

# INTAKE

The Newsletter of the Society for the Study of Ingestive Behavior  
www.ssib.org

## President's Message: GOOD NEWS FOR OUR MEMBERS

In the short time that I have had the opportunity to be your President, I have been impressed with the number of constructive inquiries and suggestions I have received from the membership regarding the status of our Society and its services. It quickly became clear to me that one of the immediate needs of our Society was a significant update in member services, and a revival of our lively member exchanges. We now live in the electronic age, with all of its options for faster and easier communication, and we are, after all, a gregarious group of hands-on researchers who love to compare data and ideas.

Thus the opportunity presented itself to preside over several changes and improvements in our Society's services and functions, with of course the help of many dedicated individuals. No small part in this transition was played by our Executive Coordinator, Marianne Van Wagner, who not only was able to come up with solutions as fast as I could suggest ideas, but who in many cases had the expertise to carry them out. Committee chairs and members also played a crucial role, taking the time to provide helpful suggestions and valuable guidance. And credit also belongs to the Board of Directors, which, under several of our Past Presidents, and with the guidance of our Executive Officer, Harry Kissileff, had already put in place the groundwork for many of these improvements, including changes in our Bylaws. This made the job of implementation eminently easier for all of us.

I'd like to provide you with a summary of the changes and improvements you will be seeing in SSIB member services over the coming months, starting with this issue of Intake. Let's welcome our new editor, Claire Cannon (formerly Matson), who has taken on her duties with an enthusiasm that only young scientists seem to be able to generate. Claire has several excellent ideas for new features for our newsletter, and the Board has offered her the option of choosing an Associate Editor to help her with her new duties. We are shooting for three issues of Intake per year, and SSIB will now resume mailing copies to all members, so that meeting and professional news will be available on your desk as soon as it's published. Marianne has agreed to take on the duties of newsletter layout and production, and a .pdf file of the newsletter will be posted on our Webpage. On a parallel note, Karen Ackroff has agreed to become our new Webmaster. Karen's responsibilities will include the collection and updating of information for our Webpage from the far-flung SSIB empire, and the creation of a new page called News and Notes, where members will be able to post professional notices. Marianne will of course continue to do her excellent job of maintaining the Webpage at the Central Office.

There is a long list of electronic improvements which I'm happy to announce. First, members now have the ability to make online payments for membership dues and meeting registration. We hope this makes financial transactions eminently easier for our international members, and enables members to more easily keep their dues payments up to date. Next is the implementation of Web-based voting, which we hope to have in place for the upcoming 2003 election in May. We've selected an excellent program for this purpose, which is so user-friendly that members may wish we had more elections to use it on! In response to many member suggestions, we have also established SSIBChat, a voluntary, members-only listserv run by the Central Office, which will allow members to communicate instantly with each other over many of our unresolved questions (such as my favorite: are there definable short- and long-term feeding regulatory systems representing different energy pools, or only one integrated system?). SSIBChat is described in this issue, and is open and ready for business.

Another significant change this year will be the addition of a voting New Investigator Representative to the Board of Directors. We owe the momentum for this change largely to Susan Aja, who worked thoughtfully and tirelessly along with Kenny Simansky to organize and represent the interests of our Society's new investigators. We are all aware of the tradition of SSIB to nurture young scientists, which started with our travel awards program several years ago. This is a significant advance in that tradition, which we hope will convince our young investigators that they are welcome as our colleagues. With regard to our travel awards program, we owe a deep note of thanks to Tim Moran and Gary Schwartz for procuring and administering our Society's first NIH New Investigator Travel Grant, and to Kenny Simansky and Gary for volunteering to resubmit this grant to the NIH this year.

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Finally, we are all looking forward with great anticipation to our upcoming meeting in Groningen, Netherlands. Anton Scheurink, Jan Strubbe, Wolfgang Langhans and their committees have assured me that no detail has been left unattended to in the planning of this meeting. Thus I'm sure that our gathering will be as enjoyable as it is scientifically stimulating. This brings me to the last planned innovation for the new year, relating to our Society's interest in energy balance: SSIB is instituting an exercise program in conjunction with the meeting - members will be asked to ride bicycles! Wishing a safe trip to all, and I look forward to seeing you in the Netherlands.

Joe Vasselli

## From the Editor's Desk

SSIB attempts to serve an increasing community of scientists while always reflecting the collegial manner of our founding and current members. Achievement is almost always the product of great community: for examples, take Manet, Monet, Renoir, Degas, Picasso, and Cézanne, or Emerson, Thoreau, Alcott, Fuller and Hawthorne. In scientific terms, individual accomplishment is necessary but not sufficient: interaction is the essential catalyst to saltatory progress. Thus, the dual roles of our society publication INTAKE are to reflect the weighty import of our scientific interests, and to foster the collaborative spirit of our members. As editor, I hope to include a regular column that highlights the many collaborative communities within our society. In anticipation of our upcoming annual meeting in Groningen, The Netherlands, it is fitting that our first subject is the Neuroendocrinology research unit of the Department of Animal Physiology at the University of Groningen. Our hosts have graciously contributed a glimpse of life within this group, both professional and personal (pages 3-5).

In addition to conveying the business of our scientific society, INTAKE may be most effective for reaching the newer members of SSIB. SSIB truly is a international community of scientists, and our most recent members are more often from countries other than the USA. New members are also often young investigators. The newsletter should reflect this, especially if it is to fulfill it's potential to serve the communities within SSIB. I intend to place emphasis on these groups during my tenure as editor, and I encourage any member to contact me with comments or ideas for INTAKE.

Lastly, INTAKE is in search of an associate editor. The AE will help to provide guidance, solicit newsletter contributions from members, and will eventually step into the role of editor. I encourage interested parties to contact me via email ([caesia@u.washington.edu](mailto:caesia@u.washington.edu)), or speak with me at our upcoming meeting. I hope to see everyone there!

