



ABOVE • Like Getting Paid? Changes are afoot. See "DFAS" story on page 1.

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nih record

Looking Beyond Forest to Individual Trees

Eco-Friendly Reforestation Efforts Win Friends

By Carla Garnett

It's official: At NIH we shall never see a stormwater drain "as lovely as a tree." With apologies to poet Joyce Kilmer, the following is part ode to ecology, part nod to economy. It's about planting roots (not Alex Haley's) and appreciating duff (not Hilary). It's planning for the future by returning to nature, and using high-tech gadgetry to manage woodland wizardry. And, as is the nature of NIH, it's about being way ahead of the curve.

Our story starts with an autumn 2004 tree survey that garnered NIH rave reviews for several successful groundskeeping projects around campus.

Surveyors "noticed initiatives we had that they saw as models for other urban institutional settings," explains Lynn Mueller, long-time chief of NIH grounds maintenance and landscaping, Office of Research Facilities. "They were impressed with the cypress grove [near NLM], the reforestation of the creek [near Bldg. 20] and the return of the tulip poplar grove

SEE ECO-FRIENDLY EFFORTS, PAGE 6

DFAS Day Approaching Fast

Pay Close Attention to Your Pay Slip

By Carla Garnett

"Pay change." Few other phrases can get an employee's attention faster. For at least the next few months, the Office of Human Resources is banking on that, as NIH and the rest of the Department of Health and Human Services move on Apr. 17 to a different payroll system—Defense Finance and Accounting Service (DFAS).

To explain major aspects of DFAS, demonstrate "myPay" and answer questions from employees, the NIH DFAS conversion work group assembled a 10-person panel in Natcher auditorium on Mar. 8 at the first of five information sessions.

"This session is for you," stressed Nancy Bagley, a branch chief in the Client Services Division of the Office of Human Resources at NIH and chair of the work group. "We're here

SEE DFAS COMING SOON, PAGE 4



With Bldg. 1 as a backdrop, Ed Pfister, NIH environmental compliance officer, points out completed stream bed stabilization efforts in front of Bldg. 21.

NIH Breaks Giving Record

Combined Federal Campaign Raises \$1.9 Million

By Jane DeMouy

The weather outside was frightful—the beginning of a predicted 6 inches of snow created a white blur outside the windows of Wilson Hall on the final day of February. But inside, it might have been the Fourth of July.

The CFC awards ceremony put on by NIDDK, the lead institute for the 2004 campaign, was full of warm cheer and festooned with bouquets of red, white and blue balloons and red and blue starburst centerpieces on round tables. Scattered stars sparkled on spanking white tablecloths. NIH staff who contributed to this year's record-breaking helping hand to the needy watched a video scrapbook of campaign events before taking their seats at 10 a.m. They were invited to hear congratulations from Dr. Allen Spiegel, NIDDK director

SEE CFC RECORD SET, PAGE 8



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 The *NIH Record* is recyclable as office white paper.

briefs

FEW Chapter Meets, Apr. 12

All are invited to join the Bethesda chapter of Federally Employed Women (FEW) on Tuesday, Apr. 12 in Bldg. 31, Conf. Rm. 2 from noon to 1 p.m. Edna Harvin-Battle, FEW national executive vice president, will speak on the "Benefits of Training and Volunteering." For more information contact Arlene Polk at Polka@od.nih.gov or at (301) 402-6101.

Day of Prayer Marked May 5

The National Day of Prayer tradition predates the founding of the United States; the Continental Congress issued a proclamation setting aside a day of prayer in 1775. In 1952, Congress established an annual day of prayer and, in 1988, that law was amended, designating the National Day of Prayer as the first Thursday in May. This year's National Day of Prayer will be observed May 5 on the lawn in front of Bldg. 1, around the flagpole. The observance invites all people of any faith to pray for the goodwill of the country and its leaders. The event is sponsored by the Noontime Christian Fellowship.

Tae Kwon Do Beginner's Class

The NIH Tae Kwon Do School is offering a beginner's class for adults and mature teens starting Monday, May 2. The curriculum combines traditional striking arts, forms and sparring with emphasis on self-defense. No experience is necessary. Class will meet in the Malone Center (Bldg. 31C, B4 level, next to the NIH Fitness Center) from 6 to 8 p.m. on Mondays and Wednesdays, and will continue for about 2 months until participants can be integrated into the regular school training. Dues are \$40 per quarter and a uniform costs \$30. Interested persons are welcome to watch regular training sessions. For information call Andrew Schwartz, (301) 402-5197 or visit <http://www.recgov.org/r&w/nihtaekwondo.html>.

Wednesday Afternoon Lectures

The Wednesday Afternoon Lecture series—held on its namesake day at 3 p.m. in Masur Auditorium, Bldg. 10—features Dr. Richard Losick on Apr. 13, addressing "Commitment and Cannibalism in a Bacterium." He is Maria Moors Cabot professor of biology, Harvard College professor and HHMI professor at Harvard University.

On Apr. 20, Dr. Robert M. Stroud will lecture on "A Two Billion Year Old Tale of the Mechanisms of Transmembrane Transport Elucidated at the

Level of Atomic Structures." He is professor of biochemistry and biophysics, department of biochemistry and biophysics, and professor of pharmaceutical chemistry, University of California, San Francisco.

