



LOMA LINDA UNIVERSITY

Loma Linda University
TheScholarsRepository@LLU: Digital
Archive of Research, Scholarship &
Creative Works

TODAY

Loma Linda University Publications

11-21-2012

TODAY - November 21, 2012

Loma Linda University

Follow this and additional works at: <https://scholarsrepository.llu.edu/today>



Part of the [Other Medicine and Health Sciences Commons](#)

Recommended Citation

Loma Linda University, "TODAY - November 21, 2012" (2012). *TODAY*.
<https://scholarsrepository.llu.edu/today/45>

This Newsletter is brought to you for free and open access by the Loma Linda University Publications at TheScholarsRepository@LLU: Digital Archive of Research, Scholarship & Creative Works. It has been accepted for inclusion in TODAY by an authorized administrator of TheScholarsRepository@LLU: Digital Archive of Research, Scholarship & Creative Works. For more information, please contact scholarsrepository@llu.edu.

2 Medical Center named 2012–2013 Consumer Choice Award winner

7 HALL provides \$82,500 in student scholarships

7 Joint health and wellness fairs attended by more than a thousand community members



BEHAVIORAL HEALTH

Seeds of Hope event raises more than \$119,000 in support of services provided by LLU Behavioral Medicine Center

By Nancy Yuen

Nearly 300 guests attended Loma Linda University Behavioral Medicine Center's (LLUBMC) Fifth Annual Seeds of Hope fundraising dinner to experience the first-hand account of lives transformed through treatment of mental illness and addiction.

The dinner raised \$119,965 in pledges and donations to support patients and their families who seek hope and healing at the Behavioral Medicine Center.

This year's event took place at the historic Mitten Building in Redlands on the evening of October 16.

The evening began with guests experiencing a gallery of paintings, drawings, and three-dimensional art pieces created by patients during various stages of their treatment. Some of the artwork displayed was by individuals early in the treatment process and evoked intense feelings—fear, anger, and uncertainty.

Those pieces of art were in major contrast to the pieces created by children and adults later in treatment that expressed feelings of hope, joy, openness, and peace.

After experiencing the art exhibit, attendees

entered the banquet hall where Jill Pollock, MS, administrator at the LLUBMC, spoke about the transformational difference mental health services make in the lives of individuals, families and communities.

The emcee for the evening was Judge Tara Reilly, superior court judge, State of California.

A highlight of the evening was the story of Jamie Rocha and her family. Jamie is a wife and mother of three who lived with an addiction to pain medication that started in her late teens after she was injured in a car accident.

"Over the years, my addiction was up and down," she said. "I had good years and bad years." Jamie first visited the LLU Behavioral Medicine Center in 2006, and was sober for nearly three years.

"When my addiction got the best of me again I knew I needed help, and I knew Loma Linda was the place to go," she said. "The Behavioral Medicine Center gave me the best summer of my life, and my family was with me every step of the way."

Jamie went through LLUBMC's chemical dependency program this year. Her husband completed the family program, and their children supported their mom by attending the



Attendees to the Fifth Annual Seeds of Hope dinner visit an exhibit of artwork created by children and adults who have completed programs offered at the LLU Behavioral Medicine Center. The dinner was held at the historic Mitten Building in Redlands on October 16.

CIRCLE program (Children in Recovery Cope Learn Empower). They learned about the difference between the destruction the drugs had caused, and the loving person their mom really is.

During one of the most powerful portions of

the presentation, they read letters that they had written to the drugs while attending the CIRCLE program.

"Because of these amazing programs at the BMC," said Jamie, "my family now has the tools

Please turn to page 2



During the Fifth Annual Seeds of Hope dinner, Jill Pollock, MS, administrator, LLU Behavioral Medicine Center (LLUBMC), welcomes attendees. The annual event was held at the historic Mitten Building in Redlands on October 16, and raised more than \$119,000 in support of services provided at the LLUBMC.

STUDENT TRADITIONS

School of Pharmacy welcomes new students with ceremony

By Stephen Vodhanel, PhD

The School of Pharmacy welcomed 77 new students during a white coat ceremony held Thursday, November 8.