Claire Cannon

## Book Review

*Biological Psychology. An Integrative Approach.* Frederick Toates. Pearson Education. 2001 (672 pages) £29.99 (approx. \$48 US). ISBN 0 582 36973 8 (Paperback).

The field of biological/physiological psychology is often a difficult one to teach. This is so for at least two reasons: (1) the subject matter is complex and rapidly expanding, and (2) many undergraduate students have meager backgrounds in the biological sciences. Enter Fred Toates – a well-known and respected scholar in this field. His recent textbook attempts what few others do – that is, to outline the basics of biological psychology in ways that blend the vagaries of biology, to the uninitiated, with established psychological constructs in a relatively seamless, non-threatening fashion. The language of the text is more relaxed and conversational than most other texts I am familiar with. This helps put the reader at ease. The writing style is at once instructive, entertaining and engaging. As I read it, I got the sense of being in one of Fred's classes, listening to a master mentoring his minions (alliteration intended).

The textbook is organized into twenty-two chapters. It covers all obligatory topics such as the basics of neurons, the nervous system, the brain and its development, as well as sensory and motor systems. It then applies this knowledge by discussing learning and memory, emotions, stress, pain, ingestive behaviors, sex, drugs (but no rock-and-roll), as well as sleep/waking states and cognition. There are additional sections not commonly found in other texts – two at the beginning of the book (integrating explanations, coordinated action) and one at the end (brains, mind and consciousness). These provide the framework for the textbook's unique quality, which is – well - its *integrated* approach to the subject matter.

As with most modern textbooks of this sort, *Biological Psychology* is based on current research, contains many useful diagrams and pictures, and has a variety of student aids to assist learning, including study materials, on-line assessment tools, and web links/research updates. Aids also exist for the instructor, such as portions of pictures from the text that can be downloaded for PowerPoint presentations as well as a manual to help construct tests.

I have only two reservations about this ambitious and thoughtful teaching package. One is the relative paucity of PowerPoint material available for instructor use (only about 100 slides for the entire text). The technical nature of this subject matter often requires a great deal of video material to get points across in class. The other concern is the more important. That is, can all students learn this material? I have little doubt that undergraduates at "good schools" can do so. However, many of us "on this side of the pond" teach at public universities where significant numbers of students transfer in from community colleges in their junior years. My experience is that many of these individuals have trouble conceptualizing and integrating information. While the textbook does a wonderful job of teaching the "informed" student, I am uncertain if those with lesser background knowledge, many of whom lack basic language and writing skills, will be able to appreciate the richness of thought conveyed by this material. Perhaps in the hands of a master mentor like Fred Toates, anything is possible. For more information, as well as other reviews, visit <http://www.pearsoneduc.com/book.asp?prodID=10000000004059&d=PS>.

Submitted by Don Coscina, Wayne State University

## Collaborations: A Snapshot of Neuroendocrinology at Groningen

Claire Cannon

This is the inaugural article in a series intended to highlight collaborative groups within SSIB (please see From the editor's desk, page 2). In anticipation of the upcoming annual meeting hosted by our colleagues from the University of Groningen, I asked the individual investigators of the Neuroendocrinology group to submit to a brief, informal interview about their scientific and individual interests, and they have graciously agreed. This article is therefore a brief and necessarily incomplete "snapshot" rather than a formal portrait. I hope, however, that the respectful reader will see, as I do, how the unique individuals at Groningen intersect to make one of SSIB's great communities.

### Collaborative Research Interests:

The Department of Animal Physiology of the University of Groningen is part of the Center of Behavior and Neurosciences (CBN) within the larger Groningen School of Behavioral and Cognitive Neurosciences (BCN). The research of the Department's three basic units: Neuroendocrinology, Behavioral Physiology, and Molecular Neuroscience is focused on the interactions of behavior, the central nervous system, and peripheral mechanisms. These interactions are thought to be mediated by both endocrine/metabolic factors and the autonomic nervous system. As a working hypothesis, it is assumed that changes in these interactions allow organisms to cope with the ever-changing environment. Failure to adapt to a changing environment might lead to pathologies such as cardiovascular disease, type-II Diabetes Mellitus, obesity, depression, and others. At the Department of Animal Physiology, research is conducted from the molecular level to that of population (i.e., molecular biology, pharmacology, behavioral physiology, genetics).

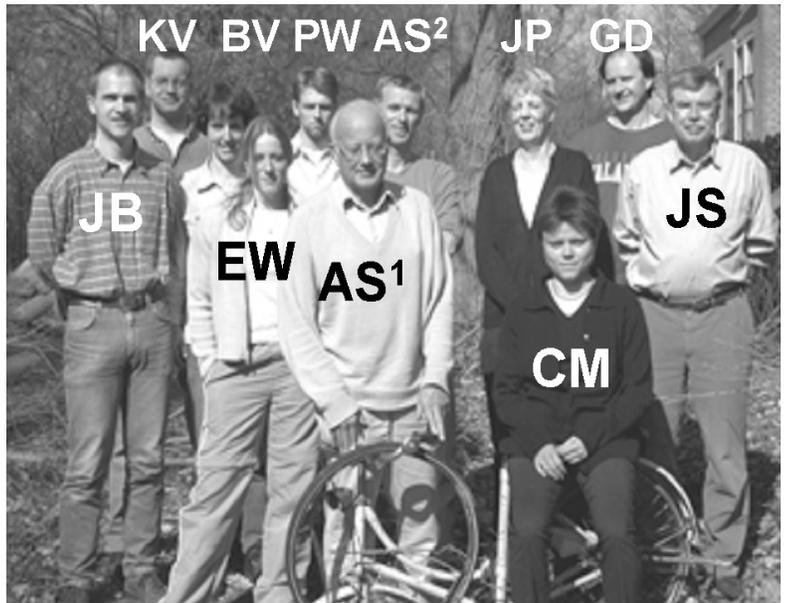
The Neuroendocrinology research unit investigates the central nervous regulation of energy homeostasis. More specifically, the significance of (neuro-)endocrine processes in controlling ingestive behavior and metabolism, their temporal dynamics and concomitant physiology are investigated. Special attention is paid to the role of the autonomic nervous system, neuroendocrine axes (e.g., HPA axis), peripheral adipocytes, pancreatic and gastrointestinal hormones, fuel partitioning and metabolism, and ingestive behavior, and how these are regulated by central neural circuitry that contains monoamines, neuropeptides, and certain amino acid transmitters. With this research, we seek to understand the factors that underly dysregulated energy balance (minute-to-minute, circadian, and long-term), obesity, diabetes mellitus, and the biological causes of eating disorders such as anorexia and bulimia.

