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## TODAY - May 24, 2013

Loma Linda University Health

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## Commencement 2013 speakers announced

By Larry Kidder

The shade structures are installed on the south campus mall—a sure sign that graduation ceremonies for Loma Linda University's eight schools are here. Close to 1,500 graduates are preparing for their march into history as the class of 2013.

Baccalaureate services will take place during the first and second church services at the LLU Church of Seventh-day Adventists on two Saturdays, May 25 and June 15. Commencement ceremonies will follow on May 26 and June 16.

The first round of commencements, on May 26, will feature the School of Medicine, School of Pharmacy, and School of Dentistry, and will take place on the south campus mall facing the Coleman and Chan Shun Pavilions, and between the LLU Church and Prince Hall.

A second round of ceremonies will take place on June 16 in LLU Drayson Center, the campus wellness and recreational facility. The School of Behavioral Health and School of Religion ceremony will be followed by School of Nursing, School of Public Health, and School of Allied Health Professions commencements.

Jeffrey D. Cao, MD, director of the LLU School of Medicine's pathology teaching program, will lead off the 2013 commence-

ment season, speaking to the School of Medicine class of 2013. Dr. Cao also serves as medical director for the microbiology sections of the laboratories at Loma Linda University Heart & Surgical Hospital, Highland Springs clinics, and LLU Medical Center. He is a favorite teacher for many medical school graduates and received the Walter E. Macpherson Society Teacher of the Year Award, as well as multiple Outstanding Teacher Awards.

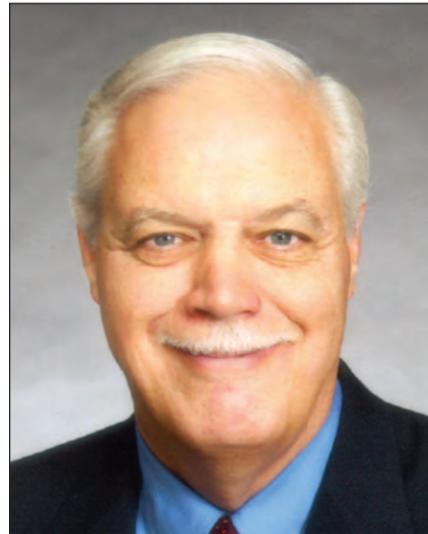
Randy Roberts, DMin, MDiv, MA, senior pastor of the LLU Church, will speak to graduates of the School of Pharmacy. Prior to his current post, Dr. Roberts served LLU Medical Center as a chaplain as well as an associate dean and professor in the School of Religion, then pastored the Corona Seventh-day Adventist Church.

George A. Zarb, DDS, MS, emeritus professor with the Faculty of Dentistry, University of Ontario, Canada. Recently retired from a 40-year academic career, Dr. Zarb served as professor and head of prosthodontics at the University of Toronto. He currently holds the post of editor-in-chief of the *International Journal of Prosthodontics*.

Keris Jän Myrick, PhD, MBA, MS, who currently serves as president of the National Alliance on Mental Illness (NAMI) board of directors, will address graduates of the School of Behavioral Health and School of Religion. Dr. Myrick also leads the Project Return Peer Support Network (PRPSN) as executive director. This Los Angeles-based countrywide network organizes peer support groups and services operated by and for mental health clients.

School of Nursing graduates will hear Elizabeth Johnston Taylor, PhD, MSN, associate professor of nursing, during their commencement ceremony. As a published author, researcher, and educator, Dr. Taylor emphasizes the roles of religion, prayer, and spiritual nurture in the recovery process from cancer and other physical and mental health challenges.

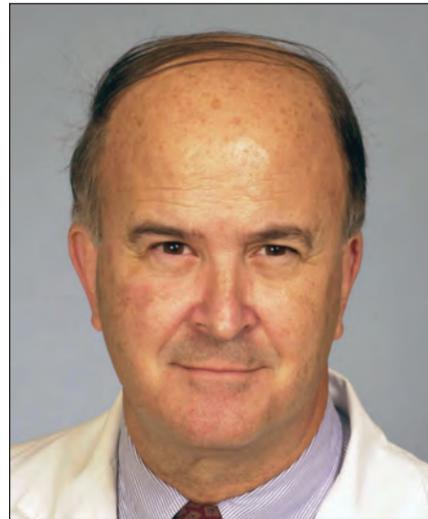
Ian Lapp, PhD, MA, associate dean for strategic educational initiatives and faculty member, School of Public Health, Harvard University, will speak to graduates of



Jeffrey D. Cao, MD



Randy Roberts, DMin, MDiv, MA



George A. Zarb, DDS, MS



Keris Jän Myrick, PhD, MBA, MA

the School of Public Health. His initiatives have included "Roadmap to 2013," an educational strategy and implementation process that, it is believed, will define the future of public health higher education, as well as guide the next century of public health at Harvard School of Public Health.

Richard L. Neil, MD, MPH, will address

School of Allied Health Professions graduates during their commencement ceremony. An alumnus and former member of the faculty at Loma Linda University, Dr. Neil has presented seminars to corporate, community, and government organizations in the areas of stress, nutrition, human resources, and health promotion.

## First 5 Riverside grants \$7.5 million to School of Dentistry

By James Ponder

First 5 Riverside, a service of Riverside County Children and Families Commission, recently awarded two grants to Loma Linda University School of Dentistry worth a total of \$7.5 million to expand access to dental care for children ages 1 to 5.

The first grant, a \$3 million allocation, was awarded to meet the needs of approximately 840 Riverside County children with special health care needs each year for the four-year duration of the grant. Of that number, an estimated 750 are expected to receive follow-up dental treatment each year. The school's Early Childhood Special Care Dental Program will deliver the services stipulated in the grant.

The second grant, in the amount of \$4.5 million, was awarded to expand access to dental care to underserved children. A total of approximately 5,500 children will be screened for dental health issues each year, and approximately 700 of those children

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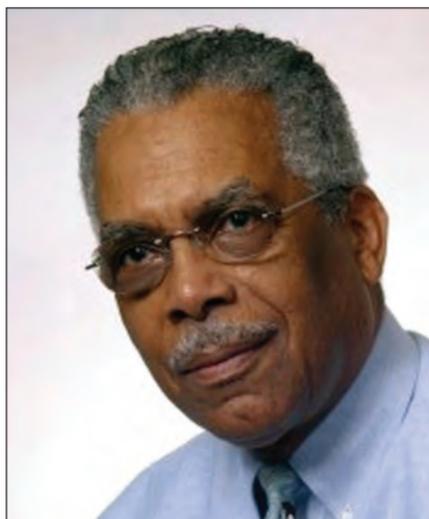
Carla Lidner Baum, DDS, MS, director of the Early Childhood Special Care Dental Program at Loma Linda University School of Dentistry, says a \$4.5 million grant from First 5 Riverside will provide dental health screenings and treatments for children throughout Riverside County.



Elizabeth Johnston Taylor, PhD, MSN



Ian Lapp, PhD, MA



Richard L. Neil, MD, MPH

## Leading scholars present symposium at LLU: Entrusted—Christians and Environmental Care

By Nancy Yuen

Students and guests arriving at the Loma Linda University Centennial Complex to attend the “Entrusted: Christians and environmental care” symposium paused to meet and take pictures of Zorro, a sleek black leopard. Zorro wasn’t the only special guest that morning and news that wild creatures were visiting Loma Linda University spread quickly across the campus and into the community.

On Friday, April 26, students took time away from their studies to see the animals. They took turns holding a brightly colored Amazon parrot while friends and classmates captured their enchantment on camera. On Friday and Saturday, hundreds of students, staff and members of the community listened to a parrot enthusiastically sing “Amazing Grace.” Parents brought their young children, who asked questions about a fluffy white baby barn owl rescued after it had fallen from a nest and baby opossums being fed by a handler.

Just past the opossums, an Egyptian cobra peered out of its glass enclosure, exploring every corner as it took in its new surroundings, while a stunning green mamba coiled on a branch nearby. A popular display consisted of samples of medications and anti-venom made possible because of research done with venomous reptiles, illustrating the value of biodiversity and bioprospecting to human health. A poster presentation that summarized a number of these medications was popular with School of Pharmacy students and faculty.

These amazing creatures provided a perfect introduction to the two-day “Entrusted” symposium, sponsored by the LLU department of earth and biological sciences and the LLU Center for Biodiversity and Conservation Studies.

To answer the question “Why a symposium?” event organizers posted this explanation. “In the beginning, God created the heavens and the earth. When finished, God saw all that He had made, and declared that ‘it was very good.’ He then tasked humans—the crown jewel of His creation—to care for all that He had made.”

“Our department,” says William K. Hayes, PhD, professor of biology, “has a long history of contributions to the relationship between faith and science. In addition to serving as the concluding portion of our department’s weeklong anniversary celebration, the symposium represented the second and more recent thrust of our department: environmental care and biodiversity conservation.

“Through faculty and student research projects on endangered species in several biodiversity hotspots,” he emphasizes, “and our advocacy through public presentations

involving live animals, we are trying to get the message across that we need to be proactive in caring for the planet. We need to value all of the creation—not just the parts that benefit humans. Wholeness encompasses more than just mind, body, and spirit; it also includes the environment. Healthy humans need healthy environments.”

Recent studies suggest that Christians and those of other faith groups are less interested in environmental and conservation issues than the public at large. “One of our main goals in hosting the symposium,” says Dr. Hayes, “was to stimulate discussion on how Christians can become more involved with environmental stewardship.”

Much thought went into planning the symposium. “In order to draw a wider audience, we felt it was appropriate to bring in external speakers,” says Dr. Hayes. “We wanted a terrific treatise of what the Bible has to say about creation care, and no one is better suited for that than Jo Ann Davidson at Andrews University. We knew of a geologist in Colorado, Steven Smith, who gives an outstanding lecture on mineral and resource use, which is a far more fascinating story than many people might believe. We had recently learned of Marianne Thieme, the charismatic parliamentary leader of the Party for the Animals of Netherlands. Ms. Thieme converted to the Seventh-day Adventist faith after learning about our position on vegetarianism and concerns regarding humane care of animals.”