This meaningful tradition recognizes the professionalism required in the field of pharmacy, and it helps new students appreciate the symbol of clinical service and care that it brings.

The ceremony, which presents all first-year professional pharmacy students with a white lab coat embroidered with their name, is similar to the one held for medical students and other health professionals.

The pharmacy custom started in 1995 at the University of Kentucky, and has been a tradition at Loma Linda University since its first class in 2002.



School of Pharmacy students are welcomed into the school during a white coat ceremony held Thursday, November 8.

PROTECTING OTHERS

Domestic Violence and Sexual Assault Task Force reaches out to students

By James Ponder

Imagine the following scenario. A group of students decides to go out on a Saturday night to have a good time.

They just want to hang out at some place fun—perhaps a local restaurant with live music. When the students arrive, the place is packed. They begin to mix and mingle.

Now imagine one of the women meets a nice guy. He's polite and handsome. She likes him. After awhile, he suggests they go someplace quiet where they can get to know each other. Flattered, she agrees—and unknowingly goes off into the night with a rapist.

Heather Javaherian-Dysinger, OTD, associate professor of occupational therapy at the Loma Linda University School of Allied Health Professions, says this scenario isn't entirely hypothetical.

"You have to be so careful," Dr. Javaherian-Dysinger insists, "even at Loma Linda University."

She goes on to share, "Recently a student in our university was sexually assaulted off campus. She and her friend were afraid to tell anyone; she was raped, but they didn't know what to do."

Fortunately, news of the assault reached members of the grassroots Domestic Violence and Sexual Assault Task Force who helped the young woman get the physical, medical, and legal help she needed.

Dr. Javaherian-Dysinger co-chairs the task force with colleague Sharon Pavlovich, MAM, an assistant professor at the school.

According to the California Partnership to End Domestic Violence:

- In the United States, 1 in 6 women and 1 in

33 men have experienced an attempted or completed rape

- Approximately 37 percent of women seeking injury-related treatment in hospital emergency rooms were there because of injuries inflicted by a current or former spouse/partner

- Approximately 40 percent of California women experience physical intimate partner violence in their lifetimes.

Dr. Javaherian-Dysinger and Ms. Pavlovich hope to reduce those numbers through education and advocacy designed to make LLU students more aware of what they can do to prevent domestic violence and sexual assault as well as knowing what to do if it happens to them.

"Our goal," Dr. Javaherian-Dysinger insists, "is to increase awareness of domestic violence and sexual assault throughout Loma Linda University."

The organization's objectives are four-fold: "First, we're working to develop a system to support sexual assault victims who come to the emergency department at Loma Linda University Medical Center," she notes.

"Second, we want to develop a system for hospital staff to contact domestic violence and sexual assault advocates to speak to patients," she continues. "Third, we want to distribute resources on domestic violence and sexual assault throughout the entire campus. And fourth, we want to develop policies and procedures on domestic violence and sexual assault for students, faculty, and staff."

Dr. Javaherian-Dysinger notes that because the Medical Center does not have a sexual assault response team, the task force has been working with emergency department leadership to make sure that all sexual assault victims are referred to

Please turn to page 4

ALUMNI

Public health alumni gather at national conference



The School of Public Health leadership invited alumni to join in a reception for them during the 140th annual meeting of the American Public Health Association, held in San Francisco October 27 through 31. Alumni reconnected with each other and the staff of their alma mater during the October 29 reception. Left photo: Dwight Barrett, EdD, associate dean for student services and alumni relations, and his assistant Wanda Lewis (opposite) surround alumni (from left) Rawan Naser and Salomeh Wagaw, both 2012 MPH graduates from the School of Public Health. Right photo: Alumni (from left) Julia Dickman, MPH (2012), and Aletha Gruzensky, MSPH (1981), get to know each other. By Heather Reifsnnyder

HEALTH CARE EXCELLENCE

Medical Center named 2012–2013 Consumer Choice Award winner

By James Ponder

For the 13th time in 13 years, Loma Linda University Medical Center has received a Consumer Choice Award from the National Research Corporation.