### Individual contributors and interests:

The Neuroendocrinology research unit consists of the PhD students Peter Wielinga (PW), Esther van de Wall (EW) and Koert de Vries (KV), the postdoctoral fellows Bea van der Vegt (BV), Celine Morens (CM) and Gertjan van Dijk (GD) and the staff-members Anton Steffens (AS1), Jan Strubbe (JS) and Anton Scheurink (AS2). Joke Poelstra (JP), and Jan Bruggink (JB), provide secretarial and technical support, respectively. Interviews with members of the research team are presented below in alphabetical order.

**Gertjan van Dijk** (GD), begins by stating that he is married to Yvon, and they have three children. They live in a typical 'groningen' town called 'Sappemeer' about 18 km east of the department. Several years ago, they bought a typical 'groningen' farmhouse and his former, current, and future hobbies are "to perform a major reconstruction of this house". Fortunately, Yvon is "a shrink", and their lovely children are easily capable of attracting his attention away from building practices. Besides these activities, he is a postdoctoral fellow on grants from Royal Dutch Academia of Sciences and of the Dutch Diabetes Foundation. He trained under Anton Steffens (Thesis: "Central and peripheral mechanisms involved in fuel homeostasis", 1995), and during a post-doctoral fellowship in Seattle hosted by Steve Woods ('95-97) was infected with the disease called "leptin". He returned to his "old" department where he is currently involved in investigation of the CNS circuitry that signals peripheral messages from adipose tissue and the gut, and in turn, their significance for regulation (or dysregulation) of energy balance.

**Céline Morens** (CM), is a post-doctoral fellow in the Department since June 2002. "I come from France, did my Ph.D. in Paris, in the INRA laboratory of "Physiologie de la Nutrition et du Comportement Alimentaire" (Nutrition and feeding behavior physiology) headed by Pr. D. Tomé. I defended my thesis "Dietary nitrogen assimilation and distribution in rats



and humans fed a high protein diet" on March 18th, 2002. My current work concerns the interactions between central (hypothalamic) leptin signaling and protein in the diet. I'm working on a rat obesity model wherein animals have reduced melanocortin activity in the hypothalamus, leading to hyperphagia and major obesity. I study then the effects of the composition of the diet, and especially its protein content, on the food intake and body weight gain, several hormonal parameters (including insulin and leptin), and body composition. I also plan to do immunohistochemical analysis on the brains I collected at the end of the experimental period. Even if Groningen is far from being Paris, I'm very much enjoying my time here. Groningen is a very cosmopolitan city. Nature is also very nice in the area, and it's perfect for a sport-addict like me (I can ride my horse everyday, I can run around the Paterswoldsemeer - a nice lake nearby Groningen, I can bike - of course!)."



Anton Scheurink catches the ball at the SSIB banquet in Santa Cruz, a tradition symbolizing the passing of responsibilities of the Local Organizing Chair. *Photo by Ellen Ladenheim.*

in eating, fighting, copulating or swimming rats, permanent 4th ventricle cannulas, portal vein cannulation, and many others. When asked for his special interests in science he answers: "Of course food intake and body weight regulation and especially the neuroendocrine interactions between periphery and central nervous system. I started my investigations in 1965 as a graduate student on the interactions between blood glucose, plasma free fatty acid levels and food intake. At the end of my Ph.D. thesis it was only possible to do some insulin assays which were quite laborious at that time. No assays of any other hormones. No one had ever heard about "knockout" animals at that time. Almost forty years later, I will finish my academically career as a full professor and chairman of the unit Neuroendocrinology. I am forced to finish my duties in August this year, because of reaching the age of 65 (which means mandatory retirement in the Netherlands). Probably I will continue to do some tasks, for instance lecturing. Besides this I have many hobbies. I like sports (important for maintenance of body weight), such as swimming, biking, skiing and canoeing. I am also interested in history and probably I will start to follow courses in this field after my retirement."

**Jan H. Strubbe** (JS), is an Associate Professor in the Department of Neuroendocrinology. He lives in the village of Haren with his wife Barbara. They have one daughter. He spends some of his free time on hobbies such as photographing and studying all kinds of antiques (silver, pewter, glass etc.) and restoring antique furniture. He is also interested in art in general: painting, sculpture and music. His research is focused on: 1. The (neuroendocrine) regulation of feeding behavior, food selection and body weight and 2. The (neuro)hormonal regulation of glucose and fat metabolism in relation to food intake and 3. The temporal organization (i.e. circadian rhythms) of food and water intake and related physiological processes. By using the rat as an animal model, the research is also intended to provide greater insight into food intake related "pathologies" in humans, such as anorexia, obesity and diabetes mellitus.