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

NIH Record Is Still Recyclable

Some readers have wondered whether the slicker paper stock that the *Record* first adopted back in the July 6, 2004 issue (but newly taken note of in the color edition we published on Mar. 15, 2005) is still recyclable as office white paper. The answer is yes, according to our printing specialists in ORS. And even though this issue of the *Record* sports a completely new design, it too remains recyclable as office white paper. We're not only the "Second Best Thing About Payday," we're also respectful of the environment.

Attention Female Baseball Players

The R&W is starting a women's baseball club called the NIH Lasers, which will play in the Eastern Women's Baseball Conference. EWBC players range in age from 15-55, with most of the players in their 20s to 40s. Each team plays one game per weekend, early May through mid/late September. All teams have pre-season practices and scrimmages in the spring, and most continue to practice once a week during the season. The league also assembles a select "tournament team" for occasional competition against other leagues. The Lasers have about 13 players so far, and are looking for 4-5 more; they also need a coach/manager (of either gender). If interested, contact Susan McCarthy at (301) 594-8785 or mccarths@mail.nih.gov.

R&W Has Tickets to Many Events

The R&W sells many discounted tickets to different venues around the D.C. metropolitan and Virginia areas. You must be an R&W member to buy tickets, but the cost of that is only \$7 for the year and can be bought at the time you buy tickets. The local amusement park season is under way and Busch Garden tickets are now on sale. Look for Kings Dominion, Six Flags America and Hershey Park deals soon too. In addition, check out the selection of ballpark seats for the Baltimore Orioles and the new Washington Nationals. For any of these and more, including The Aquarium, movie passes and Tourmobile, just call the activities desk at (301) 496-4600, or buy your tickets from any R&W store.

nih record

Snyderman To Speak Apr. 22 in Masur

Imagine how different health care would be if we all knew what diseases lay ahead for us and we had the tools to prevent them. Imagine having your own individual health plan, developed by you and your doctor that identifies your health risks and charts a plan for prevention.

The scientific tools for that scenario are available today and the need for a shift to prospective individual health care has never been greater, according to Dr. Ralph Snyderman, the next speaker for the Distinguished Lectures in the Science of Complementary and Alternative Medicine, a lecture series hosted by the National Center for Complementary and Alternative Medicine. The lecture, "Integrative Medicine: A Foundation for Prospective Health Care," will take place on Friday, Apr. 22 at 11 a.m. in Masur Auditorium, Bldg. 10.

According to Snyderman, health care delivery is seriously flawed as it focuses on the treatment of acute flares of chronic disease. But new and emerging scientific capabilities in areas such as genomics, proteomics, metabolics and diagnostic imaging are now making it possible to assess an individual's risk for developing a disease and to create a plan for prevention or early intervention if a disease does occur. This approach will shift the emphasis of health care to the individuals responsible for prevention and will require more effective support systems for them to better manage their health. Enormous savings will be realized—in health costs and, more importantly, in quality of life—by shifting our health care system from the existing reactive system to a prospective health care model.

Snyderman is chancellor emeritus at Duke University and James B. Duke professor of medicine at Duke University School of Medicine and is currently visiting professor at the University of California, San Francisco. He served as president and CEO of the Duke University Health System, one of the few fully integrated academic health systems in the country. Snyderman has played a leading role in the conception and development of prospective care, a novel approach to personalized health and an evolving model of national health delivery.

He will discuss how the shift in medicine from reactive to proactive will require approaches

firmly within the realm of integrative medicine. He will talk about the concepts of prospective care and personalized medicine, including some of the latest scientific advances that make this possible, and he will address the need for greater personal responsibility in maintaining one's health, and tools available to do this.

NCCAM invites all to attend this lecture. It will also be webcast at <http://videocast.nih.gov>. For reasonable accommodation, contact Karen Davison at (301) 348-1606, or the Federal Relay at 1-800-877-8339. For more lecture information, visit www.nccam.nih.gov.

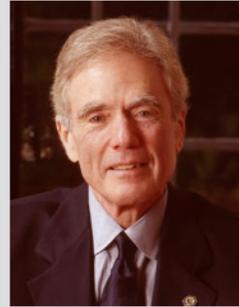
Halliwell To Lecture, Apr. 13

Dr. Barry Halliwell will deliver a seminar, "The Antioxidant Paradox: Implications for Use of Dietary Supplements," as part of the Office of Dietary Supplements' Seminar Series on Wednesday, Apr. 13 at 11 a.m. in the Neuroscience Center, Conf. Rm. D, 6001 Executive Blvd.

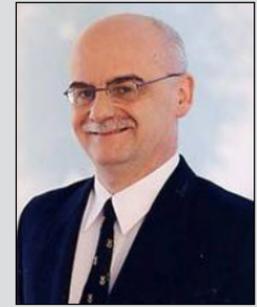
Before assuming his current posts as executive director of the Graduate School for Integrative Science and Engineering, deputy director of the Office of Life Sciences and head of the department of biochemistry at the National University of Singapore, Halliwell was professor of medical biochemistry at Kings College, University of London and co-director of both the Antioxidant and Neurodegenerative Disease Research Centres.

His current research interests include a) molecular nutrition, especially the role of antioxidants in the human diet, and the mechanism of neuronal cell loss in the major neurodegenerative diseases and b) mechanisms of neurodegeneration, with a particular emphasis on the role of proteasomal dysfunction and oxidative damage.

