the developing world. "We must look at ways to enhance career options in the life

sciences for women from all parts of the world," said Hrynkow. "Events such as this roundtable are rich opportunities for us to hear and to learn about where the needs and challenges are greatest as we work to strengthen partnerships globally." The discussion, moderated by FIC Acting Deputy Director Richard Millstein, covered a wide range of issues, focusing on the researchers' personal pathways to NIH.

Born and educated in Tunisia, Beltaifa worked as a primary physician for three oil companies in the United Arab Emirates before moving to the U.S. in 1999 with her husband and two children.

"I think it's important to exchange information in order to get to know each other better," she said. "We live here in your country and we have a chance to see you on a daily basis and interact with you, but given the distance of our places, I don't think many people have the opportunity to get close to people in our region and get to know them."

Beltaifa began her career in research after realizing that the rigorous schedule of a medical residency program in the U.S. "would be incompatible with my family life," she said. She volunteered in NIMH's Neuropathology Lab for 2 years before winning a postdoctoral fellowship there in June 2003.

Conversely, Dr. Aida Cremesti, born in Lebanon, dreamed of conducting research as a child. A former research assistant at Memorial Sloan-Kettering Cancer Center and Columbia University who earned undergraduate and master's degrees at the American University of Beirut, she works as a postdoctoral fellow in NCI's Laboratory of Cellular Oncology.

PHOTOS: BILL BRANSON



Remembering the Journey:

Panelists included (from l) Dr. Senda Beltaifa, originally from North Africa; Dr. Aida Cremesti, born in Lebanon; Dr. Roshanak Tolouei Semnani, an Iran native; and Dr. Dilyara Barzani of the Kurdish region of Iraq.

besides marriage and children," said Iran native Dr. Helen Sabzevari, who left Tehran just months before the revolution at age 15 and who now works as a staff scientist and head of the molecular immunology section in NCI's Laboratory of Tumor Immunology and Biology under lab chief Dr. Jeffrey Schlom. "It is very important for those who have achieved in science to give young girls these kinds of dreams and to make them believe in themselves."

The benefit of role models cannot be overemphasized, agreed Dr. Senda Beltaifa, originally from North Africa. "I was very impressed with some of my female professors," she said, "but I was not given much opportunity to see much research at home. I had thought of doing research, being a professor, teaching and being a medical doctor, but then my life circumstances didn't allow me to pursue that. When we came to the United States and lived here in Bethesda close to NIH, it was like a golden opportunity I never dreamt about."

Hosted at the Stone House by the Fogarty International Center, the program, "Remembering the Journey: A Middle Eastern Roundtable Discussion on Women and Science," was one of several March events planned by a trans-NIH committee under the theme "Women's Work and Women's Health: A Celebration of Knowledge and Achievement."

"NIH is a remarkably diverse place in many ways," acknowledged NIH deputy director Dr. Raynard Kington, in introductory remarks. "We have 18,000 employees covering an extraordinary range of scientific disciplines, ethnicities, countries of origin and racial subgroups spread across 27 institutes and centers. I can assure you that throughout the leadership of NIH, we feel that it's

"The reason I wanted a career in science is probably because I was so affected by my father who is a pharmacist," Cremesti said. "At a very young age I was so impressed by the fact that he could draw the structure of every drug and understand their compositions."

She said students in Lebanon can specialize in a discipline during their last 3 years of high school and she chose "experimental sciences. After I did my bachelor's and master's degrees, I realized that wasn't the end of it for me. I really wanted to learn more and actually do those experiments with my own hands that I was reading about in books."

A physician who did an internship in pediatrics and a fellowship in oncology, Dr. Dilyara Barzani grew increasingly depressed seeing so many of her young leukemia patients suffer and die. "I thought that we would be helping people," she recalled, "but whatever we did never seemed to be helpful and I just thought there's got to be another way. I thought that the concept of prevention was the way to go. I still feel that way." She began pursuing cancer research as an alternative angle from which to tackle the disease.

