

THE NIH RECORD

Still The Second Best Thing About Payday

Hood Discusses Systems Biology On Dec. 15 in Masur Auditorium

Dr. Leroy Hood, one of the world's leading scientists in the field of molecular biotechnology and genomics, will present the



Dr. Leroy Hood

Florence S. Mahoney Lecture on Aging on Wednesday, Dec. 15 at 3 p.m. in Masur Auditorium, Bldg. 10. The title of his presentation is "Systems Biology: Predictive and Preventive

Medicine." Sponsored by the National Institute on Aging, the annual lecture is part of the NIH Director's Wednesday Afternoon Lecture Series.

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CFC-Supported Program

Four-Legged Clinical Center Volunteers Cheer Patients

By Jane DeMouy

It's almost time for visiting hours, and volunteers Ross, Jessie, Sophie and MG wait together in a Clinical Center lounge before going upstairs to see patients. Some will visit the outpatient pediatric clinic, some will go to the rooms of cancer patients too ill to leave their beds. Sometimes they spend time with mentally ill adolescents. They all seem to be anticipating the next hour.

Suddenly, Ross spots something moving on the upper ledge of the atrium window. Others notice and look up, following his gaze. It's a small house sparrow, trapped in the building, vainly seeking a way out. Ross's eyes are riveted on the fluttering

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Still Excelling Past 40

NIH'ers Set World Weightlifting Records at Major Meet

By Rich McManus

By the time most people turn 40, thoughts of being a world record holder in anything have usually long since dimmed. But that's not true for two men at NIH. George Prue, 58, and Michael Bradley, 46, both set world records in their age groups at the 2004 Amateur Athletic Union world bench press, dead lift and push/pull championships held Oct. 29-31 in Richmond, Va. They needed most of their strength simply to haul home the hardware—gold medals and tall trophies.



George Prue (l) and Michael Bradley show off the hardware they won by lifting world-record weights at a recent meet.

Although he is the younger man, Bradley, an industrial equip-

SEE WEIGHTLIFTERS, PAGE 6

Schwartz Named NIEHS and NTP Director

Dr. David A. Schwartz has been named new director of the National Institute of Environmental Health Sciences and the National Toxicology Program. He will assume leadership of NIEHS and NTP in April 2005.



Dr. David A. Schwartz

He is currently serving at Duke University as director of the pulmonary, allergy and critical care division and vice chair of research in the department of medicine. At Duke, Schwartz played a principal role in developing three NIEHS-funded research centers in environmental health sciences, environmental genomics and environmental asthma.

As a clinician, Schwartz was drawn to research because he wanted to help his patients understand the cause of their disease. "The first question a patient

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MAHONEY LECTURE, CONTINUED FROM PAGE 1

Hood is a key player in the Human Genome Project and has been a pioneer in deciphering the secrets of antibody diversity. His lecture will include an historical overview of the Human Genome Project—a project which has transformed biology by providing a genetics “parts list” of all genes and proteins, by fueling the contention that biology is an informational science and by catalyzing the emergence of biological information (e.g., rapid DNA sequencing or DNA chips). From this transformation has emerged systems biology, a new approach centered on the idea that researchers can study biological systems by delineating the relationships of the component elements, leading to a better understanding of resulting systems properties.

Hood will give several examples of systems approaches. The lecture will conclude with a discussion of the effect that systems biology will have on medicine, moving it toward more predictive, preventive and personalized health care.

Hood earned his medical degree from Johns Hopkins University in 1964 and doctorate in biochemistry from the California Institute of Technology in 1968. His research has focused on the study of molecular immunology and biotechnology. His interests include autoimmune diseases, cancer biology and mammalian development.

His professional career began at Caltech where Hood and his colleagues explored DNA and protein synthesizers and sequencers that constitute the technological foundation for contemporary molecular biology. One of the instruments revolutionized genomics by allowing the rapid automated sequencing of DNA. In 1992, he moved to the University of Washington to create the cross-disciplinary department of molecular biotechnology. At Washington, he applied his laboratory's expertise in DNA sequencing to the analysis of human and mouse immune receptors and initiated studies in prostate cancer, autoimmunity and hematopoietic stem cell development.

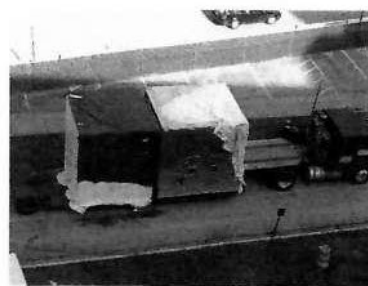
In 2000, Hood founded the Institute for Systems Biology in Seattle to investigate systems approaches to biology and medicine. Over the course of his career, he has published more than 600 peer-reviewed papers and co-authored textbooks in biochemistry, immunology, molecular biology and genetics. He is co-editor of *Code of Codes*, a book discussing scientific, social and ethical issues raised by genetic research.

Numerous organizations have honored Hood with academic and scientific awards, including the Lasker Award in 1987 for studies on the mechanism of immune diversity, the Kyoto Prize for Advanced Technology in 2002, and the Lemelson-MIT Prize for Invention and Innovation in 2003. He is a member of the National Academy of Sciences, the American Philosophical Society and the American

Academy of Arts and Sciences.

The Mahoney Lecture is named in memory of a life-long champion of increased federal spending for health research who was instrumental in the creation of the National Institute on Aging. NIH has recognized Mahoney's contribution to the growth of medical research by naming the east courtyard in the newly opened Mark O. Hatfield Clinical Research Center in her honor.