The Sabbath afternoon programs were available at no charge, and the Entrusted symposium concluded with a family vespers program, “Wild Minds: Animals that Think,” featuring live exotic animals.

“We had decided in advance the theme for the Saturday evening vespers program,” says Dr. Hayes. “I knew a leading authority on animal cognition and emotions, Gordon Burghardt, of University of Tennessee, and he tied together the theme for the symposium with the theme for the vespers program—if we gain a clearer understanding of the cognitive and emotional capacities of the fellow citizens of our planet, we should be motivated to take better care of them. When I taught at Southern Adventist University, Dr. Burghardt graciously spoke there on several occasions and is deeply respectful of our religious viewpoints.”

The theologians, teachers, researchers, students, Christians, and concerned citizens who attended left the seminar with a better understanding of the complex issues of environmental care.

Following are the California individuals and organizations that participated, bringing animals to the event:

- Erick Briggs/Natural Solutions (Yucca Valley): monitor lizard

- Forever Wild Exotic Animal Sanctuary (Phelan): black leopard and bobcat
- Janet Chaney (San Bernardino): opossums
- Jungle Exotics (San Bernardino): gray wolf

- Lindsey Foggett (Forest Falls): wildlife art
- LLU Center for Biodiversity and Conservation Studies: snakes, spiders, scorpions
- Magnolia Bird Farm (Riverside): parrots
- Steve Martin’s Working Wildlife (Frazier Park): capuchin monkey
- Wildlife Rescue of San Bernardino (San Bernardino): owls



Loma Linda University students take turns being photographed with an Amazon parrot. The colorful parrot was present as part of the Entrusted—Christians and Environmental Care symposium that was sponsored by the LLU department of earth and biological sciences and the LLU Center for Biodiversity and Conservation Studies.

## First 5 Riverside grants \$7.5 million to School of Dentistry ...

*Continued from page 1*  
will likely receive treatment for problems discovered during the screenings.

According to Harry Freedman, executive director of First 5 Riverside, dental health screening in the earliest years of life is a good way to ensure solid dental health habits for a lifetime.

“Oral health is a critical aspect of children’s overall health,” Mr. Freedman noted. “Oral health concerns are a primary reason for children’s absence from preschool or kindergarten, and obviously, children in pain are not prepared to learn. We are pleased to partner with Loma Linda University to provide this much-needed service.”

In speaking of the first grant, Carla Lidner Baum, DDS, MS, associate professor and director of the Early Childhood Special Care Dental Program at Loma Linda University School of Dentistry, says the grant supports the university’s goal of serving the underserved.

She notes that in addition to screening, the grants allow the school to offer case management services, oral health education for parents and caregivers, transportation, and financial assistance. She adds that the grant allows the school to offer dental services to both insured and uninsured children.

“Because these children face special health care needs,” Dr. Lidner Baum added, “the parents often face additional challenges. We serve children with dental insurance who may require assistance bridging the gap between the amount of insurance reimbursement and the actual cost of treatment.”

Dr. Lidner Baum similarly has high praise for the second grant. “It’s a huge thing for us to be able to provide these services to children in Riverside County. Primarily, we want to make sure that children do not suffer from pain and infection from decayed teeth, but we also try everything possible to avoid having to extract the decayed teeth. We want to restore and maintain the child’s baby teeth, if at all possible, because if a child loses a primary tooth too early because of decay and extraction, it often happens that the permanent teeth will grow into all the wrong positions in the mount, and the child will have crooked and misplaced teeth for life.”

She says the grant will allow dental health professionals to conduct screenings and perform triage. The program works with local schools, Head Start programs, and childcare centers to screen the children. The most urgent cases are referred to the Loma Linda University School of Dentistry Clinic, while other cases are treated at dental offices throughout the county.

First 5 Riverside is a division of Riverside County Department of Public Social Services. Funded by Proposition 10 tobacco tax revenues, it supports health and early childhood education services designed to help children, prenatal through age 5, develop a strong foundation for success in school and throughout their lives.

“We are blessed to have these funds to serve children,” Dr. Lidner Baum observes.



Two-year-old Vivian Olguin of Coachella Valley recently visited the pediatric clinic at Loma Linda University School of Dentistry for a check-up after receiving inpatient dental treatment with assistance from the school’s Early Childhood Special Care Dental Program. Funding for the program comes from a \$3 million grant from First 5 Riverside to make dental care available to children with special care health needs. The school also recently received a \$4.5 million grant from First 5.



Marianne Thieme of the Party for the Animals, Netherlands, answers questions about her seminar: “Advocating for animals: political action and the global consequences of intensive livestock farming,” as Ronald Carter, PhD, provost, Loma Linda University, serves as moderator.

## Second annual The Old Spaghetti Factory Tip-a-Firefighter event raises funds for LLU Children's Hospital

By James Ponder

Firefighters from Colton, Loma Linda, and Redlands raised \$6,682 for Inland Empire children at the second annual The Old Spaghetti Factory Tip-a-Firefighter fundraiser, which was held to benefit Loma Linda University Children's Hospital during both lunch and dinner on Tuesday, April 8, at The Old Spaghetti Factory in Redlands.

Augmenting the restaurant's wait staff, the men in blue served spaghetti, ravioli, and other Italian delicacies to diners who rewarded them with tips and donations for LLU Children's Hospital.

Firefighter Michael Williams of the Colton Fire Department had a personal reason for wanting to give back to the hospital that saved the life of his 2-year-old son, Benjamin, 13 years ago.

"My son was very sick," Mr. Williams

recalls, "and we didn't know what was wrong with him."

George Yanni, MD, a pediatric gastroenterologist at LLU Children's Hospital, diagnosed Benjamin with celiac sprue, an immune disorder of the small intestine associated with gluten sensitivity.

"Thanks to Dr. George Yanni and the whole team at Loma Linda University Children's Hospital," Mr. Williams said, "my son's life was spared."

Today, Benjamin is 15, and his father says he's healthy so long as he avoids gluten. Ironically, The Old Spaghetti Factory boasts a gluten-free menu, which allows gluten-intolerant diners to enjoy their favorite salads, pasta, entrees, and other favorites minus the irritant.

As the second annual The Old Spaghetti Factory Tip-a-Firefighter event concluded, Zareh Sarrafian, MBA, chief operating officer at Loma Linda University Medical

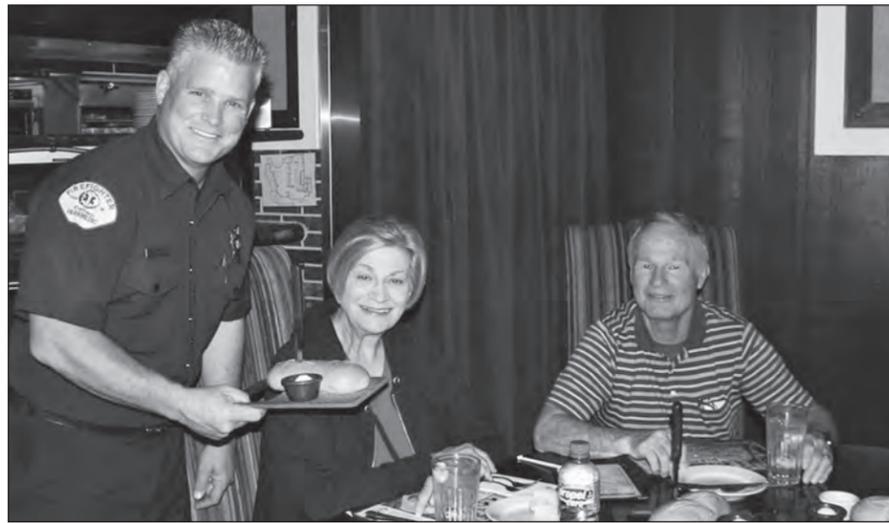


Inland Empire firefighters recently partnered with The Old Spaghetti Factory to raise money for Inland Empire children. (From left): David Rocha and Bill Conway, Redlands Fire Department; Tiffany Hoekstra, LLUCH Foundation; Kelwyn Wild, Redlands Fire Department; Tara Thomas, The Old Spaghetti Factory; Jill Payne, LLUCH Foundation; and Michael Williams, David Silva, and Tom Debellis of the Colton Fire Department.

Center and administrator of LLU Children's Hospital, expressed his gratitude to the firefighters, community members, and restaurant management and staffers.

"This was a great way to get the commu-

nity involved," Mr. Sarrafian noted. "We are extremely grateful for the continued support from our local fire departments and to The Old Spaghetti Factory for hosting this wonderful event."



Forrest Munden of the Redlands Fire Department assists Carol and Denny Hoekstra of East Highland at the second annual The Old Spaghetti Factory Tip-a-Firefighter event, which was held April 8 to raise funds for Loma Linda University Children's Hospital.

## MBA team reveals health care knowledge during competition at Cal State



MBA students (from left) Edwin Hernandez, Chintan Somaiya, Natalie Eloskof, Travis Young, and faculty advisor Brian Weed, MA, competed on Friday, April 26, 2013, at California State University, San Bernardino, in the Health Care Executives of Southern California's annual College Bowl. The team presented a strategy for improving operations at St. Rose Hospital in the Bay Area city of Hayward, California. The Loma Linda University team's focus was on reducing the hospital's mounting debt that exceeds \$75 million dollars, improving operations and HCAHPS scores, creating a favorable payer mix, and providing accessible services to the community via a transformed outpatient clinic. The LLU team competed against MBA and MHA students from University of California, Los Angeles; University of Southern California; California State University, Northridge; California State University, Long Beach; California State University, San Bernardino; and California State University, Los Angeles. In 2014, the event will be held on the campus of California State University, Northridge. *By Brian Weed*

## Researchers from LLU and UCLA study ethnicity and mental health treatment

By James Ponder

In its January 2013 edition, the *Journal of Behavioral Health Services & Research* reported the findings of a study conducted by three Loma Linda University researchers and a colleague from the University of California, Los Angeles (UCLA), which concluded that Asian and Latino parents respond differently to emotional or mental health problems they identify in their children compared to their Black or White peers.