A native of the Kurdish region of Iraq, Barzani was reared in Central Asia, earning an M.D. from Kyrgyz State Medical Academy in Kyrgystan. Wanting to enhance her research training, she came to the United States as an NCI cancer prevention fellow and earned a master of public health degree at Johns Hopkins as part of the fellowship. Now completing epidemiological studies in the Tobacco Control Research Branch of NCI's Division of Cancer Control and Population Sciences, Barzani hopes someday to return to Iraq to establish a research infrastructure there and to enhance cancer control efforts.

Dr. Roshanak Tolouei Semnani came to the U.S. to complete her education at age 17, 3 years after revolution closed universities in her native city Tehran. A biology major in high school in Iran, she earned a bachelor's degree in genetics at the University of California, Berkeley. Fascinated by the lab work she was doing after college, she recalled being inspired by her "supervisor. My mentor at that time was a female scientist, an excellent scientist who was very enthusiastic and very encouraging. I was certainly influenced by her."

Tolouei Semnani then earned a Ph.D. in immunology at the University of Chicago and joined Dr. Thomas Nutman's helminth immunology section in NIAID's Laboratory of Parasitic Diseases, where she was recently promoted to staff scientist.

Asked about constraints facing women in the Middle East, Tolouei Semnani described a multilayered problem. First, she said, the educational system "is very strict and very rigid," largely based on social policy. "We have sciences, but it was very much on a theoretical basis. We did not have

laboratories, for instance, as a regular way of business—maybe once a month or less. We learned science in books, not by having labwork or benchwork. And that's where you get very excited."

Economic factors also enter the equation, she pointed out. Given that there are no professions in research after graduation, most students are steered toward science studies leading to practical jobs in medicine, dentistry or engineering. "Ironically in the last decade a lot more women are entering university," she noted, "but after that, the jobs are more for men. Research is not feasible, either economically or politically."

Beltaifa agreed that social and cultural structures often predetermine the roles of the sexes.

"In the Middle East, women are not supposed to be the primary breadwinners of the family," she explained. "It's men's responsibility. It's a men's society. No matter how hard women work or how educated they get, men would never let [women] take over and pass them."

Besides, she said, the financial resources of most Middle East countries are necessarily focused on building roads, schools, hospitals and other basic services, before scientific research.

"The Middle East places a lot of emphasis on family structure," agreed Cremesti, who said she was lucky to be born in a family where her gender did not matter—sons and daughters were reared equally. Many of her friends are not as fortunate. "Girls are raised to believe they should get married and have children. The challenges of pursuing science are well known. It is believed that if women commit to the rigors and demands of a career in science, they will become so smart and so overqualified that it will be hard for them to find a matching husband."

Sabzevari said that's why encouraging dreams, and providing role models is crucial for the future of young girls in the region. "I believe it is so important the role that other women play in your life,"

Each panelist recalled her path from the Middle East to the U.S., and eventually to research career opportunities at NIH.



she concluded, recalling a female Ph.D. who had been dismissed from a university for political reasons, but ended up teaching high school biology and inspiring at least one young woman to follow her own path to research. "She saw the way it should have been, although it did not work out that way for her. It was the vision she had that she transferred to me." ■

EAO Group Elects New Co-Chairs

The NIH extramural administrative officers (EAO) group met recently to elect two new co-chairs for 2004. They are Matthew Burr, NEI, and Celena Shirley, NIAID. The two will serve one-year appointments to lead the group in its monthly meetings. Darlene Lee, NEI, will serve this year as treasurer for the group. Outgoing co-chairs are Nadel Griffith, CSR, and Charlotte Wiltshire, NHLBI.

"It has been a great year for me serving as the co-chair for the EAO group," said Wiltshire. "It is a leadership experience that I highly recommend to others as I feel that I have grown tremendously as an individual in taking on this responsibility. It has given me the opportunity to work closely with the EAO members and to contribute to our important role as administrators at NIH."

