NIH Observes High Blood Pressure Education Month

In observance of National High Blood Pressure Education Month in May, the National High Blood Pressure Education Program (NHBPEP) is calling on all NIH employees to 1) learn your blood pressure numbers, 2) find out what they mean and 3) take action to prevent or control high blood pressure.

In addition to working with NIH Cafeteria Services and Occupational Medical Services to provide special High Blood Pressure Month activities at NIH, NHBPEP, which is coordinated by NHLBI, is also launching a national marketing initiative to reinvigorate the issue of high blood pressure prevention and control on the nation’s public health agenda and on the personal agendas of all Americans. The new initiative, called “Prevent and Control High Blood Pressure: Mission Possible,” is designed to attract new partners to help take high blood pressure prevention and control messages to the nation. The new initiative also includes a national marketing campaign to raise awareness about high blood pressure prevention and control.

International AIDS Vaccine Expert To Deliver Hill Lecture, May 3

By Jennifer Wenger

Will the world ever have an AIDS vaccine? This question will be the focus of discussion when esteemed AIDS researcher Dr. Emilio A. Emini, newly named senior vice president and chief of vaccine development for the International AIDS Vaccine Initiative (IAVI), delivers NIAID's James C. Hill Memorial Lecture. The lecture, titled "The Development of an HIV-1 Vaccine: The Need, the Hope, the Struggle and the Unknown," will take place Monday, May 3, at 2 p.m. in Lipsett Amphitheater, Bldg. 10. IAVI is a global nonprofit organization whose principal mission is to find a vaccine to prevent HIV/AIDS.

Symposium Celebrates 30 Years of Cooperation In Cancer Research

By Harrison Wein

Top cancer researchers from across the United States and Japan gathered at the Natcher Conference Center for 2 days in early March to celebrate 30 years of cooperation in cancer research between the two countries. The symposium, sponsored by the Japan Society for the Promotion of Science and the National Cancer Institute, highlighted some of the great progress in the field of cancer research during the long course of this cooperation, and outlined new directions for future progress.

Dr. Joe Harford of NCI pointed out in introductory remarks that this is the most longstanding of NCI’s bilateral international research programs. “The longevity of the program speaks volumes for how much we value this type of international cooperation. It is a testament to the commitment of our partners in Japan and the United States to work together to advance cancer research and improve patient care.”

Keynote speaker Dr. Robert Weinberg spoke about the cellular mechanisms leading to human tumor formation.
Dear Editor,

The story of Wanda White and Tammie Bell (NIH Record, Mar. 30, 2004) was a great one and needed to be told. There are not many people like Ms. Bell who would donate a kidney while alive, and the NIH Record did a fine job of reporting this human interest story.

I wholeheartedly agree with Wanda White that the transplant team and staff here at the NIH should be commended highly. I underwent a successful kidney transplant myself in August 2001 done here by the very same Dr. Allan D. Kirk, Sidney John Swanson and Douglas A. Hale and ably medically managed by Dr. Roslyn M. Nannett as well as by the superb anesthesiologists and operating room staff. They are all very skilled, dedicated and caring physician-surgeon-scientists and are world leaders in transplant surgery, medicine and research. Their hope is that someday, through their research, transplanted organs will not longer be rejected by a recipient’s body.

Like Ms. White, my recovery was rough—which one expects with any major surgery—but was made smoother by the caring and highly skilled staff at the Clinical Center. They have all become members of my family! I have had no rejection episodes so far (knock on wood!), and am back working as a clinician-scientist/principal investigator. My colleagues and I are working on finding a cure for cataracts (the most common cause of blindness in the world today) at the National Eye Institute, in close collaboration with NASA scientists (space explorers going to Mars can develop cataracts from cosmic rays).

Like Ms. White, I am living proof of the great medical and surgical miracles our very own staff are quietly performing day after day, and of the great role the Clinical Center is playing in medicine today. I also attest to the great support given to me by the hierarchy of the NIH and my NIH during my difficult times. The NIH is indeed a great place to be a patient and to work!

Dr. Manuel B. Derflin III, NEI

STEP Examines Roots of Happiness

The staff training in extramural program (STEP) committee will hold a Science for All forum titled, "Don't Worry, Be Happy!" on Thursday, May 6 from 8:30 a.m. to noon in Lister Hill Auditorium, Bldg. 38A.

Why is my glass always half empty when yours is always half full? Does positive thinking aid in life success? Is there a correlation between attitude and physical health? Does failure always lead to unhappiness? Is happiness genetic? Are you born lucky? This forum will explore the biology and psychology of happiness and strategies for effecting positive change in your life.

APAO Honors Employees Achievement

The NIH Asian Pacific American Organization (APAO) recently honored NIH employees with its Outstanding Achievement Award. Three traditional award categories recognize NIHers for significant accomplishments in advancing NIH’s EEO goals, scientific research and administrative work.

The traditional presentations were preceded by a special award to Dr. Ruth Kirschstein, senior advisor to the NIH director, for more than 30 years of dedicated support to APAO members.