Titled "Race/ethnicity, parent-identified emotional difficulties, and mental health visits among California children," the study evaluated data gathered in 2005, 2007, and 2009 by the California Health Interview Survey (CHIS).

According to Jim E. Banta, PhD, MPH, assistant professor of health administration at LLU School of Public Health and principal investigator for the study, CHIS surveyors obtain approximately 60,000 to 70,000 completed telephone surveys every two years from adults, teenagers, and parents of children. The survey is

conducted by UCLA.

Besides Dr. Banta, other investigators on the team included Sigrid James, PhD, MSW, professor of social work and social ecology at LLU School of Behavioral Health; Mark G. Haviland, PhD, professor of psychiatry and nursing at LLU Schools of Medicine and Nursing; and Ronald M. Andersen, PhD, Wasserman professor emeritus in health services and sociology at UCLA.

"We evaluated 17,000 adult survey responses for children aged 5 to 11," Dr. Banta notes. "With the numbers from the CHIS sample, you can look at race, education, income, immigration, and insurance as it relates to health. Most surveys take about 15 minutes to complete and ask many questions related to health practices."

Dr. Banta and his colleagues evaluated two specific questions they felt had not been significantly explored by previous studies.

"We looked," he informs, "at responses to the questions, 'Does your child have emotional or behavioral problems?' and 'Has your child received any sort of mental health care in the past year?'"

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A trio of LLU researchers and a UCLA colleague published the findings of their study on ethnicity and mental health treatment in the January 2013 edition of the *Journal of Behavioral Health Services & Research*. (From left): Mark G. Haviland, PhD; Sigrid James, PhD, MSW; and Jim E. Banta, PhD. (Not pictured): Ronald M. Andersen, PhD, of UCLA.

## First pediatric surgery fellow completes program at LLU Children's Hospital

By James Ponder

The first pediatric surgery fellow in the history of Loma Linda University Children's Hospital recently sat down to reflect on the education she received during her two-year program, and talk about future plans.

"I chose Loma Linda out of all the pediatric surgery fellowship programs in the United States and Canada because it offers academic medicine in the context of small-town America," notes Shannon Longshore, MD.

"What I like best about the program at Loma Linda," she adds, "is the exposure to such a wide variety of cases. Since the hospital serves the largest service area and population west of the Mississippi, I had the opportunity to work on a wide variety of cases—especially little baby neonates. Our neonatal intensive care unit has such a high volume of patients that we see some of the most complicated cases."

At LLU Children's Hospital, Dr. Longshore honed her skills under the tutelage of Donald Moores, MD, chief of pediatric

surgery; Gerald Gollin, MD, director of the pediatric surgery fellowship; and pediatric surgeons Edward Tagge, MD, and Joanne Baerg, MD.

"The four of them all trained at different places," she notes, "so I learned different ways and modes of treatment."

Dr. Gollin says it isn't easy to get accepted into a pediatric surgery fellowship, noting that candidates must complete a five-year residency in general surgery before applying.

"Because admission into the program is so competitive," Dr. Gollin notes, "most candidates take time out during their residency for two or more years of research. As few as 50 percent of these highly qualified candidates who apply will match into a pediatric surgery fellowship."

He notes that Loma Linda University Children's Hospital received approval to offer the fellowship three years ago.

"Dr. Longshore is our first fellow," Dr. Gollin says. "She did a tremendous job in blazing the trail for those who will follow. Pediatric surgeons interact with a wider scope of practitioners than anyone else in a

## Apprenticeship Bridge to College event draws future students to LLU

By James Ponder

A select group of Inland Empire high school students, parents, and high school officials attended an Apprenticeship Bridge to College (ABC) invitational program April 1. The program is an information and educational session designed to evaluate students interested in applying to become summer research interns at Loma Linda University.

In the ABC summer research program, students participate in a biomedical research project under the tutelage of a faculty mentor, engage in selected skill-building workshops, and are introduced to the study of health disparities and diseases.

At the meeting, the audience listened to a keynote presentation by Roger Hadley, MD, dean of LLU School of Medicine, about the importance of biomedical research in the practice of medicine.

Marino A. De Leon, PhD, director of the LLU Center for Health Disparities and

Molecular Medicine, noted that all ABC program alumni from previous sessions have enrolled in and are on track to complete college, and 67 percent of them have already graduated with a degree in science, technology, engineering, or mathematics.

"The ABC program is an established pipeline to doctoral programs at Loma Linda University and its School of Medicine," Dr. De Leon observed. "We are very proud of the fact that 61 percent of ABC participants who enroll in doctoral programs at Loma Linda University currently matriculate."

Dr. De Leon notes that the objective of the ABC program is to increase diversity in the biomedical workforce, and increase the number of physicians and physician-scientists committed to working in underserved communities of the Inland Empire.

The program is funded by a grant from the National Institutes of Health, which announced last year that support for the program has been extended an additional five years.



Shannon Longshore, MD, the first pediatric surgery fellow in the history of Loma Linda University Children's Hospital, relaxes in her office. Dr. Longshore will transfer to East Carolina University this summer. Her second child, a boy, is due this June.

children's hospital. Dr. Longshore solidified crucial relationships with other services that will be critical as our training program moves forward. Fellows usually don't have this kind of responsibility placed on them, but Dr. Longshore took it on with enthusiasm.

"Her care for our patients and their families has been spectacular," he continues. "She will be an outstanding pediatric surgeon when she begins her practice at East Carolina University. We look forward to our next fellow, Erin Perrone, MD, who will start in July, and will miss Dr. Longshore."

After graduating with a doctor of medicine degree from the University of Tennessee Health Science Center, in Memphis, Dr. Longshore transferred to the University of California, Davis, for a general surgery residency. In the middle of that program, she moved to Missouri for two years of research at Washington University in St. Louis. After completing the residency, she returned to California to begin the fellowship at Loma Linda in 2011.

The combination of academic medical environment and small-town values that

drew Dr. Longshore to Loma Linda also factored prominently in her selection of a place to settle down, build a career, and raise her family.

"I interviewed at five different places," she reports, "and will be going to East Carolina University in Greenville, North Carolina, for a position as attending physician and assistant professor in the department of pediatric surgery. The hospital there serves the entire east coast of the Carolinas."

Dr. Longshore says the innocence of children and the desire to improve their lives drew her to a career in pediatric surgery.

"Most of these kids are born with something that's easy to fix," she explains. "It makes me want to do my job to the best of my ability so they can move on with their lives. Their ability to heal is quite inspiring."

As if completing her fellowship and moving across the country weren't enough to keep her busy this summer, Dr. Longshore says she, her husband, and daughter look forward to another big event in June.

"We have a little boy on the way," she shares.

## Researchers from LLU and UCLA study ethnicity and mental health treatment ...

Continued from page 3

The team organized respondents into five groups: Asian, Black, Latino, White, and 'everybody else,' and categorized individual responses according to whether parents reported their children had no problem, a mild problem, or a definite or severe problem. They used a statistical method called ordinal logistic regression to evaluate the data.

Dr. Banta and his team examined a number of factors including whether respondents attended college or high school, were born in the U.S. or overseas, whether the child was a boy or a girl, whether the family lived in the city or the country, and whether the family had health insurance or not.

"We evaluated all those factors in the model, and they did make a small difference," he notes. "As expected, parents who reported their children had a problem had a higher incidence of getting their children into treatment than those who did not."

The data revealed that only 24 percent of Latino children and 29 percent of Asian children identified by their parents as having serious emotional health problems received mental health services. By comparison, 50 percent of Black children and 47 percent of White children whom parents identified as needing treatment received it.

"Even after accounting for a number of other socioeconomic factors such as

education, income, and language, Latino and Asian parents in California are less likely than Black or White parents to take their children in for treatment," Dr. Banta reports. Blacks were most likely to say their kids have emotional or mental health problems and Asians were least likely.

Dr. Banta notes that, in some cultures, mental illness is still highly stigmatized, pointing out that some communities blame parents for their children's mental illness. In addition to the limited availability of culturally appropriate mental health resources, those factors may influence parental willingness to seek treatment.

"There has been a lot written about the stigma associated with mental illness in Asian cultures," he reports. "It's considered bad to have a mental illness; shameful to admit it. We can't really speculate too much based on the data, but many people have said those things about it in the literature. Much has also been written about Latino reluctance to use mental health services. A lack of Spanish-speaking therapists appears to be one of the contributors."

The team believes the findings have implications at state and local levels, and said that developing and disseminating culturally appropriate messages targeted to Asians and Latinos may result in wider use of mental health services among those groups.



Raheem Mixon, a senior at Arroyo Valley High School in San Bernardino, interviews students and faculty members of Loma Linda University about the Apprenticeship Bridge to College invitational event on April 1. In the summer program, dedicated Inland Empire students participate in biomedical health disparities research with LLU faculty members.

## Campus-wide disaster drill simulates Code Silver

By Larry Kidder

At about 9:45 a.m. on April 25, a 911 call came into the Loma Linda University Health Security Command Center saying that shots had been fired in LLU Del E. Webb Memorial Library.

That notification initiated a chain of events designed to test the responses of LLU Health and the community to a Code Silver on the organization's Loma Linda campus.

In an actual shooting situation, the situation would be unexpected, chaotic, and require quick action. The Code Silver drill is designed to help everyone on campus know what to do—and hopefully save lives.

The April 25 drill involved the San Bernardino County Sheriff's Department, as well as the Loma Linda Fire Department. Once the Sheriff's Department arrived on scene, a command post was established, and the sheriff served as the incident commander, supervising all tactics and communications regarding the situation.