The EAO group serves as a resource for communicating the latest admin-

istrative issues and developments at NIH. To accomplish this goal, the group meets monthly and holds additional "super sessions" and an annual retreat. Information from the NIH executive officer meetings, as well as other projects that are in development, are major sources of information and agenda topics at each meeting. Additionally, subcommittees on topics such as property, travel, events, technology and procurement keep members abreast of developing issues and concerns.

Outgoing co-chair Griffith remarked, "Serving as co-chair during 2003 has been a rewarding experience. In a year when the work scope of administrative offices has grown significantly, the EAO group has provided a forum for information dissemination and idea-sharing. I am privileged to have co-chaired the group during this time and encourage participation of all EAOs in 2004." ■

'Share the Health' Expo Set, Apr. 24

"Share the Health: NIH's Premier Health and Fitness Expo" will be held on Saturday, Apr. 24 from 10 a.m. to 3:30 p.m. at Montgomery Blair High School, 51 University Blvd. East, Silver Spring. Sponsored by the NIH Office of Community Liaison, the event promotes community health through the prevention of disease. Share the Health allows people of all ages to learn, experience and discover new ways to lead a healthier life.

For more information or to register for this free event, call (301) 650-8660 or visit <http://sharethehealth.od.nih.gov>. ■

Employees Invited To Bring the Kids

The 10th annual "Take Our Daughters and Sons to Work Day" begins at 8:30 a.m. on Thursday, Apr. 22. From 9 a.m. to 4 p.m., the institutes and centers will host educational and fun activities designed to let your child experience the world of biomedical research.

Volunteers are still needed to sponsor activities for the children. If you work in a laboratory or administrative office and would like to be a presenter, contact Sandra King, (301) 435-2524 voice, (301) 435-2899 TTY, or Sandra.king@nih.gov; or Gary Morin, (301) 496-4628 voice, (301) 496-9755 TTY, or moring@od.nih.gov. To volunteer to help during the event or for more information, visit www.cc.nih.gov/ccc/nihkids/. The national web site also includes more information about the day, www.daughtersandsonstowork.org/.

The committee organizing "Take Our Daughters and Sons to Work" is asking NIH'ers for activities and handouts (pens, cups, brochures, pencils, water bottles, etc.) to include in registration ("goody") bags. The committee invites participation by ICs, labs, departments, offices and support services; it needs help to make the event a success by designing interesting on-the-job activities. Activities will be hosted at several locations throughout campus. For more information, contact King or Morin. ■

FARE Abstract Competition for Fellows

The 11th annual Fellows Award for Research Excellence (FARE) 2005 competition will again provide recognition for outstanding scientific research performed by intramural postdoctoral fellows. FARE winners will 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 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, 2004, and Sept. 30, 2005.

The FARE 2005 competition is open to postdoctoral IRTAs, visiting fellows and other fellows with fewer 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. Questions about eligibility should be addressed to your institute's scientific director. Fellows are asked to submit their application, including abstract, electronically until Apr. 30 via felcom.nih.gov/FARE. Winners will be announced by the end of September 2004. More information is available on the web site above. Questions may be addressed to your institute's fellows committee representative. ■



Participants in the EAO group include (front, from l) Charlotte Wiltshire, Nadel Griffith, Matthew Burr. At rear are (from l) Celena Shirley, Darlene Lee.

ORS Director Ficca Retires After 33 Years at NIH

Stephen A. Ficca retired as director of the Office of Research Services on Mar. 1. At a reception on Mar. 5, he was honored for 33 years of service to NIH and 12 years as ORS director. Friends and colleagues congratulated him on his dedicated service, outstanding leadership and thoughtful guidance, including former coworkers from the National Cancer Institute and the National Heart, Lung and Blood Institute, where he worked before moving to ORS.