A reception will follow Hood's presentation. ■



A train of flat-bed wide-load trucks recently delivered to the Bldg. 33 construction site a total of 10 air-handling units, which come in sections seen in these pictures.

“Bldg. 33 will have 10 AHUs and 8 heat-recovery units,” said Kyung Kim, project director. “Each of these units serves certain areas of the building based on the biosafety level and use of the space.”



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The Record is recyclable as office white paper.

Healthy Volunteers Sought

The Mood & Anxiety Disorders Program, NIMH, is looking for healthy volunteers, not on medication, with no current or history of psychiatric illness, between the ages of 18 and 65, for a multitude of studies. These may include PET scans, MRI, psychological interview, neuropsychological testing, and other procedures depending on the project in which you choose to participate. A stipend is available. Call 1-866-627-6464 for more information.

NHLBI's Young To Give Mider Lecture

NHLBI's Dr. Neal Young will be this year's G. Burroughs Mider Lecture speaker, an honor bestowed on intramural scientists. He will present, "Learning from Human Disease: Aplastic Anemia, Autoimmunity and Its Malignant Consequences," on Wednesday, Jan. 5, 2005, at 3 p.m. in Masur Auditorium, Bldg. 10.

Young is an international authority on bone marrow failure, especially aplastic anemia. A graduate of Harvard College and Johns Hopkins Medical School, he began his full-time career at NIH

in 1976 and has spent much of his time researching the immunologic and genetic bases of aplastic anemia, myelodysplasia, paroxysmal nocturnal hemoglobinuria and the inherited marrow failure syndromes. He has been chief of the NHLBI Hematology Branch for over 10 years.



Dr. Neal Young

Young's work, which has encompassed the clinical treatment of patients, basic laboratory experiments in hematopoiesis (blood cell production) and virology and the epidemiology of blood diseases, has had a worldwide impact. He is credited with characterizing aplastic anemia as an immune-mediated disease and pioneering immunosuppressive therapy in Clinical Center protocols.

In aplastic anemia, the bone marrow cannot produce sufficient red cells, white blood cells and platelets, and patients suffer from anemia, bleeding and life-threatening infections. Although rare, aplastic anemia affects mainly young people. Left untreated in its most severe form, it is almost always fatal.

Through Young's work, immunosuppressive therapies have resulted in a dramatic increase in survival rates for aplastic anemia, from less than 10 percent to more than 70 percent. Young has accrued the largest population of patients with marrow failure diseases in the world because of the success of his programs at NIH. His interests have taken him to Thailand to conduct a large NHLBI-sponsored epidemiologic study of aplastic anemia in a country where the disease is more common.

Young's laboratory research has included not only studies of basic hematopoiesis, but also characterization of the important human pathogen parvovirus B19, which infects bone marrow cells. He and his colleagues have developed a candidate recombinant

parvovirus vaccine now in trials.

The G. Burroughs Mider Lecture was created by the NIH scientific directors in 1968 to commemorate Mider's distinguished career, which included a term as director of NIH laboratories and clinics. For information and for reasonable accommodation, call Hilda Madine, (301) 594-5595. ■

'Demystifying Medicine' Course Offered

The popular Demystifying Medicine course will be offered again in 2005. The course aims to bridge the gap between Ph.D.s trained in basic science and the medical problems to which their skills could be applied. Presentations of patients and pathology are accompanied by state-of-the-art analyses of related basic and clinical science.

Starting Jan. 4 and ending May 17, the course will be held every Tuesday from 4 to 6 p.m. in the Bldg. 50 ground-floor auditorium. All presentations will be videocast.

The course is geared to graduate and medical students, clinical and Ph.D. fellows and staff. Background information and handouts will be available.

To register, visit <http://list.nih.gov/archives/demystifyingmed/html>. Participants who attend at least three-quarters of the sessions and complete a web-based final exam will receive a certificate. The course schedule can be found at <http://www1.od.nih.gov/oir/DemystifyingMed/index.html>.

STEP Session on 'eGov Grants'

The staff training in extramural programs (STEP) committee will present an administrative strategies forum on the topic, "eGov Grants: Ready Or Not, Here They Come!," on Tuesday, Dec. 14 from 8:30 a.m. to 12:30 p.m. in Lister Hill Auditorium, Bldg. 38A.

NIH will scale up receipt of electronic applications on Feb. 1, 2005. Additional eGov initiatives affecting the entire grants process are in various stages of design and implementation. What are the challenges? What are the opportunities? What is the grantee perspective? How do we at NIH position ourselves to use eGov to improve business? How do we help grantees take advantage of eGov opportunities? Bring your questions and join this discussion of these issues and their implementation with experts from the grantee community, NIH and our sister federal agencies. This training will earn ESA credit. ■

Symposium on Oligonucleotides

The 7th NIH Symposium on Therapeutic Oligonucleotides will be held Dec. 13-14 in Masur Auditorium, Bldg. 10. There will be a poster session; fellows and students are encouraged to submit poster titles as this is an excellent opportunity to meet with some of the leading investigators in antisense, siRNA, triple helix, CpG Oligos, DNA chips and gene repair. Visit www.palladianpartners.com/7thNIHOligo Symposium. For more information contact Dr. Yoon Sang Cho-Chung at (301) 496-4020.

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bird and his ears begin to twitch. When someone comments on it, Barbara, Ross's companion, says, "Well, he is a bird dog."

Ross and his fellow caring canines sit calmly with their owners while Dr. Christopher Romines, the Clinical Center veterinarian, checks them for parasites, infections and a pleasant demeanor. They've all been bathed, groomed and had their teeth brushed prior to this bi-weekly visit. But there's always the possibility that a dog might "pick up something in the parking lot," explains Romines. So they take no chances with patients who are already very ill.