The honor, which is bestowed annually, recognizes the most preferred hospitals in more than 300 U.S. markets. The 2012/2013 winners were announced in the October 22 edition of *Modern Healthcare* magazine.

The 2012–2013 edition of the Consumer Choice Award listing is compiled from *National Research Corporation Healthcare Market Guide*, a publication that represents the most comprehensive, nationwide consumer health care profile in the United States. In assembling the document, researchers analyzed data collected from more than 250,000 households and more than 450,000 consumers in the contiguous 48 states and the District of Columbia.

According to the website of the National Research Corporation—found online at <www.nationalresearch.com/about/consumer-choice-awards>—the Consumer Choice Award identifies the top hospitals selected by consumers for providing quality health care services.

"Winners are determined by consumer perception." Please turn to page 3

Seeds of Hope event raises more than \$119,000 ...

Continued from page 1

to know how to recognize not just when I have a problem, they also developed personal boundaries and learned to recognize issues in their own lives."

Jill Pollock is passionate about doing everything she can to ensure that individuals and families in crisis are able to benefit from

programs at the Behavioral Medicine Center. "Jamie and her family are one of many families who have been given a new chance at life as a result of the care they received at the BMC," she said. "We are thankful for the opportunity to be a place of healing in our community, and to have this chance to share with others about how the lives of entire families can be transformed."

Medical Center named 2012–2013 Consumer Choice Award winner ...

Continued from page 2
tions on multiple quality and image ratings collected in the company's market insights survey," the website reports. "From the households surveyed, 3,200 hospitals named by consumers are analyzed and ranked based on their Core Based Statistical Areas (CBSAs) as

defined by the U.S. Census Bureau, with the winning facilities being ranked the highest."

Of the 296 hospitals listed for 2012/2013, 25 hail from California and only six from the Southern California counties of Los Angeles, Orange, Riverside, San Bernardino, San Diego,

and Ventura. Loma Linda University Medical Center was the only hospital in San Bernardino and Riverside counties to make the list.

National Research Corporation's market insights survey is the largest and most comprehensive study of its kind in the United States. The website states that no other study measures hospital performance and preferences and contains more consumer responses

than the one from which the Consumer Choice Award is derived.

OUTREACH GRANT

Grant will help save babies from nicotine

By Heather Reifsnnyder

Loma Linda University Medical Center is demonstrating its commitment to children by using a nearly \$600,000 grant to give free support to pregnant women who want to quit smoking.

Women can access the treatment at about 16 locations in eight areas: Apple Valley, Barstow, Victorville, Fontana, Rialto, Joshua Tree, Yucca Valley, Loma Linda, and several locations in San Bernardino. The program can be individualized for the needs of each woman.

Many pregnant women don't realize the full devastation caused to babies by in utero exposure to nicotine.

"The impact of smoking on a child's health is huge. The mothers realize it's bad, but they are surprised to learn the true extent of it," says Maribel Muñoz, program coordinator and perinatal health specialist.

"A single cigarette smoked during pregnancy translates to 13 packs for the unborn baby."

The grant, given by First 5 San Bernardino, began in July of this year and extends through June 2015. Ms. Muñoz hopes up to 80 pregnant women will quit smoking during this time.

"We do anything and everything within our limits to make sure our clients succeed," she says.

The curriculum offers both group and individual sessions, during which the expectant mothers learn how nicotine impacts not only a baby's health—both before and after birth—but also how it is detrimental to bonding, breast-feeding, and more. The program can also be tailored toward specific issues where mothers may need help, such as depression or child neglect.

The program lasts a minimum of eight weeks. Week one begins when a woman first quits, which may not be right away upon joining. An individual plan for smoking reduction and cessation helps determine this timing.

Even cutting down as a first step raises cause for celebration, says Ms. Muñoz.

In utero nicotine exposure can cause severe complications including premature birth, placenta abruption, and low birth weight. Babies and young children who are exposed to smoke after birth are at risk of sudden death, breathing problems, ear infections, hyperactivity, and learning disabilities.