The drill involved a gunman—labeled “assailant” on his orange vest—and 21 vic-

tims in the Del E. Webb Memorial Library. Plastic pistol facsimiles were used by the assailant and law enforcement. The victims were made to look as if they had received various wounds, and they each had a tag describing their injuries.

Communications regarding the drill were sent to all of LLUH via text on mobile phones and two-way pagers, as well as through e-mails. Any glitches or failures in the protocols were noted and discussed during a debriefing after the drill.

The purposes of these drills are to familiarize the campus with such disasters, educate individuals in the proper steps to follow, and test the protocols that are already in place to expose areas where improvements can be made.

In a Code Silver situation, the following guidelines and protocols should be followed by everyone on campus:

- Your first priority is your own safety. Once you are safe, you can help others, but do not at any point compromise your own safety.



Two San Bernardino Sheriff's Department deputies hunt for the assailant in the Del Webb Memorial Library during the April 25 Code Silver drill.

- You have three options if a shooter is in your vicinity. Option 1: run. It is best to run in a non-straight pattern in case the shooter is looking for a moving target. Option 2: hide. Turn off any pagers, cell phones, or other devices that could give away your location. Option 3: fight. Use anything at your disposal to defend yourself.
- If you are not in the vicinity of the shooter, stay away from the scene. Do not look out windows, climb to rooftops for a better view, or take any other actions that might make you a casualty of the disaster.

The Loma Linda University campus

went into lockdown, meaning that doors were locked and/or barricaded, lights turned out, electronics turned off or put in silent mode, and conversations ended.

In an actual disaster, lockdown would be maintained until further instructions were given. Law enforcement officials would most likely conduct a room-by-room, building-by-building search if they perceived the threat of a second or even a third assailant.

Loma Linda University Health takes very seriously the safety of all those on its campuses. In the case of a real disaster, notifications will be dispatched quickly and protocols initiated to minimize the danger to students, faculty, employees, patients, families, and all others.



As the “armed” assailant exits an area of the library, victims scramble to safety.

## School of Dentistry welcomes new professor, author, and researcher

By Doug Hackleman

Kenneth Abramovitch, DDS, MS, joined the LLU School of Dentistry in January with the rank of professor in the department of oral diagnosis, radiology, and pathology, as well as an appointment as director of radiology and imaging services.

He recently resigned as a professor with tenure after 26 years of service at The University of Texas Health Science Center at Houston, School of Dentistry. Prior to his appointment in Texas, he was also a member of the faculty of dentistry at Dalhousie University in Halifax, Nova Scotia, Canada.

Dr. Abramovitch received his DDS degree in 1980 from McGill University in

Montreal, Canada, and his MS degree in oral diagnostic sciences in 1986 from the University of Texas Health Science Center at San Antonio.

Until his appointment at Loma Linda University, Dr. Abramovitch also maintained a private referral-based specialty practice limited to oral radiology and oral medicine that served the greater Houston metropolitan area beginning in 1991.

Dr. Abramovitch has published 22 scientific abstracts and contributed more than 50 articles to refereed or peer-reviewed journals such as *Oral Surgery*, *Oral Medicine*, *Oral Pathology and Oral Radiology*; *Dentomaxillofacial Radiology*; and the *Journal of Forensic Sciences*. From 1989 to 2009, he published a popular monthly continuing series of case reports titled “Roentgen Ray Anomalies” in the *Journal of the Greater Houston Dental Society*.

He has been an invited speaker at more than 120 national, international, state, and local professional meetings. In addition, he has presented more than 150 hours of accredited continuing dental education programs.

He is a diplomate of the American Board of Oral and Maxillofacial Radiology and a



Kenneth Abramovitch, DDS, MS,

diplomate of the American Board of Oral Medicine. He has held membership in 21 professional organizations since 1981, and eight currently.

Dr. Abramovitch also serves as vice president and chief examiner of the American Board of Oral and Maxillofacial Radiology. He is a past president of the American Academy of Oral and Maxillofacial Radiology and a past president of the Southwestern Society of Oral Medicine. He is a member of the Editorial Advisory Board of the *Journal of the Greater Houston Dental Society*.

Dr. Abramovitch's most recent research projects are related to symmetry and 3D cephalometric evaluations from CBCT and in the development of low dose-high diagnostic techniques for x-radiation.

Dr. Abramovitch recently co-authored with Dr. Chung H. Kau and two others *Cone Beam CT of the Head and Neck: An Anatomical Atlas* (Springer, 2011).

He has been married since 1985 to Jacqueline R. Dubel, PhD, a retired molecular geneticist and microbiologist. The couple has two sons.

## Alpha Omega Alpha annual banquet honors LLUSM students, faculty, and staff

By James Ponder

The Alpha Omega Alpha Honor Medical Society (AOA) initiated 26 Loma Linda University School of Medicine students, two faculty members, and two house staff physicians into membership during the Epsilon chapter's annual banquet on Wednesday, March 13, in Wong Kerlee International Conference Center.

Election to membership in the society signifies a lifetime commitment to scholarship, leadership, professionalism, and service to the profession and art of healing. Founded in 1902, the society currently

boasts more than 150,000 elected members in 120 chapters.

According to Sarah Roddy, MD, counselor to the Epsilon chapter, the School of Medicine has been associated with AOA for 56 years.

“The National Alpha Omega Alpha Honor Medical Society granted Loma Linda University the power to establish a chapter in 1957,” Dr. Roddy reports. “The first induction into the local chapter at the [then] College of Medical Evangelists included 17 students.”

Dr. Roddy says induction into the society is a high honor.

“Students are selected from the upper 25 percent of the class in academic rank,” she says. “Their involvement in service to the community and school, leadership ability, and research are also considered. Being elected to AOA strengthens a student's application for residency and provides opportunities to be involved in local chapter activities including mentoring and community service activities.”

In addition to Dr. Roddy, other officers of the Epsilon chapter include Cody Carter, student president; Gene Conley, student vice president; and Leonard Werner, MD,

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## Ergonomics—fitting the workplace to the employee

By Larry Kidder

Employed Americans ages 25 to 54, with children under age 18, spend an average of 8.8 hours at work during non-holiday workdays, according to the annual 2011 Bureau of Labor Statistics "American Time Use Survey."

That's the largest portion of the day, says the survey, with the category of sleeping at 7.6 hours and all other activities 2.5 hours or less.

For many U.S. employees, that translates to working at a desk. While there is no getting around this reality of life, there are ways to reduce the fatigue and pain of long workdays. Less pain and fatigue translates to better productivity—and better morale.

"Many times, there are fairly minor adjustments that can be made to help an employee be more comfortable at work," points out Lynn Thornstrom, certified ergonomics assessment specialist, department of risk management and abilities accommodation, Loma Linda University Shared Services.

"You shouldn't feel pain after a day of work," she continues. "That does not have to be a natural consequence of putting in a good day's work."

Ms. Thornstrom spends much of her time following up with employee complaints of pain and discomfort, often related to worker's compensation claims. "That's too late," she insists. "If the employee's workstation is initially set up to best fit him or her, the worker's compensation claim can be avoided."

And so she often carries a simple toolkit with her. It contains most of the tools she would need to make adjustments to an office chair—one of the top reasons why employees develop painful symptoms due to poor posture.

"My favorite part of the job is prevention," Ms. Thornstrom explains. "I love it when I can educate employees and managers about good ergonomics. That way, I can save the institution major dollars, while at the same time improving the quality of life for employees. Everybody wins."

Ms. Thornstrom, who worked for a decade or so as an ergonomics consultant, is concerned when some managers think that major costs will automatically ensue following her visit to their area. It's true that more than a simple chair adjustment may be required in some cases. A new chair may be needed, or even a keyboard tray or footrest.

"To me, that's a small price to pay for a faithful employee who puts in long hours working diligently for the institution," she shares. "Actually, I would love to be a part of the workplace design process in the first place, so that the same dollars could be used to purchase ergonomically sound equipment in the first place."

Office chairs are critical to good ergonomics. They should be fully adjustable and provide good support to the back. The height of the desk has a major impact as well. "Desktops that are too high make it absolutely necessary for employees to have keyboard trays," she details. "Since every employee comes in a different size and

shape, a good keyboard tray can make all the difference."

Lighting is an often-overlooked part of ergonomics. "Too much light creates major eye strain when viewing a monitor all day," Ms. Thornstrom informs. "It is better to lower the overall light and accommodate the younger eyes, then provide personal lights to those who need them for desktop/paperwork."

Before managers imagine their workplace budgets ballooning out of control, Ms. Thornstrom is quick to make an important point. "Lighting under the overhanging storage cupboards is a poor investment in almost every case," she suggests. "Instead, invest in personal work lights. The institution will save money in the long run, and aging eyes will have the extra light needed to avoid eye strain."

A footrest may also be beneficial to some employees. By taking pressure off the feet, back pain and other forms of discomfort can be reduced or eliminated.

"I am working to develop a list of ergonomically sound equipment for the institution," Ms. Thornstrom confides. "Too often, we take the word of a salesperson when it comes to selecting furniture and



Lynn Thornstrom, certified ergonomics assessment specialist for Loma Linda University Shared Services department of risk management and abilities accommodation, has her handy toolkit ready to start work on a chair. She has no problem with a little manual labor, especially if it benefits an employee.

equipment. We have to remind ourselves that his or her motivations are to move merchandise and make a profit."

Ms. Thornstrom recognizes her personal limitations. "There are 18,000-plus employees in Loma Linda University Health and

only one of me," she admits. "That's why I believe that I can have the greatest positive impact educating our employees and managers about the benefits of good ergonomics, and help them create better workstations and working habits in the first place."

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Dr. Ellsworth and Mrs. Barbara Wareham

Next **TODAY**  
June 21



LOMA LINDA UNIVERSITY  
HEALTH

# Loma Linda University librarian Warren Johns narrowly avoids explosions at 117th annual Boston Marathon

By James Ponder

**A** Loma Linda University librarian credits a persistent, unexpected intuition for saving his life during the 117th running of the Boston Marathon on April 15.

