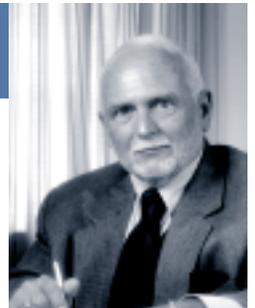


To: Community Representatives
From: Thomas Gallagher, Ph.D., Director
Office of Community Liaison (OCL)
National Institutes of Health (NIH)
Date: February 2005

NOTES FROM THE DIRECTOR, OFFICE OF COMMUNITY LIAISON



Thomas Gallagher, Ph.D.

The holiday season is traditionally a time for joy and merriment, but this year, the horrific news of the devastating tsunami that took many tens of thousands of lives ended the season with sadness. I hope that those who read this newsletter were not personally affected by this tragedy. Witnessing a tragedy such as this tsunami underscores for me how special the relationships are with friends, family and neighbors. It also serves as an extra reminder of how important it is to work at making these relationships stronger and more meaningful. Pleasure and pain come and go, but meaningful relationships are forever.

The NIH is committed to the hard work needed to build, maintain and protect its special and meaningful relationship with its neighbors. Working together with the Community Liaison Council (CLC) has resulted in great accomplishments over the years, and I look forward to working with this fine group of citizens for many years to come. The NIH security fence, the most recent example of a difficult issue that resulted in a successful outcome, instantly comes to mind. Thanks to an effective collaboration between the NIH and the CLC, neighbors can continue to traverse the campus once the perimeter fence becomes fully operational. The CLC has made many great contributions and enjoyed other fine accomplishments over the years, but we live in a complex time in a complex world, and we can be certain that challenges will continue.

One of the ongoing challenges for the NIH and the surrounding neighborhoods is the loss of privacy from our residential streets. Finding a quick remedy is not an easy task. Several of the neighborhoods surrounding the NIH campus have eradicated the problem altogether by enlisting their streets in the county's Residential Permit Parking Program. Other neighbors are opting to have the county limit parking during peak work hours. For example, they have implemented "No Parking" between the hours of 9 a.m. to 1 p.m. or time-limited parking. If you are interested in learning more about the Residential Permit Parking Program, please contact the Montgomery County Division of Public Works and Transportation (DPWT) at 240-777-8740 or visit their Web site at: <http://www.dpwt.com/TraffPkgDiv/parkingfaq.htm>.

(continued on page 2)

The Community Liaison Council will hold its next meeting on **Thursday, February 17, at 4 p.m.**, in the Lister Hill Visitor's Center, Building 38A on the NIH campus.

(continued from page 1)

For its part, the NIH has taken the following actions to help remedy this situation:

- Worked closely with the Bethesda Police Department to report unsafe parking situations in area neighborhoods. Also worked closely with DPWT to expedite the posting of “No Parking” street signs.
- NIH leadership met with construction contractor management to review the current contract agreements that require contractors to provide off-site parking for construction employees.
- NIH leadership has strengthened contract language to ensure that in the future, contractors will be penalized for non-compliance with contractual parking requirements.

Unfortunately, there will always be individuals who opt to ignore rules and who will fail to be considerate of others. I know that many of us focus great amounts of our energy on attempting to make our world a better place, but I am equally aware that some have no thought or purpose except for their own convenience. Therefore, I still highly recommend the use of the Residential Permit Parking Program. I’m the first one to agree that “it shouldn’t have to come to that.” It shouldn’t. But it has.

I encourage neighbors who are using permit parking to write to me about its effectiveness. I would love to hear the positive as well as the negative comments about using this program, so please send your comments to me at gallaght@od.nih.gov.

IMPORTANT NOTICE

Like many government offices, we are attempting to become paperless. The February 2005 edition of the *OCL Update* (the one you are now reading) will be the last print edition of our newsletter. However, the newsletter will continue in an e-version only and will remain available on the OCL Web site at <http://ocl.od.nih.gov>. Simply click on the *OCL Update* Newsletter link on the left side of the screen.

NIH NEWS AND ACTIVITIES

HHS Launches Family History Initiative, Web Site Tool

In November, the U.S. Department of Health and Human Services (HHS) launched a family history initiative to encourage Americans to learn about their families’ health history as a way to promote personal health and prevent disease.