NIH deputy director Dr. Raynard Kington presented Ficca with a plaque commemorating his service. Ficca also received awards from his ORS colleagues and from the NIH Police in appreciation of his leadership.



NIH deputy director Dr. Raynard Kington (l) presented Stephen Ficca with a plaque commemorating his service.

Under Ficca's direction, ORS was recognized with a number of honors including Vice President Gore's Hammer Award for Process Improvement; a slew of awards recognizing energy and resource conservation; the Federal Agency Pollution Prevention Award; and the American Planning Association Professional Achievement Award for the NIH master plan. Ficca also won the 2002 DHHS Secretary's Distinguished Service Award and twice received the Presidential Executive Rank Award for Meritorious Senior Executive in 1990 and 1999.

Ficca almost didn't join ORS. In a 1993 *NIH Record* article, he spoke of his reluctance to accept the invitation from then NIH director Dr. Bernadine Healy: "I was pretty sure I didn't want it... so Dr. Healy agreed that I'd work for 6 months—no longer," Ficca recalled. He took the job on an acting basis only, but somehow, 6 months became 12 years.

"As time went on, I found myself more entrenched. I'm the type of person who takes things to heart, and my ORS roots grew rapidly and deeply," he said. Ficca oversaw a wide variety of challenges including construction of the Natcher Bldg. and the Clinical Center revitalization.

He received his B.S. degree in 1968 from the University of Baltimore and his M.B.A. in 1972 from Loyola College (Maryland). He attended the 1985 Federal Executive Institute's Executive Leadership and Management Program and the 1997 Harvard University Kennedy School of Government Senior Managers in Government Program.

Ficca began his professional career at NIH in 1971 as an administrative officer with NCI. Between 1971 and 1987, he held various positions with NCI including budget analyst, personnel management specialist, budget officer, chief administrative officer

and deputy associate director for administrative management. From 1987 to 1992, he was executive officer for NHLBI. In 1992, with the strong support of Dr. Claude Lenfant, then NHLBI director, he became acting director of ORS and served as director since 1993.

Ficca helped ORS build and sustain a work environment characterized by quality services, innovative approaches to service provision and responsible cost management. Under his leadership, ORS tried to make every interaction with customers a positive one. ■

Computer Classes

All courses are given without charge. For more information call (301) 594-6248 or consult the training program's home page at <http://training.cit.nih.gov>.

BlackBerry Tips and Tricks	4/15
Statistical Analysis with R	4/15
Expediting Your Request for Telephone Services at the NIH	4/15
Budget Tracking	4/16
NIH Data Warehouse Analyze: Budget & Finance	4/16
Homology Modeling Advances and Applications	4/19
NIH Data Warehouse Query: Budget & Finance	4/20
Introduction to Telework	4/20
Introduction to Networks	4/20
NCBI's Making Sense of DNA & Protein Sequences	4/20
Introduction to mAdb	4/21
nVision Travel	4/21
ePolicy Orchestrator 3.0 for System Administrators	4/22
Explore QuickView	4/22
NIH Data Warehouse Query: Staff Training & Development	4/22
MOS Certification: Excel XP Expert Test Prep	4/23
Intro to NIH Portal Community Management	4/23
Building Rich Internet Applications Using Flash MX	4/26
MATLAB Fundamentals and Programming Techniques	4/27
MATLAB for Image Processing	4/27
Advanced FileMaker Pro 5	4/27
What's New in Microsoft Office 2003?	4/28
Microarray Analysis in GeneSpring - Defining and Interpreting Your Experiment	4/28
Microarray Analysis in GeneSpring - Data Normalization	4/28
LISTSERV Electronic Mailing Lists: Hands-On Workshop for General Users	4/28

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>.