"Little did I realize," says Warren H. Johns, PhD, special collections cataloguer at Del E. Webb Memorial Library, "that I would be as close to a major terrorist act as I would ever want to be."

As one of 23,336 runners in this year's fateful race, Dr. Johns started out at 10:45 a.m. in the quiet suburb of Hopkinton, Massachusetts, planning to run the 26.2-mile race in just over four hours.

Although he had no idea of the tragedy that lay ahead, Dr. Johns says a strange thing happened as he neared the finish line.

"Normally," he explains, "all runners slow down significantly in the last six miles of a marathon."

A veteran of 33 marathons in that many years, Dr. Johns was anticipating fatigue and cramping as he neared the end, and was

planning to slow down a full minute per mile to run the last six miles at a leisurely 10-minute, 30-second pace.

When severe leg cramps predictably set in at mile 18, he doubled his fluid intake and reduced his speed. But around mile 20, the unforeseen occurred.

"Something was urging me on," he recalls. The message was persistent and specific: "Warren," it kept repeating, "don't slow down!"

Against logic, Dr. Johns ignored his screaming muscles and heeded the unconventional advice.

"I have run more than 30 marathons," he says, "and I have never been able to keep running as fast toward the end once cramping sets in. It always forces you to slow significantly, often to a walk. But after the fluids kicked in, the cramping lessened, so I began to pick up the pace again."

He produces a photograph suggesting that maybe, just maybe, the other runners were hearing a similar message.

"Notice that none of them are walking," he says, pointing to a photo he snapped on

Commonwealth Avenue near the end of the race. "They're all running. At that stage of a marathon, that's a bit unusual!"

His official transcript reveals that after speeding up in response to the strange communication, Dr. Johns averaged 9 minutes, 30 seconds per mile, a full minute per mile faster than he had intended to run. It also confirms that he finished the race at 2:44:03 p.m.

His elation at finishing fast and strong was tragically cut short.

"Six minutes exactly beyond the finish line, I heard an explosion," he recalls. "I thought it was a fireworks cannon. The sound waves reverberated along both sides of Boylston Street near the finish, and echoed in my ears. I have never heard so loud an explosion. When the second blast went off, I knew it wasn't a celebration on Patriots' Day. I yelled 'Terrorism' to the man next to me. Within seconds, we had all figured out that's what it was."

Three people, including 8-year-old Martin Richard, lost their lives in the attacks, and more than 200 others were wounded. Based on Dr. Johns' calculations, he was between 200 and 225 yards away at the time of the blasts.

Although his official time of 3 hours and 57 minutes is considerably slower than the winning time of 2 hours and 10 minutes set by Ethiopian athlete Lelisa Desisa, it should be noted that Dr. Johns is 68 years of age while Mr. Desisa is 23.

Dr. Johns credits the fact that runners are a highly disciplined group as the reason they didn't panic or stampede after the bombs exploded.

Thirty or 40 seconds after the second blast, he snapped a photo of the scene. Although smoke is rising from the bomb-site on Boylston Street, runners in yellow jackets or silver warming wraps appear non-plussed. Only one man, on the right side of the photo, displays an emotional response to the catastrophe.

Dr. Johns insists the true heroes of the day were the police officers and race officials.

"Amazingly, the police were running, not walking, toward the explosions," he reports. "I applaud their bravery! For all we knew, there could have been a third bomb waiting to be exploded once the first responders reached the scene."

"Also," he continues, "there were dozens of volunteer race officials who stayed in position for at least four blocks, shouting almost in unison, 'Clear the area, clear the



Warren H. Johns, PhD, special collections cataloguer at Del E. Webb Memorial Library on the campus of Loma Linda University, wears the shirt, cap, and medallion he earned by successfully completing the 117th running of the Boston Marathon on April 15.



A short distance before crossing the finish line at the 2013 Boston Marathon, Warren H. Johns, PhD, special collections librarian at Loma Linda University, snapped this photograph. "Notice that none of them are walking," he observes. "They're all running. At that stage of a marathon, that's a bit unusual!"

area!' and waving us on like traffic policemen. They didn't leave the scene until the last runners were out of danger. I also applaud these volunteers."

Back in Loma Linda, the other Dr. Johns—Warren's wife, Loretta B. Johns, PhD, assistant dean at the LLU School of Medicine—was hoping her husband was running a good race.

"I followed his progress via the Internet," she says. "He had told me his strategy, and when I saw his half-marathon time posted, I knew he was doing very well. With those stats, I calculated that he would cross the finish line at 3:50 p.m."

She was unaware of the tragedy until her twin sister, Rosetta, called to say there had been a bomb blast at the finish line. Even so, Dr. Loretta Johns was confident everything would be OK.

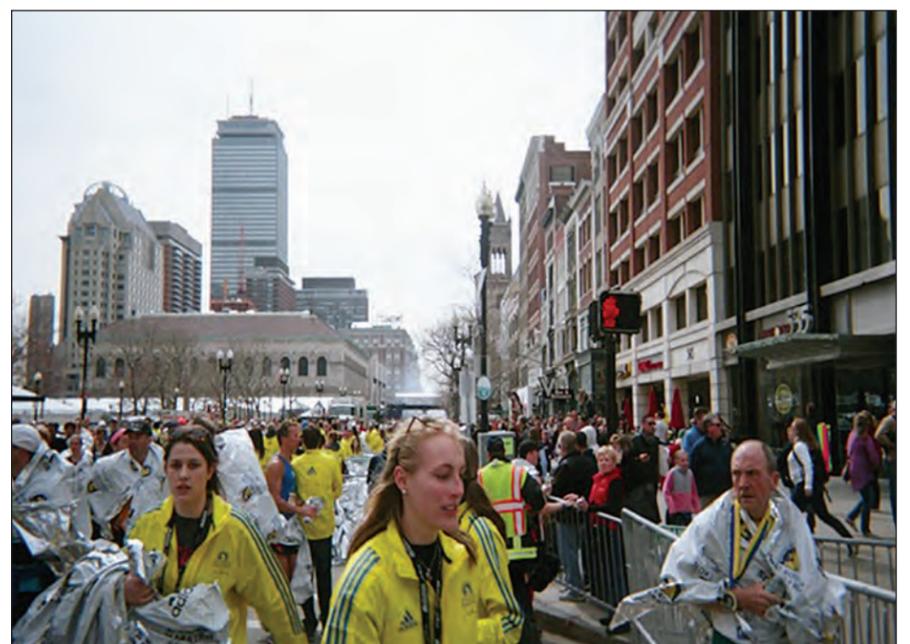
"I was shaken, but calm," she reflects.

However, her strength turned to panic when she learned the bomb had gone off at the exact time she had estimated her husband would finish the race.

"I started trembling and didn't stop for two hours!" she discloses. "I tried Warren's cell phone, but there was no response."

Once he safely evacuated the scene, Dr.

*Please turn to page 8*



An estimated 30 to 40 seconds after the Boston Marathon bombs that killed three people and wounded more than 200, Warren H. Johns, MD, special collections cataloguer at Loma Linda University, snapped this photo. In the center, smoke arises from the bomb-site. With one exception, the runners—in yellow or silver—appear very calm. Only the man on the right looks distressed.

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For your announcements to be considered for inclusion in *News of the Week*, submit them through your vice president to the VIP website (for Medical Center news) or through your dean to On Campus (for University news).

## Violet Molnar on the satisfaction of giving

By James Ponder

When Violet Molnar started planning her estate, the desire to share the blessings of life motivated her to choose a charitable remainder trust with Loma Linda University Health. The arrangement could scarcely work better. Violet enjoys knowing that her funds will help educate future generations of students, while she receives a steady income and significant tax benefits.

Violet says she has a lot to be thankful for. Back in 1956, like other youthful citizens of Budapest, Hungary, she grew tired of Soviet oppression in her native land. "We wanted to have freedom like they do in Switzerland," she explains. But when the Hungarian Revolution was violently suppressed less than three weeks after it started, Violet determined to escape to the West.

"The Russians came back with overwhelming force," she recalls. "Young people

tried escaping to Austria, but the borders were so well-controlled it was literally a matter of life or death. With God's help, I made it out."

Paul Berman, a Jewish-American scholar, philanthropist, and Presbyterian pastor, helped Violet immigrate to America a year and a half later. "Dr. Berman was a remarkable person," she recalls. "He personally sponsored more than 400 refugees out of his own resources. He had two PhDs and spoke seven languages. We conversed in German until I learned English."

In addition to political liberty, Violet was looking forward to religious freedom when she arrived in this country. "For most of my adult life, I had wanted to become a Seventh-day Adventist," she shares.

Because of that, Dr. Berman invited her to Atlanta, Georgia, to meet an Adventist pastor by the name of Elder R. E. Crawford, religious liberty secretary for the Southern Union of Seventh-day Adventists at the time.



For Violet Molnar, the fact that she enjoys certain benefits from the charitable remainder trust she established with Loma Linda University Health is not nearly so important as knowing she is making a difference in the lives of others. "I feel good knowing that after I'm gone, the money I worked for will enhance the education of others," she says.

Doctor Berman and Elder Crawford made arrangements for Violet to work at Florida Sanitarium. Later, she transferred to Southern Missionary College to study nursing. "When I told Dr. Berman I was going to study nursing, he said, 'You can't afford an Adventist college,'" she recalls. "Yes I can," I told him. "I have a rich heavenly Father."

Violet sighs as she talks about the romance that drifted away. In the early 1960s she met an Iranian student from Madison College on the outskirts of Nashville, Tennessee. "He was a gorgeous young man," she beams. "Very tall and dark—a member of the royal family in his homeland."