Awardees include Dr. Bai Lu for outstanding achievement in biomedical research at NIH, Prahlad Mathur for excellence in continuous service to APAO and Charly Wells for dedicated volunteer service to APAO.

APAO also used the opportunity to install new officers: Dr. Dar-Ning Kung of NLM, president; Prahlad Mathur of OD, vice president; Donna Wells of NEI, treasurer; Ihsia Hu of NLM, executive secretary; and Tony Gavino of CIT, co-executive secretary.

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 these countries. Two visits are required and compensation is available. Call Rose Werden, (301) 402-0757.

NIH Record

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NIH Record Office

Bldg. 31, Rm. 3B41

Fax (301) 402-1485

Web address: http://www.nih.gov/nihnews/NIH-Record/archives.htm

Editor

Richard McMannon
rm26q@nih.gov

Assistant Editor

Carla Gernett
cg50@nih.gov

The NIH Record reserves the right to make corrections, changes, or deletions in submitted copy in conformity with the policies of the paper and NIH.
Everyone feels stressed and anxious now and then. But stress or major life changes in some people can lead to ongoing symptoms of anxiety disorders, including feelings of sudden panic, chronic worry, nightmares, emotional numbing, intrusive thoughts, compulsions, and/or phobias or irrational fears of objects, situations or activities, for example spiders, social interactions, public speaking, highway driving, leaving the house, etc.

People suffering from anxiety disorders may also experience symptoms of depression, including loss of interest or feelings of pleasure.

Employees interested in finding out if an anxiety or mood disorder could be underlying their symptoms may want to participate in the NIH-sponsored anonymous screening at any site below on May 5, National Anxiety Disorders Screening Day. They can view a short video about symptoms and effective treatments, complete a screening tool or questionnaire, meet confidentially and privately with a mental health professional for results or just gather information materials.

Bethesda (10 a.m. - 3 p.m.)
Bldg. 31, Level B2, Rm. B57 (EAP Suite)
Bldg. 10, Occupational Medical Services, Rm. 6C401
Rockledge Two (6701 Rockledge Dr., 10th Fl., Rm. 10229)

Rockville (10 a.m. - 3 p.m.)
Neuroscience Center (6001 Executive Blvd.), Rm. 6213A

Frederick (10:30 a.m. - 1 p.m.)
NCI-Frederick, Bldg. 426, Rm. 103

Screening participants who would prefer to communicate in Cantonese or Mandarin may want to meet with EAP consultant Eva Chen at the Bldg. 10 site after 1 p.m. To arrange for other language interpretation in Bldg. 10 (Arabic, Hebrew, Vietnamese, Korean, Spanish, etc.), employees should call Andrea Rander of the Language Interpretation Program at least 48 hours in advance (301-496-1807).

Employees who would rather attend a privately sponsored site that day or whose family members would like to be screened may call 888-442-2022 to access a referral number sponsored by Freedom From Fear, which organizes the national screening day.

For reasonable accommodation or other information, contact Sophia Glezos Voit (soglezos@nih.gov, 301-443-4533). For more information about anxiety or mood disorders, visit the NIMH website at http://www.nimh.nih.gov.

Bike To Work Day, May 7

Celebrate National Bike to Work Day with the NIH Bicycle Commuter Club and the NIH Fitness Center on Friday, May 7 from 7 to 9:30 a.m. on the Paul Rogers Plaza in front of Bldg. 1.

Free bagels and juice will be provided to anyone with a bicycle. A drawing will be held for prizes such as 3-month memberships to the NIH Fitness Center, flashing LED lights from the NIH Federal Credit Union and much more.

The Bicycle Commuter Club will be offering a free bicycle safety check. This is appropriate both for current riders and for those who are interested in getting back into riding but have not been on their bicycle in some time.

You can also register your bicycle with the NIH Police (which is strongly recommended for those who ride and park their bicycle on campus), participate in a survey to identify local cyclists' safety concerns and potential solutions, learn about the bike club's monthly bike trail maintenance schedule, and find out about preferred bicycle commuter routes to campus, local cycling events, bicycle shops and organizations.

Even if you don't currently bike to work, plan to stop by and get to know some of your fellow NIH'ers who have chosen to drive one less car on the roadways, use one less parking space, maintain local paths for everyone's enjoyment, and advocate for improved roadway safety on and around the NIH Bethesda campus to make commuting to NIH safer for all.

National Day Of Prayer To Be Marked, May 6

This year's observance of the National Day of Prayer 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.
While remarkable advances have been made in the past decade toward our understanding of HIV/AIDS, says Emini, its relentless spread, particularly within certain communities and developing world countries, makes it clear that only a preventive vaccine will help bring the epidemic to an end.

Still, despite the research that has been conducted to date, an effective vaccine remains beyond reach. One of the biggest hurdles, Emini says, is how the virus has evolved to interact with the immune system.