Holly Parker, a recreation therapist in the CC's rehabilitation medicine department, began an NIH pilot program with National Capital Therapy Dogs 15 years ago and has never looked back. "It's the very favorite part of my job," she says. It's her responsibility to match a dog's temperament and ability with what therapists say their patients need. According to longtime volunteer and former nurse Linda Solano, whose whippet Jessie is a favorite with patients, Parker is masterful at matching a dog's ability with a patient's treatment goals.

For an hour every other week, these special dogs—all carefully screened and trained to work in hospitals—and volunteers like Solano bring affection, pain relief and contact with the world outside the hospital to sick people and their families. In the presence of these loving, affectionate dogs, stroke patients who have lost speech struggle to talk. Patients who need to learn again how to stand or walk will move in spite of pain to get a treat for their four-legged visitor. Alzheimer's patients who have lost so much of the world around them respond to the dog's unconditional attention and affection. "She really likes me," says one senior. "That dog doesn't care if I'm dressed up."

Some, such as patients with brittle bone disease, need a dog who can lie absolutely still at the bottom of the bed. The dogs, motionless for the duration of the visit, concentrate on the patient. In these situations, body heat, soft fur and the dog's gentle demeanor give an emotional boost that's better than any medicine. "The dog and the person sometimes make a connection, and you just need to stay out," Solano says. "That's thrilling—that's the magic time."

That kind of magic happened when Jessie first met Samantha Askey, who was born with HIV and travels from Orlando to NIH every 3 months for treatment. Now 15, red-headed Sam has a petite frame that belies a bubbly personality. She first met Jessie 4 years ago. "We bonded," she says, with a

wide grin, settling onto the floor next to Jessie. Jessie nestles into the crook of Sam's elbow and extends her long graceful neck for a good scratch. Sam obliges.

In the pediatric outpatient clinic, the grins begin to appear as soon as the kids spot Jessie and Solano at the end of the corridor. Two girls are instantly beside the table where Solano has set Jessie on a small lavender rug. She produces pictures of Jessie and her puppies, fur-brushes the kids can use and treats they delight in giving to Jessie. "She licked my hand!" squeals one little girl. After a while, Solano produces a Polaroid and takes pictures of each child with Jessie, souvenirs they take home. There has been no thought of doctors or illness or medicine



Therapy dog Jessie managed to brighten the day for this bed-ridden young man.



Trainer-owner Robin Kirk relaxes with Scout, who wears a tag that reads "Please Touch."

during this time. Even the parents are smiling.

Robin Kirk, another volunteer who is also a former nurse, is quite familiar with the CC since her husband, Dr. Allan Kirk, is chief of NIDDK's Kidney Transplantation Branch. Robin, who is a certified canine behavior and training specialist, decided to combine her love of hospital work and dogs. For the last 2 years, she's been bringing Scout, the family's 4-year-old golden retriever, to visit the highly excitable kids in the adolescent psych ward. At 85 pounds, Scout is a "huge Teddy bear," who loves people. When Scout visits, the kids are able to focus on petting and brushing their docile, furry friend for 20 minutes at a time, providing a calm respite in their hyperactive lives.

Their owner-volunteers report that the dogs love their work and know what's expected of them. During visits "they're on the job," Parker says. "They're attentive, very tuned in." When they return to the visitor's lounge for a de-briefing and some well-earned treats from Parker, "they let the energy go," wagging tails and nuzzling for some attention themselves from their owners. "National Capital Therapy Dogs is a great organization. These are special dogs and special people," Parker says. "I see the good they do every time they come."

The group is supported by the CFC. For a complete list of charities, see <http://cfc.nih.gov>. **R**

CC Offers Clinical Research Certificate

The Clinical Center now offers a clinical research curriculum certificate to those engaged in, or intending to become engaged in, clinical or translational research. Clinical fellows, senior physicians, staff clinicians, investigators, dentists and allied health care professionals who successfully complete the curriculum components will earn the certificate.

"To the best of our knowledge, there is no formal mechanism elsewhere, short of obtaining a master's degree in clinical research, where all of the core components are taught," said Dr. Frederick Ognibene, director, Office of Clinical Research Training and Medical Education, Clinical Center.

Course work covers principles and practices of clinical research and the ethical and regulatory aspects of human subjects research. To gain the certificate, enrollees must also have had experience



NIAID's Dr. Linda Griffith receives the clinical research curriculum certificate from Dr. Frederick Ognibene (l), director, Office of Clinical Research Training and Medication, Clinical Center, and Dr. John Gallin, CC director.

in research protocol development, including a practical understanding of institutional review boards. Supplemental or elective components in the program include the Principles of Clinical Pharmacology course, successful completion of a Foundation for Advanced Education in the Sciences course in statistics or epidemiology and completion of an NIH institute- or center-based program in clinical research.

The certificate program is proposed as an elective, not mandatory, curriculum for clinical fellows; however, all are encouraged to complete it and obtain a certificate. Completion of all four mandatory components will lead to a certificate. If the mandatory components, plus one or more of the elective components are completed, then a certificate will be awarded "with commendation."

For more information call (301) 496-9425 or visit <http://intranet.cc.nih.gov/clinicalresearchtraining/>. ■

NLM Exhibit on War and Trauma

The National Library of Medicine's History of Medicine Division has mounted a new exhibit, "Strange Hells Within the Minds War Made": War and Trauma in the 20th Century." It opened Nov. 9 and will remain in the glass cases inside and outside the HMD reading room until May 31, 2005.