**Bea van der Vegt** (BV), is one of the newest members of the Neuroendocrinology group. Bea is postdoctoral fellow working on the pharmacological inhibition of food intake. The project is a collaboration with the group of Bert Benthem in

**Anton Scheurink** (AS2) is interested in all aspects of neural regulation of energy balance (thus food intake as well as energy expenditure). He has specialized in the role of the CNS and the sympathetic nervous system in exercise and energy expenditure. The current Ph.D. and postdoctoral projects under his supervision are mainly focused on the (patho)physiology of body weight control, type 2 Diabetes, obesity and (especially) anorexia nervosa (in close collaboration with Per Södersten of the Karolinska, Stockholm). Better known as 'little Anton' (see below) he was the first who followed the classic Groningen career trajectory, which consists of Ph.D. training in Groningen with Anton Steffens, a postdoctoral position in the labs of Steve Woods and Dan Porte / Jay Taborsky in Seattle, followed by a fellowship at the Royal Dutch Academy of Science back in Groningen. During his stay in the USA he learned two important things from Steve Woods: 1) teaching students is extremely important and rewarding, 2) eating (and cooking) is the second best thing in life. However, he disagrees with his former mentor about the best thing on life; Scheurink firmly believes that the answer is soccer (he is an active player for the last 35 years). Anton is now a staff member of the Department of Neuroendocrinology, married to Marjan and they have a great kid, Toon, who is almost 6 years old. Toon is better than soccer and eating.

**Anton Steffens** (AS1) is the head of the Department. Anton turns 65 on Sunday July 13th this year, two days before the annual SSIB2003 meeting to be held in Groningen. Although this is a coincidence (originally the meeting was scheduled for 2002), the program committee decided that they could not ignore this event: this year's closing session will be "the Steffens symposium" and is specifically focusing on his field of research. Anton Steffens, or 'big Anton', started the Neuroendocrinology group in the mid-ninety sixties and is renowned for his experimental skills: stress free blood sampling

Copenhagen, Denmark. Bea, a dedicated choir singer, performed her Ph.D. studies in the group of Jaap Koolhaas, on the topic of brain serotonin homeostasis and the control of aggression in rats.

**Koert de Vries (KV)**, was born in Lemmer, a small Frisian fisherman's town on the shores of the IJsselmeer, and moved to Groningen to become a biology-student in 1994. Immediately after graduation in Medical Biology in 1999, he started a Ph.D. project at the Department of Neuroendocrinology to study the involvement of the brain melanocortin system in energy homeostasis (in cooperation with Roger Adan of the Rudolf Magnus Institute for Neurosciences at the University of Utrecht). Koert is currently writing his thesis. In addition, he is also a member of the Ph.D.-student Council and Education Committee of the Groningen School for Behavioral and Cognitive Neurosciences (BCN) in which the Department of Neuroendocrinology participates. In his private life, Koert is an enthusiastic euphonium player (the euphonium is a brass instrument smaller than but resembling a tuba) and member of the Frisian Fanfare Orchestra (1993) and Fanfare Orchestra CWO in Groningen (2001). The Frisian Fanfare Orchestra is two-time champion of the highest division at the World Music Contest in Kerkrade, while CWO was champion of a lower division at the last contest in 2001. The Frisian Fanfare Orchestra has given many concerts, not only in Holland but also in Germany, Belgium, Luxembourg and the USA. Koert's sporting interests are playing (beach-)volleyball, swimming and watching soccer.

**Esther van de Wall (EW)** is has been a Ph.D. student in the department of Neuroendocrinology since April 2000. Her project is to investigate the involvement of capsaicin-sensitive afferent nerves in the regulation of energy balance. "My focus is on short term food intake (meal termination) and glucose homeostatic mechanisms." In addition to research, Ph.D. students are also involved in education. In regard to this involvement, Esther states: "That is really fun to do. The interactions with students makes this work really lively and you have "rethink" some issues because students can have very strange, but also very good questions! After work I prefer an active life, to challenge my sympathetic system. Dancing, horse riding, running, cycling, swimming and hanging out with friends, making long walks in the forest, whatever. Or reading a good book and listening to good music. So much in life to entertain yourself and enjoy and, of course, sometimes a little bit of work after work!"

Finally, there is **Peter Wielinga (PW)**, a PhD student whose project investigates the potential mechanisms by which several food supplements may influence hunger and satiety. Part of his undergraduate research was performed at the Karolinska Institute in Stockholm with Per Södersten. Peter really appreciates the interaction with the undergraduates and the master students and always has at least two students who are working with him on small, 5 months projects. Peter is a very active tennis and squash player/trainer. So please bring your racket to Groningen in July and join the competition for the SSIB2003 tennis or squash trophy. Or get some lessons from Peter.

In closing, I would like to thank the scientists who took time from their research, teaching and families to submit to my questions with candor and good humor. Often, great communities are recognized only in retrospect. SSIB has traditionally been a closely-knit community of scientists who share not only scientific but also personal affinity. By paying tribute to collaborative groups, it is the goal of this series to increase awareness and appreciation for the synergy that SSIB was founded to promote.

Do you know of a collaborative group that could be "highlighted"? Please contact the editor, Claire Cannon [caesia@u.washington.edu](mailto:caesia@u.washington.edu).

### Corporate Sponsors 2003

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## AWARDS

These awards are described below, along with the 2002 recipients.