"HIV establishes a symbiotic relationship with the immune system, striking a balance between infecting immune system cells and staying one step ahead of the immune response," he explained. "So our goal is to develop a better understanding of that balance, which is established very early in the infection, and alter it to favor the immune system."

Emini's experience with vaccines began some 20 years ago, at the start of his long and distinguished career at Merck Research Laboratories in West Point, Pa. At that time, he began helping to develop new vaccines for diseases such as hepatitis A and B and exploring the feasibility of a vaccine for the Epstein-Barr virus, a member of the herpes family. In 1986-5 years after HIV/AIDS was first recognized in the United States—he turned his full-time attention to its study.

"That year, it was becoming clear how truly serious this issue was," he said, "and the company made a decision that it wanted to get involved. Here was an opportunity to work on a brand new virus with an unknown pathogenesis, and I knew that's where I needed to spend my time."

Emini's research has helped transform AIDS from a pernicious disease in which there was little hope for survival to a manageable chronic illness. As founding executive director of Merck's department of antiviral research, he spearheaded programs that resulted in the discovery of two antiretroviral drugs—indinavir, a protease inhibitor that helps prevent the virus from becoming infectious, and efavirenz, a reverse transcriptase inhibitor that prevents the virus from multiplying. His quest for a more effective long-term treatment for HIV led to the design of the first potent triple-drug regimens used in highly active antiretroviral therapy (HAART), a widely hailed treatment method by which individuals consume a combined anti-HIV drug “cocktail” to help suppress the virus.

After being named vice president of Merck's vaccine and biologics research in 1997, Emini oversaw Merck's entire research portfolio for vaccines against AIDS and other infectious diseases, including human papillomavirus, rotavirus and severe acute respiratory syndrome (SARS). Under his leadership, five AIDS vaccine candidates advanced from animal studies to human clinical trials. His desire to spend 100 percent of his time working on HIV vaccines prompted him to leave his position at Merck and join NIAID.

"This is a very interesting time," he said. "Ten years ago, we were dead in the water regarding an HIV vaccine, and it was unclear in which direction to go." Now, he says, the field is advancing rapidly, thanks in large part to a recent appreciation for understanding of and ability to study the cellular immune system, a critical component in the balance between the immune system and the virus. "It's a period of time where no one is short of ideas," he said.

Emini has served as an adviser to NIH's Office of AIDS Research and NIAID's acquired immunodeficiency syndrome research review committee. In 2002, he was named one of Scientific American's 50 technology leaders for his efforts to develop a vaccine for AIDS. In 2003, he was elected a fellow of the American Academy of Microbiology for his contributions to the study of HIV/AIDS. He holds a Ph.D. in virology from Cornell University's Graduate School of Medical Sciences.

The NIAID-sponsored lecture is dedicated to the memory of Dr. James C. Hill who, as NIAID deputy director, helped build the institute's HIV/AIDS research program during the earliest years of the epidemic.

A reception outside of Lipsett Amphitheater will be held immediately following the lecture.

Note: May 18 is HIV Vaccine Awareness Day, a day to educate Americans about the need for vaccines to prevent HIV. To learn more about HIV Vaccine Awareness Day or HIV vaccine research, visit www.aidsinfo.nih.gov.

FEW Presents 'Negotiation Skills'
The Bethesda chapter of Federally Employed Women (FEW) will host Dr. M. Joan DeSimone, consultant and professor, Johns Hopkins University, at its brown bag meeting on Tuesday, May 11, from noon to 1 p.m. in Bldg. 31 Rm. 6C06. DeSimone will present "Negotiation Skills." She earned her Ph.D. in applied behavioral science from the University of Maryland and works with groups in organizations to increase productivity and morale. All are welcome to attend.

Sign language interpreters will be provided. Individuals with disabilities who need reasonable accommodation to participate should contact Allyson Browne, (301) 451-0002 or the Federal Relay (1-800-877-8339) by May 10.
**NIDCD Hosts Online Mentoring Resource**

Current grantees and intramural scientists at the National Institute on Deafness and Other Communication Disorders are volunteering at a rapid rate to be listed in an online Directory of Mentors committed to encourage people who are deaf or hard-of-hearing as they develop research careers. To date, more than 100 mentors have registered on the directory.

"More than 30 of our seasoned scientists signed on in the first week to offer scientific mentorship," said Dr. James F. Battey, Jr., NIDCD director. "We are optimistic that this unique program will encourage, on a person-to-person basis, contributions to human communication research by individuals who are deaf or hard-of-hearing. The entire staff of NIDCD is excited about this new effort."

The new mentorship directory grew out of a working group on biomedical and behavioral research careers for deaf individuals held a little over a year ago. The group had identified the obstacles and opportunities for deaf and hard-of-hearing individuals who pursue research careers and developed recommendations for NIDCD about how to address disparities and take advantage of new opportunities. The full report is available at [http://www.nidcd.nih.gov/research/training/action_minutes.pdf](http://www.nidcd.nih.gov/research/training/action_minutes.pdf).