Within the first few months of the start of World War I, British army physicians began to see a new and disturbing condition among soldiers. Troops suffered from a wide array of disabling symptoms, both mental and physical, with no apparent physical cause.

Blamed at first on the percussive effect of high explosives on the nervous system, the condition was called "shell shock." It soon became clear, however, that the cause was not physical.

This exhibit shows how shell shock manifested itself during World War I, the conditions of the Western Front that contributed to it, the medical response to it and its literary heritage. It traces the 19th century antecedents of shell shock—hysteria, neurasthenia and railway spine—and its later manifestations—battle fatigue and posttraumatic stress disorder—in the wars and civil disasters of the 20th century.

The exhibit curator, Carol Clausen, says the inspiration for the exhibit was a novel, Pat Barker's *Regeneration*, which takes place in a hospital for British officers suffering from shell shock. Two major war poets, Siegfried Sassoon and Wilfred Owen, were treated there. Clausen, an HMD librarian, began to explore the sources on which the novel was based, writings by and about Sassoon and Owen and their therapists, W.H.R. Rivers and Arthur Brock. Her interest grew to include the history and literary heritage of the first World War and of the psychological disorders caused by war. The exhibit was designed with the assistance of Joe Fitzgerald, NLM's chief of graphics.

The two main cases display a large number of authentic artifacts of the first World War, suggesting a scene in "no man's land," where the fighting took place, and a trench, where the troops and their officers lived for most of the war. Recordings of popular songs of the war and readings of war poetry accompany the exhibit.

The exhibition title comes from a poem by Ivor Gurney, an English poet and composer who served as a private in World War I. ■



Taken during the Third Battle of Ypres (Passchendaele), Belgium, July 31-Nov. 10, 1917, this photograph shows five soldiers making their way gingerly across a duckboard track. The path takes them over shell holes filled with water and we see gaunt tree trunks in the misty background—Chateau Wood.

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ment mechanic at NIH for 15 years, is the mentor for Prue, a painter with 15 years in the shops section in Bldg. 13. For a little more than a year, Bradley has tutored Prue in the art of powerlifting at Olympus Gym in Oxon Hill, Md.

Powerlifting is an unsubtle art; it's man against



George Prue set a world record in his age group in the bench press, and credits his friend Michael Bradley with improving his powerlifting skills.

iron. You just get your game face on good and tight and attack the weight with a savage intensity.

"A lot of it is mental," says Prue. "You've got to focus. You can't be distracted by the crowd or by kids (his son is his

official meet photographer, and accompanied the men to Richmond). If you blow your focus, you won't make your lift."

Prue had been an athlete for most of his life. The D.C. native has lifted weights for more than 20 years, but before that was a swimmer, cyclist and long-distance runner. "I used to think nothing of running 30 miles," he says. But he hurt his knee while running in 1984, and began lifting weights four times a week.

"I started at the YMCA, in downtown Washington," he recalls. Once he teamed up with Bradley, he joined Olympus and began competing in the four events that define a powerlifting meet: squat, dead lift, bench press, and push/pull, which is simply a combination of the bench and dead lift.

Prue stands 6 feet tall and weighs 236; he competes in the 242-pound class for men ages 55-59. Bradley is 5'8", 250, and gives away 25 pounds by competing in the 275-pound class for men 45-49.

Bradley, also from D.C., and a graduate of H.D. Woodson High School, where he played football, joined the Marines in 1978. He began serious weightlifting there, where it was part of a soldier's training. "They had weights on the obstacle courses," he remembers. He had done a little weight training in high school, but got more involved in the Corps. "I used my free time to work out in the Marine Corps gym."

When he got out of the service, he sought out a fitness center in North Carolina, and settled near Durham, hoping to make himself a premier bench presser. "Benching was always my main bread and butter," he says. Back then, 300 pounds was a "huge goal." His coach at the gym urged him not to

neglect his lower body, and had him practice squats and dead lifts (where you bend over and simply hoist a bar of weights) to build up his legs.

"That made my bench even stronger," Bradley asserts. "I started hitting 365, then 405. Before you know it, I'm breaking records."

Bradley left North Carolina in 1989 and came back to Washington, taking a job at NIH. He immediately acquainted himself with the fitness facilities run by the R&W, even earning his own key to the gyms in Bldg. 31 and at Parklawn, where he worked out 4 times a week with the guidance of R&W fitness instructor Bob Caldwell. He also found time to play on the 1991 NIH R&W Football League championship team (he was a guard on that undefeated squad) and even logged time as a semi-pro football player with the Benning Park Bulls, Southwest Dolphins and Ft. Davis Jets.

Bradley joined the Olympus Gym in 1997 and began powerlifting. "I had a trainer who was a Capitol Hill police officer. I went up to my first competition in Baltimore and set a Maryland state record." Since 1997, Bradley has been undefeated in every competition he has entered.

Nowadays, his house is so full of trophies and medals that he won't bother competing in anything other than a major meet, of which there are several each year. "I'm looking for big accomplishments," he says, "at least at the national or state level. I don't waste time at any rinky-dink meets."

His personal best in the bench press is 530 pounds, but he is aiming for 600. "I can pull it, and squat it, but I want to bench it, too."

Prue's biggest bench so far is 390, but he has 405 in his sights.

When preparing for a meet such as Richmond, the men practice 3-4 times a week for what Prue calls "months and months and months." They don't just slap on the maximum weight all at once, but build slowly, with many repetitions at lighter weights, then a slow ascent to the aerie that few men can inhabit.

