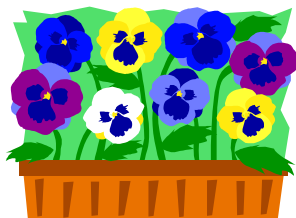
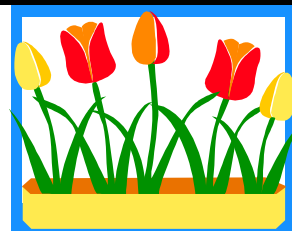


The WIHS Woman

The Connie Wofsy Women's HIV Study



SPRING IS HERE !



THE SPRING IS A CAT

By Yi Jang'hi (1902-1928)



On a cat's fur soft as pollen,
The mild Spring's fragrance lingers

In a cat's eyes round as golden bells,
The mad Spring's flame glows.

On a cat's gently closed lips,
The soft Spring's drowsiness lies.

On a cat's sharp whiskers,
The green Spring's life dances.



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This issue is sponsored, in part, by a donation from Roche Laboratories, Inc.

WIHS Enrollment of New Participants Reaches the Half Way Mark!!!

By Nancy Hessol, Project Director



These are very exciting times for the WIHS, especially since we are able to let new women join our research study. For about ten years we were unable to let any new women into the WIHS but now we can and the response has been terrific.



So far we have seen over 170 new women for screening visits and have successfully enrolled 86 new study participants! This means we have enrolled more than half of our target number of 149 new WIHS study participants. But it is not too late to refer women to our research study.



We are specifically looking for HIV-positive women who do not have AIDS. HIV-negative women who are at risk for getting HIV may also be able to join WIHS. The new recruits can be either English or Spanish speaking and we are particularly interested in recruiting women who are **30 years old or younger**.



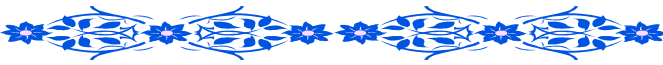
If you know of women who you think might qualify for enrollment, please ask them to call our ***toll-free*** telephone numbers at **(877)-262-WIHS** in the East Bay or **(866) 476-5109** in San Francisco and the South Bay.



Thank you for helping to refer women into this amazing study.

Changes for Visit 16

By Claudia Ponath, Field Manager



This spring we begin WIHS visit 16. Below is an update on changes you can expect this visit.

What's new? We will start to collect hair samples – that is we will ask you to cut about 10 strands of hair from the back of your scalp. We are planning to use the hair to test your exposure to your medications.

What's gone? There will be no TB testing for follow up visits anymore. Only new participants will have a TB test on their first visit. We will not ask the questions on additional health care utilization on form 25a. of returning participants. The Family History form is also gone, except for those of you who missed visit 15, and our new participants.

We have completed the visits for the Bone Study, which looks at bone density loss (osteoporosis) and insulin resistance (which can lead to diabetes). More than 50 women participated! Thank you all for your contribution.

What's back? For visit 16 and all even numbered visits, we will ask the mood questions on form 26. We will also do the blood tests called CBC's (complete blood counts) and flow cytometry (t-cell testing) on women who are not infected with HIV.

What's continuing? We will continue to ask you to try and fast before your visit 16 study appointment. The reason for this is to get a more accurate measure of key laboratory tests

for things like cholesterol, lipids, and glucose. These blood tests are important markers for diseases that affect women, including diabetes, heart disease, and hypertension (high blood pressure).

The Interim Event telephone interview for HIV-infected women whose most recent CD4 cell count was under 200 will continue through this visit. Abbreviated visits for women who are unable to be seen in person will also continue.

For women undergoing colposcopy, we will continue to ask if you want to donate tissue to the AIDS and Cancer Specimen Bank (ACSB). Women do not need to have cancer or HIV to enroll in this substudy. Women who are eligible and wish to donate tissue to the bank will have an extra biopsy and blood specimen collected for this study at the time of their colposcopy examination. We have had great response from you to this protocol and we thank you for your help!

The oral substudy continues in visit 16. If you are already enrolled, the field staff will set you up with an appointment with the dentists at UCSF.

In conclusion: Thank you all very much for being part of this really important study and for helping to make it so successful. We will continue to do our best to make study visits a pleasant experience for you. We would like to extend a very warm "Welcome" to all our new participants. Thank you very much for joining the WIHS. Just recently we submitted our application for another five years of funding for the WIHS, and we hope that all of you will stay with us. We look forward to seeing you at your next WIHS visit.