"This directory enables the interests of prospective deaf and hard-of-hearing researchers to be matched with research labs investigating specific questions of how hearing happens and why people become deaf," said Dr. Peter Steyger, assistant professor at the Oregon Hearing Research Center, Oregon Health Science University. "Auditory research labs that recruit deaf and hard-of-hearing researchers benefit as they become more aware of the enormous impact of deafness on oral communication, beyond their own research question. This is important because deaf and hard-of-hearing researchers have a unique perspective on hearing and deafness that fosters new research questions. This information exchange leads to enhanced understanding of auditory processes and dysfunction, and new technologies for preventing, rehabilitating or living with hearing loss."

The mentor program is open to individuals interested in all 7 program areas at NIDCD—hearing, balance, smell, taste, voice, speech or language.

The interface is easy to use for both the mentor and mentee. Deaf and hard-of-hearing individuals at the undergraduate, graduate student, postdoctoral fellow and new investigator stages of training interested in pursuing mentorship in research on human communication consult the directory to locate a prospective mentor. Mentees will search based on their desired research area, career stage, logistical constraints, and any communication capabilities special to a particular laboratory. The individual contacts the prospective mentor to discuss forging a relationship.

The directory functions like a scientific matchmaking service. Any mentoring relationship is arranged between the mentor and mentee. This is truly a professional commitment and service on the part of the mentor because a successful match does not carry any automatic funding for the mentee.

If support is not available within the sponsoring laboratory and institution, the mentee is encouraged to submit an individual fellowship award application or a research supplement application to the mentor's NIDCD research grant to the NIH.

NIDCD sees this as the kind of focused outreach that will yield real opportunities for individuals who want to pursue research careers, but have not had the networking opportunities they have needed, often because of communication challenges that occur for deaf or hard-of-hearing individuals within more traditional mentorship settings. The web site also provides immediate feedback to the institute.

"We are looking forward to the mentors directory adding new capacity to our research training programs," noted Dr. Daniel Sklare, who directs NIDCD's extramural research training programs.

**Johnson Named OLRS Deputy**

Dr. Alfred Johnson has assumed the role of deputy director of the Office of Loan Repayment and Scholarship (OLRS), Office of Intramural Research, OD. He will develop and manage programs that offer educational loan repayment and scholarship to enhance the recruitment and retention of health professionals in biomedical and biobehavioral research careers. In addition to his responsibilities at OLRS, Johnson will continue to serve as a principal investigator in the Laboratory of Molecular Biology, NCI. Since joining OLRS in 2000, Johnson has directed the NIH Undergraduate Scholarship Program (UGSP), which offers scholarships and research training at NIH to attract undergraduate students from disadvantaged backgrounds to biomedical research careers.

Johnson earned a bachelor's degree, summa cum laude, in chemistry from Albany State (Ga.) University and a doctorate in biomedical sciences from the University of Tennessee-Knoxville. His professional memberships include the American Association for Cancer Research, where he chairs the science education committee. He is a two-time past president of the NIH Black Scientists Association and chair of the communications and membership committee.

He has been a researcher at NCI for more than 18 years and has received many awards for his science education activities, including three NIH Director's Awards (one for his mentoring activities) and the NIH Award of Merit.
Enjoying a cake to celebrate 30 years of cooperation in cancer research are (from l) Dr. Tomoyuki Kitagawa, Dr. Takashi Tsuruo, Dr. Snorri Thorgerisson, Dr. Joe Harford, Koji Nakanishi, Dr. Michael Christian, Dr. Masaaki Terada and Dr. Ed Trapido.

cooperation,” he said. “The fact of the matter is that cancer is a common enemy that does not recognize international borders.”

Dr. Masaaki Terada, president emeritus of the National Cancer Center in Japan, put the symposium in context by outlining some of its history. He traced the beginnings back to the Japan-U.S. Committee on Scientific Cooperation held in Washington, D.C., in 1962. The 9th International Cancer Congress was subsequently held in Tokyo in 1966, but a formal relationship between the two cancer research communities was initiated in 1971 with a conversation between Dr. Frank Rauscher, then director of NCI, and Dr. Tomizo Yoshida, director of the Japanese Foundation of Cancer Research’s Cancer Institute. A 1973 meeting in Hakone laid the groundwork for a formal Japan-U.S. Cooperative Cancer Research Program, and the first joint meeting was held in 1974 in Hawaii to establish an implementation framework. Since then, the program has held 265 seminars and had more than 500 exchanges of researchers to enhance international cooperation and strengthen both research programs.

Dr. Robert Weinberg of the Whitehead Institute and the Massachusetts Institute of Technology gave the first keynote address, outlining the cellular mechanisms that lead to human tumor formation. He pointed out that there are at least 110 different kinds of human cancers. Countless genes have been implicated in these different cancers over the past several years. He wondered if researchers could define any universal laws about how cancers form. “Will there be any rhyme or reason to this?” he asked. “Perhaps there are some universal laws about all kinds of human cancers.”