Purchase Card Processing System	4/16
Fellowship Payment System	4/26
Basic Time and Attendance Using ITAS	4/27-28, 5/18-19
NIH Foreign Travel	4/19-20, 5/10-11

'Baby Blues' Common, Usually Resolve Quickly

By Sophia Glezos Voit

Those tearful, overwhelmed, wiped-out feelings that can develop after childbirth are normal, said Dr. Catherine Roca, NIMH scientist who spoke to NIH employees at a recent session of the Seminar Café, held at the Neuroscience Center, on post-partum mood disorders. The "baby blues" affect about 50-80 percent of new mothers, and generally resolve within a week.

But symptoms don't abate quite so quickly for about 10 percent of new mothers, according to Roca, formerly an intramural researcher who now heads the institute's extramural Women's Research Program. Unless treated, depression's sad moods, inability to feel pleasure, appetite changes, insomnia, thoughts of death, and other symptoms can persist for months on end, and affect every area of functioning, including caring or even feeling affection for the baby.

In addition to clinical depression, some new mothers also develop psychosis, e.g., auditory hallucinations, mania and delusions, Roca said, though only 1 in 1,000 women and mostly those with a family history of bipolar or schizoaffective disorder, are affected.

What causes post-partum mood disorders? "For the most part, no one really knows what's going on at the biological level," Roca said, though known risk factors include low social support, a personal or family history of mood disorders, prenatal depression, child-care stressors and marital problems. The areas of current research, though, include reproductive hormones and genetics.

Following delivery, all women experience a sudden drop in estrogen and progesterone levels—hormones that are also potent regulators of certain mood-affecting brain chemicals such as serotonin. But, clearly, not all new mothers get depressed.

Comparing the effect of artificially increasing and then suddenly withdrawing these hormones in mothers with and without a history of post-partum depression, NIMH researchers have found that moms who never had post-partum depression did not experience mood symptoms when the hormones were stopped, but the ones who've had PPD in the past did feel depressed.

"So, probably in a manner very similar to what you find in premenstrual dysphoric disorder," Roca said, "there's probably a sensitivity to developing mood-state changes relative to changes in hormone levels in these women. But, the reasons for this sensitivity aren't currently known."

A cause of post-partum mood problems that researchers do know about, Roca said, is the development of thyroid disturbance following birth, since autoimmune thyroiditis, which occurs in about 8 percent of new mothers, results in nearly identical symptoms. "This is something that should always

be checked when someone is displaying depressive symptoms," Roca advised, especially because treatments such as thyroid hormone replacement are effective.

At present, treatments for post-partum depression are similar to those for major depression in general, though NIMH is also studying the use of estrogen replacement. But, said Roca, "the use of antidepressants has been relatively understudied in post-partum depression."

There is a need for drug studies in this area, Roca said, since there has only been one randomized controlled trial of a medication versus placebo versus interpersonal therapy. It found fluoxetine (or Prozac) was superior to placebo but comparable to therapy.

"This is important," she said, "because not everybody responds to psychotherapy, and it can be very difficult for women with this disorder to come in for weekly therapy sessions. There are also a number of cases where people really have severe symptoms and need to have medication management."

But of most concern to depressed new mothers is medication excretion in breast milk. "It's one of the reasons that many women will not get into treatment," Roca said. "And there are relatively few studies on this. Of the ones that have been done, SSRI's [e.g., fluoxetine, sertraline, etc.] have been shown to be generally without adverse effects. But they're mostly case studies and the long-term effects in infants are not known."

Yet, Roca noted, untreated depression itself is known to have effects on long-term development in children, at least until age 5. And in animal studies, offspring show long-term effects in their response to stress if they have been raised by a depressed mother. So, Roca stressed, there are potential consequences for the baby whose mom has untreated depression.

There are no approaches yet for the prevention of post-partum mood disorders, Roca said. For this reason, pre-pregnancy planning with a professional who specializes in the treatment of related disorders is important for women who have already had one episode of PPD, since they are at increased risk of having another.