### NEW INVESTIGATOR TRAVEL AWARDS



**2002 New Investigator Awards** (listed alphabetically): Tanja C. M. Adam, Maastricht University, The Netherlands; Nicole M. Avena, Princeton University, USA; Anthony V. Azzara, Ph.D., WMC of Cornell University, USA; Jennifer Ann Barrett, University of California--Davis, USA; Lucy F. Hemsley-Faulconbridge, University of Pennsylvania, USA; Jennifer L. Lachey, University of Cincinnati, USA; Susanne Eva la Fleur, Ph.D., University of California--San Francisco, USA; Joo Young Lee, Ph.D., Yonsei University College of Medicine, South Korea; Manuela Lejeune, Maastricht University, The Netherlands; Yolanda Martins, Ph.D., Monell Chemical Senses Center, USA; Paula J. Regan, Queen Margaret University College, Scotland; April D. Strader, Ph.D., University of Wisconsin, USA; Nanette Stroebel, Georgia State University, USA; Andrew Thorpe, University of Minnesota, USA; Esther H. E. M. van de Wall, University of Gronigen, The Netherlands; Neeltje Vogels, Ph.D., Maastricht University, The Netherlands; Peter Ydo Wielinga, University of Gronigen, The Netherlands; Diana Leigh Williams, University of Pennsylvania, USA. *Photo by Ellen Ladenheim.*

This year's Annual Meeting will again showcase an impressive array of research by our students and post-docs. The Society's leadership has raised money to help defray the travel expenses of a record number of New Investigators - 24 in all. We also had a record number of applicants for these awards, forcing the Awards Committee to take on the unpleasant job of deciding among applicants who all seemed worthy to most of us. Our hope is that next year we have more applications and even more money to give them!

This year's winners, and their mentors, are:

**Elsa Addressi** (ISTC Rome, Elisabetta Visalberghi)  
**Claire Cannon** (U Washington-HHMI, Richard Palmiter)  
**Samantha Caton** (U Liverpool; Marion Hetherington)  
**Michael Chi** (Purdue, Terry Powley)  
**Young Kim Cho** (Penn State Med, Ralph Norgren)  
**Diane Day** (Georgia State, Tim Bartness)  
**Marleen De Groot** (Dalhousie U, Ben Rusak)  
**Deann Dixon** (FSU, Lisa Eckel)  
**Alicia Doerflinger** (Purdue, Susan Swithers)

**Deborah Drazen** (U Cincinnati, Randy Seeley)  
**Catherine Forestell** (Monell Ctr, Julie Mennella)  
**Elizabeth Garduno** (St. Lukes Hosp, NY, Joe Vasselli)  
**Suriyaphun Mungarndee** (Penn State Med, Ralph Norgren)  
**Mary Nguyen** (U Cincinnati, Randall Sakai)  
**Caroline Patten** (U Penn, Steve Fluharty)  
**James Peters** (WA State, Bob Ritter)  
**Heidi Rivera** (FSU, Lisa Eckel)  
**Nicole Sanders** (RW Johnson U Med, Barry Levin)  
**Derek Snyder** (Yale Med, Linda Bartoshuk)  
**April Strader** (U Cincinnati, Randy Seeley)  
**Gregory Sutton** (LSU-Pennington, Hans-Rudi Berthoud)  
**Kellie Tamashiro** (U Cincinnati, Randall Sakai)  
**Andrea Tracy** (Purdue, Terry Davidson)  
**Sandrine Wetzler** (Inst Natl Agronique Paris-Grignon, Christiane Larue-Achagiotis)

The 2003 Awards Committee included Nori Geary (Chair), Katherine Halmi, Maurizio Massi, Anthony Sclafani, and Stephen Woods. We congratulate all the applicants.

**The 2003 Epstein Research Award and the 2003 Distinguished Career Award will be presented at the annual meeting in Groningen, The Netherlands, this July. These awards are described below, along with their most recent recipients, Drs. Randall Sakai and Jim Smith.**

### EPSTEIN RESEARCH AWARD

In recognition of the generosity of the Epstein family, which has provided SSIB with a very generous endowment, the Early Career Award has been re-named the Alan N. Epstein Research Award. This award honors an individual for a specific discovery that has advanced the understanding of ingestive behavior, and members of SSIB who are less than 15 years beyond the granting of their highest degree are eligible.

The very first Alan N. Epstein Research Award (2002) was presented to Randall Sakai of the University of Cincinnati. Many of us have our own special memories of Alan Epstein, and it is particularly fitting that the first Epstein Research Award was awarded to Randall, since he was Alan Epstein's last doctoral student. Randall received his B.A. from the University of Washington, Seattle in 1982, then a Ph.D. from the University of Pennsylvania in 1988 with Alan Epstein as mentor. He then spent 3 years as a postdoctoral fellow in the Neuroendocrinology Lab at Rockefeller University with Bruce McEwen. Randall began his independent research career in the Dept. of Animal Biology at the U. of P, and in 1999, moved to the University of Cincinnati, where he is now Associate Professor in the Department of Psychiatry. Randall is being honored today with this award for his outstanding work on the neuroendocrine basis of sodium appetite, which we have all followed and learned immensely from. The title of his talk given at the receipt of this award was "The good, the bad, and the salty."



**Randall Sakai, 2002, Alan N. Epstein Research Award.** *Photo by Ellen Ladenheim.*



**James Smith, 2002 Distinguished Career Award recipient.** *Photo by Marianne Van Wagner.*

### DISTINGUISHED CAREER AWARD

The Johnson & Johnson Career Award for Ingestive Behavior honors an individual for his or her accomplishments in, and contributions to, the understanding of ingestive behavior. In 2002, this award was presented to a well known and highly regarded member of SSIB, Dr. Jim Smith of the Florida State University at Tallahassee.

Jim has taught us how to measure taste preferences and aversions in laboratory animals, and explored the effects of many external and internal factors on the development of preference-aversion behavior using new and innovative techniques, including most recently the effects of high energy magnetic fields. Jim earned a Bachelor's Degree from Auburn in 1950 and his Ph.D. at the Florida State University in 1959. He was an officer in the Air Force for 3 years before returning to FSU, where he became a Professor in 1967. Jim has won numerous distinguished teaching awards, and we know that Jim is an excellent teacher, not only of his subject material, but of his innovative techniques as well. Jim has stated that the thing he likes best about SSIB is the opportunity it provides him to mix with and collaborate with a great bunch of scientists, and we can say the same back to him. The title of his talk at the receipt of his award was "Mentors and colleagues - the evolving of science."