To this end, Weinberg identified five distinct regulatory pathways that he said must be disrupted to induce a human tumor. He went on to describe the approaches his laboratory is taking to recreate the early steps in human breast cancer formation and metastasis.

“One of the greatest determinants of whether tumor cells can proliferate is how efficiently they can recruit stromal cells,” he said, referring to the supporting cells in surrounding tissue. “We need to look beyond the boundaries of the individual cells to see how they are interacting with their neighbors,” he explained, concluding, “If we wish to understand all the rules governing cancer tumor formation, we have to consider all the cells, all of which contribute in essential ways to tumor formation.”

The other keynote speaker, Dr. Julie Buring of Brigham and Women’s Hospital, is an epidemiologist who gave a different perspective on cancer research, addressing the question of why there are often discrepancies between observational studies and randomized trials.

She first outlined the differences between observational studies, where the selection of participants is done on the basis of a person’s disease status (called a case control study) or on the basis of their exposure status (called a cohort study). She contrasted these types of studies to intervention studies, where exposures (say to a potential medicine, for example) are determined by investigators. The best-known type of intervention study, the randomized clinical trial, is considered the gold standard of clinical research studies.

“Sometimes, an observational study is the only feasible or ethical approach,” Buring explained. For instance, researchers couldn’t ethically administer a suspected carcinogen to some people to see if they developed cancer. But there are inherent limitations in observational studies, she said. “People who select one way to live also select others.”

Buring gave some highly visible examples to illustrate how observational studies and randomized clinical trials could have different outcomes. One was the relationship between beta-carotene and cancer. “In animal laboratory studies,” she explained, “beta-carotene could block the carcinogenic process and inhibit specific tumor growth.” There was also, she said, a large body of observational epidemiological evidence associating diets of fruits and vegetables with lower risk. Many believed this evidence pointed to beta-carotene.

But in trials, beta-carotene showed no benefit, and actually increased the risk of lung cancer among heavy smokers. People may have made an incorrect leap to one specific agent, she explained. It could have been the wrong agent, or maybe there was a loss of synergy with other nutrients in the diet. Maybe it was for too short a duration, she offered as
another explanation. Or that blood levels of beta-carotene in the study were much higher than seen in observational studies. As for the smokers, it turns out that in the oxidative environment brought about by smoking, high doses of beta-carotene actually created harmful products.

Buring also recounted the recent findings from Women's Health Initiative studies on hormone replacement therapy (HRT). Many doctors had been giving their patients HRT based on observations, she explained, and some thought it was actually unethical to conduct a randomized trial and deny the benefits of these hormones to control groups.

But it turned out that the trials had to be stopped early because the risks of using these treatments for extended periods outweighed their benefits. There were many possible reasons for the unexpected results. Women taking HRT in the observational studies may have been living healthier lifestyles and seeing their doctors more often, for example.

Unforeseen or “confounding factors” like these can cause a clinical trial to return unexpected results.

Many people get frustrated with discrepancies between studies, Buring said, particularly when the media hyped contradictory conclusions. But she argued that these discrepancies aren’t necessarily a sign of bad studies. “Discrepancies may mean the system is working,” she said. “This is exactly why we do trials. Apparent discrepancies are not necessarily contradictory or wrong; they may be looking at different questions.”

Buring concluded that “Neither a reliance on randomized clinical trials nor observational studies is appropriate. All of us together are needed to answer a question.”

The sessions that followed featured several scientists from both Japan and the U.S. describing their research progress. Highlights included Dr. Peter Jones of the University of Southern California speaking about promising new cancer drugs now in clinical trials that work by affecting the DNA methylation patterns in tumor cells. Dr. Yoichi Furukawa of the Institute of Medical Science in Tokyo outlined his laboratory’s efforts to identify novel molecular targets for the treatment of human cancers. And Dr. Yokiko Gotoh of the University of Tokyo described a complex web of phosphorylation events that regulate cell death.

Dr. Steven Rosenberg, chief of NCI’s Surgery Branch, closed the meeting by describing some exciting work in which NCI intramural researchers have explored immunotherapy as a way to treat cancer. After years of testing many approaches, his laboratory has found the greatest success in what he called a passive, or adoptive approach. Rather than directly immunizing the patient with tumor antigens—a strategy researchers had been pursuing for many years with mixed success—they ablated the patients’ own immune system and replaced it with T cells selected for their avidity for tumor antigens.

Thirty-two patients have now been treated, and the results have been very encouraging: 50 percent of patients have shown an objective clinical tumor regression. NCI intramural researchers are now further exploring adoptive cell therapy.

NCI director Dr. Andrew von Eschenbach closed the symposium, remarking that the collaboration between cancer researchers in the U.S. and Japan has contributed substantially to the phenomenal growth in our understanding of cancer. He thanked scientists on both sides of the Pacific who serve on the coordinating committee for the program and those individuals at the Japan Society for the Promotion of Science and NCI who provide ongoing leadership.