Seven days before a big meet, they stop training completely. "You still take your vitamins, and your creatine (a nutritional supplement) and your protein shakes," Prue says, but workouts are forbidden. He notes that all AAU-sanctioned meets are drug-free, and that he and Bradley are adamantly opposed to steroid use. They do, however, load up on carbohydrates, and emphasize lots of chicken and pasta.

Come meet day, they eat nothing. They limit themselves to Gatorade, water or tea (for the caffeine) with sugar. They are permitted to inhale an ammonia-like substance before attempting their lifts—they say it gives them a rush. Then it's down to business. Contrary to what you might expect, the week layoff actually builds potential energy in their bodies, both men say.

"That weight just comes right up off the floor,"



Michael Bradley has not lost a weightlifting competition since 1997, and was best lifter at the recent world meet in three categories.

Bradley declares. Prue agrees that the body is actually getting stronger during the week of rest.

Both men intend to lift for the rest of their lives, and envision buying a gym after they retire from their federal careers, where they can continue to train and coach. "I might also work on the side as a personal trainer," says Bradley. Prue says his doctor has told him, "Keep doing whatever it is you're doing, because it's paying off."

Prue credits Bradley with keeping his workouts safe and sane: "Mike shows me how to work smart and safe. You don't want anyone to push you over your limit."

Bradley says there are lots of swaggering peacocks at the gym, and that taunts and challenges are part of the package. "There are a lot of guys with big egos, and all they want to do is beat you—they want to be king of the gym. But they don't want to be bothered going to meets. They'd get blown away by people in their own age groups."

Prue says that even though it's common for younger men to challenge them, he and Bradley routinely outlift gym blowhards, quickly silencing them.

For all of their athletic success, the men are far from proud. Bradley is quiet, low-key, serious and respectful. Prue is a bit more animated, an evangelist for fitness and the benefits of pushing oneself. He visits area schools to give motivational talks to youngsters.

Though they are reluctant to brag on themselves, here is what they recently earned at the AAU championships in Richmond:

Prue broke the world record in his age group for bench pressing; it had been 336 pounds, and he benched 390.

Bradley earned the three tall trophies for being

best-in-meet at dead lift, push/pull and bench, in each of which he shattered world records. The old dead lift record was 600; Bradley did 630, erasing the American record as well. The old bench record was 520; Bradley hoisted 530. And the old push/pull record was 585 for push and 520 for pull (total of 1,105); Bradley did a 630/530, for a total of 1,160.

Both men were living on Motrin during the week after the meet, when they give their bodies a brief rest. But both were already itching to get back to the gym, to prepare for the next summit of their sport—the April 2005 world championships. ■

NCI Web Site Earns 'Freddie'

NCI was recently presented with a "Freddie Award" for its redesigned web site at www.cancer.gov. Dr. Andrew von Eschenbach, NCI director, and Nelvis Castro, acting director of communications, accepted the award at the 30th annual Freddie Awards, held in New York City.

The Freddies, also known as the International Health and Medical Media Awards, were established to bring together the fields of medical science, education and the arts for an international competition devoted to educational health and medical productions. The awards have come to be known as "the Oscars of the health and medical community."

The award ceremony was hosted by Dr. Mark Morocco, medical supervisor and consultant to *ER* and other medicine-related television shows. Morocco called NCI's online home "an amazing web site" and lauded its contributions to the health of people around the world.

"I am extremely proud of NCI and the Office of Communications," said von Eschenbach. Castro shared the sentiment, noting the many people who worked hard to redesign the web site.

In addition to NCI's site, awardees this year included the World Health Organization's *The Mystery Disease*, a documentary that examines a devastating skin disease in numerous African countries, and HBO's *Something the Lord Made*, the Emmy Award-winning film based on the true story of a prominent surgeon and an African-American carpenter who together pioneered the field of cardiac surgery.

Special honors were given to Marlo Thomas, national outreach director for St. Jude Children's Research Hospital; Dr. Rene Rodriguez, founder and president of the Interamerican College of Physicians & Surgeons; Dr. Timothy Johnson, medical editor for *Good Morning America* and ABC News; and the late Christopher Reeve.

For more information about the Freddie Awards and this year's winners, visit www.thefreddies.com.

Talk on Women's Health, Exercise

The women's health special interest group will host a talk on "Exercise and Women's Health: Basic and Clinical Applications," on Friday, Dec. 17 from 11:30 a.m. to 12:30 p.m. in Wilson Hall, Bldg. 1. Speaker will be Dr. Patricia A. Deuster, professor of military and emergency medicine and neuroscience, Uniformed Services University of the Health Sciences. Sign language interpretation will be available.

Females Needed

The Behavioral Endocrinology Branch, NIMH, is seeking female volunteers ages 18-55 to participate in studies of the effects of menstrual cycle hormones on brain and behavior. Volunteers must have regular menstrual cycles with no changes in mood in relationship to menses, be free of medical illnesses and not taking any hormones or medication on a regular basis. Payment will be in accordance with the duration of each visit and the type of protocol. For more information, call Linda Simpson-St. Clair, (301) 496-9576 (TTY 1-866-411-1010).

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asks is, "Why me?" he said. "I wanted to help answer that question.

"Environmental health sciences was the obvious place to focus my attention," Schwartz continues. "However, I quickly found that it's quite complex trying to understand the development of disease. While environmental exposures play a role in the etiology of disease, it's important to remember that people respond differently to environmental challenges. The unique response of an individual to an environmental exposure is dependent on many factors, including but not limited to genetics, age, co-morbid conditions and diet. For instance, my son developed asthma at an early age and I noticed that his symptoms were consistently exacerbated by moldy conditions. Not high exposures, but exposure that didn't bother most people in the same room."