He has published more than 300 scientific papers, is editor of two journals and on the board of several others. His textbook, *Free Radicals in Biology and Medicine*, is regarded worldwide as the authoritative reference in the field.



Dr. Ralph Snyderman



Dr. Barry Halliwell

DFAS COMING SOON

CONTINUED FROM PAGE 1

to answer your questions. This is about your money and we understand that that is a priority for you.”

Eventually, All for One

Planning for conversion to DFAS has been under way for more than a year, as HHS complies with the President’s Management Agenda, which calls for consolidation of federal payroll operations. Currently, 22 different systems serve the various federal agencies and departments; for better efficiency and economy, the President wants that number to shrink to four in the near term and be reduced to one payroll system for all over the long run.

DFAS, a military and civilian system, maintains three payroll offices—Charleston, S.C.; Pensacola, Fla. and Denver—and will also serve the departments of Energy and Veterans Affairs as well as the Environmental Protection Agency. DFAS’s Charleston office will handle payroll for HHS.

Already, NIH’ers may have noticed preparations for the DFAS switch. When the annual payroll calendar for 2005 was distributed late last December, it highlighted Fridays as official NIH payday, instead of the traditional Tuesdays. Since employees had been able to access their paychecks on Fridays anyway, however, the new payday barely seemed to register on NIH’ers’ radars.

The DFAS work group wants NIH’ers to look for other changes due to the conversion. The message is pay attention to your pay slip. Your leave and earnings statements will be available to view on the Wednesday before payday via <https://mypay.dfas.mil/mypay.aspx>, once NIH converts to DFAS. MyPay replaces Employee Express as the online self-service workers use to manage their personal payroll information. Both systems were built on the same platform, so myPay should be as easy to use as Employee Express. You will use myPay to begin or change your allotments, tax status, bonds and Thrift Savings Plan (TSP). Most importantly, myPay will allow you access to your pay slip. Employee Express access for HHS workers ends Apr. 13; you will be able to access myPay on Apr. 26.

“like
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paid?”



Help Smooth the Way

Before the switch to DFAS is made, there are a couple of things you can do to help yourself. First, make sure that your address is correct on the official records maintained by human resources. Employees are encouraged to visit <https://www.employeeexpress.gov> before Apr. 13, and check their home address of record. During the week of Apr. 17, a new personal identification number (PIN) for myPay will be mailed to that address in an envelope marked “Defense Finance and Accounting Service.” A sample PIN letter can be viewed at <http://hr.od.nih.gov/dfas-mypay>. With DFAS, only you (and people you designate) will be able to update or correct data in your personal account.

Other information—your tax withholding status, for example—will transfer with your account to DFAS, if it is spelled out on your official payroll file. Update important information so that the transition can occur as smoothly as possible.

Pennies from Heaven?

After the conversion, print out your pay slip, get familiar with the new layout and compare it with the previous pay period’s slip. Take note of any differences between the two. Look at the gross amounts on each and see whether they are more or less than you received before the conversion. DFAS uses different formulas to calculate certain deductions from your pay such as taxes, bonds and Social Security. For example, you may notice that you have received a penny more or a penny less in pay. Differences of as much as \$5 either way are considered normal for workers converting to DFAS. However, if your DFAS pay is significantly different than your pay before the changeover, you should

immediately notify your timekeeper or administrative officer so that he or she can report the problem to DFAS for correction.

Other differences you will see in DFAS:

- Many deductions—bi-weekly amounts for retirement and Social Security, for example—that pay slips show in two categories “current” and “year-to-date” will be shown as starting from zero, just as if this were a new year. That’s because DFAS will not carry over totals from the previous pay system. Employees should print out and keep the last pay slip from the current system for reference.
- More leave categories will show on your pay slip, such as “court leave” and “donated leave”; some of these new categories, such as “home leave” or “military leave for encampment,” will have no impact on civilian NIH’ers.

The More Things Change...

What will not change are your first points of contact. Discrepancies should still be reported to your timekeeper or administrative officer, who will in turn notify payroll officials.

In addition, you will continue to apply for leave and verify your timecard using ITAS (Integrated Time and Attendance System). However, ITAS will not store DFAS leave and earnings statements. After Apr. 26, employees must visit myPay to view and print their pay slips. DFAS will store up to 26 pay slips on myPay, beginning with the first statement after conversion. ITAS will continue to store pay slips from the former system.

For more information, to check the DFAS launch schedule or to view the Mar. 8 Q&A session online, visit OHR’s DFAS web site, <http://hr.od.nih.gov/DFAS-myPay/>. 

New System for Workflow, Document Management Coming

As all scientists know, sometimes things don’t develop as they are expected to. For more than a year, an NIH staff member has been leading a project that demonstrates that unpredictability. SERCH (System for Enterprise Records and Correspondence Handling) has grown from a plan for replacing a combination of systems that the executive secretariat currently uses to track controlled correspondence of the NIH director and deputy director into a project of much broader—and still growing—dimensions.

It happened that while exec sec was beginning plans for its new system, the Office of the Secretary was also looking to replace its system for distributing and tracking the correspondence of the Secretary of HHS. It took only a couple of phone conversations to broaden the project that would become SERCH to make it serve as the new correspondence and records management system for OS as well as NIH. And from that point, the project took off, involving other HHS agencies and being eyed for a wide variety of potential applications.