All Welcome to Inn Open House

The Children’s Inn at NIH invites the NIH community to its Open House on Thursday, May 6, from 10 a.m. to 2 p.m. There will be tours of the inn’s new expansion and light refreshments will be served. Guests should take the campus shuttle to the Clinical Center and walk from there to the inn; no parking is available.

Construction is now complete on the first major expansion in the history of the inn. The facility, which opened in 1990, now has a total of 59 new and newly-refurbished rooms to accommodate pediatric outpatients at NIH and their families. The expansion will open for inn residents on May 10.

OSE Film Series Goes ‘Silver’

The Office of Science Education (OSE) has announced a new venue for its long successful public science education program, Science in the Cinema. In partnership with the AFI Silver Theatre and Cultural Center, OSE is sponsoring the 2004 program at the historic Silver Theatre located in downtown Silver Spring.

Science in the Cinema is a free film festival open to anyone who enjoys movies and has an interest in science and medicine. Every second Tuesday during May, June and July, a film with a medical science-related theme will be shown in its entirety beginning at 7 p.m. Following each film, a guest speaker with expertise in the film’s subject area will comment on the science depicted in the film and take questions from the audience.

The NIH and AFI Silver film series will touch on a variety of medical science topics, including depression, cancer, history of medicine and medical research ethics.

For tickets, film schedule and more information visit OSE’s web site, http://science.education.nih.gov/cinema. For information about the AFI Silver Theatre and Cultural Center, visit http://afi.com/silver or call (301) 495-6720.
WOMEN SCIENTISTS, CONTINUED FROM PAGE 1

and why the playing field may never grow level.

"I'm going to discuss the progress of women in science and engineering by taking you on a tour of the educational process of becoming a scientist," she said, explaining that the life course perspective examines the effect significant personal transitions—marriage and parenthood, for example—have on science careers. "Along the way we'll stop to take a look at how women have been doing in the past and how we are doing currently."

There is good and bad news about the efforts of women in science to draw even with their male colleagues in the 30-year period from 1960 to 1990, she said. First, the not-so-great news: Women still earn an average of $13,000 less annually than men in comparable s/e posts, are promoted at a significantly lower rate and publish 20 percent fewer articles and books. However, these gaps show signs of narrowing, beginning as early as adolescence: Girls get better grades than boys in high school science courses, the number of women earning baccalaureate degrees has increased in almost all s/e fields except mathematics and computer science, and the overall representation of women in the s/e labor force has increased in all fields.

"There are policy motivations for our interest in women in science," Shauman said. "As our economy has become more technologically based and our understanding of health, biology, nature and space has advanced, concern about the supply of scientifically advanced personnel has also grown. Recruiting more women and underrepresented minorities to science is often proposed as an effective way to expand the talent pool and increase the supply of scientists."

The continued gender disparities are difficult to explain, Shauman pointed out, but research data offer a few suggestions. For example, there is segregation of men and women into different s/e fields. She noted that women are concentrated heavily in biology, men in engineering. In general, the engineering field offers far higher earning potential, whereas biology is at the relatively low end of the science-discipline earning scale.

In addition, according to evidence she cited, women in s/e are employed in greater proportions at teaching colleges, but men in s/e tend to work for research universities, where grant funding is more abundant, lab space more plentiful, earnings higher and research assistants more readily available for career advancement.

Another substantial barrier to leveling the s/e career playing field among the sexes is parenthood, Shauman continued. While marriage has no apparent effect on the s/e career of either partner, adding children to the family appears to be a liability for women and an asset for men, she said.

Her research found that the time off for childbirth/child-rearing poses a significant—and often irreversible—impediment to s/e career advancement for the large majority of women scientists who become mothers, and that mothers are 75 percent less likely than fathers—or childless scientists—to be promoted to management positions. Parenthood was also

Finance Talk Opens Women's History Month Celebration

The Bethesda chapter of Federally Employed Women and the NIH Office of Equal Opportunity and Diversity Management opened the 2004 women's history celebration on Mar. 9 by jointly hosting the first of four events planned for the month. Themed "Women's Work and Women's Health: A Celebration of Knowledge and Achievement," the observance kicked off with a presentation by Mary Grate-Pyos, president of Financially Focused, Inc. and author of Wealthy Woman—Wise Choices.

Discussing "The Extraordinary You," she stressed that finances are critical in helping a person move into areas of life where one's true purpose can be realized. Pyos believes women are multitalented and that every woman alive is extraordinary and has skills she can use to help others in the home, workplace, church or community. Women achieve so much in so little time and without rest, she pointed out. They go the extra mile to make a difference.

Even without adequate resources, she added, women still get the job done and are indeed extraordinary, particularly when their finances are in order. Pyos, who worked for 18 years in the federal government, resigned in December 2003 to devote herself full time to empower others "to move from frustration to financial freedom." She mentioned the government's Thrift Savings Plan (TSP) as a good way to start saving, savings that could move into investments. Pyos, an editor and publisher of Money Matters with Mary, a quarterly electronic magazine focused on personal financial issues, made wise choices with her own money and today assists clients in their money matters, helping them accumulate wealth for peace of mind.