CAB CORNER



By Paula Wichinkuer

WIHS Holiday Party: The WIHS Holiday Party in January was a great fun! Thanks to everyone who participated and helped out! It was great to see long-time WIHS participants there as well as new women and everyone's family and friends. This East Bay luncheon was spiced up with a rousing performance by the UC Men's Octet, an *a cappella* singing group. We also had the pleasure of offering up raffle prizes from Baskets Etc. and from WIHS staff member Janice Rothstein. The event was a chance for WIHS women to meet and mingle and for the study to show appreciation for all your important contributions to this research. Stay tuned for our next event...(more details below).

CAB Meeting in April: Our Spring CAB Meeting will have three parts--all in response to your requests!

The Spring meeting on Saturday, April 20 will open with a mentoring reception. This will be an opportunity for potential mentors and mentees to meet each other and have a chance to talk. The WIHS Mentoring Program will match new study participants to women who have been in the WIHS for several years. It will be an opportunity for women experienced in WIHS to share their experiences with new participants. That does not mean that you have to know everything about WIHS to be a mentor (you can always ask the WIHS staff the technical questions). But, just by having done the WIHS study visits, you have a lot to share with women who are new to the study. The reception can be a chance to see if you're interested, if you

have not already signed up. Food will be served.

Following the mentoring reception, we will have the community advisory board meetings for WIHS and for the UCSF Women's Specialty Clinic. Remember that this is a forum for you to shape the activities of the Study and for you to get your questions answered. Sidney Green brought up some questions about WIHS lab test results.

You already receive any clinically useful test results we have available. However, at the April meeting we will discuss further which test results you want, how we will give them to you, and other related issues. Please bring your questions and concerns about WIHS to the meeting. If you cannot make it to this meeting, please feel free to contact Paula at (415) 502-6284 or e-mail paulaw@itsa.ucsf.edu. We can discuss your issues at the CAB meeting and we will publish CAB issues and decisions in the next newsletter.

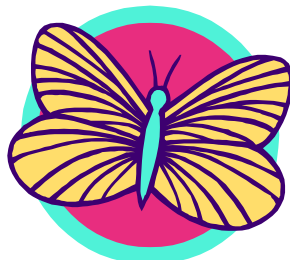
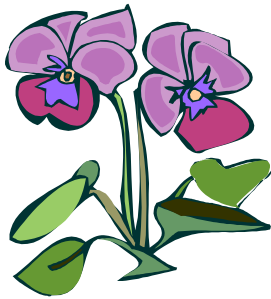
Finally, the two lead doctors of the study will speak on some HIV-relevant topics, as the CAB requested at our last meeting. Dr. Phyllis Tien will speak on Body Fat Changes in Women with HIV, and Dr. Ruth Greenblatt will speak on Women's Hormones and HIV. Both doctors are experts in their fields. So, we hope to see you at the next CAB meeting. It promises to be full of relevant information and lively discussion. **WIHS Spring CAB Meeting--Saturday, April 20 from 2:00p.m. to 5:00p.m. at the Hellman Conference Room at UCSF Mount Zion Hospital in San Francisco.** The address is 1600 Divisadero Street, between Post and Sutter. The hospital is accessible by MUNI bus routes #1, 2, 38, 24. WIHS women coming from the East Bay can take BART to the

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Montgomery Street Station. From there, catch the 38 Geary MUNI bus on Geary Street (going west) and get off the bus at Divisadero Street. Public transportation costs will be reimbursed (BART riders, please bring your BART ticket as your receipt). If you need a childcare provider to watch your children at home while you attend this meeting, please contact us. RSVP to Paula at (415) 502-6284. (see flyer)

NCAB Representative: Donna Haggerty stepped down as the Northern California WIHS National Community Advisory Board (NCAB) representative after many years of exceptional service. The NCAB Rep serves as the voice of Bay Area WIHS women at the national level of the Women's Study. She meets with representatives from the other WIHS sites and serves as your voice in the scientific meetings. Thank you, Donna, for your dedication and conscientious service as our site's NCAB Rep.



Famous Women



Dorothy Height - Honoring the Diversity of America

Dorothy Height was born prior to World War I in 1912 in Richmond, Virginia. She was educated in the public schools in Rankin, Pennsylvania. At a very early age, she established herself as a dedicated student with exceptional oratorical skills.