To help gather family history information, HHS made available a free computer program that organizes important health information so that you can take your family’s health history to the doctor. The tool helps you arrange your family tree and identify common diseases that may run in your family. HHS officials are hopeful that this new tool will help doctors determine whether a patient is at high risk for disease. The new computerized tool, called “My Family Health Portrait,” can be downloaded at <http://www.hhs.gov/familyhistory>.

“My Family Health Portrait” guides you through a series of screens that helps to compile, for each family member, information about six common diseases, including heart disease, cancer and diabetes. In addition, you can add conditions not already on the list. After the information is collected for each family member, the tool creates a graphic printout that organizes the information into a diagram useful for doctors to provide better diagnosis, treatment and prevention plans.

To receive a print version of the computerized tool, call the Federal Citizen Information Center at 1-888-878-3256 or write to My Family Health Portrait, Pueblo, CO 81009.



Credit: U.S. Department of Health and Human Services

The HHS “My Family Health Portrait” Web Site.

NIH Low Vision Exhibit Visits 16 Malls Across the Nation in 2005

NIH's National Eye Institute (NEI) is helping people nationwide understand the problems associated with low vision. *The EYE SITE: A Traveling Exhibit on Low Vision for Shopping Centers* seeks to educate the public about how low vision can interfere with performing daily tasks and what people with low vision can do to stay independent. Launched in 2001, the 2005 schedule for the traveling exhibit includes visits to 16 shopping malls in Iowa, Maryland, Minnesota, Montana and South Dakota. The EYE SITE exhibit has already provided more than 35 million people with the opportunity to learn about low vision. To find out more about the tour, visit the EYE SITE Web site at <http://www.nei.nih.gov/nehep/eyesite> or call the NEI Information Office at 301-496-5248.



A father and his young son explore eye anatomy at one of the exhibit kiosks, Santa Fe, New Mexico.

NIH Offers Plain Language Training Online

We all wish that we could communicate more effectively. Now, NIH is making it a little bit easier for those interested in learning how to communicate clearly and plainly. The NIH Plain Language Initiative is providing an online training program to help us communicate better with each other and with the public. The training, which is the first item located at <http://execsec.od.nih.gov/plainlang/training/index.html>, consists of eight modules, each taking about a half hour to complete. Other plain language resources are available at <http://execsec.od.nih.gov/plainlang/index.html>. The NIH Plain Language Initiative, which was first introduced

at NIH in 2000, requires the use of plain language in all new documents written for the public, other government entities and fellow employees.

NIH Hosts Congressional Hispanic Caucus Institute Fellows

In December, NIH hosted a group of talented Latino college graduates from around the country to learn about public policy issues at NIH. Selected by the Congressional Hispanic Caucus Institute (CHCI) as part of its public policy program, these students were given the opportunity to gain hands-on experience in the public policy area of their choice. The CHCI, which was established in 1978 by members of the Congressional Hispanic Caucus, is a non-profit, non-partisan educational organization dedicated to developing the next generation of Latino leaders.

During their visit to NIH, students spoke with NIH officials, toured the NIH campus and heard presentations on key NIH policy issues. Some of the issues discussed included research in NIH laboratories, grants policies and funding opportunities, science policy and the NIH Roadmap for Medical Research. Coordinated by the NIH Office of Equal Opportunity and Diversity Management, the tour also included a discussion with representatives from several NIH institutes and offices on health disparities and how these disparities affect the Latino community.

NIH Community Orchestra Holds Free Concert at Strathmore

The NIH Community Orchestra is holding a free concert at Strathmore Hall Arts Center on March 2 at 7:30 p.m. Comprising volunteer NIH and community member musicians, the orchestra's concert repertoire spans nearly six centuries of classic orchestral works. This concert features Beethoven, Dvřorák and Stravinsky. No tickets are required. The concert takes place in the Strathmore Mansion located at 10701 Rockville Pike in North Bethesda. For more information about the concert, visit <http://www.strathmore.org> or call 301-581-5200. For more information about the NIH Community Orchestra, visit <http://www.gprep.org/~music/nih/about>.