She offered six tips for becoming and remaining extraordinary: Remember, the world needs your gifts, skills, talents and abilities; live your purpose and live it well; manage your money—don't let your money manage you; know that failure is not a part of your agenda; decree, declare and affirm daily your positive words—words turn into actions that can become habits; and, finally, start managing your "thought life"—good thoughts should be constant. To contact Pyos, email abrowne@mail.nih.gov. —Glenda Keen
found to inhibit the geographic mobility of women, but has no apparent affect on men.

Indeed, the birth of children seems to enhance the careers of men in science by presenting an economic rationale for the male partner to invest more in his career. The phenomenon holds true even for couples with dual science careers, Shauman pointed out.

But is science different from other careers? Aren't women in other professions similarly penalized for breaks in service due to childbirth and child-rearing?

"It's important to note having preschool- or school-age children coincides with the formative career years for a scientist," Shauman said. "These are the years when mobility might be most influential for later career progress. This is exactly the time when women are less mobile, and so this might have a negative effect on their longer term career outcomes."

In conclusion, Shauman said women have made great strides in closing the science career gaps, and that institutional recruitment and retention programs for women at the post-secondary science education level have been a success. Still, inequities remain.

"Greater programmatic focus should be directed at the recruitment of girls and young women and at removing barriers to the successful transition from non-science to science majors in our colleges and universities," she recommended, noting that a large percentage of young women who ultimately earn a bachelor's degree in science start college not intending to pursue science careers. Later they may switch from a non-science path to science, where the hurdles for switching may be unnecessarily onerous.

In addition, the data suggest that the structure of scientific careers conflicts with common patterns of family-related life course events for women. Shauman said further research and policymaking should examine which structural characteristics present the greatest barriers and which of those can be changed.

"On an interpersonal level," she concluded, "there are two sides to the conflict between career and societal roles, and change may need to occur on both sides. As long as women are expected by society at large and by their partners in parenthood to assume the role of primary caregiving of children and as long as women accept primary responsibility for childrearing rather than demanding equal sharing of responsibilities, then parenthood will always have a more detrimental effect on women's career paths. Women need to demand more equitable arrangements from their partners and they need to demand work arrangements that allow them to realize the long-term value of their scientific career capital, despite the short-term slowdowns that are associated with childbearing and childrearing."

**Nursing Legend Ferguson Opens Nurses Week**

Vernice Ferguson, former chief nurse for the Clinical Center, will return to NIH to be the keynote speaker at the opening ceremony for the Clinical Center's 2004 National Nurses Week celebration. Her presentation will take place at 10 a.m. in Lipsett Amphitheater on Thursday, May 6.

A fellow of the American Academy of Nursing, Ferguson also won its Living Legend designation in 1998. This honor recognizes the most stellar academy fellows as reminders of nursing's proud history and as role models for all nurses. Ferguson is the recipient of eight honorary doctorates and two fellowships, one in physics and one in alcohol studies.

For more than 20 years, Ferguson was a nurse executive in federal service. She served for 12 years as assistant chief medical director for nursing in the Veterans Administration and was responsible for more than 60,000 nursing personnel at 172 hospitals, 91 nursing homes and 220 outpatient clinics. She also served as chief nurse at two VA medical centers and as chief of the nursing department at the CC. She was the first chair of the Nurses Organization of Veterans Affairs Foundation, which supports scholarships and research grants for VA nurses.

Ferguson was a senior fellow in the School of Nursing at the University of Pennsylvania, holding the Fagin family chair in cultural diversity from 1993 to 1996.

Ferguson came to the CC in 1973 and served as chief of nursing for more than 6 years, supervising 8 nursing services that included 28 nursing units and 5 clinics. She led the department through several phases of organizational change, including implementation of the Medical Information System in 1975. During her CC tenure she helped initiate the nursing department's annual program meeting and annual research review policy. She was also responsible for establishing the annual nursing awards program and staff retreats to define goals, long-range plans and modes of implementation for the department.

National Nurses Week is May 6-12. Throughout the week, research being conducted by NIH nurses will be highlighted. On Tuesday, May 11, inpatient care units and outpatient clinics will showcase their contributions to clinical research during a special program to be held in the 14th floor auditorium.

**Normal Volunteers Needed**

The Pulmonary-Critical Care Medicine Branch, NHLBI, is looking for healthy individuals between the ages of 18-65 to participate in a research study. A thorough medical evaluation and monetary compensation will be provided. If interested, call (301) 402-1553.
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.reegov.org/r/w/nhtaekwondo. html.

Free walk-in blood pressure screenings in its clinics in Bldgs. 10 and 13. In addition, during May, special screenings will take place in Rockledge 1, Executive Plaza North and the NIH Poolesville Animal Care Facility. For more information, visit the OMS web site at www.nih.gov/od/ors/ds/index.html. Additional information about preventing and controlling high blood pressure will be available in the NIH cafeterias and clinics during May, as well as on the NHLBI web site at www.nhlbi.nih.gov/hbp/index.html.