What is remarkable about Dorothy Height is that as a young girl she fearlessly expressed herself and did not internalize or retreat from the racist and sexist assumptions or actions of the times.

It is not surprising that even as a young woman of 25, she heeded the call of Mary McLeod Bethune, founder of the National Council of Negro Women, to join her in her quest for women's full and equal employment and educational advancement. By that time, Dr. Height's career as a Civil Rights advocate had begun to unfold as she worked to prevent lynching, desegregate the armed forces, reform the criminal justice system, and create free access to public accommodations.

That same year Dr. Height began her work with the National Young Women's Christian Association (YWCA) of the USA. She rose quickly through the ranks and held several leadership positions. Assuming responsibility for developing leadership training activi-

ties for volunteers and staff, she also developed programs to promote interracial and ecumenical education. Dr. Height is credited with developing the strategies to ensure the success of the YWCA's mission to provide equal opportunity and facilities for women of all cultures and nationalities.

She was one of the major leaders of the Civil Rights Movement of the 1960's. These were fear-filled, challenging times. To create a dialogue about the Civil Rights Movement, she organized "Wednesdays in Mississippi," bringing together Southern and Northern white and black women. Her belief in honoring the diversity of America is seen in her promotion of interfaith, interracial, and ecumenical movements.

Having served as the president of the National Council of Negro Women for over 40 years, Dr. Height's work has helped countless women in America and around the world participate in democratic reform resulting in new opportunities for themselves, their families, and their communities.

Patsy Mink - Coalition Builder for Greater Understanding

Patsy Mink has served in the House of Representatives for twelve terms.

She is the first woman of Asian descent to serve in the U.S. Congress.



Her ancestry is the classic story of immigrants seeking a better life in America for themselves and their families. Her four grandparents emigrated from Japan in the late 1800's to work as contract laborers in Maui's sugar plantations.

Patsy was born in Maui in December of 1928. From her earliest years, she was encouraged to excel in academic courses. When she ran for student body president during her junior year in high school, she began her unofficial political career. World War II had begun and she was facing the anti-Japanese-American sentiment that prevailed throughout the country. She also had to overcome the obstacle of being the first girl to run for this office.

To achieve this goal, she impressed a variety of students, including gaining the support of the popular football team. She won a very close election and learned the importance of coalition building. In 1944 she graduated as high school class valedictorian.

She began college at the University of Hawaii, but transferred to the University of Nebraska where she faced a policy of segregated student housing. Working with other students, their parents, and even university trustees, this policy of discrimination was ended. She returned to the University of Hawaii to prepare for medical school and graduated with a degree in zoology and chemistry. However, in 1948, none of the twenty medical schools to which she applied would accept women.

She decided to study law and was accepted by the University of Chicago because they considered her a "foreign student." Choosing not to inform the University that Hawaii was an American territory, she obtained her Doctor of Jurisprudence in 1951.

Newly married, she became the first Asian-American woman to practice law in Hawaii. In 1956, she was elected to the Territorial House of Representatives. It was the beginning of a long and effective political life

50th state. In 1965, Patsy Mink was elected to the U.S. House of Representatives and began the first of six consecutive terms in the House of Representatives. She was the first woman of color to be elected to Congress.

Mink's ability to build coalitions for progressive legislation continued during her tenure in Congress. She introduced the first comprehensive Early Childhood Education Act and authored the Women's Educational Equity Act. In the early 1970's, she played a key role in the enactment of Title IX of the Higher Education Act Amendments. Written in 1972 to be enacted by 1977, Title IX, which prohibited gender discrimination by federally funded institutions, has become the major tool for women's fuller participation not only in sports, but in all aspects of education.

In 1977, Patsy Mink gave up her House seat to make an unsuccessful run for the US Senate, but in 1990 she was re-elected to the House. Her hard work is obvious as she serves on a variety of House Committees and Subcommittees. She has accomplished much in sustaining the American Spirit.

Alice Coachman - America's First Woman to Win Olympic Gold

The determination of the American Spirit can be seen in the life of Alice Coachman. In London, England in 1948, during the first Olympics held after World War II, Alice became the first American woman to win an Olympic Gold medal in track and field.



for Patsy Mink. In 1959, Hawaii became the 50th state. In 1965, Patsy Mink was elected to the U.S. House of Representatives and began . Breaking the previous world record in the high jump, her success challenged long held assumptions about women's physical ability to participate in track and field and opened the doors for the success of generations to follow which would include 3-time gold medallist Wilma Rudolph and her Tigerbell teammates.