National Heart, Lung and Blood Institute Offers Heart Healthy Tips in Honor of Heart Health Month



Chocolate hearts, valentines and flowers are what most of us associate with Valentine's Day. But the National Heart, Lung and Blood Institute (NHLBI) would like us to pay more attention to our real hearts. February is Heart Health

Month, and NHLBI has numerous tips for us on protecting and strengthening our hearts.

Act in Time to Heart Attack Signs is a Web site (<http://www.nhlbi.nih.gov/actintime/index.htm>) that provides key information on heart attacks, including:

- Warning signs,
- How to survive a heart attack,
- Testing for a heart attack,
- Reducing heart attack risk,
- Heart disease and medications, and
- Frequently asked questions.

The site also provides printed resources for patients, the public and health professionals.

Aim for a Healthy Weight (http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm) is an interactive Web site that provides information for both the public and professionals on achieving a healthy weight. Visitors to the site can calculate their body mass index, set goals for losing weight and develop menus to support a healthy weight. Publications are also available.

High Blood Cholesterol—What You Need to Know is a brochure available online at http://www.nhlbi.nih.gov/health/public/heart/chol/hbc_what.htm that provides information on how to effectively lower your cholesterol. Learn what cholesterol numbers mean, how to reduce your heart disease risk, what medicines doctors might prescribe to help and additional resources for more information.

To learn more about the resources that NHLBI offers, call the NHLBI Information Center at 301-592-8573 or visit <http://nhlbi.nih.gov> for more information.

Save the Date for the Montgomery County Women's Fair in April



The Montgomery County Women's Fair, a leading forum on women's issues, will celebrate its 25th anniversary with a gala celebration on Saturday, April 16, from 8:30 a.m. to 5 p.m. at the Marriott Bethesda North Conference Center in North Bethesda. Sponsored in part by the NIH Office of Community Liaison and the NIH Office of Research on

Women's Health, this year celebrates 25 years of service to Montgomery County, Maryland.

This annual fair provides a forum of learning and networking for women in Montgomery County and the surrounding area. Professional and home-based women can expand their horizons by participating in workshops, networking with other women, visiting exhibits and exploring business opportunities in the Washington metropolitan area. Net proceeds from the fair are donated to charities that benefit women in Montgomery County. Past recipients have included women's shelters, programs for women reentering the job market and funds to shelter abused women and their children. Registration is \$25 and includes a seated lunch. The conference center is located at 5701 Marinelli Road. For more information, visit <http://www.mcwomensfair.org>.

NIH CALENDAR OF EVENTS*

February 3

NIH Behavioral and Social Sciences Seminar Series:

Using Poverty Alleviation Programs To Improve Population Health by Paul J. Gertler, Ph.D., University of California, Berkeley, 10–11 a.m., Balcony C, Natcher Conference Center, Building 45, NIH campus, free and open to the public. For more information, call Ronald Abeles at 301-496-7859 or visit http://obssr.od.nih.gov/BSSRCC/BSSRLectures_Winter05.htm.

February 7

The Manchester String Quartet: *Bliss Oboe Quintet*, 12:30 p.m., Masur Auditorium, Building 10, NIH campus, free and open to the public. For more information, call Sharon Greenwell at 301-496-4713.

February 9

NIH Director's Wednesday Afternoon Lecture Series: *The Phosphoinositide 3-Kinase Pathway and Human Disease* by Lewis C. Cantley, Ph.D., Harvard Medical School, 3-4 p.m., Masur Auditorium, Building 10, NIH campus, free and open to the public. Continuing medical education (CME) credit is available. For more information, call Hilda Madine at 301-594-5595 or visit <http://www1.od.nih.gov/wals/schedule.htm>.

NIH Work/Life Center Faces & Phases of Life Seminar Series: *Screen Issues: Taming the Electronic Monsters in Your Home*, noon-1:30 p.m., Conference Room 10, C-wing, 6th Floor, Building 31, NIH campus, free and open to the public. Pre-registration is required. For more information or to register, call 301-435-1619 or visit <http://wfcl.od.nih.gov/faces.asp>.

February 11

NIH Director's Seminar Series: *How Cortical Neurons Support Perception in a Three-Dimensional World* by Bruce Cumming, M.D., Ph.D., National Eye Institute, NIH, noon-1 p.m., Wilson Hall, Building 1, NIH campus, free and open to the public. For more information, call Colleen Crone at 301-496-1921.