SERCH will become the system exec sec uses for managing correspondence and official records.

But it remains a project led by NIH, for both ourselves and OS. Star Kline is the SERCH project officer. She began work on the project as part of her job as information systems manager in exec sec. She is now detailed into a position reporting to NIH deputy director Dr. Raynard Kington so that she can devote all her energies to SERCH.

SERCH will become the system exec sec uses for managing correspondence and official records of the NIH director and deputy director and correspondence controlled by OS that is assigned to the HHS agencies, including NIH; all of the institutes, centers and OD offices will be “end users” of the system in processing documents controlled by OS and exec sec.

Current plans call for implementation of SERCH in May. It is also a system that ICs and OD offices can buy into so they can process and manage their own documents and records; as of the end of February, six ICs had already signed on to use the system. Implementation within those ICs is not yet scheduled, but it is becoming clear that SERCH won’t be limited to correspondence. Potential users keep identifying other applications for it, from the NIH Ethics Program to records of scientific programs.

Following NIH implementation of SERCH, OS will use it for HHS regulations and correspondence in June—which will make “end users” of all of the HHS agencies. A number of the agencies have been working with Kline to expand SERCH’s usefulness.

A demonstration of the system is scheduled for Wednesday, Apr. 20 at 8:45 a.m. in Lipsett Amphitheater, Bldg. 10. Anyone interested in attending the demonstration—which will include one of the first government applications of digital signature—can visit <http://training.cit.nih.gov/> and register for course #709. 



ECO-FRIENDLY EFFORTS DEEMED A SUCCESS

CONTINUED FROM PAGE 1

Top left:
Jim Himel, a licensed forester who consults for NIH, points out the natural forest floor created by the tulip poplar trees behind the Children's Inn.

Top right:
On hand at a recent site visit of NIH's Reforestation Project are (from l) Mark Buscaino of the U.S. Forest Service; Lynn Mueller, chief of NIH grounds maintenance and landscaping; Himel; NIH arborist William Scofield; Ed Pfister, NIH environmental compliance officer; Jeff Horan and Mike Gavin of the Maryland Forest Service; and Marian Honeczy, state forest conservation project, Maryland department of natural resources.

Bottom:
Horan (l) and Mueller discuss restoration of the streamside forest buffer along the NIH creek.

PHOTOS: ERNIE BRANSON

[near the Children's Inn] back to its natural wooded layer, which requires no mowing or maintenance."

All of the initiatives are detailed in NIH's Urban Forest Conservation Plan, part of the NIH Master Plan, which is "designed to protect and maintain tree canopy on NIH grounds, specifically buffer zone areas, stream buffer areas as well as landscape and street trees," says Ed Pfister, ORF environmental compliance officer. "It's a mechanism for continued compliance with the goals of the Maryland National Capital Park and Planning Commission and the Maryland State Forest Conservation Act. It formalizes our tree policy of planting a replacement tree for each tree removed due to damage, disease or construction."

In fact, the latest master plan calls for NIH to have more landscaped open space in 10 years than it has now, largely because the agency is replacing many surface parking lots with multi-level garages.

In an age of rapid urban development, such a forward-thinking master plan is nearly unheard of, according to Jim Himel, a licensed forester who consults for NIH. He conducted the latest tree census over a period of about 3 months that ended last December. That survey was another in a series of bold departures from routine reforestation and resource conservation efforts.

"The NIH staff is using lots of innovative ways to manage the natural resources on campus,

really 'outside-the-box' ideas that are enhancing the forest and wildlife jewels it has," he notes.

The tree survey catalogued more than 5,500 trees growing on NIH's 310-acre campus.

"NIH is doing things no one else is doing," Himel continues. "There are over 140 different tree species on NIH grounds, which is just amazing. That vies with most arboreta. There are also more than 40 different species of birds and other wildlife—all because of thoughtful wildlife habitat planting efforts. NIH's one-for-one tree replacement policy—no one else in the state is as aggressive."

Several factors make the NIH census unique. First, Mueller authorized use of high-tech geographic information system (GIS) software—similar in concept to the popular Global Positioning Systems advertised in luxury vehicles these days.

"Now we can locate each tree," Himel explains. Armed with a tablet PC laptop and an aerial photograph of the NIH campus, he and Lonnie Darr, a GIS expert, employed software called ArcGIS to pinpoint every tree on campus. It is also remarkable that the NIH census did not just sample a certain number of its trees and make projections for the total property, as most institutional and neighborhood surveys do.

Not only was each tree's unique address (longitude/latitude) recorded, but also specific and detailed data about the tree's canopy, health and type were documented. A forestry profes-



sional for more than 25 years, Himel says canopy information is far more valuable than what is usually collected—height and diameter—during a traditional tree survey.

“This is the first time ever that an inventory has included canopy volume instead of each tree’s diameter,” he says. “We measure each tree’s canopy height and canopy width. We can then project the canopy growth 10 to 20 years into the future. That tells us a lot about the tree’s potential environmental benefits. A tree’s canopy—its branch spread—is what collects dirt and grime during rain and what provides shade, and the absorbcency for natural drainage. If we were just looking at trunk diameter, we’d just be measuring telephone poles.”