Prospective mothers with a family history of post-partum psychosis may want to make pre-pregnancy planning a high priority, since they face a 70-75 percent higher risk of developing the illness themselves. The exact genetic vulnerabilities are not known, Roca said, but one recent report has found an association with one of the serotonin transport polymorphisms and post-partum psychosis.

"This is not to say women who have been depressed or whose mothers or sisters developed the disorder should not get pregnant," Roca said. ■



NIMH's Dr. Catherine Roca discussed post-partum depression in a talk for employees. Resources for new mothers and families facing this diagnosis include: *Depression After Delivery*, (800) 944-4773; *Depression and Bipolar Support Alliance*, (800) 826-3632; *Family Mental Health Association*, (800) PPD-MOMS.

R&W Hosts Charity Night at Circus

The NIH Recreation and Welfare Association recently hosted opening night for the 133rd edition of Ringling Bros. & Barnum & Bailey Circus.

For the past 7 years, the R&W has had a contract to host opening night of the circus at the MCI Center, and shares the evening with Easter Seals. Because of the amount of tickets purchased by the NIH community, along with local companies and churches, R&W was able to treat more than 400 families from Special Love/Camp Fantastic, 300 from Boys and Girls Clubs, 100 from the NIH patient community, 400 from Children's Hospital, 100 from Ronald McDonald House, and 600 from local community child and family services such as Linkages to Learning, Bethesda Cares, Avery House, and the Montgomery County Police PAL program.

Since R&W began hosting the evening, it has been able to entertain nearly 30,000 individuals and families from our community, said Randy Schools, R&W president.



PHOTOS: ERNIE BRANSON



Clowns from the Ringling Bros. & Barnum & Bailey Circus visited NIH recently to cheer up youngsters in the Clinical Center's pediatric units and to participate in a pizza party with the kids. In the photo above, clown "Grandpa" (second from l) and his mates pay a call on Pedro Ligorria. At left, the same cadre of clowns visits with Julia Filloon, who is manning a Peanuts-style booth that says the "Psychiatrist Is In." Below, Molly Pelly (c) in her clown costume shares pizza with Quinlum Lucas (l) and Jonathan Bral (r). This is the seventh year that R&W has held a circus Premier Night at MCI Center for patients and their families, and for patrons of a wide variety of child and social services agencies in the metropolitan Washington area.



Effects of Stress Discussed, Apr. 27

In anticipation of the NIH anxiety disorders screening event on Wednesday, May 5, NIMH and the NIH Work/Life Center are sponsoring a lecture titled, "The Effects of Stress: Resilience, Vulnerability, and Anxiety Disorders," presented by Dr. Daniel Pine of NIMH's Mood and Anxiety Program. His talk will be held on Tuesday, Apr. 27 from noon to 1:30 p.m. in Masur Auditorium, Bldg. 10. The presentation will also be broadcast live at <http://videocast.nih.gov>.

Wednesday Afternoon Lectures

The Wednesday Afternoon Lecture series—held on its namesake day at 3 p.m. in Masur Auditorium, Bldg. 10—features Dr. James R. Lupski on Apr. 21; his topic is "Genome Architecture, Rearrangements, Evolution and Genomic Disorders." He is Cullen professor of molecular and human genetics and professor of pediatrics, Baylor College of Medicine.

On Apr. 28, Dr. Stuart L. Schreiber will discuss "Dissecting Disease Biology and Advancing Medicine with Small Molecules." He is HHMI investigator, Morris Loeb professor and chair, department of chemistry and chemical biology, Harvard University.

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

NIH Chamber Orchestra in Concert, Apr. 24

The NIH Chamber Orchestra, conducted by Jess Parker, will perform in concert on Saturday, Apr. 24 at 8 p.m. at Saint Elizabeth's Catholic Church, 917 Montrose Rd., Rockville, Md.