February 16

NIH Director's Wednesday Afternoon Lecture Series: *Cancer and Aging: Rival Demons?* by Judith Campisi, Ph.D., Lawrence Berkeley National Laboratory, 3-4 p.m., Masur Auditorium, Building 10, NIH campus, free and open to the public. CME credit is available. For more information, call Hilda Madine at 301-594-5595 or visit <http://www1.od.nih.gov/wals/schedule.htm>.

National Library of Medicine History of Medicine

Seminar Series: *Telling It Like It Is: Surgeon General C. Everett Koop and the PHS's AIDS Mailing of 1988* by Alexandra Lord, Ph.D., U.S. Public Health Service, 2-3:15 p.m., Lister Hill Auditorium, Building 38A, NIH campus, free and open to the public. For more information, call James Cassidy, Ph.D., at 301-594-0992 or visit http://www.nlm.nih.gov/hmd/happening/seminars/seminars_2005.html.

February 17

NIH Work/Life Center Faces & Phases of Life Seminar Series: *Investments 101*, noon-1:30 p.m., Conference Room 6, C-wing, 6th Floor, Building 31, NIH campus, free and open to the public. Pre-registration is required. For more information or to register, call 301-435-1619 or visit <http://wfcl.od.nih.gov/faces.asp>.

February 22

National Library of Medicine History of Medicine Seminar Series: *From Grievous Damage to Serene Convalescence: Hospital Magazine and Experiences of Recovery among British Servicemen during the Great War* by Jeffrey S. Reznick, Ph.D., Emory University, 2-3:15 p.m., Lister Hill Auditorium,

Building 38A, NIH campus, free and open to the public. For more information, call James Cassidy, Ph.D., at 301-594-0992 or visit http://www.nlm.nih.gov/hmd/happening/seminars/seminars_2005.html.

February 23

NIH Work/Life Center Faces & Phases of Life Seminar Series: *A Nursing Home Is Not Your Only Choice*, noon-1:30 p.m., Room 1227/1233, Building 50, NIH campus, free and open to the public. Pre-registration is required. For more information or to register, call 301-435-1619 or visit <http://wfcl.od.nih.gov/faces.asp>.

NIH Director's Wednesday Afternoon Lecture Series:

Aquaporin Water Channels: *From Atomic Structure to Clinical Medicine* by Peter C. Agre, M.D., Johns Hopkins University School of Medicine, 3-4 p.m., Masur Auditorium, Building 10, NIH campus, free and open to the public. CME credit is available. For more information, call Hilda Madine at 301-594-5595 or visit <http://www1.od.nih.gov/wals/schedule.htm>.

February 24-25

Advances in Uterine Leiomyoma Research: 2nd NIH International Congress, 8 a.m.-5 p.m. on 2/24 and 8 a.m.-5:30 p.m. on 2/25, Natcher Conference Center, Building 45, NIH campus, free and open to the public. Registration is recommended. For more information or to register, visit <http://www4.od.nih.gov/orwh/uterinefibroidmtg.html>.

**Calendar items subject to change. Call to confirm your event.*

OTHER NEWS AND ACTIVITIES OF INTEREST

Strathmore Holds Free Family Arts Festival in New Music Center

Strathmore Hall Arts Center is hosting a free family arts festival on President's Day, February 21. The festival, held from 11 a.m. to 5 p.m., is part of the festivities surrounding the opening of Strathmore's new Music Center in North Bethesda. The Discover Strathmore Festival features live music performances, hands-on crafts, dance workshops, storytelling and dance performances. A treasure hunt through the new Music Center, arts and crafts demonstrations and roving performers are sure to delight the kids. Performances include Irish dancing and fiddle playing, a folk music sing-along, a mariachi band, Cambodian dancers and a puppet show. Strathmore's Music Center is located at 5301 Tuckerman Lane in North Bethesda. For more information, call 301-581-5100 or visit <http://www.strathmore.org>.