Each week, the women are tested for nicotine, and they receive incentives for their milestones in the form of free diapers as well as xylitol gum. This gum not only provides an alternative to smoking cigarettes, but it also improves the mother's dental health, lessening the chance that tooth cavities will provide a portal of entry for negative substances into the baby's bloodstream.

The training is offered by Ms. Muñoz and
Please turn to page 4



WHAT'S YOUR PLAN?

MANY STRENGTHS.
ONE MISSION.

DON'T DELAY!

Time is running out to receive a charitable tax deduction before the year ends.

Did you know that you can make a gift of cash or appreciated property before Monday, December 31, and enjoy a charitable tax deduction and valuable tax savings on this year's tax return? Your gift can even provide you with income for the rest of your life!

For more information, call 909-558-4553, email legacy@llu.edu or visit llulegacy.org



LOMA LINDA UNIVERSITY

Office of Planned Giving

Domestic Violence and Sexual Assault Task Force reaches out to students ...

Continued from page 2

San Bernardino Sexual Assault Services (SBSAS) for help. SBSAS maintains a 24-hour crisis hotline offering confidential free counseling and advocacy services. The group makes sure that victims get the help they need.

"We hope this means students will know where they can go to talk about these issues," Dr. Javaherian-Dysinger adds. "We're constantly asking ourselves, 'How can we help them be more cognizant of domestic violence and sexual assault? How can we make sure they know it's OK to call someone? How can we make sure they know whom to call?'"

Dr. Javaherian-Dysinger says that although the task force isn't new, many students don't know about it.

"Diane Mapes in human resource management started it years ago," she notes. "It's her passion. We're just trying to make sure the student body knows it exists."

"Our goal is to promote awareness of the task force and make it easy for students to contact us," she continues. "We want to help them get medical help and counseling—to let them know there are safe people for them to talk to here on campus."

She emphasizes, "We're here to help, not pronounce judgment or blame."

In her faculty practice, Dr. Javaherian-Dysinger works with victims of spousal or partner abuse at a domestic violence shelter in San Bernardino.

She learned long ago that victims find it easier to navigate the ins and outs of the system if they have an advocate willing to help them.

She says victims can do one of two things if they need immediate help.

"They can call SBSAS directly," she informs, "or they can go to the emergency department of Redlands Community Hospital where they have a sexual assault response team in place."

Local phone numbers for the 24-hour SBSAS crisis hotline are as follows:

- San Bernardino (909) 885-8884

- Redlands (909) 335-8777
- Yucaipa (909) 790-9374
- Victorville (760) 952-0041
- Morongo (760) 369-3353
- Coachella Valley (760) 568-9071

To learn more about the services of the Domestic Violence and Sexual Assault Task Force, contact Dr. Javaherian-Dysinger by phone at (909) 558-4628, extension 47325, or by email at <hjvavaherian@llu.edu>.

"For a grassroots group, we've got a lot to do in terms of educating students and faculty about the availability of help for victims of domestic violence and sexual assault," Dr. Javaherian-Dysinger concludes.



Heather Javaherian-Dysinger, OTD, wants to make sure Loma Linda University students, faculty, and staff are aware of the resources offered by the Domestic Violence and Sexual Assault Task Force on campus. In addition to co-chairing the task force, Dr. Javaherian-Dysinger is associate professor of occupational therapy at the School of Allied Health Professions.

Grant will help save babies from nicotine ...

Diana Garcia, perinatal health specialist, with consultation provided by T. Allen Merritt, MD, professor of pediatrics, and Bryan Oshiro, MD, vice chair of gynecology and obstetrics as well as medical director of the LLU Children's Hospital Perinatal Institute.

The new grant represents a continuation of funding from First 5 San Bernardino, which previously granted LLU Medical Center money to help any parent or caregiver of young children stop smoking.

First 5 San Bernardino is the local branch of First 5 California, which educates parents and caregivers to provide children their best start early in life—the first five years, when the brain develops most dramatically.



LOMA LINDA
UNIVERSITY
HEALTH

Living Whole Employee Wellness Program

The Living Whole Employee Wellness Program is encouraging all Loma Linda University Health employees to walk/run towards better health.