## New Investigators Forum

Susan Aja

During the past year, the NIF has continued to enhance new investigator involvement in SSIB. Last year, SSIB members passed an amendment to the By-Laws to establish an official New Investigator Representative to the SSIB Board. The Representative will be chosen by new investigators and will serve a term of two years, the first of which will be as a non-voting but otherwise full participant in Board proceedings, the second of which the person will be as a voting Board member. Elections will occur annually to preserve continuity of the office. In recognition of the numerous benefits of new investigator representation in SSIB government, the Board has agreed that the voting Representative shall receive some monetary compensation for travel, details to be revealed. Several excellent candidates have been nominated by their peers, and proceedings are underway for an electronic vote via the Ingestjr email list by May 15<sup>th</sup>. All new investigators are urged to ensure that their current email address is on Ingestjr.

In the past several years, career-oriented and social events hosted by the NIF have been a worthy contribution to the quality of the annual meeting. At this time, there are no plans for an NIF event. New investigator members of SSIB are strongly encouraged to plan a meeting or event for the annual meeting in Groningen this summer. Please contact Wolfgang Langhans ([wolfgang.langhans@inw.agrl.ethz.ch](mailto:wolfgang.langhans@inw.agrl.ethz.ch)), Program Chair, to petition for an official meeting event, or contact Anton Scheurink and Jan Strubbe ([ssib2003@biol.rug.nl](mailto:ssib2003@biol.rug.nl)), Local Organizers, for advice on venues for off-site social fun.

Check the NIF webpage at the SSIB website for updated information on these and other upcoming events.

The Long Range Planning Committee (LRPC) welcomes your suggestions and proposals for future meeting sites. We currently are considering a European venue for 2006. Please contact Linda Rinaman (LRPC Chair; [Rinaman@pitt.edu](mailto:Rinaman@pitt.edu)) if you would like to discuss a potential future meeting site. The annual meeting is our most important SSIB function, and being a local host is a wonderful way to support the Society!

### Future SSIB Annual Meeting Sites

2003 - Groningen, The Netherlands - July 15-19, 2003

2004 – Cincinnati, OH - July 20-24, 2004 (*tentative dates*)

2005 – Pittsburgh, PA - July 12-17, 2005

## SSIB Committees

The strength of an organization can be gauged by the activity of its committees, and SSIB is no exception. If you want to get involved, join a committee. One of the features of future issues of this newsletter will be periodic reports on committee activities. For those who may not realize it, the structure of SSIB committees is governed by its bylaws (<http://ssib.org/bylaws.htm>). Committees are appointed by the President, with the consent of the Board, annually, and appointments can be made for multiple years. The main committees of the Society and their functions are as follows:

**Nominating Committee** (Chair, Randall Sakai)– selects nominees for offices from among the membership. This committee ensures quality leadership of the Society and advises on election procedures.

**Program Committee** (Wolfgang Langhans to be replaced by Hans Rudi Berthoud, in July, 2003) – plans the overall structure and detailed scheduling of the annual meeting.

**Membership** (Suzanne Sunday, Secretary) – solicits new members, keeps track of members whose dues may be in arrears, encourages members to remain, and attempts to reclaim members who have left. The Central Office assists the membership committee by keeping accurate records.

**Finance Committee** (Allen Levine, Treasurer) – is responsible for the fiscal health of the Society. That includes preparing an annual budget, developing strategies for investments, and solicitation of donors.

**Long Range Planning Committee** (Linda Rinaman) is the Society's "think tank". Besides planning for meeting sites at least five years in advance, this committee periodically assesses the Society's long term goals and organizational structure and recommends to the Board actions to be taken.

**Archives Committee** (Ellen Ladenheim) keeps track of important documents and places annual programs, copies of newsletters, and mailings into the archive located at Columbia University Health Sciences Center.

If you're interested in joining a committee, please contact the President.

## Welcome to SSIBChat!

Our Central Office (Marianne Van Wagner), is pleased to announce SSIBChat, a new Listserv for the membership (separate from the INGEST list). While INGEST is routed through the Central Office and each message is personally forwarded by Marianne (to prevent the spread of computer viruses), subscribers to SSIBChat can post messages with no Central Office monitoring, i.e., virtually instantaneously. We are happy to report that Marianne has thus been un-shackled from her desk, while the membership can discuss ingestive behavior far into the night. You can subscribe immediately, and at the moment membership is limited to SSIB members. But wait, that's not all. If you join now, you can email SSIBChat's inaugural member, our president Joe Vasselli.

Critical points are,

- You must voluntarily subscribe (and of course you can voluntarily unsubscribe)
- Virus protection is not guaranteed (the only protection is what you have on your own computer - SSIB disclaims responsibility)
- When you hit Reply, you are replying to the entire list (if you want the individual only, you must specifically address him/her)

### SUBSCRIBE/UNSUBSCRIBE INSTRUCTIONS:

**To subscribe to the list:**

Send an email TO: [imailsrv@ssib.org](mailto:imailsrv@ssib.org)  
 Subject: leave blank  
 With the message in the body of the email:  
 Subscribe SSIBChat youremailaddress

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 Subject: leave blank  
 With the message in the body of the email:  
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Drawing provided by scientific illustrator (and orchardist), Dan McConnell, [appleandy@msn.com](mailto:appleandy@msn.com).