East Coast Jazz Festival Comes to Rockville

Jazz lovers won't want to miss one of the area's favorite music festivals—the 14th Annual Fish Middleton Jazz Scholarship Fund, Inc. (FMJS) East Coast Jazz Festival. On February 16–21, all types of jazz music will fill the DoubleTree Hotel in Rockville. With more than 86 events that are free and open to the public, the festival offers a good time for everyone. Features will include performances by professional and emerging jazz artists, school bands and dance troupes; public workshops and seminars; the FMJS jazz competition; and exhibits and nightly jam sessions. Both the festival and the scholarship competition are held in honor of Elmore “Fish” Middleton, a Washington, D.C. jazz radio programmer who supported emerging artists. In addition to the free events, a “Big Band Blast” and five headliner shows require tickets, and prices vary. The festivities on February 16 take place at Walter Johnson High School, located at 6400 Rock Spring Drive in Bethesda. DoubleTree Hotel events take place February 17–21. The hotel is at 1750 Rockville Pike. For more information about the festival or for ticket information, visit <http://www.fmjseastcoastjazz.com> or call 301-933-1822.



Inaugural Dance Festival Swings into Downtown Bethesda

Dance Bethesda

Celebrate a weekend of dance in downtown Bethesda on February 18–19. Dance Bethesda, downtown Bethesda's inaugural dance festival, features two evenings of dance excitement. On February 18, from 8 to 10:30 p.m., local dance studios open their doors for free dance lessons and parties. You and your family can try your luck at salsa, hip hop or ballet. On Saturday, February 19 at 8 p.m., select Washington area dance companies will showcase a variety of dance styles at the Round House Theatre in Bethesda. Featured performers include Bowen McCauley Dance, CrossCurrents Dance Company, Gesel Mason Performance Projects, Liz Lerman Dance Exchange, Maryland Youth Ballet and

members of the Expansion Dance Project and Jam Crew. Tickets for this special performance are \$15 for adults and \$8 for children 12 and under. Tickets will be available at the door. The Round House Theatre is located at the corner of East West Highway and Waverly Street in Bethesda.

New York dancer and choreographer Jennifer Archibald is hosting two hip hop master classes—one for teens and one for adults—on Saturday, February 19. Students in grades 6–12 can participate in the hip hop class for teens from 3:30–5 p.m., and adults can participate from 5–6:30 p.m. Classes take place at the Joy of Motion Dance Studio located at 7702 Woodmont Avenue, Suite 202 in Bethesda. Tickets are \$20 prior to February 16 or \$25 thereafter. For more information about any of these programs, call the Bethesda Urban Partnership at 301-215-6660 or visit <http://www.bethesda.org>.

Suburban Hospital Holds Third Annual Women's Health Symposium

Area residents won't want to miss the third annual women's health symposium sponsored by Suburban Hospital in Bethesda. On February 23, from 6 to 8 p.m., the hospital hosts *Wisdom for Women: A Symposium By and For Women*. This all-woman panel promises to highlight the latest medical priorities in women's health. Featured speakers include cardiologist Deborah Barbour, oncologist Carolyn Hendricks and gynecologist Diane Snyder.

Topics include:

- The relationship between women and heart disease.
- Recommendations for heart disease prevention and cholesterol treatment.
- How to evaluate heart disease risk factors.
- How to reduce risk factors for breast and cervical cancer.
- The latest technologies in breast imaging.
- New clinical cancer trials.
- What's new in contraception?
- Current recommendations for hormone therapy in peri-menopause and menopause.

For more information about the symposium or to register, call 301-896-3939 and press 1 for class registration.

Montgomery County Announces New Health and Human Services Information and Referral Line



Montgomery County officials have launched a new health and human services information and referral line to help county residents find out about existing health services and programs. Officials are hopeful that having a centralized information number will make it easier for residents to access the multitude of health services that the county provides. The new health information line, 240-777-1245 (TTY: 240-777-1295), is staffed by referral specialists from 8:30 a.m. to 5 p.m., Monday through Friday. The county's Department of Health and Human Services offers health care services for the uninsured, mental health services, child care subsidies, financial assistance, services for seniors and people with disabilities, immunizations, addiction services and child protective services.