Unfortunately, however, the relationship fell apart when Violet transferred to Columbia Union College in Maryland, 700 miles away. As if that wasn't enough sadness for one year, her mother passed away in Hungary a little bit later.

"I couldn't go home for the funeral because I wasn't an American citizen," she explains. "The Hungarians would have put me in jail for fleeing the country. But I couldn't study, either. I was grieving and my grades came down."

Disturbed by Violet's academic downturn, the head of the nursing program

suggested she change her major. Elder Crawford, however, wasn't sure that was a good idea. He asked Violet to clarify her goals. "I told him I wanted to be a nurse," she says. "So he sent me to Atlantic Union College for the two-year RN degree."

After graduating in 1962, Violet worked in Massachusetts until 1965 when friends suggested she move to California. She didn't stay long. Eager to continue her education, she transferred to Walla Walla College (now University) in Washington State. Following her graduation from that school with a B.S. degree in 1973, she accepted a nursing position at Loma Linda University Medical Center and worked for five years.

However, when a supervisor suggested she move to the night shift, Violet hesitated. "I didn't like that," she recalls. "A good friend helped me get a job at St. Bernardine Medical Center in San Bernardino, so I took it. I worked there on the psychiatric unit for 15 years."

After retiring in 1995, she went to work at a satellite psychiatric facility of Corona Regional Medical Center in San Bernardino for another five years. Finally, in 2000—41 years after she arrived in America—Violet retired for good.

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## Senior Wellness Program holds annual Mother's Day Tea

By Larry Kidder

The annual Mother's Day Tea at Loma Linda University Drayson Center was largely attended by senior mothers from surrounding communities. However, most of the mothers in attendance were relatively young compared to Marcella Alley, who is 105 years old.

The annual Mother's Day Tea, sponsored by the LLU Drayson Center Senior Wellness Program, pampered more than 100 mothers this year. Serving them were husbands who are also members of the senior wellness planning committee.

Senior memberships at LLU Drayson Center now number more than 1,300. Of those, close to 300 members are 80 years old or better, qualifying them for a complimentary senior membership. The program is led by senior wellness coordinator Romy Niblack.

The senior program was started in 2003

and has grown from a few hundred to more than 1,000 members. Seniors enjoy a greatly discounted monthly rate and full access to Drayson Center between the hours of 7:00 a.m. and 3:00 p.m. weekdays, and all day Sunday.

In addition to access, the seniors have a full array of exercise classes to choose from, designed specifically for them. Senior aerobics classes range from chair to step. Water aerobics classes provide a gentler approach to fitness training.

Frequent social activities—many themed for holidays and other special occasions—provide seniors with a network of friends and support.

"Our aim is to keep our seniors active and independent," says Don Sease, MBA, director of LLU Drayson Center. "Our seniors represent the second largest constituent group at Drayson Center, with our students being the largest."



Six mothers enjoy the Mother's Day Tea: (from left) Nancy Strano, Brenda Fogg, Mary Ann Grove, Thelma Johnson, Marcella Alley, and Pat Campbell. At 105 years old, Marcella was the oldest mother attending the event.

## LLU librarian narrowly avoids explosions at Boston Marathon ...

Continued from page 7

Johns started trying to call home. But with hundreds of thousands of people calling to check on loved ones and friends, phone lines in downtown Boston were hopelessly jammed. Finally, an hour and 20 minutes after the bombings, he reached a colleague in Loma Linda who called Dr. Loretta

Johns to let her know her husband was OK.

"I haven't been that frightened since childhood," she remembers. "Even though I am very thankful to have Warren back safe and sound, I can't remove the face of the innocent little boy who lost his life from my mind's eye. I am praying for his family, and all those affected by the catastrophe."

## LLUSS employees observe National Day of Prayer



Nearly 150 Loma Linda University Shared Services employees took a few moments out of their workday to observe the National Day of Prayer on May 2. The group, composed of members of the departments of risk management, talent management services, human resource information systems, payroll, compliance, and environmental health and safety, gathered at the flagpole in front of the LLUAHSC 101 building on Redlands Boulevard at 3:00 p.m. and listened as Charlene Wilson, assistant vice president of human resources, offered a prayer. Following the observance, attendees were invited to the central conference room of risk management for refreshments. Leading out with the event were Values in Practice (VIP) program coordinators Deanna Hughes (risk management) and Preston Brown (environmental health and safety). By Larry Kidder

## Pediatrician dreams of whole-child care at Loma Linda University Children's Hospital

By James Ponder

**R**ichard E. Chinnock, MD, medical director of Loma Linda University Children's Hospital, dreams of bringing whole-child care to the Inland Empire.

As he explains it, the idea is to create a coordinated system of care among Inland Empire health agencies, schools, and community-based resources.

"For the last year, I have been thinking, praying, and believing that we can truly gather together in our community around the health of our kids," he shares.

Whole-child care would create collaboration and focus community engagement on empowering families and serving children in ways that are far less fragmented than current systems.

He cites a child with autism, obsessive behaviors, and Type 1 diabetes as an example. Currently no less than 10 organizations are involved in coordinating that child's care. As a result, families are forced to visit multiple agencies and navigate a complicated health care maze to get help for their children.

"What if," he asks, "we could coordinate case management services in a centrally located system?" He says improved care, lower costs, and increased convenience would result.

"I'd love to see LLU Children's Hospi-

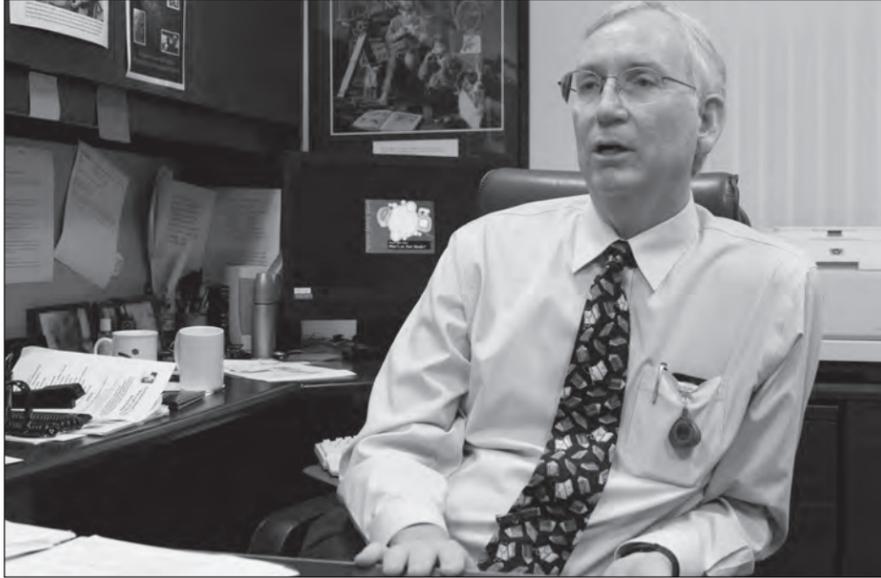
tal facilitate this process," he adds. "We are uniquely positioned to join theory and practice into new systems of care that support the health of the whole child—physically, mentally, and spiritually."

Dr. Chinnock believes upcoming changes in American health care delivery will reward innovation and encourage promoting health rather than just treating sickness. He cites scheduled construction of the new

LLU Children's Hospital as a call for serious strategic planning.

"Building a new Children's Hospital happens about once every 50 years," he notes. "In designing the new facility, we have an opportunity to really think through how to best support this concept."

"Caring for kids is more than just a scalpel or a prescription," he concludes. "It's time for whole-child care."



Richard Chinnock, MD, medical director of Loma Linda University Children's Hospital, envisions the creation of a coordinated system to bring whole-child care to the Inland Empire.

## Violet Molnar on the satisfaction of giving . . .

Continued from page 8

She is anything but idle these days. The board of Loma Linda University Church asked Violet to serve as an elder in 1998, and she's been doing it ever since. She also serves the Adventist congregation as a deacon and greeter. That last position is perfectly suited to her outgoing personality and love for people. In her spare time, she raises plants—cacti and Sego palms are her favorites—and loves to travel. She has made numerous trips to Hungary, Romania, and other parts of Europe, and stays in touch with friends through Facebook, Skype, and e-mail.

Violet is proud of being included in

Who's Who of American Women and Who's Who in America as well as of her service to Rotary International. "I was a Harris Fellow in Rotary," she notes. The Paul Harris Fellow honor denotes an individual who has donated a significant amount to one of three or more designated Rotary programs.

Over the years, Violet made several gifts to Loma Linda University Children's Hospital before deciding to establish a charitable remainder trust with Loma Linda University Health.

"I feel good knowing that after I'm gone, the money I worked for will enhance the education of others," she says.

In addition to benefiting Loma Linda University Health, the trust enables Violet to avoid capital gains taxes and receive a tax deduction. Furthermore, the asset is removed from her estate. But in the true spirit of philanthropy, Violet is not primarily concerned with how the trust benefits her.

"Except for the gold in my teeth, I can't take it with me," she grins. "I came to America with \$10 in my pocket. Really, truly, I always felt I was helped. I need to return what God blessed me with."

"For me," she concludes, "it's all about the satisfaction of giving to help others."

For further information about exploring planned gift options, such as establishing a charitable remainder trust, please contact the Office of Planned Giving at (909) 558-4553 or visit <llulegacy.org>.

## Alpha Omega Alpha banquet honors LLUSM students, faculty, staff . . .

Continued from page 5

professor of basic sciences at the school and secretary-treasurer of the chapter.

As he introduced the newest members of the society from the class of 2013, Roger Hadley, MD, dean of LLU School of Medicine, presented a brief life sketch of each individual, mentioning not only their professional accomplishments, but also a number of salient, sometimes humorous, details of their personal lives. Although a recital of each of the 26 students' credentials exceeds the limits of this article, the picture that emerged from Dr. Hadley's introductions was of an extremely dedicated group of young physicians eager to make lasting, positive contributions to both the profession of medicine and the world.