Alice Coachman was born in Albany, Georgia in 1923, the fifth of ten children. Denied access to public training facilities because of segregation policies, she ran barefoot on the back roads of Georgia and devised all sorts of makeshift setups to jump over - from strings and ropes to sticks and tied rags. Her parents thought she should direct herself to a more ladylike path, but Alice was determined to succeed as an athlete.

Alice overcame the effects of segregation to win twenty-five national titles as well as the Olympic Gold. Emboldened with the spirit of possibility, Alice says, "I've always believed that I could do whatever I set my mind to do." After her Olympic victory, she returned to America to train other women athletes.

Her legacy opened possibilities for future generations of women to participate and succeed in Track and Field. Alice Coachman worked to ensure the success of future generations as she passed the torch of opportunity to other American women.

Alice Coachman has been honored with prestigious memberships in eight halls of fame, including the National Track and Field Hall of Fame, the Georgia Sports Hall of Fame, and the Albany Sports Hall of Fame.

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Brenda Berkman - New York City Fire- fighter

Brenda Berkman is a Lieutenant in the New York City Fire Department, fighting fires and responding to other emergencies as the officer for Ladder Company 12 in Manhattan. Along with her firefighting duties, Lt. Berkman has led FDNY recruitment efforts and participated in fire safety education initiatives. Berkman has also taught at the FDNY fire academy and is currently an instructor for the US National Fire Academy.



Lt. Berkman began her career in the fire service in 1982, after winning the federal sex discrimination lawsuit she initiated that resulted in the hiring of New York City's first women firefighters. She founded and is the current President of the United Women Firefighters organization in New York City and has led the national organization of women firefighters, Women in the Fire Service, as a trustee and President of the Board.

A noted writer and speaker on issues relating to women in nontraditional employment, Berkman was profiled in the PBS special "Sex, Power and the Workplace." She has also appeared on numerous radio and television programs. In 1999, Lt. Berkman completed a speaking tour in Australia and in 2000 she completed another in Japan for the USIA (now the State Department). In October 2000, a play about Berkman entitled "Firework" opened off-Broadway.

In 1996-97, Lt. Berkman served as a White House Fellow in the Office of the Secretary of Labor. She is the first and only professional firefighter to be awarded this prestigious leadership development fellowship in the 37-year history of the program.

Berkman has a BA summa cum laude from St. Olaf College, an MA in American History from Indiana University, a JD from New York University and a MS in Fire Protection Management at the City University of New York. Among the honors she has received are: a distinguished alumni award from St. Olaf, the Revson Fellowship on the Future of the City of New York from Columbia University, the Susan B. Anthony award from the National Organization for Women, and Woman of Achievement Awards from both New York Governor George Pataki and the New York Women's Foundation. Berkman attended the Aspen Institute Executive Seminar as a 1998 Aspen Scholar.

Read "Report from Ground Zero", an interview with Berkman by Linda F. Willing, at Women in the Fire Service, Inc.

Dr. Shirley Ann Jackson

"One wants to be recognized in one's own field by other scientists, but I also want to have an impact on young people."



Shirley Jackson, a theoretical physicist, has spent her career researching and teaching about particle physics, using theories and mathematics to predict the existence of subatomic particles and the forces that bind them together. She has so many 'firsts'

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attached to her name that she seems to naturally break through all boundaries and succeed.

When she was a young girl, Shirley's mother, Beatrice would read the biography of Benjamin Banneker to her. Banneker was a free African American scientist and mathematician in the 1700's who helped survey the land, plan the streets, and select building sites of Jackson's hometown, Washington D.C. Her father, George, spurred Jackson's interest in science by helping her with projects for her classes.

She chose to attend MIT, and physics opened the world to her. Yet, she felt lonely because she was one of only a few black students. Students treated her differently and some faculty tried to discourage her interest in physics. While in school, she volunteered in the pediatric ward at Boston City Hospital which helped "keep things in perspective".

She received her Bachelor of Science degree in 1968 and continued at MIT to study for her Master's Degree. To encourage more African American to attend MIT, she co-founded the Black Student Union (BSU). When the BSU enacted a Task Force on Educational Opportunity and wrote to MIT's president, the school began a conscious effort to recruit minority students.