So impressed was Himel with NIH’s results that he contacted others interested in city forest management to visit for a site tour. Mark Buscaino, director of the U.S. Department of Agriculture’s urban and community forestry program, was also amazed.

“The ultimate goal of what we do in urban forestry involves public health benefits—stress reduction, storm water management and other issues that have environmental impact,” he explains. “Most tree surveys are never as complete as the one NIH has done. It really is cutting edge.”

Particularly remarkable, he says, are NIH efforts to segue some formerly mowed land back to trees and wildlife habitat. Over the years, the urban forestry community has gradually veered away from using hard engineering solutions that were built to move water in order to drain it, Buscaino explains. Now the best stormwater management systems make use of natural tree cover and forest floor areas called “duffs” where water saturates and drains the way nature intended.

“It’s a rare occasion when a government agency invests so much into making its facility environment-friendly and ecologically friendly,” he concludes. “It may cost money up front, but in the long run you will actually save money by reducing maintenance costs.”

NIH is lucky to have staff that are open to new ideas, Himel concluded. Recent tree survey and reforestation efforts guarantee that “you all at NIH are seeing not only the forest, but every single tree,” he says. ☺



Wildlife Put to Work Bluebird Tally In, Up

There is good news about NIH’s innovative efforts to attract more bluebirds to campus:

“Even with all the construction and landscape disturbances over spring and summer 2004, we were fortunate enough to witness the fledging of 31 bluebirds during the summer months,” reports Lynn Mueller, chief of NIH grounds maintenance and landscaping, Office of Research Facilities. “This is an increase over the 2003 total of 16 and 2002 total of 13 bluebird babies. We also had successful nestings of house wrens, chickadees and tree swallows. We added some more bluebird houses over the winter months and changed the locations of some that had not attracted any birds to see if we can continue our increasing success.”

Now entering its fifth year, the novel project to install bird houses in strategic areas on campus was begun to encourage more birds to help NIH naturally control campus insect populations without resorting to insecticides. By luring feathered friends to feed on potential West Nile Virus carriers—mosquitoes—the relatively inexpensive NIH housing initiative can help lower the risk of disease, improve the environment as well as make campus life more enjoyable for patients, employees and visitors.

Top:
The trees bordering NLM’s southeast corner are believed to comprise the oldest and most forested of the campus west of the central plain. The roots of many trees grown along the path were planted off-site by the children’s Cyrene planting was even more successful than expected at this location. With Bldg. 1 as a backdrop, Ed Pfister, environmental compliance officer, ORF, shows stream bed stabilization efforts Buscaino examines a new persimmon tree seedling, part of a plan to increase the diversity of NIH trees and understory plantings. Office of Research Facilities; Jeff Horan (c) of Maryland Forest Service; and Mark Buscaino of the U.S. Forest Service examine a new persimmon tree seedling, part of a plan to increase the diversity of NIH trees and understory plantings. Horan (l) and Mueller discuss restoration of



CFC RECORD SET
CONTINUED FROM PAGE 1

Above:
Dr. Allen Spiegel (l), Barbara Merchant (second from l), and Dr. Elias Zerhouni were happy to receive a Million Dollar Circle award from HHS's CFC vice-chair Dr. Betty Duke of HRSA.

Bottom left:
NIH CFC Manager Barbara Merchant (r) called assistant Debi Anderson "a Wonder Woman" for her help during the campaign. Now Anderson has the outfit to prove it.

Bottom right:
Burton Goldstein and M.G. thank CFC awardees for support of National Capital Therapy Dogs and 3,199 other charities.

PHOTOS: BILL BRANSON

and vice-chair of the NIH campaign, NIH director and CFC chair Dr. Elias Zerhouni and HRSA administrator Dr. Betty Duke, vice-chair of the HHS-wide campaign.

Spiegel described invitees as "a small army" whose collective power provided hope for the future to many disadvantaged members of the surrounding community. "You helped NIH to a banner year," he said.

The 2004 campaign was one for the record books. Not only did NIH set a new record, but also every IC raised more than 100 percent of its goal. For the first time, all NCI divisions went over 100 percent. NIH reached 100 percent of its goal in the ninth week of the campaign—another first—and went on to raise \$500,000 more.

"Our goal was \$1.46 million, and you raised \$1.9 million," Zerhouni reported. "It's the only budget goal we've exceeded," he added, provoking a laugh from the crowd. "There is no better statement about the nature and culture of an institution than its generosity. I can only feel warm-



hearted about being among such caring people." He described an experience that made the CFC "very personal" for him. On a snowy night in Bethesda, the NIH director and a friend came upon a homeless man shivering at the edge of a parking lot. Attendants refused him shelter in their booth, and the man had nowhere to go. After speaking with him, Zerhouni called for help. A car arrived to pick the man up, and one of the CFC charities found him shelter from the storm through the weekend. "We are surrounded by people who want our help, who need our help," Zerhouni said. "Because of the CFC, there was help for him."

NIDDK communications director and ceremony emcee Betsy Singer confessed one failure in the course of the campaign. In spite of her best efforts, she had been unable to convince Spiegel and Zerhouni to don tights and capes to promote the Super Hero campaign theme.