NINDS’s Freas Retires After 36 Years of Federal Service, All with NIH

Nan Freas, administrative officer in the Clinical Neuroscience Program of the Division of Intramural Research (DIR), NINDS, recently retired after more than 36 years of federal service—all with NIH.

At the age of 18, and 1 year out of high school, Freas first came to NIH as a secretary in the General Medicine Branch of NCI in 1956. “I fell in love with NIH right away and have always considered it an honor to work here,” she said. “While I am not a scientist, I have hoped that doing my job well has allowed the scientists more time for their research.”

After taking 11 years off to care for her three children, Freas returned to NCI in 1974 as secretary and later became an administrative technician in NCI’s Laboratory of Tumor Cell Biology under chief Dr. Robert Gallo in 1988. She joined the NINDS family in 1990 as administrative officer in the DIR, NINDS.

In retirement, Freas plans to spend more time with her children and grandchildren and to increase her volunteer activities at the Del Ray Club in Bethesda. “I arrived as a teenager and am leaving as the grandmother of nine. And, there have been many beautiful memories along the way,” she said. “The song, ‘I Wouldn’t Have Missed It for the World’ pretty much sums it up.”—Shannon E. Garnett

Healthy Volunteers Needed

The Uniformed Services University of the Health Sciences is sponsoring a study comparing paper-and-pencil and computerized cognitive measures in men and women, ages 18 and up. If you qualify, participation involves one 2-hour visit and you will be compensated for your time. Call (301) 295-8269 or email jashburn@usuhs.mil.
Freed Is New NIEHS Associate Director

Rich Freed, who was NIAID’s director of the Office of Management for New Initiatives, has been selected as the new associate director for management at NIEHS. He fills the position that has been open since late last year when Francine Little retired.

Freed, 36, was a 2000 senior executive fellow at Harvard's Kennedy School of Government. His wife is a teacher in Maryland. She and the two Freed children, ages 2 and 4, will move to North Carolina in late spring or early summer. Until then, Freed will split his time between Bethesda and Research Triangle Park.

Freed earned a bachelor’s degree in business management from the University of Maryland in 1990 and a master’s in business administration from Johns Hopkins University in 1998. He was the principal intramural administrative officer at NIAID from September 1998 until January 2002.

Freed began his career at NIH in 1990 at NCI, where he served as administrative officer to several labs and branches. Enrolled in an administrative career development intern program from July 1993 until October 1995, he completed rotations in financial management, grants management and human resources. From 1995 until September 1998, he served as deputy Administrative Resource Center manager at NCI.

Wednesday Afternoon Lectures

The Wednesday Afternoon Lecture series—held on its namesake day at 3 p.m. in Masur Auditorium, Bldg. 10—features Dr. Rafael Yuste on May 5; his topic is “Imaging the Structure and Function of the Cortical Microcircuit.” He is associate professor, department of biological sciences, Columbia University.

On May 12, Dr. Elizabeth Barrett-Connor will give the Robert S. Gordon, Jr., Lecture in Epidemiology on the topic, “Diversity, Body Size and Diabetes: Genetics Without Genotyping.” She is professor and division chief of epidemiology, department of family and preventive medicine, University of California School of Medicine, San Diego.

For more information or for reasonable accommodation, call Hilda Madine, (301) 594-5595.
Porter Gets Tour of His New Laboratory Building

John Edward Porter, the former congressman from Illinois who used to chair the House appropriations subcommittee overseeing the NIH budget, got a special VIP tour on Apr. 2 of the new John Edward Porter Neuroscience Research Center under construction on the southwest side of the NIH campus.

His tour guides were NIH director Dr. Elias Zerhouni; Robert McDonald, project director; and the directors of three institutes whose scientists will inhabit the new facility: Dr. James Battey, Jr. of NIDCD; Dr. Thomas Insel of NIMH; and Dr. Story Landis of NINDS.

Also on hand were NIH deputy director Dr. Raynard Kington, NIH deputy director for intramural research Dr. Michael Gottesman, project architect Rafael Viñoly and several intramural scientists who joined the tour and explained some of the building's finer points.

"There's not only plasticity in the nervous system," noted Landis, "but also in this building." Porter was impressed with the facility and relished the orientation. He was also happy to hear the input of NINDS intramural scientists Kenneth Fischbeck, Jeff Diamond and NIMH's Heather Cameron, who will have lab "pods" in the building.

Phase I of the 2-phase project is due to be complete this coming June, according to the Office of Research Facilities Development and Operation.

Photos: Rich McManus

Explaining to Porter the purpose of the new facility's interior spaces are (from l) NIMH director Dr. Thomas Insel, project director Robert McDonald and Landis.

Porter chats with architect Viñoly at a briefing in Trailer 40B, headquarters for construction of the John Edward Porter Neuroscience Research Center. On the wall are architectural drawings of the facility.

Joining Porter for the building tour were (from l) Battey; Landis; Dr. Michael Gottesman, NIH deputy director for intramural research; and Insel.