In 1973, Jackson became the first African American woman to receive a Doctoral Degree from MIT. She started working at the Fermi National Accelerator Laboratory in Illinois and studied medium to large subatomic particles. She was a visiting scientist at the accelerator lab at the European Center for Nuclear Research in Switzerland and studied theories of strongly interacting elementary particles.

She also lectured at Stanford Linear Accelerator Center and became a visiting scientist at the Aspen Center for Physics.

Dr. Jackson joined the Theoretical Physics Research Department at AT&T Bell Laboratories in 1976 to develop new advances in telecommunications. She investigated the electronic and optical properties of certain material that can carry much more electrical current than existing technology. She served as a member of the New Jersey Commission on Science and Technology from 1985 to 1995.

In 1991, Dr. Jackson became a professor of physics at Rutgers University. She said that in her new position and being a Distinguished Member of the Technical Staff of the Optical Research Physics Department, she has the "best of both worlds."

President Clinton named her to chair the U. S. Nuclear Regulatory Commission in 1995. She spearheaded the formation of International Nuclear Regulators Association in 1997, a forum for officials to examine issues and offer assistance to other nations on matters of nuclear safety. Her latest historic achievement came in 1999 when she became president of one of the nation's oldest science and engineering research universities, the Rensselaer Polytechnic Institute.

Ellen Ochoa

"The story of America is one of journey and discovery - of many groups and individuals who shared common dreams and challenges, even as their differences shaped our culture. The Hispanic community, itself of won-



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derfully varied backgrounds, continues to contribute to every aspect of our society - and understanding America means knowing and celebrating these stories."

Ellen Ochoa, the first Hispanic woman in space, serves as a role model to all students to try their best in all they do. In her role as a NASA Astronaut, she makes time to visit schools to encourage all students to study hard and not be afraid of success.

Ellen is one of five children. While in junior high school, her parents divorced and she moved with her mother.

Her extraordinary achievements demonstrates the credibility of her advice about success. In 1980 she graduated top of her class from San Diego State University with a Bachelor of Science Degree in Physics. San Diego is not far from her hometown of La Mesa, California nor far from the city of her birth in 1958, Los Angeles.

Ochoa attended Stanford University and earned a Master's in 1981, and a Doctorate in 1985, both in electrical engineering. Her doctoral work in electrical engineering led to a patented optical system to detect defects in a repeating pattern. This system can be used in manufacturing to inspect intricate parts for quality control.

From 1985 to 1988, she worked as a research engineer at Sandia National Laboratories in California, where she developed an optical system to recognize objects regardless of their position. This optical system can be used in robotic manufacturing, or to guide a robot to or around specific objects. During this time she also worked at the Intelligent Systems

Technology Branch at NASA/Ames Research Division where she led a research group in optical processing, working primarily on optical systems for automated space exploration.

In 1990 while working as a research engineer, Ochoa was chosen by NASA to train as an astronaut at the Johnson Space Center. Three years later, she became the first Hispanic woman in space on a nine-day mission aboard the shuttle Discovery. The astronauts were studying the Earth's ozone layer.

NASA has honored Ochoa with seven awards for outstanding achievement including: The Exceptional Service Medal (1997), Outstanding Leadership Medal (1995), Space Flight Medals (1999, 1994, 1993), and two Space Act Tech Brief Awards (1992). Other awards she received include: Women in Aerospace Outstanding Achievement Award, the Hispanic Heritage Leadership Award, and in 1999, Ochoa was selected by President Clinton to served on the Presidential Commission on the Celebration of Women in American History.

Ellen Ochoa is also a classical flutist and can be seen via photograph playing flute on the Space Shuttle Discovery in 1993. When she attended Stanford, she won the Student Soloist Award for the Stanford Symphony Orchestra.

Ms. Ochoa is married to Coe Fulmer Miles and



Comments from the Editors

This is your newsletter, we would love to hear from you. When you come in for your next visit (Core, VRS, Oral study, etc.) please tell any member of the WIHS staff what you would like to see in this newsletter. Or better yet, if you want to write up a small article, send in poetry, write up something on a favorite hobby or whatever we would love to hear from you. Just send it to the WIHS office at 405 Irving St., San Francisco, CA 94122.