"You are the ones who should be wearing the Super Hero outfits," Zerhouni told the crowd. In introducing HRSA's Duke, Zerhouni noted that if the task of NIH was to create new knowledge, Duke's agency delivered that knowledge to 12.5 million people across the U.S. through its grants and programs. When Duke in turn praised NIH for producing 44 percent of the department's \$4 million goal, a balloon behind her popped, as if on cue. The crowd loved it, and Duke promised to pay off her "sound man" in the morning. She then presented a Million Dollar Circle award to NIH's CFC leaders, and awarded NIDDK a trophy for superlative campaign coverage.

Burton Goldstein of National Capital Therapy Dogs took the floor next with his canine partner, M.G., a 6-year-old Shih Tzu, speaking on behalf of the CFC's 3,200 charities. The veteran volunteer moved the audience with the story of a Clinical Center patient who first allowed M.G. to sit on her lap and then slowly began to hug the dog warmly. After some prompting from





Betsy Singer (R) accepts a trophy for "superlative" campaign coverage from Dr. Betty Duke on behalf of NIDDK.

Goldstein and a bit of struggling with her memory, she told him the names of four dogs she had at home. He later learned that these were the first words the catatonic woman had spoken since entering the CC some months before. "This is the kind of thing these dogs can do," he explained, "and we live off your contributions."

Dr. Griffin Rodgers, deputy director of NIDDK, and Barbara Merchant, executive officer and coordinator of the 2004 campaign, then recognized ICs whose generosity contributed significantly to NIH's record-breaking total. Beginning with the President's Award, which went to those who achieved at least 75 percent participation or a per capita gift of \$275, the presenters gave out Chairman's Awards, Honor Awards and Merit Awards to recognize ICs achieving significant participation or per capita contributions.

Finally, Merchant thanked her fellow executive officers for their energy and enthusiasm. She ended by honoring Randy Schools, president of the Recreation and Welfare Association, as well as campaign facilitator Kristin Oliver and the NIDDK team who managed hundreds of details from her office. She had special praise for her assistant, Debi Anderson—a "real Wonder Woman"—to whom she gave a costume to match the sentiment, "complete with boot covers and headband." It remains to be seen if the costume will surface at the 2005 CFC Halloween party.

The snow fell faster as the party wound down, but it did nothing to dampen the spirits of the fundraisers. They swear they're primed for another go at record-breaking in 2005. A slide show of the ceremony is available at <http://cfc.nih.gov>.

Be Part of 'Take Kids to Work Day,' Apr. 28

This year, NIH celebrates its 11th Take Our Daughters and Sons to Work Day, on Thursday, Apr. 28. From 9 a.m. to 4 p.m., the institutes and centers will host educational and fun activities designed to let your child (ages 8-15) experience the world of biomedical research.

More than 1,100 children are expected to participate in the event. Activities will be hosted at several locations throughout campus. You can help by identifying activities that offer children a learning experience in the occupations at NIH. Activities should introduce kids to the roles their parents play and expose them to careers they might not have envisioned.

The planning committee seeks volunteers to sponsor activities, which can take place in labs, conference rooms, even offices. Think about what you can do to educate kids about careers in science, medicine and civil service. To sponsor an activity or exhibit, contact the planning committee.

The committee also requests NIH giveaways including pens, cups, brochures, pencils, water bottles, etc. for inclusion in "goody" bags to be handed out at registration on the morning of the event. The committee especially needs help designing interesting on-the-job activities.

If you are not up to sponsoring your own activity, but still want to see children engaged in career education, consider helping plan and conduct the event. The committee welcomes volunteers any time between now and the event on Apr. 28.

Individuals with disabilities, who need sign language interpreters and/or reasonable accommodation should contact Gary Morin, (301) 496-4628, 480-3122 TTY, (800) 877-8339 Federal Relay or email MorinG@od.nih.gov. Requests should be made at least 5 days before the event.

Contact Sandra King, activities chair, (301) 402-3663, Sandra.King@nih.gov for general information, or committee chair Morin. Visit <http://takeyourchildtowork.nih.gov> for information on activities and registration. The committee plans to open registration in mid-April.

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>.

nVision: Technology Transfer	4/11
Security Penetration Testing, a Practical Overview	4/12
An Introduction to Sciware	4/12
Analyzing Microarray Data using the mAdb System	4/12
LISTSERV Electronic Mailing Lists: Hands-On Workshop for General Users	4/13
Remote Access: VPN, Parachute and More	4/13
NIH Data Warehouse Query: Staff Training & Development	4/13
LISTSERV Electronic Mailing Lists: Hands-On Workshop for List Owners	4/14
Basic Security for Unix Workstations	4/14
What's New in Listserv 1.8e for List Owners	4/14
NCBI's Unmasking Genes in the Human Genome	4/15
Budget Tracking	4/18
Using SQL to Retrieve DB2 and Oracle Data	4/19
NIH Data Warehouse Query: Budget & Finance	4/19
Introduction to Novell Linux Desktop	4/19
Effective Management of Telecommunications Requests	4/21
Statistical Analysis with R	4/21
NCBI's Identification and Correlation of Disease Genes to Phenotypes	4/21
Remedy - NIH Central Service Ticket System	4/22

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>.