Schwartz said he intends to encourage NIEHS research that focuses on the role of environmental exposures in the development of common diseases, uses environmental exposures to understand disease pathogenesis and determines how other factors, including genetics, contribute to the individual response to environmental toxins. Diseases of particular interest include cancers, neurodegenerative diseases, lung diseases and generalized mechanisms of host defense.

"I became interested in lung disease because the lung is the ideal organ to investigate the interface between the host and the environment," said Schwartz. "The lung is constantly exposed to the environment and has developed a series of finely tuned defense mechanisms."

When investigating the link between human health and environmental exposure, Schwartz believes a broader range of factors like nutrition, medications, complex exposures and co-morbid diseases should be considered along with genetic susceptibility. "I look forward to identifying opportunities for collaboration with other NIH institutes," he said. "Working together, we'll be able to solve these important research problems much more quickly."

In addition to supporting basic research, Schwartz is committed to creating training opportunities by expanding programs for mentoring and career development. He hopes to attract "the best and brightest" mentors and trainees to the field of environmental health research while also increasing the visibility of NIEHS among the public, health care providers and health researchers.

"I want to continue the tradition established by NIEHS to be responsive to citizens who are concerned about particular exposures in their local areas," said Schwartz. NIEHS conducts town meetings regularly at locations throughout the country. The meetings provide an open forum for members of the public to speak about environmental

health issues.

Finally, Schwartz said he wants to ensure that NIEHS is a healthy place to work that is supportive of diversity and family responsibilities. "I hope to foster a spirit of community at NIEHS that engages our employees to commit themselves to the larger mission of the institute."

"We are extremely fortunate to have David join us," said NIH director Dr. Elias Zerhouni, who made the appointment. "Environmental health sciences are playing an increasingly critical role in our understanding of many diseases. His interdisciplinary approach, involving human and molecular genetics, the medical sciences, environmental genetics and genomics will help lead us to well-conceived strategies for preventing, diagnosing and treating disease."

Schwartz will replace Dr. Kenneth Olden, who last year announced he would step down as NIEHS director. ■

NIH-Duke Training in Clinical Research

Applications for the 2005-2006 NIH-Duke Training Program in Clinical Research are available in the Clinical Center, Office of Clinical Research Training and Medical Education, Bldg. 10, Rm. B1L403.

The NIH-Duke program, implemented in 1998, is designed primarily for physicians and dentists who desire formal training in the quantitative and methodological principles of clinical research. The program is offered via videoconference at the CC. Academic credit earned by participating in this program may be applied toward satisfying the degree requirement for a master of health sciences in clinical research from Duke School of Medicine.

For more information about course work and tuition costs, visit <http://tpcr.mc.duke.edu>. Email queries about the program may be addressed to tpcr@mc.duke.edu. The deadline for applying is Mar. 1, 2005. Applicants who have been accepted into the program will be notified by July 1, 2005.

Are You a Woman Who Has Been Depressed?

NIMH is looking for female volunteers to participate in a study that examines the role of hormones in depression. Participants should have experienced depression in the past but not be currently depressed, be between ages 18-45, be medically healthy and not be taking any medications, including birth control pills. Study includes thorough evaluations and compensation. For more information call Linda Simpson-St. Clair, (301) 496-9576 (TTY 1-866-411-1010). ■

Early Diagnosis of Pituitary Tumors Urged at Symposium

By Abhijit Ghosh

Growing up, Robert Knutzen had such large hands that his mother would try to hide them under the blanket for fear her first born would be stigmatized. At the recent "Family Hormonal Health Symposium on Pituitary Disorders" sponsored by the Office of Research on Women's Health, Knutzen shared his personal insight on living with acromegaly. A host of fellow patients and scientists showcased the difficulties of living with the disorder and called for earlier diagnosis of pituitary tumors.

"It is while the patient has every normal outward appearance that he or she needs to be diagnosed and have treatment started," declared Knutzen, co-founder and CEO of the Pituitary Tumor Network Association.

Speakers presented a broad review of the pituitary gland and the latest research. The pituitary is located on the surface of the brain. It plays an essential role in growth and receives input from the brain and the rest of the body. The gland then integrates information and responds by producing hormones to regulate other glands and bodily functions.

The most common cause of pituitary gland malfunction is tumors, generally benign. Such tumors occur in nearly 20 percent of adults worldwide. Unfortunately, many go undiagnosed or misdiagnosed for years. This is largely due to non-specific features of the disease that often mimic symptoms of other conditions and to lack of awareness in both the medical community and the public.

Dr. James Segars, a reproductive endocrinologist at NICHD, described multiple effects of a pituitary tumor on a young woman, including the trouble it can induce among a complex interaction involving hormones, the central nervous system and the ovaries.

Sharyn McGraw, patient advocate and leader of a pituitary tumor patient support group at the University of California at Los Angeles, shared her story of rapid changes brought on by such a tumor. At age 31, she gained 100 pounds within a year. One doctor diagnosed her as pre-diabetic with an eating disorder and prescribed more exercise and dieting. Meanwhile McGraw suffered anxiety and sleeplessness.

Dr. George Chrousos, chief of the Pediatric and Reproductive Endocrinology Branch, NICHD, discussed the impact of stress created by pituitary disorders that occur in childhood. Such stress explains many symptoms ranging from increased blood pressure to accumulating body fat, which potentially leads to anemia or hypertension among other conditions.

According to Dr. Shereen Ezzat, professor in the

department of medicine at the University of Toronto, pituitary malfunction can cause headaches, loss of peripheral vision due to compression of the optic nerve and hormonal excess that affects heart and muscle.