Employees who sign up for the **Loma Linda Lopers** Holiday Classic* or Marathon Training Clinic will receive a \$40 credit toward their sign-up fees.

Sign-up today by visiting **lopersclub.org**.



*Deadline is Monday, November 26, 2012





LOMA LINDA UNIVERSITY

Want the most up-to-date info about LLU?



www.facebook.com/lomalindauniversity

NATURAL SCIENCES

LLU professor teaches course on desert snakes at Joshua Tree National Park

By James Ponder

William K. Hayes, PhD, professor of biology at the department of earth and biological sciences at Loma Linda University, recently taught a daylong field course on desert snakes at Joshua Tree National Park.

The class, sponsored by the Desert Institute of

the Joshua Tree National Park Association, was held at the Black Rock Visitor Center in Yucca Valley on Sunday, September 30.

It was designed to give attendees, many of whom live in desert communities where encounters with snakes are common, a better understanding of venomous and non-venomous snakes as well as ideas for maintaining harmonious relationships with them.

“Although frequently maligned, snakes are vitally important to the health of our communities,” Dr. Hayes observes. Among the benefits of having a thriving snake population, perhaps none is more important than that of rodent control. By keeping the numbers of mice and rats in a given area down to manageable levels, snakes prevent the outbreak of deadly diseases like the hantavirus and bubonic plague.

“You can’t overstate their role in maintaining a healthy ecosystem,” he insists.

Mary Moser, a volunteer with the Desert Institute who assisted Dr. Hayes with the class, says she enjoyed the class.

“I am an experienced volunteer,” Ms. Moser reports, “and I can honestly say it was a pleasure to assist Dr. Hayes during the snake class. He offered both his expertise and his enthusiasm throughout the lecture. He brought six species of rattlesnakes (representing the local area) and several species of non-venomous snakes. He talked about snake habitat, adaptation as it related to the desert environment, and the various physiological and behavioral traits required for these creatures to survive in our desert.”

Dr. Hayes points to water utilization as an example of how snakes adapt to life in arid environments.

“They make very economical use of water,” he says. Please turn to page 6



William K. Hayes, PhD, professor of biology at Loma Linda University, displays one of his serpentine charges, a male Southern Pacific Rattlesnake (*Crotalus oreganus helleri*).

ANNUAL CHRISTMAS FESTIVAL OF MUSIC AND LIGHTS

Tim Zimmerman and the

King's Brass

O COME LET US ADORE HIM
A Joyful Celebration of Christmas!

Guest artist, *Miclen LaiPang, age 17, virtuoso violinist*

Ticket Donation
 (advance purchase only; no tickets at the door)
 Front Reserved: \$15
 Open Seating: \$12
 Balcony: \$10

Ticket Venues
 (Tickets available November 1)
 • ABC Christian Book Center, Loma Linda
 • Berean Christian Bookstore, Redlands

Tickets by Mail
 Send request, remittance, and a stamped, self-addressed envelope to Christmas Concert, PO Box 647, Calimesa, CA 92320

For More Information
 More information is available on the **Concert Line (909) 795-4960**

Friday, December 21, 6:00pm*
Saturday, December 22, 4:00 pm and 6:00pm*
 Calimesa Seventh-day Adventist Church
 4th and Myrtlewood, Calimesa

*note time changes from previous years

Calimesa Community Concerts **27th Season**

EMPLOYEE SPIRITUALITY RECOGNIZED

Spiritual life & wholeness leadership banquet honors 55 employees

By James Ponder

Two insights rose to the surface at the eighth annual spiritual life & wholeness leadership banquet, which was hosted by Loma Linda University on Tuesday, October 30, in Wong Kerlee International Conference Center.

The first revelation was how very seriously Loma Linda University Health (LLUH) takes its commitment to faith-based mission. The second was how creative LLUH employees can be when it comes to integrating spirituality into their professional and personal lives.