<b>2002-2003</b>	
<b>OFFICERS</b>	
<b>President</b> .....	Joseph R. Vasselli, Ph.D.
<b>President-Elect</b> .....	Nori Geary, Ph.D.
<b>Past-President</b> .....	Ralph Norgren, Ph.D.
<b>Secretary</b> .....	Suzanne Sunday, Ph.D.
<b>Treasurer</b> .....	Allen S. Levine, Ph.D.
<b>Executive Officer</b> .....	Harry Kissileff, Ph.D.
<b>BOARD</b>	
Karen Ackroff, Ph.D. ....	Brooklyn College
Linda Bartoshuk, Ph.D. ....	Yale University School of Medicine
Patricia Sue Grigson, Ph.D. ....	Penn State University
Barry Levin, M.D. ....	NJ Medical School
Linda Rinaman, Ph.D. ....	University of Pittsburgh
Sue Ritter, Ph.D. ....	Washington State University
Gary Schwartz, Ph.D. ....	Weill Cornell Medical College
Jan Strubbe, Ph.D. ....	University of Groningen

## Meetings

**DIGESTIVE HORMONES, APPETITE AND ENERGY BALANCE** To be held in the Wolfson Conference Centre, Hammersmith Campus on June 30th - July 1st 2003.

Our programme includes symposia and new research with contributions from a number of international authorities in this field. For more details see our website [www.obesity.med.imperial.ac.uk](http://www.obesity.med.imperial.ac.uk) or contact Rachel Boning +44 (0) 208 383 3242 or [r.boning@imperial.ac.uk](mailto:r.boning@imperial.ac.uk). Closing date for submission of abstracts is 30th April 2003.

**BRITISH FEEDING AND DRINKING GROUP ANNUAL MEETING**, University of Liverpool, UK, May 1-2, 2003.

This year The University of Liverpool will be hosting the Annual British Feeding and Drinking Group Meeting at the start of May (Organized by Professor Marrison Hetherington, Dr Jason Halford and Professor Steve Cooper). The conference will open officially on the evening of Wednesday 30<sup>th</sup> of April with the free 'Penny Lane Reception' at the Derby and Rathbone Conference Centre (the location for the entire event). The Thursday morning programme (a 10 am start) will commence with presentations on the effects of caffeine, nicotine, and alcohol on food intake, mood and eating behaviour. There will also a number of presentations on atypical anti-psychotic induced weight gain. Thursday morning will also include an extensive poster session, which will continue through the buffet lunch. In the afternoon the first of two special symposia will commence. The first symposia, entitled '*Appetite regulation: Psychopharmacological approaches to obesity treatment from lab bench to clinic*' will be chaired by Dr Jon Pinkney. The three key speakers are Prof Jon Arch '*Discovery and development of anti-obesity drugs that regulate appetite*', Dr Jo Harold '*Hypothalamic pathways and energy homeostasis*' and Dr John Wilding '*Obesity Pharmacotherapy – Present and future*'. Dr Jason Halford will chair the second symposia entitled '*New perspectives on the role of restraint in eating behaviour*'. The three key speakers will be Michael Lowe '*Restrained eating: cause or consequence of problems with eating and weight regulation*', Dr Paul Lattimore (co-organiser) '*Cognitive factors in dietary relapse*' and Dr Mike Green '*Eating variability and weight control*'. At 8pm, following the BDFG business meeting, the annual Banquet will be held. The Friday morning programme (starting at 9 am) will include presentations on nutrition, macronutrients and eating behaviour. There will also be a number of presentations on dieting, restraint and disinhibition. The conference will close with an invited talk given by Dr Harry Kissileff. For further details and/or booking information please consult the new British Feeding and Drinking Group web site <http://www.bfdg.bham.ac.uk/> (links from SSIB and NAASO sites). Direct contact with the conference organisers regarding either booking or commercial sponsorship can be made by contacting Mrs Yulia Willis, the conference administrator (Phone: 0044 151 794 1125, Fax: 0044 151 794 2945, Email: [ywillis@liverpool.ac.uk](mailto:ywillis@liverpool.ac.uk) )

**11<sup>TH</sup> FOOD CHOICE CONFERENCE**, 26-28 July 2003, Philadelphia PA.

Hosted by the Society for Nutrition Education, details of program, registration and accommodation under Annual Conference on <http://www.sne.org>.

Saturday 26th July: Food Choice Research Day - volunteer talks and posters: abstracts and early registration fee deadline 30 April.

Sunday-Monday 27-28 July: Food Choice: why we eat what we eat – invited symposia and open poster sessions at the SNE Annual Conference.

**APPETITE: AUTHORS & EDITORS MEETING**, Friday, 25 July 2003, Philadelphia, PA.

Authors of research papers interested in the journal *Appetite: Research on Eating and Drinking* are welcome to attend an informal afternoon session of the meeting of the three panels of Editors on Friday, 25 July 2003, at the Hospital of the University of Pennsylvania, courtesy of Dr. A J Stunkard.

An hour or so from 2pm will be reserved for items of particular interest to the wider community and for items of business raised by those who attend that part of the meeting. To permit contingency arrangements and to obtain details of the meeting room, please notify the coordinating editor by email before 18 July if there is a possibility that you will drop in: [D.A.Booth@Bham.ac.UK](mailto:D.A.Booth@Bham.ac.UK).

**The Columbia University Seminar on Appetitive Behavior**

Scheduled Speakers for the Remainder  
of the Academic Year 2002-2003

All meetings are on Thursday evenings at 7:30 PM  
in the Faculty House

(Revised August 30, 2002)

May 8, 2003 Michel Cabanac, Université Laval, Quebec:  
"Pleasure of Taste and Phylogeny."

June 12, 2003 Linda Rinaman, University of Pittsburgh:  
"Postnatal Maturation of Brainstem-Hypothalamic Feeding  
Circuits."

For further information contact:

Dr. Harry R. Kissileff, Seminar Chairman  
or Janet L. Guss, Seminar Rapporteur  
St. Luke's/Roosevelt Hospital

[JLL20@columbia.edu](mailto:JLL20@columbia.edu)

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Sponsored in part by Merck Research, GlaxoSmithKline and  
the New York Obesity Research Center, St. Luke's/Roosevelt  
Hospital Center.