In discussing the two faculty members elected to membership in Alpha Omega Alpha, Dr. Hadley noted that Travis Losey, MD, was identified as a future faculty member during his neurology residency at LLU Medical Center. Dr. Hadley reported that Dr. Losey has been very successful in his clinical practice, education, and research. Currently he serves as medical director for

the neurodiagnostic program, and has been named as director for the as-yet-future epilepsy fellowship.

In introducing Abdullah "Dean" Sherzai, MD, PhD, MAS, Dr. Hadley noted that the Afghani-American academic physician served Afghanistan as Deputy Minister for Health. In addition to founding the Memory and Aging Center at LLU Medical Center East Campus, Dr. Sherzai directs clinical research in neurology, analyzes neurological factors in the Adventist Health Study database, and maintains an online education program he created for resident physicians.

Commenting on the two house staff physicians elected to AOA membership, Dr. Hadley cited Erica Chu, MD, a fifth-year diagnostic radiology resident, for excelling in clinical proficiency, academic scholarship, leadership and professionalism. He commended Joseph Keen, DO, a third-year neurological surgery resident, for high-octane performance throughout the residency program, as well as superior clinical aptitude and patient care, and for making numerous contributions to research.

"I'd like to congratulate those who have excelled both academically and professionally," Dr. Hadley observed.

Timothy P. Brigham, MDiv, PhD, delivered the evening's address. Dr. Brigham serves as chief of staff and vice president for the Accreditation Council for Graduate Medical Education.

"Dr. Brigham's formal presentation at the banquet included a discussion of physician competencies," Dr. Roddy notes,

"and an explanation of how taking care of patients is often a spiritual experience. He met with the AOA students in an informal session, and discussed aspects of residency. Faculty and students were truly blessed by the chance to hear Dr. Brigham speak, and to interact with him."

Shortly after graduating this June, the newest Epsilon chapter members will begin residency training at a broad range of academic health institutions in the nation. The list includes:

- Carolinas Medical Center
- Emory University
- Loma Linda University
- Massachusetts General Hospital
- Mayo School of Graduate Medical Education
- Oregon Health & Science University
- Portsmouth Navy Medical Center
- Tulane University
- University of California, San Diego
- University of California, San Francisco
- UCLA Medical Center
- University of Iowa
- University of Michigan
- University of New Mexico
- University of Utah
- University of Washington
- USAF School of Aerospace Medicine at Wright-Patterson Air Force Base
- Virginia Mason Medical Center

This year's initiates into Alpha Omega Alpha membership include:

From the class of 2013:

- Christopher Adair
- Brenton Baldwin
- Kristen Basner
- Wade Brown
- David Carrick
- Cody Carter
- Andrew Chung
- Gene Conley
- Drew Davis
- Stephen Edwardson
- Adriel Fajilan
- Evan Franke
- Ashley Henderson
- Johanna Higdon
- Bjorn Jensen
- Andrew Johnson
- Matthew Keeney
- Grace Lee
- Jonathon Mayhew
- Sara Richards
- Douglas Rogers
- Derek Stadie
- Eric Steinman
- Casey Ward
- Rebecca White
- Katie Zirschky

From Loma Linda University School of Medicine faculty:

- Travis Losey, MD
- Dean Sherzai, MD

From Loma Linda University Medical Center house staff for 2013:

- Erica Chu, MD
- Joseph Keen, DO



Initiates into membership in the Alpha Omega Alpha Honor Medical Society from the Loma Linda University School of Medicine class of 2013 smile moments after receiving their official certificates of membership during the Epsilon chapter's annual banquet on Wednesday, March 13.

# Pediatric neurologist recommends removing athletes from game after suspected concussion

By Herbert Atienza and James Ponder

**S**tephen Ashwal, MD, chief of pediatric neurology at Loma Linda University Children's Hospital, says athletes who suffer a concussion during a sporting event should be immediately removed from the game.

The recommendations were made in a new sports medicine guideline adopted by the American Academy of Neurology in March.

Dr. Ashwal was one of 13 co-authors of the study, which was published in the March 18 online issue of *Neurology*, the medical journal of the American Academy of Neurology.

Titled "Summary of evidence-based guideline update: Evaluation and management of concussion in sports," the article details the latest findings and updates the previous concussion guideline from 1997.

Concussions are dangerous, Dr. Ashwal maintains, because they don't always produce immediate symptoms, and they can have lasting affects.

"Many athletes who have had a concussion do not realize they have had a brain injury," he reports. "It is not uncommon for them to either not recognize or to deny their symptoms."

The new guidelines recommend that athletes suspected of having a concussion should be immediately removed from play, whether the incident occurs during an actual game or just a practice session, and should not be allowed to return until they have been medically evaluated and cleared.

Dr. Ashwal said that symptoms—such as headache, dizziness, memory and learning problems, and behavioral change—may not evolve until several days after a concussion. He added that it takes time to make an accurate medical assessment.

"Athletes do not have to lose consciousness to have a concussion," he points out. "About 40 percent of athletes diagnosed with concussion did not lose consciousness, but do have other symptoms."

He notes that there are a number of computerized tools available to gather baseline data on an athlete's cognitive function before sports season starts, and says such information can be helpful in determining when a performer who suffers a concussion begins to improve.

The new guideline indicates that athletes should only be allowed to return to the sport in which they suffered the concussion after all acute symptoms have resolved. Younger

athletes, such as those of high school age and below, should be managed even more conservatively since evidence shows they take longer to recover from concussive injuries than college athletes.

Not surprisingly, the research on which the new guidelines are based found that football and rugby top the list of sports with the highest risk of concussion, followed by hockey and soccer. For young women and girls, the risk of concussion is greatest in soccer and basketball. Among other findings:

- Athletes with a history of one or more prior concussion are at greater risk of being diagnosed with another concussion
- The first 10 days after a concussion are the period of greatest risk for suffering another concussion
- There is no clear evidence that one type of football helmet offers better protection than another, and that helmets should fit properly and be

well maintained

- Licensed health professionals involved in the diagnosis and treatment of concussions should carefully evaluate athletes with ongoing symptoms of headache and foginess, especially younger athletes with a history of concussions. Each of these factors has been linked to a longer recovery after a concussion
- Risk factors linked to chronic neurobehavioral impairment in professional athletes include prior concussion, longer exposure to the sport, and the presence of a genetic marker known as the ApoE4 gene.

Dr. Ashwal points out that the signs and symptoms of concussion include: headache and sensitivity to light and sound; changes in reaction time, balance and coordination; changes in memory, judgment, speech, and sleep; and loss of consciousness or "black-out," which occurs in less than 10 percent of cases.



Stephen Ashwal, MD, chief of pediatric neurology at Loma Linda University Children's Hospital, was one of 13 co-authors of a study on concussion and athletics. The findings were published in the March online edition of *Neurology*.





Mesfin Desta  
Respiratory Care Practitioner 2



Jerico Aldana  
Perioperative Technician



Noela Ndreka  
Clinical Pharmacist

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At Loma Linda, we know that diversity comes in many different forms – from our personal backgrounds, to our education, career choices, friends and hobbies. And we know that our strength as an organization depends on our talented, unique and diverse employees.

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RN



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RN



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RN



Jessica Castaneda  
Insurance Verification  
Representative

This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.



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## Health education student dialogues with middle schoolers about bullying

Contributed report

**O**n April 17, Fayomi Agboola, MPH, a health education doctoral student in the School of Public Health, gave a presentation during Health Emphasis Month at Colton Middle School. Mr. Agboola spoke to 141 students about his experiences as a professional in the public health and nursing fields.

While he shared about opportunities in the health professions, his presentation primarily focused on bullying and how it hurts the sense of psychosocial safety necessary in schools. From his conversations with stu-

dents, and as reflected in their pre/post-test presentation surveys, Mr. Agboola believes the children are becoming more aware of the harmful implications of bullying.

"Many are able to understand and differentiate teasing—for example, friendly jokes and nudging—from bullying, which comprises intentional, repeated behaviors that are hurtful to others," he says.

He continues, "Students were also able to verbalize many of the implications of bullying and the psychopathologic indications associated with the issue, such as depression, juvenile delinquency, and suicidal ideation."



Mr. Agboola notes that kids are becoming more aware of the implications of bullying.

## Safety coordinators awards banquet salutes excellence in safety

By James Ponder

**L**oma Linda University Health employees working behind the scenes to protect the safety of their peers were honored at the safety coordinator awards banquet, which was held January 23 in Wong Kerlee International Conference Center.

Mohammad Hidari, cardiac sonographer and safety coordinator for the adult echocardiography laboratory at LLU Medical Center, received the 2012 Safety Coordinator of the Year Award. Michelle Fisher, safety coordinator for the cardiac diagnostic laboratory, and Edward Parenteau, safety coordinator for dispatch services, each received a 2012 Excellence in Safety Recognition Award.

Mr. Hidari was cited for not only taking responsibility for safety concerns in his own department, but also at LLU Medical Center East Campus, LLU Heart and Surgical Hospital, and the LLU Heart and Imaging Center in Colton.

In addition to instituting quarterly fire drills, which are held during staff meetings, Mr. Hidari completes mandatory quarterly environmental audits, submits work orders when service or repairs are needed, and follows up to make sure all identified concerns are resolved promptly and thor-

oughly. He also checks the department of environmental health and safety website for safety updates to share with the staff. He has been a safety coordinator for four years.

Ms. Fisher received a perfect score for all environmental health and safety audits in 2012, including environment of care audits, laboratory audits, and fire drills. She also made sure every member of her department completed fire extinguisher training and complied with *BLUE Book* requirements that same year, and updated departmental evacuation plans using the new online area-specific evacuation plan program. She has been a safety coordinator for two years.

Mr. Parenteau also achieved a perfect score on all environmental health and safety audits in 2012, made sure each employee in his department completed *BLUE Book* requirements and fire extinguisher training, and updated evacuation plans with the new online area-specific evacuation program. According to Henry Cairus, environmental health supervisor, Mr. Parenteau's accomplishments are noteworthy for someone who has been a safety coordinator for only one year.