“Each year, we invite to a banquet spiritual leaders from the entire organization we now call Loma Linda University Health,” noted Gerald R. Winslow, PhD, vice president of mission and culture. “These are the ones who are known for their uncommon efforts in helping us achieve our faith-inspired mission.”

A total of 54 employees received the 2012 Spiritual Life Service Awards:

- | | |
|-------------------|-----------------|
| Frank Amaya | Rolinda Luevano |
| Danilyn Angeles | Judy O'Connor |
| Sharon Blinci | Maha Osman |
| Kenneth Breyer | Gina Palma |
| Dorothy Parker | Barbara Parker |
| Paul Buchheim | Michele Parsons |
| Ian Chand | Nikhil Patel |
| Red Clemens | Mary Payabyab |
| Aurelio Delarocha | Rudy Pojoh |
| Marilyn Eggers | James Ponder |
| Kate Gattuso | Janelle Pyke |
| Beth Gilbert | Cathy Regan |
| Mary Haulk | Huma Shah |
| Karl Heghesan | Sandra Simon |
| Julie Humeston | Kirsty Sledge |

- | | |
|----------------|---------------------|
| Daphne Hunter | Sally Sparks |
| Praveen Injeti | Kathryn Stiles |
| Ramona Jackson | Scott Strum |
| Febra Johnson | Heidi Taylor |
| Soo Kim | David L. Taylor Jr. |
| Kathryn Knecht | Maxine Taylor |
| Angela Lalas | Margery Velasquez |
| Rosie Lara | Tony Valenzuela |
| David Larson | Johanny Vallardes |
| Talolo Lepale | Carolyn Vega |
| Marian Llaguno | Julie Voss |
| Kris Lozano | Ann Yukl |

While noting that employees honored at the event come from many different faith communities, Dr. Winslow emphasized the spiritual foundation of the mission.

“As an organization built on faith in Jesus of Nazareth, we also want to begin by thanking our Lord and Savior for calling us to this work and for providing all the good gifts we need to do the work,” he said during his introduction of Chaplain Saul Barcelo, who pronounced the invocation of blessing on the food.

After dinner, Dr. Winslow individually honored each recipient, calling the names in alphabetical order, and reading a brief synopsis of each individual’s spiritual attributes.

For example, he commended Frank Amaya, an employee in the Loma Linda University Medical Center department of facilities management, for his concerns for the needs of fellow employees and patients in the hospital.

“Frank’s manager described him as a ‘gem,’” Dr. Winslow noted, “saying he is one of the first to volunteer to pray at staff meetings, always praying for the concerns of others—never about



Gerald R. Winslow, PhD, told the 55 Loma Linda University Health employees who were honored at the eighth annual spiritual life & wholeness leadership banquet that their faithfulness accentuates the highest values of the organization’s faith-based mission. Dr. Winslow is vice president of mission and culture.

his own needs. His faith is dedicated to the staff and healing at the hospital.”

An analysis of the attributes mentioned by individuals who nominated their peers reveals that this year’s recipients personify no less than 61 separate positive traits including prayer, personal spirituality, optimism, leadership, caring for others, love, faith, compassion, kindness, and inspiration.

Gina Palma, who works in the adult partial hospitalization program at the Behavioral Medicine Center, was cited for exemplifying several spiritual values.

“Gina has a healing presence,” Dr. Winslow read. “Her smile and warm tone of voice light up a room. She demonstrates patience, heartfelt concern, and a non-judgmental attitude towards others, and creates a calm, peaceful atmosphere—going the extra mile to resolve their concerns.”

When it came time to announce the recipient of the 2012 Spiritual Life & Wholeness Leadership Award, Dr. Winslow called Rick Williams, PhD, vice president for enrollment management and student services, to the stage.

After pointing out that he has worked with Dr. Williams for several years and found him to be “one of our most dedicated leaders in helping our entire organization be continually more true to our mission,” Dr. Winslow shared a humorous story about his friend.

“Let me tell you a little about Rick,” he began. “He drives a metallic blue Corvette. He even let me drive it once. In fact, I was sitting with him in a graduation exercise when I saw him buy the car on eBay. What does this tell you?”