**New to the SSIB Website**

by Karen Ackroff

The Society has had a Web page for years, begun by Gary Schwartz in 1998 and now managed by Marianne Van Wagner in the SSIB Central Office. An important function of the site is provision of information and registration materials for annual meetings. The utility of [ssib.org](http://ssib.org) does not end with meeting information, however. Many kinds of information are available in its pages, including contact data for the officers and board members, lists of committees, corporate sponsors, back issues of the newsletter, an employment bulletin and a directory of members. SSIB would like to expand the usefulness of the site for members. One addition will be a bulletin board page, "News and Notes", on which members may post notices about events of potential interest to SSIB members. Examples might include regional seminars and retirement dinners; the idea is to supplement, not replace, the INGEST listserv. Ideas for other uses for the site are welcome. Karen Ackroff will serve as webmaster, overseeing the content of the web site, while Marianne continues to provide the technical expertise that keeps the site up and running. Karen will collect and update the essential information, and forward it to the Central Office. She'll try to ensure that information stays current, and will work with Claire Cannon to provide good coverage of SSIB news. When you have information that you would like to see posted at [www.ssib.org](http://www.ssib.org), contact Karen Ackroff. The most efficient method is e-mail: [kackroff@gc.cuny.edu](mailto:kackroff@gc.cuny.edu). If e-mail is not feasible, material can be sent to Dr. Karen Ackroff, Department of Psychology, Brooklyn College, Brooklyn NY 11210 USA.



A charming moment on the path to the meeting rooms during the 2002 Santa Cruz meeting. Harry Kissileff poses, providing a great perspective on the giant redwoods. *Photo by Martin Yeomans.*

*Newsletter design and layout by Marianne Van Wagner, SSIB Central Office. This newsletter is also available online, in color, at <http://www.ssib.org/spring03newsltr.pdf>.*

## Career Opportunities

### POSTDOCTORAL POSITIONS IN DRUG ABUSE-RELATED RESEARCH AT NEW YORK UNIVERSITY SCHOOL OF MEDICINE

1. To study the dopamine/glutamate interactions in the striatum, VTA, and substantia nigra using voltammetric and imaging techniques. Experience with electrophysiological or imaging techniques preferred. Send CV and names of three references to: Dr. Margaret E. Rice, Department of Physiology, [margaret.rice@nyu.edu](mailto:margaret.rice@nyu.edu).
2. To study changes in dopamine receptor signaling as a consequence of endocrine and dietary manipulations with emphasis on drug abuse-related implications. Background in biochemistry or experience with immunocytochemistry and *in situ* hybridization preferred. Send CV and names of three references to: Dr. Kenneth D. Carr, Departments of Psychiatry and Pharmacology, [kc16@nyu.edu](mailto:kc16@nyu.edu).
3. To study the biochemistry and molecular biology of the endogenous opioid system with special emphasis on signal transduction and trafficking of opioid receptors and on their interactions with other proteins. Some experience in molecular techniques, such as site-directed mutagenesis and cloning, and biochemical manipulations, such as binding and gel electrophoresis is preferred. Send CV and the names of three references to Dr. Eric J. Simon, Departments of Psychiatry and Pharmacology, [eric.simon@nyu.edu](mailto:eric.simon@nyu.edu)

*Applicants must be U.S. citizen or permanent resident. Equal Opportunity Employer.*

### POST-DOCTORAL AND PRE-DOCTORAL FELLOWSHIPS AT THE MONELL CHEMICAL SENSES CENTER

Monell Chemical Senses Center is seeking individuals with an interest in the interdisciplinary research in taste, olfaction, ingestive behavior, nutrition, alcohol consumption, neurobiology and genetics, to participate in highly collaborative research programs at Monell. Applicants with interest in chemical senses are encouraged to apply, but no previous formal training in the chemical senses is required. The Center is affiliated with the University of Pennsylvania, with access to its the state-of-the-art core facilities. The Center is located within the Science Center adjacent to the University of Pennsylvania campus, close to downtown and historical Philadelphia and within a rich intellectual and cultural environment. Some positions are supported by an NIH training grant, which requires US citizenship or permanent resident status. Other positions do not impose these restrictions. Further information can be found at <http://www.monell.org>. Requests can be directed to: Dr. Charles J. Wysocki ([training@monell.org](mailto:training@monell.org)).

### POSTDOCTORAL ASSOCIATE AT THE UNIVERSITY OF FLORIDA

A position for a postdoctoral associate in my laboratory in the Department of Psychology at the University of Florida is available. The individual will participate in an NIH-funded project aimed at assessing the functional consequences of nerve regeneration and cross-regeneration in the rodent gustatory system through the use of animal psychophysical procedures. The position should provide a unique opportunity to gain experience in the most recent advances in behavioral methodologies used to assess sensory function and should appeal to neuroscientists interested in the behavioral manifestation of neuroplasticity. Funding is available immediately although starting date is flexible. The University of Florida has a very active neuroscience community as well as a Center for Smell and Taste, and is situated in a very pleasant location. If interested, contact: Dr. Alan C. Spector, Department of Psychology, PO Box 112250, University of Florida, Gainesville, FL, 32611. For more information call 352-392-0601 x288, or email: [spector@ufl.edu](mailto:spector@ufl.edu).

## Staying in touch...

#### **General inquiries and suggestions:**

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Obesity Center – Babcock 10  
St. Luke's –Roosevelt Hospital  
1111 Amsterdam Ave.  
New York, NY 10025  
Email: [JRV1@columbia.edu](mailto:JRV1@columbia.edu)

#### **Dues, directory updates, & membership applications:**

Marianne Van Wagner, Executive Coordinator  
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8181 Tezel Road, #10269  
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Fax: 210-682-4195  
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**SSIB Website:** <http://www.ssib.org/>