Introduction to NIH Property Management	4/11-12
NBS Travel System for Approving Officials	4/11
Intercultural Communications at the NIH	4/12
Foreign Travel	4/25-26, 5/16-17
Fellowship Payment System	4/27
Basic Time & Attendance Using ITAS	5/10-11

Career Mentoring Program Offered

The Health and Human Services University launched the second year of the Career Mentoring Program on Mar. 21, with 40 pairs hailing from NIH. The 1-year program gives the mentoree an opportunity to pair with more experienced employees who can provide advice, coaching or feedback on career goals. The program includes a 2-day workshop Apr. 27-29 plus four quarterly meetings. A full description of the program and a list of coordinators' names and phone numbers may be viewed at <http://learning.hhs.gov/employee/mentoring.html> or by contacting NIH coordinators Pauline Irwin (irwinp@od.nih.gov) or Kent Bemberger (bembergerk@od.nih.gov).

Tuition for NIH participants is \$550. To register, enter your nomination through the NIHITS system.

Mentoring opportunities are available to employees at grades GS-13 and above. If you are interested, contact Irwin at (301) 451-2082 or by email.

Sickle Cell Anemia Outreach Event

Sickle cell anemia affects millions of people throughout the world. In the U.S. alone, about 72,000 people are diagnosed with the condition. It occurs in about 1 in every 500 African-American births and one in every 1,200 Hispanic-American births.

The Clinical Center and the National Heart, Lung and Blood Institute sickle cell clinical research team are hosting a sickle cell anemia outreach event aimed at communicating information about the disease, symptoms and complications, diagnosis and treatment. Representatives from the health care research team will share information and be available to answer questions on the latest medical knowledge, scientific advances and current research efforts about sickle cell disease. New therapies for the disease will also be presented.

The free event will take place Saturday, Apr. 23 from 10:30 a.m. to 2 p.m. in the CRC first-floor atrium. For more information call (301) 435-2345.

IPMA Training Conference, May 4

The Montgomery County chapter of the International Public Management Association-HR will present the 34th annual training and development conference on the topic "HR: Setting the Sails Amid Winds of Change," on Wednesday, May 4 at the Hyatt Regency Bethesda. The keynote speaker is Neal Petersen, who will lecture on the topic, "No Barriers." He is a motivational speaker, author and entertainer. Registration is ongoing now through Apr. 22. For more information and to register visit <http://www.ipma-mc.org>.



volunteers

Volunteers Needed for Jet Lag Study

NICHD is looking for travelers going east 6-8 time zones to study the effects of replacing hormones disrupted by jet travel. Participants will take a study medication (hydrocortisone, melatonin or placebo), fill out questionnaires and obtain salivary samples. Travel stay of 4-10 days at destination required. Healthy men and women, between ages 18-65 are encouraged to call 1-800-411-1222. Compensation provided for a completed study.

Metabolic Study for African-Americans

Healthy volunteers are needed for a study that is investigating the relationship of obesity to resting energy expenditure (REE) and fatty acid flux in healthy African Americans, ages 18 to 49 years. The study involves a 2-week period (excluding weekends) of outpatient visits to the Clinical Center for breakfast, weight measurement and to pick up meals. All meals will be provided during the study. Participation involves blood draws and metabolic testing. The last 2 days will require a 2-night inpatient stay. Compensation provided. Call (301) 402-7119 for information. Refer to protocol 04-DK-0061.

Participants Sought for Anthrax Vaccine Study

NICHD is seeking healthy men and women, ages 18-30, to participate in an investigational anthrax vaccine study conducted at NIH. Medical tests will determine eligibility. Compensation provided. Call (301) 496-5582.

Heart Disease Risk Factors Study for African Americans

Healthy volunteers are needed for a study investigating the relationship of obesity to heart disease risk factors in healthy, non-diabetic African American men and pre-menopausal women between the ages of 18-50. Specifically, the study is looking at risk factors for triglyceride concentration and the triglyceride-related risk factors of unhealthy cholesterol (low-density lipoprotein), good cholesterol (high-density lipoprotein) and body fat distribution. There will be a series of four outpatient visits to the Clinical Center, in which participants will have body fat analyses, an electrocardiogram, blood tests including cholesterol profiles, an oral glucose tolerance test and an intravenous glucose tolerance test. Compensation provided. Call (301) 402-7119 for information. Refer to protocol 99-DK-0002.

ARVC Study Is Recruiting

An NIH study of ARVC—arrhythmogenic right ventricular cardiomyopathy/dysplasia—is inviting participants. Call 1-800-411-1222 (TTY 1-866-411-1010).

Cancer Survivors, Controls Needed

A study needs volunteers who have been diagnosed and treated for brain or breast cancer, are between the ages of 20 and 70, and were working full time for at least one year prior to diagnosis. We also need healthy volunteers who have never been diagnosed with cancer and have no chronic life threatening illness, are between the ages of 20 and 70 and who have been working full time for at least the past year. You will be asked to complete a 1-hour questionnaire online with questions related to work and health. Participants will be compensated and receive a free Livestrong yellow wrist band. If interested, go to <http://cimo1.usuhs.mil/mps/jhansen/Inclusion.tp4> and enter any username and password you wish. Research is conducted by the Uniformed Services University of Health Sciences and American University.