Dr. Winslow’s question hung in the air as he searched the eyes of everyone in the large room. The expressions on their faces

Please turn to page 7

LLU professor teaches course on desert snakes at Joshua Tree National Park ...

Continued from page 5

says, “often meeting all their needs just from the food they acquire. They literally do not have to drink.”

He adds, “They are often active at night to avoid high temperatures, but they can be out any time the temperature is between about 65 and 100 degrees Fahrenheit, even during the winter.”

When asked whether rattlesnakes prey on weak or diseased animals like some large animal predators, Dr. Hayes responds that they are basically opportunistic hunters.

“They feed on anything of appropriate size that comes within striking range,” he replies.

Dr. Hayes used the class as an opportunity to help dispel the two biggest myths about rattlesnakes.

“The first one,” he explains, “is that the bite of baby rattlesnakes is more venomous than that of adults.”

He elaborates, “There is no truth whatsoever in that idea. The myth stems from the belief that baby snakes can’t control the amount of venom they release, so they inject everything they’ve got in each bite. But the simple reality is, there’s

much less venom in a baby’s venom gland that is the size of a BB, than in an adults, which is the size of a kidney bean.

“The second myth,” he continues, “is that rattlesnakes are rapidly evolving more toxic venom. There is absolutely no evidence for that. There is no reason they would need to.”

Ms. Moser notes that, at the class, Dr. Hayes spent a considerable amount of time discussing rattlesnake venom.

“He discussed the different types of venom, explaining why some species are more dangerous than others, and describing how snakes manufacture venom,” she notes. “He also talked about the exciting research being conducted on the many medicinal uses of venom. His lecture included a PowerPoint presentation with many informative visuals.”

One visual in particular caught her eye—a slow-motion study of a snake releasing its venom. Ms. Moser was impressed with how the fangs move independently of each other during a strike. She also appreciated the fact that Dr. Hayes led the group on a 90-minute field exploration to look for snakes in their natural habitat.

“Throughout the class, I noted that the students

were always engaged,” Ms. Moser adds. “At the end, he answered any additional questions they had. He also encouraged the students to visit his lab at Loma Linda University so they might have an opportunity to see his other specimens and hear more about the research he and his team are working on.”

Ms. Moser notes that as the park’s primary non-profit partner, the Joshua Tree National Park Association assists with preservation, education, and historical and scientific programs

for the benefit of the park and its visitors.

More information about the association is available online at <www.joshuatree.org> or by phone at (760) 367-5525.

“Part of the Desert Institute’s mission is to provide adult education programs with courses in cultural history, natural science, survival skills, and the arts,” she observes. “The Desert Institute takes pride in providing expert instructors like Dr. William Hayes.”

Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires Loma Linda University to publish interim reports on campus crime activities. Listed below are the crimes reported for the month of October 2012.

Type of Crime	Number of Crimes	Location of Crime
Assaults/Battery	3	BMC; MC; Children’s Hospital
Burglary	2	MC; Lot A
Vehicle Burglary	2	Parking Structure; Lot N
Theft Auto	3	Lot J; Lot X (2)
Grand Theft	1	MC
Threats	1	BMC
Harassment	1	MC

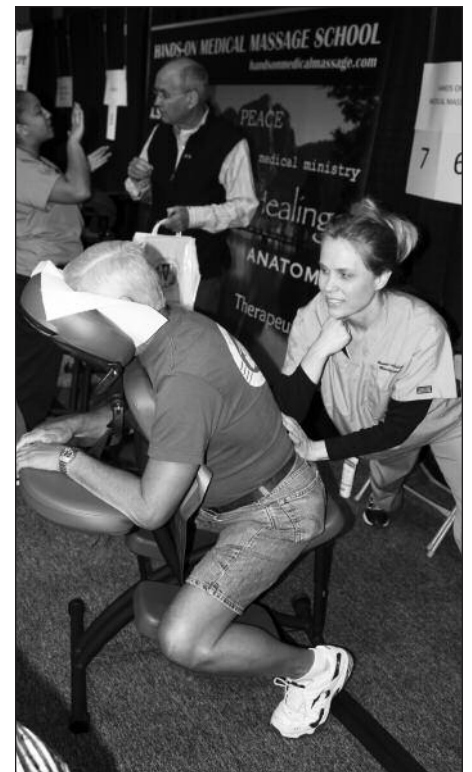
You can assist the Department of Security in maintaining a safe and secure environment by notifying Security immediately at Ext. 911 if you see or know about a crime taking place.