Montgomery County Historical Society Needs Volunteers

Are you a history buff? Do you like sharing historical anecdotes? If so, the Montgomery County Historical Society (MCHS) needs volunteers like you. A nonprofit organization dedicated to preserving the county's history, the MCHS operates two museums in Rockville. Volunteers are needed to serve as museum guides. Museum guides will be trained to provide tours that explore daily life in early 19th-century Montgomery County. Volunteers are also needed to help preserve the county's oral history. MCHS has an active oral history program, and volunteers are needed both to conduct oral history interviews with local residents and to help transcribe those interviews. Interested volunteers can participate in an oral history training program on March 5 from 9:30 to 11:30 a.m. at Beall-Dawson House, 103 West Montgomery Avenue in Rockville. For more information about volunteering as a museum guide, call Karen Lottes at 301-340-6534. Oral history volunteers can call 301-340-2825.

Strathmore Holds Free Concerts

Strathmore Hall Arts Center is bringing music to the public with several free concerts in February and March:

**Saturday
February 26
Noon**

Area music lovers can enjoy Prokofiev's family classic *Peter and the Wolf*, presented by faculty members from the Levine School of Music and the City Dance Ensemble. Strathmore is located at 10701 Rockville Pike in North Bethesda.

**Sunday
March 6
4 p.m.**

The Levine School of Music presents *S'Wonderful: An American Extravaganza*. This free concert features many of your favorite Gershwin compositions. Performed by the faculty at the Levine School of Music, the concert takes place in Room 402 of the new Music Center at Strathmore, located at 5301 Tuckerman Lane in North Bethesda.

**Saturday
March 26
11 a.m.**

Strathmore presents its *Friday Morning Music Club Composers Series* at 11 a.m. This free music event takes place in the mansion at Strathmore.

For more information about these and other events at Strathmore, call 301-581-5100 or visit <http://www.strathmore.org>.

TRY THIS WEB SITE: <http://www.thecoolspot.gov>

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) at NIH recently released a new version of *The Cool Spot*—NIAAA's Web site for middle school children. *The Cool Spot* uses engaging games and graphics to teach kids about the risks of underage drinking and ways to resist peer pressure. Much of the site's content has been updated and is based on a curriculum for children in grades 6–8. Some of the site's interactive features include "Reality Check," a quiz about how much kids drink in the United States, and "Deep Digging," which shows why using alcohol to solve problems is trouble. Another interactive feature on the site is the "Peer Pressure Bag of Tricks." This program shows animated scenes that invite kids to identify some common peer pressure tactics. "Know Your No's" introduces kids to a variety of ways to say no, helping them learn which one is the most effective.

VOLUNTEER OPPORTUNITIES

HIV-Positive Volunteers Needed

Doctors at the NIH are looking for HIV-positive volunteers with CD4 T cell numbers of more than 500 cells/mm³ and viral loads of fewer than 50 copies/mL to participate in a treatment-interruption study. Participants could be eligible for the study if they have never received IL-2 therapy, have never had a CD4 positive count of fewer than 200 cells/mm³, do not have any other significant medical problems and are willing to stop their antiretroviral medications under close supervision. Travel assistance can be provided. To learn more, call Roseanne Burke at 301-435-7937.

Healthy Women Wanted

Researchers at the National Institute of Mental Health at NIH are seeking female volunteers aged 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 at 301-496-9576 or TTY: 1-866-411-1010.

HIV Study

NIH researchers are looking for HIV-positive volunteers to participate in a study at NIH. Volunteers should have had a viral load of fewer than 500 copies/mL for more than one year and fewer than 50 copies/mL at the NIH, and a CD4 count of fewer than 300 cells/mm³ or, for comparison, a CD4 count of more than 350 cells/mm³ with a pre-HAART CD4 count of fewer than 300 cells/mm³. This study is to measure the rate of lymphocyte replication and destruction in persons who have a virologic but not an immunologic response to HAART. Call William Sachau at 301-435-7940 for more information.

Blood Donations Needed

The NIH Blood Bank currently needs all blood types. Donors can make an appointment or walk-in. The Blood Bank is open Monday–Friday from 7:30 a.m. to 5:30 p.m. and is located on the NIH campus in Bethesda. Call 301-496-1048 to make an appointment or for more information.

The OCL Update is available on our Web site at <http://ocl.od.nih.gov>. If you would like to list an upcoming event of interest to the local community, call Terry LaMotte at Palladian Partners, OCL support contractor, at 301-650-8660, or send her an e-mail at tlamotte@palladianpartners.com.

Office of Community Liaison

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