"Those are huge accomplishments in just one year," Mr. Cairus noted. "Mr. Parenteau is an inspiration to each of us."

While Mr. Hidari, Ms. Fisher, and Mr. Parenteau were the only safety coordina-

tors to receive awards at the banquet, Mr. Cairus emphasized that all safety coordinators deserve respect and recognition for the myriad of things they do to ensure that all LLU Health employees work in a safe, hospitable environment.



Loma Linda University Health recently named Mohammad Hidari the 2012 Safety Coordinator of the Year. (From left): Henry Cairus, environmental health supervisor; Rodney Neal, MBA, senior vice president for financial affairs; David Wren, MHA, chief executive officer, LLU Health Care; Daniel Fontoura, MBA, senior vice president for health administration, LLU Medical Center; Mr. Hidari; Marsi Gonzalez, RDCS, supervisor of echocardiology, LLU Medical Center; Kevin Lang, MBA, executive vice president and chief financial officer, LLU Health; Jesse Mock, MA, vice president for patient engagement, LLU Medical Center; and Mark Hubbard, vice president for human resource management.

### Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires Loma Linda University Health to publish interim reports on campus crime activities. Listed below are the crimes reported for the months of March/April 2013.

Type of Crime	Number of Crimes	Place of Crime
Assaults/Battery	3	Medical Center (2); Parking Structure
Burglary	5	Lot X; Lot J; Lot A; Kate Lindsay Hall (2)
Attempted Burglary	2	Lot DP; LLUAHSC Support Serv's
Vehicle Burglary	9	Lot A (2); Parking Structure (4); Lot DP (3)
Auto Theft	4	Lot A (2); Lot DP; Linda Hall
Robbery	1	Outpatient Rehab Center
Threats	3	Medical Center (2); Shryock Hall
Alcohol Violation	1	Parking Structure
Disturbance	1	Behavioral Medicine Center
Possession of Weapon	1	Behavioral Medicine Center
Disobedience of Court Order	1	Medical Center

You can assist the Department of Security in maintaining a safe and secure environment by notifying Security immediately at extension 911 if you see or know about a crime taking place.

## Jack Rose named executive director, LLUH Web Center ...

Continued from page 12

director of enterprise project management at LLU Medical Center. Before joining Loma Linda in August 2010, he held key leadership positions in IT, project management, and financial management in the banking, manufacturing, and public sector industries.

"Under Jack's leadership," says Tony Yang, MBA, assistant vice president for public affairs, LLUH, "Loma Linda University Health will continue to build a foundation that will enhance our presence on the world stage as a global leader in wellness and prevention, education, research, and clinical care through a coordinated web strategy."

The LLUH Web Center also provides key intranet access and services for the organization's more than 13,500 employees and more than 4,600 students. It is under the co-leadership of Mr. Yang, and Mark Zirkelbach, MPA, chief information officer, LLU Health System; with Mr. Yang and Mr. Zirkelbach reporting to the Web Center Steering Committee, co-chaired by Kevin Lang, MBA, executive vice presi-

dent for finance and administration/CFO, LLUH, and Rachele Bussell, CFRE, senior vice president for advancement, LLUH, with members representing LLU, LLUMC, and physician practice groups.

As LLUH begins a national branding campaign, the Web will play a critical role in providing up-to-date and targeted information, as well as a more efficient way for its many audiences to interact with LLUH.

Six other positions in the Web Center have already been filled. Jennifer Hickok, web intranet director; Kenneth Kim, MHA, search engine marketing manager; Libu Varghese, MS, web developer; Brian Weed, MA, social media coordinator; Krista Miller, web designer; and Ling Ling Chao, user interface designer, have transitioned to the Web Center. Mr. Rose will lead the search to fill the other remaining 10 positions.

The LLUH Web Center will be located in Mountain View Plaza, suite 129, and will reside in the space most recently occupied by the LLEAP transitional team. Mr. Rose may be reached by email, jrose@llu.edu, or at ext. 33217.

# Pathology professor remembered for his skilled teaching

By Heather Reifsnnyder

**B**o Ying Wat, MD, professor of pathology, passed away April 19 at the age of 88 following a struggle with illness. Dr. Wat taught and practiced pathology at Loma Linda University School of Medicine for 61 years, beginning in 1952 and ending just a few months ago.

For generations of students, Dr. Wat was the face and embodiment of the pathol-

ogy profession, according to Brian Bull, MD, department chair.

“He was an extraordinarily good teacher and a very good diagnostician and a gentleman. He was totally trusted by all of the surgeons in the Medical Center,” Dr. Bull says, adding that Dr. Wat was also a talented musician and his tennis partner of many years.

A native of Hawaii, Dr. Wat earned his bachelor’s degree in 1944 from La

Sierra College (now University). He then graduated in 1949 with his MD degree from the College of Medical Evangelists (the former name of Loma Linda University). Following graduation, Dr. Wat completed an internship program and a residency in pathology at the then-named Loma Linda Sanitarium and Hospital. He joined the faculty of the School of Medicine in 1952.

Dr. Wat’s career at Loma Linda University School of Medicine began when he became an instructor in pathology in 1952. He was a member of the teaching faculty of Loma Linda University until 1954, when he was called to active duty in the United States Navy.

Following his term of service with the military, he returned to the teaching faculty of the School of Medicine, rising quickly through the academic ranks until he reached full professorship in 1962. During the 1968–1969 academic year, Dr. Wat took a sabbatical to study hepatic, genitourinary, and pediatric pathology at the Armed Forces Institute of Pathology.

In 1968, Dr. Wat was designated an Honored Faculty by the School of Medicine senior class. He received the Walter E. Macpherson Society Basic Science Teacher of the Year Award for the 1978–1979 academic year. The School of Medicine Alumni Association named him Honored Alumnus in 1993.

Throughout the years, Dr. Wat served the School of Medicine as acting chair of the department of pathology (1980–1981) and as a member of many committees—admissions, academic review, academic promotions (department of pathology), and transplantation (Loma Linda University Medical Center). In addition, he was a member of the Board of Directors for the School of Medicine Alumni Association and a regular contributor to the School of Medicine Alumni Journal. For the years 1995–1996, he was president of



Bo Ying Wat, MD passed away April 19

the Walter E. Macpherson Society at the School of Medicine.

Dr. Wat was a member of numerous professional organizations, including the San Bernardino County Medical Association, the Los Angeles Society of Pathologists, the California Medical Association, the American Medical Association, and the American Society of Clinical Pathologists. He was also a diplomate of the American Board of Pathology.

Bo Ying Wat is survived by his wife of 64 years, Margaret Lui Wat, and siblings Bessie Wat Ching and Bo Sam Wat. His children include son Michael and daughters Karen Wat Nielsen (School of Medicine class of ’76B), Linda Wat Jacobson (School of Medicine class of ’82), and Pamela Wat Caster (School of Medicine class of ’86) and their spouses. He was very proud of his five grandsons, Erik Nielsen, Gregory Nielsen, C.J. Jacobson, Tyler Jacobson, and Andrew Caster. His delight was great-granddaughter Kalea Brielle Nielsen.

# PossAbilities Triathlon honors Boston Marathon victims

By Larry Kidder

**M**ore than 800 physically challenged and able-bodied athletes observed a moment of silence at the starting line to remember the victims of the Boston Marathon tragedy.

The 11th annual Loma Linda University PossAbilities Triathlon took place Sunday, April 28, beginning at 7:00 a.m., and included a 3.1-mile run, 11-mile bike ride, and 150-yard swim.

In addition, a kids’ triathlon featured quarter-mile runs and bike rides, as well as a 25-yard swim. A bounce house provided a fun obstacle during the race.

Triathlon participants wore the Boston Marathon colors on their identification bibs. Physically challenged athletes—many of them amputees—honored the victims of the Boston Marathon tragedy with words of comfort, encouragement, and inspiration following the race.

The fastest adult athletes in various

categories were made up of: overall male, Connor Sousa; overall female, Julie Ertel; male pro, Jose Jeuland; female pro, Julie Ertel; male basketball chair, Steve Hoffman; male race chair, Scott Parson; male other, Fermin Camarena; male moderate leg, Nick Roumonada; female moderate leg, Umida Lesicko; male arm impairment, Tony Troccoli; female arm impairment, Katrina Taylor; male les autres, Jesse Ramos; male severe leg, Andre Barbieri; male hand cycle, Owen Daniels; and female hand cycle, Beth Sanden.

For the kids’ triathlon, the fastest boy in the 1-15 age category was Chad Nelson, and in the 16-19 category was Josh Rodriguez-Irons. The fastest girl in the 1-15 category was Ana Canpos; in the 16-19 category, Isi Ibarra finished first.

The annual PossAbilities Triathlon raises funds for the PossAbilities Program, a community outreach effort developed by Loma Linda University Medical Center – East Campus.



Mindy Silva (left), who works in the community services department the San Manuel Band of Mission Indians, presents a check for \$250,000 in support of the PossAbilities program to Lyndon Edwards, MBA, MHIS (center), vice president of Loma Linda University Medical Center–East Campus, and Cotie Williams (right), program coordinator for the PossAbilities and Just For Seniors programs at LLUMC–East Campus.

# Jack Rose named executive director, LLUH Web Center

By Nancy Yuen

**J**ack Rose, MBA, has been named executive director of the Loma Linda University Health Web Center.

For the past seven months, Mr. Rose has filled a significant leadership role on an interim basis to start the new Web Center, which is designed to centralize system-wide web functions—both internal and external—under one roof.

“The Web Center will allow us to consolidate web-based activities across the university and health care entities to present a consistent message that establishes LLUH as a world-class academic medical center,” says Mr. Rose.

Mr. Rose brings a wealth of experience to his new role, most recently serving as

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Jack Rose, MBA



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