New Secretary Makes First Visit

HHS Secretary Michael Leavitt (r) made his first official visit to NIH on Mar. 15, when he addressed the Commission on Systemic Interoperability in the Board of Regents Rm. of the National Library of Medicine. The commission was appointed by the President and the Congress and is under the aegis of HHS. It is charged to develop a comprehensive strategy for the adoption and implementation of health care information technology standards and to issue its report by Oct. 31, 2005. NLM was selected to serve as home base for the commission. Dr. Donald Lindberg (l), NLM director, greeted Leavitt on the occasion. Leavitt was only on campus briefly, but left voice mail on all NIHers' telephones, extending his greetings.



Plain Language Awards Ceremony To Be Held, Apr. 27

NIH director Dr. Elias Zerhouni and guest speaker Judith Viorst will celebrate the power of clear writing at the fifth annual NIH Plain Language

Author Judith Viorst will help NIH laud plain language.

Awards ceremony on Wednesday, Apr.

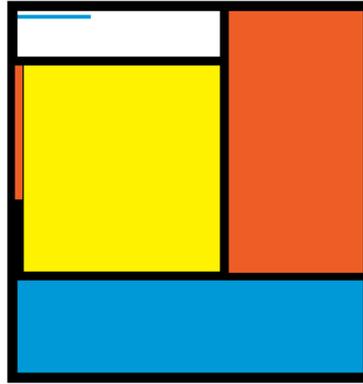
27 at 2 p.m. in Lipsett Amphitheater, Bldg. 10. All staff are welcome to join this tribute to colleagues whose works best exemplify the clear and concise writing that helps improve communication within NIH, as well as between NIH, other government entities and the public.

Approximately 200 nominations—including web sites, publications, news releases, fact sheets, newsletters, manuals, posters and other written products—were submitted in response to a call for entries in September 2004. Members of the NIH plain language coordinating committee, which includes representatives from every institute, center and OD office, evaluated the submissions.

Viorst is the celebrated author of numerous works of fiction and nonfiction for adults and children. *Necessary Losses* appeared on the *New York Times* best-seller list in hardcover and paperback for almost 2 years. Her most recent work of nonfiction is *Grown-Up Marriage*. Her children's books include the classic *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. A graduate of the Washington Psychoanalytic Institute, Viorst is the recipient of various awards for her journalism and psychological writings, and is the author of eight collections of poetry.

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

Celebrating Plain Language at NIH



NIH Plain Language Awards Ceremony

Guest Speaker Judith Viorst
Award-Winning Journalist, Poet, Novelist, and Children's Author
Wednesday, April 27, 2005
2:00 pm
Lipsett Amphitheater, Building 10
Light refreshments will follow

<http://newsinhealth.nih.gov>
The program is presented by permission. All rights are reserved. For more information, please call the NIH Office of Communications and Public Liaison at (301) 496-1461.
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Sisters Join Hands to Fight Breast Cancer

New Study to Discover Causes

Sisters share a lot more than laughter and secrets. They also share genes and many lifestyle choices. Scientists already know that if a woman has a sister with breast cancer, she is twice as likely to develop it, too. But what causes this link? To help scientists figure that out, many women with sisters who have had breast cancer are taking part in a new project called the Sister Study. The study, which is organized by NIH's National Institute of Environmental Health Sciences (NIEHS), is looking for 50,000 women to participate who do not have breast cancer but have a sister who was diagnosed with the disease. Researchers will follow these women for at least 10 years, providing a huge set of facts to use in the search for the causes of breast cancer. "I joined the Sister Study because I want to do my part in getting the word out about this dreadful disease and to find a cure for it," a woman who identified herself as Cruz explained. "As a Latina I feel even more responsibility to participate because I want the risk factors for breast cancer



continued on page 2

Welcome
To the first issue of *NIH News in Health*, a free newsletter from the National Institutes of Health, *NIH NiH* brings you practical health news and tips based on the latest research from NIH, the primary Federal agency for conducting and supporting medical research. Upcoming issues will talk about lower back pain, the promise of personalized medicine and why you often eat more than you think they're eating.

Inside News
1 Sister Study
3 A Pain in the Pelvis
4 Health Capsules
• Just What Gave a Woman "Became Pregnant?"
• Had Back-Neck Pain?
• Featured Web Site: Kids' Pages

New Health Newsletter Debuts

NIH News in Health, a new consumer newsletter providing practical health news and tips based on research conducted or funded by NIH, debuted Apr. 4. The free publication will be distributed around the country to community health clinics, libraries and anywhere else people seek reliable information about their health. Produced by the Office of Communications and Public Liaison, *NIH NiH* replaces the *NIH Word on Health* with a friendlier, more accessible approach and a more frequent publication schedule.

Each issue of the 4-page newsletter will contain one or two feature stories along with two or three "Health Capsules," short items describing recent advances in health and medicine and a web site spotlight. The publication debuts with a cover story about NIEHS's Sister Study on breast cancer and a feature story on pain and endometriosis. Upcoming issues will explore lower back pain, the promise of personalized medicine and why people often eat more than they think they're eating.

Visit the new web site at <http://newsinhealth.nih.gov> to browse stories or download printer-friendly copies of the latest issue. Get email updates when new issues are posted online by sending an email to listserv@list.nih.gov with the words "subscribe nihnewsinhealth-L" in the message body.

For more information about *NIH NiH*, contact editor Harrison Wein at wein@od.nih.gov or (301) 435-7489.