Selections will include Schubert's *Symphony #6*, Mendelssohn's *Midsummer's Night Dream Overture* and Debussy's *Reverie* arranged by Gary Daum. Admission is free, but a donation to the NIH charities is appreciated. For more information, email Daum at gldaum@gprep.org. ■

Kids with Cerebral Palsy Needed

Children or teens (ages 6-18) with cerebral palsy are invited to participate in research about cerebral palsy at NIH. Call 1-800-411-1222 (TTY 1-866-411-1010). ■

'Bench to Bedside' Research Lauded

NINDS Honors Career of Thomas Chase

By Shannon E. Garnett

NINDS recently sponsored a scientific symposium as a tribute to the long, productive research career of Dr. Thomas N. Chase, chief of the institute's Experimental Therapeutics Branch (ETB). The 1½-day symposium brought together leaders in basic and clinical neuroscience to celebrate the remarkable progress that has been made in understanding and devising therapies for neurodegenerative diseases, including Parkinson's disease, and to recognize Chase for his role in that progress.

In opening remarks, NINDS director Dr. Story Landis noted Chase's "archetypal" practice of proposing Roadmap-like themes many years before the current NIH plan was developed. She specifically mentioned Chase's early creation and use of multidisciplinary research teams, his excellent record of training clinical investigators, and especially, his long history of translational or "bench to bedside" research—taking ideas from his research bench to the bed-sides of his patients in the form of new therapies and treatments.

Chase, a graduate of the Massachusetts Institute of Technology and Yale University School of Medicine, first came to NIH as an NIMH postdoc training in neuropharmacology. He joined NINDS in 1974 to direct the newly established ETB, with the goal of improving the treatment of neurological disease. Since then, his laboratory has contributed significantly to the discovery of therapies for a number of neurological disorders and conditions through research ranging from basic studies of the function of the normal and diseased nervous system, to clinical studies of novel pharmacotherapy approaches.

Chase has contributed to the development of most of the treatments currently in use for both Parkinson's and Alzheimer's diseases, and his studies have helped shed light on the pathogenesis of Parkinson's disease and the complications that plague some patients after long-term use of dopamine therapy. Very recently, his research group reported on several new drugs developed to treat these disabling complications.

The Chase symposium featured scientific presentations by past and present ETB'ers who have contributed to the field of experimental therapeutics for neurodegenerative disorders. The speakers discussed such topics as "Dopamine Receptors," "Motor Fluctuations and Dyskinesias," "Neuroprotection in Parkinson's Disease" and "Biomarker Research."

Immediately after the symposium, as an added tribute to Chase, the American Society for Experimental NeuroTherapeutics (ASENT), an independent non-profit organization founded by Chase in 1997, hosted a unique, fast-paced forum. The

discussion—which consisted of presentations, comments and rebuttals from experts representing key populations including advocacy, industry, government and academia—highlighted some of the most controversial issues in the research community. Participants discussed major opportunities in industry and government that urgently need to be addressed to better serve neurological patients; how industry can maintain pharmaceutical research momentum in the face of demands for price controls and equality in health care delivery; what the government's major focus should be in this new millennium; and how academia can more effectively collaborate with advocacy groups, government and industry to relieve the burden of neurological disease.

ASENT was created to help ease the process by which new therapies are made available to patients with neurological disorders. Its primary goal is to encourage and advance the development of therapies for nervous system disorders.

At the end of the symposium, Landis presented Chase with a token of appreciation—a copy of the program signed by the many attendees and presenters, to be framed.

"I knew before we started the symposium that Tom has had a remarkable impact on neuroscience," she said in closing, "and the talks from his students and fellows has proven that my notion was correct." ■

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 10. 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&cw/nihtaekwondo.html>. ■

Severe Systemic Lupus Erythematosus?

If you have severe lupus or someone you love has severe lupus, call for study information: 1-800-411-1222 (TTY 1-866-411-1010). ■



NINDS director Dr. Story Landis leads applause for the extraordinary career of Dr. Thomas Chase, chief of the institute's Experimental Therapeutics Branch.