Pituitary problems can produce a litany of health complications from mood disorders, sexual

dysfunction/infertility to accelerated heart disease.

With such wide-ranging impacts, screening and treatment options for the disorder are being developed. According to Dr. Sylvia Asa, professor of laboratory medicine and pathobiology at the University of Toronto, diagnosis would benefit if it included blood and urinary hormone levels and an MRI exam.

The most common therapy for a pituitary tumor is surgery. Other options include radiotherapy (using external beams or gamma knife) or medical management.

Patients at the symposium mentioned recurring themes: There is no cure for the disorder, but rather a lifetime management of the effects. Bram Levy's story began when he was 5. His initial treatment involved growth hormone. He had referred to himself as "Shorty" and noted being the shortest kid in all his classes through his early teens. Following growth hormone, his headaches continued unabated. "It took one doctor who happened to know that certain pieces of a puzzle fit together," Levy noted. That began a journey of multiple surgeries and treatment. Currently, he is taking testosterone and adult growth hormone among other medications.

"I don't consider myself cured," he said. "I believe it is possible to have a pituitary tumor and never be cured. I do consider myself managed."

The future treatment of pituitary disease, according to Asa, will include identifying the cause of pituitary tumors to develop targeted therapies. Through the continued advocacy of patients and the medical community, there will be increased awareness, detection, early treatment and prevention of complications.

The full symposium is archived online at <http://videocast.nih.gov>. ■



Robert Knutzen (l) co-founder and CEO of the Pituitary Tumor Network Association, shared his personal insight on living with acromegaly; Sharyn McGraw (c), patient advocate and leader of a pituitary tumor patient support group at the University of California at Los Angeles, discussed rapid changes brought on by such a tumor; and Bram Levy recalled that his initial treatment involving growth hormone began a journey of multiple surgeries.

Jazz Brunch, Costume Party Spur CFC Giving

David Mineo (r), chief of grants management at NIDDK, served as emcee at a Jazz Brunch held Nov. 9 at Rockledge I cafeteria. Live jazz was performed by Glenn Pearson, and guests enjoyed complimentary coffee, donuts and sparkling cider.



Batman (Paul Marshall) greets Stacy Savickas at the Jazz Brunch. Looking on are Jessica Badger and Superman (Kevin Wright).



Proposing a toast at the Jazz Brunch were (above, from l) Deborah Wilson, Elnita Curtis-Maldonado, Margaret Kershner, Rita Richey and Nancy Barden. At right, OD's Shirley Flottum (r) in the company of an undisclosed escort at the Oct. 28 Halloween Trick or Treat event. Highlights, besides costumes, included karaoke, prizes, food by Hard Times Café and Ben and Jerry's Ice Cream and displays by CFC charities. To learn more, visit <http://cfc.nih.gov>.



Enjoying tricks and treats on the Bldg. 31 patio on Oct. 28 are members of the NIDDK executive office (from l) Jane Schriver, Barbara Merchant, Debi Anderson and Nancy Sorrell.



Kenneth Ow of NHGRI, in an inflatable costume, kibbitzes with Nancy Iden of the group RAINBOWS, which is a CFC-eligible charity.

PHOTOS: BILL BRANSON



Christine Brake (r) of the Friends of the Clinical Center offers information on the hospital's charity.

Sociology Trailblazer Matilda Riley Mourned

Dr. Matilda White Riley, 93, renowned sociologist and pioneer in the study of aging and society, died on Nov. 14 at her home in Brunswick, Maine.

At age 68, when many people have retired, Riley embarked on a 20-year term at the National Institute on Aging. Dr. Robert Butler, National Institute on Aging founding director, recruited her to set up and direct



Dr. Matilda White Riley

NIA's Social and Behavioral Research Program. She served NIA as associate director for behavioral and social research (1979-1991), senior social scientist (1991-1997) and scientist emeritus (1998-2004).

Riley challenged scientists, policy makers and students to think of aging as a sociological and psychological as well as a biological process. She argued that the realities of aging were far more positive than the prevailing stereotypes. Under her guidance, NIA's program became one of the largest supporters of behavioral and social science research at NIH.

In addition, she served as senior NIH spokesperson on behavioral and social sciences issues,

encouraged cooperation among institutes, oversaw the production of numerous reports to Congress on behavioral research here, provided advice to several NIH directors and initiated the behavioral and social sciences seminar series on campus.

Born in Boston on Apr. 19, 1911, she was raised in Brunswick by her grandmother, who adopted her following the death of Riley's uncle and grandfather in the sinking of the Titanic, according to a Maine newspaper obituary. She graduated from Brunswick High School, where she met John W. Riley, Jr. They married in 1931, and during their 69-year marriage shared an extraordinary professional life. In 1931, Riley graduated *magna cum laude* from Radcliffe as a member of Phi Beta Kappa. In addition to being the mother of two, she worked as a market researcher and as chief consulting economist for the War Production Board during World War II before beginning her career in sociology at Rutgers University and later at Bowdoin College.

Riley held leadership positions in numerous professional societies. She was elected president of the American Sociological Association and was a member of the National Academy of Sciences. Riley published extensively on many topics but was probably best known for her two-volume *Sociological Research* (1963) and three-volume *Aging and Society* (1968-1972). She often said, "People don't grow up and grow old in laboratories—they grow up and grow old in changing societies."

Malaria Vaccine Study Needs Healthy Volunteers

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

CIT 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>.

NCBI's Unmasking Genes in the Human Genome	12/8
Data Warehouse Query: Budget & Finance	12/8
Data Warehouse Query: Research Contracts & Grants	12/9
Bringing Data Files into SAS	12/9
Reference Manager 11 (PC) Basics	12/9
PubMed	12/9
Using SQL to Retrieve DB2 and Oracle Data	12/9-10
Building a Home Network	12/10
What's New in Microsoft Office 2003?	12/13
90 Microsoft Office Tips in 90 Minutes	12/13
Advanced FileMaker Pro	12/14
Budget Tracking	12/15
Remedy Queries and Reporting Using Access and Excel	12/15
Introduction to Linux	12/15
Improving Your Search for Biomedical Information in Medline	12/15
Statistical Analysis and Visualization of Microarray Data with Partek	12/16
Introduction to Cascading Style Sheets	12/16
Fundamentals of Unix	12/20-22

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>.

Professional Service Orders	12/8
Purchase Card Processing System	12/9
Advanced Time & Attendance Using ITAS	12/13, 14
Foreign Travel (NBS Travel System)	12/13-14, 1/18-19
Advanced Basic Time & Attendance Using ITAS	12/14, 1/13

Study of Genes, Aging and Cognition

Healthy volunteers, over the age of 55, are needed to study the genetics of aging and cognition. Participation requires a blood draw and non-invasive clinical, neurological and cognitive testing procedures. No overnight stays. No medication trials. Compensation provided. Call Bobby Das at (301) 435 4593 or email DasB@intra.nimh.nih.gov. Refer to protocol # 00-M-0085. ■

Need Help with Public Speaking?

Are you worried about your next big presentation? The NIH Evening Toastmaster's Club can help you. In a supportive environment you will: develop better speaking and presentation skills; build strong leadership skills; learn to think quickly and clearly on your feet. Meetings are held every 2nd and 4th Tuesday of each month, from 7:30 to 9 p.m. Starting in December, meetings will be held in the new Clinical Research Center. For information call Gail Sullivan at (301) 496-3244.

NINDS's McKay Wins Schering Prize

Dr. Ronald McKay, chief of the NINDS Laboratory of Molecular Biology, recently received the 2004 Ernst Schering Prize for his groundbreaking scientific accomplishments in stem cell research and for expanding the understanding of cell development, especially the development of nerve cells and other brain cells.

One of the largest scientific prizes in Germany, the award is given to internationally renowned scientists for particularly outstanding work in the fields of basic scientific research focusing especially on biology, chemistry or medicine. It was established in 1991 by the Ernst Schering Research Foundation, a non-profit organization that supports science and culture. The prize was awarded at the Schauspielhaus at the Gendarmenmarkt in Berlin.

McKay, who also serves as director of the NIH Stem Cell Characterization Facility, earned his Ph.D. for work in nucleic acid chemistry in 1974 from the University of Edinburgh in Scotland. He came to NINDS in 1993 to head the Laboratory of Molecular Biology.

In the first of his contributions to neurobiology, McKay showed that the nervous system is composed of many molecularly distinct neurons. Although this fact has since been supported by additional studies, at the time, McKay's experiments had a strong impact because they were the first to use monoclonal antibodies to demonstrate the complexity of the nervous system.

His work since has focused on the stem cells of the central nervous system. In 1988, McKay and his colleagues discovered nestin, a gene that identifies neuronal precursor cells—providing the first clear proof that these cells could be identified. Neuronal precursor cells determine the number and types of cells in the mammalian brain. Nestin is specifically expressed in neuronal stem cells and not in the differentiated cells of the mammalian central nervous system.

These studies have generated a series of important insights into the properties of stem cells in the developing and adult nervous system. They challenge the textbook view that stem cells exist only during the first embryonic differentiation stages and quickly differentiate in the course of fetal development to become specialized cells of various organs



Dr. Ronald McKay

and tissue types. The results of McKay's work, however, support the conclusion that extracellular signals play a major role in directing cell differentiation through the entire period of central nervous system development.

Additionally, McKay and his colleagues were among the first to show that these neuronal stem cells could also be generated in the laboratory from earlier stem cells. Uniquely, he has played a decisive role in showing that the complex signal pathways of development can be controlled in the lab. His focus on the mechanism controlling stem cell differentiation led to his major experimental achievement, which was demonstrating that functional somatic cell types and tissues can be generated from stem cells in controlled experimental settings. As a consequence, his work is eagerly followed by doctors and patient groups interested in the properties of specific cells.

In his current work, McKay is looking for ways to make cell differentiation in the Petri dish a routine procedure and to produce large amounts of specific human cell types that can be used for further clinical studies.—Shannon E. Garnett ■

Attention Female Baseball Players, Wannabes

The Recreation and Welfare Association is considering starting a Women's Baseball Club to promote and support baseball-playing opportunities for women of all ages. The new club would field a team in the Eastern Women's Baseball Conference.

The EWBC currently has five teams within Northern Va., Montgomery County and Baltimore. They play umpired games on full-sized fields, and everyone has fun. EWBC players range in age from 15-55 with most of the players in their 20s to 40s. Many players previously played slow-pitch softball and have made the transition to baseball very successfully.

Each EWBC team plays one game per weekend, early May through mid/late September. All teams have pre-season practices and friendly scrimmages in the spring, and some continue to practice once a week during the season. The league also assembles a select "tournament team" for occasional competition against other leagues.

The EWBC is committed to helping a new R&W team get up and running with introductory workouts and practices this fall. We are looking for 15-20 players to field a team; coaches/managers (of either gender) are also needed. If you are interested in learning more about the club or can't wait to oil your baseball glove and polish your baseball shoes, contact Susan McCarthy at (301) 594-8785 or mccarths@mail.nih.gov. ■