WELLNESS FAIRS

Tenth annual Senior Wellness and Fitness Fair jointly held with first annual Loma Linda Lifestyle Health Fair, attended by more than a thousand from the community



Well over a thousand members from surrounding communities attended two health and wellness fairs, held jointly at Loma Linda University Drayson Center on Wednesday, October 24, from 9:00 a.m. to 1:00 p.m. The annual Senior Wellness and Fitness Fair, now in its 10th year, featured a number of booths staffed by groups on campus, as well as local vendors, who regularly provide wellness services to seniors. The fair is sponsored by the LLU Drayson Center's Senior Wellness Program, which has a membership nearing 1,000 seniors from the area. The Drayson Center Wellness Clinic organized its first Loma Linda Lifestyle Health Fair, which shared many of its attendees with the senior event next door. Services at the lifestyle health fair included: bone density assessment, blood glucose and cholesterol tests, respiratory capacity test, hand grip assessment, back and posture checks, body composition assessment, health and age assessment, and stress assessment and counseling. In the left photo above, a senior receives a free screening of her blood pressure. In the top right photo, attendees spin the wheel to discover new insights regarding their health. In the photo to the right, a senior receives an elbow from a massage therapist, which he doesn't seem to mind, during his free massage. *By Larry Kidder*



HALL SCHOLARSHIPS

Hispanic Alumni of Loma Linda provide \$82,500 in student scholarships

By Larry Kidder

During its annual banquet held on Sunday, October 21, the Hispanic Alumni of Loma Linda—or HALL—awarded \$82,500 in scholarships to 34 undergraduate and graduate Hispanic students studying at Loma Linda University.

For HALL, this represents the most scholarship money ever awarded during a single year.

"It is important that these students continue to receive support," says Tony Valenzuela, DPT, EdD, president of HALL and professor of physical therapy at the university, "because they are the future health care professionals of the Hispanic community."

Approximately 50 applicants met the eligibility requirements of full-time enrollment, Hispanic descent, and current involvement in service

activities within Hispanic communities through their church, school, or personally.

They also needed to show an interest in continued service to the Hispanic community beyond graduation. "Past recipients are now working professionals and are involved in giving back to their community," Dr. Valenzuela explains.

Out of 34 HALL scholarships given, 23 were directly funded by the North American Division (NAD) of Seventh-day Adventists.

In addition to the requirements already listed, these recipients must be actively involved in a Hispanic Seventh-day Adventist church and studying as full-time graduate students.

Presenting the NAD scholarships was Ernest Castillo, vice president of Hispanic affairs at NAD. "To see such a large group of Latino

students at Loma Linda University preparing themselves in their education to one day go out and serve others is a thrill and a joy," Elder Castillo told those in attendance, "as is knowing that the North American Division is playing a huge role in the life of these students."

Scholarship amounts ranged from \$1,000 to \$4,000 per student. The awards banquet was held at Wong Kerlee International Conference Center, located on the LLU campus.

HALL was organized in 1997 with the mission of serving as a support system for the Hispanic student body at LLU, as well as embodying the spirit and principles of Jesus Christ. The organi-

zation has been instrumental in providing more than \$215,000 in scholarships to LLU Hispanic students over the past decade and a half.

Spiritual life & wholeness leadership banquet honors 55 employees ...

Continued from page 6 suggested they did not have a clue.

"That he has more courage than I do," Dr. Winslow grinned, "and likes to move fast to get things done."

"He claims that his only real talent is a passion for laziness," Dr. Winslow continued. "But what he means is that he is passionate about leading the student services team members to simplify and streamline all of their functions that affect the lives of our students."

"Tonight we give Dr. Williams our eighth annual spiritual life leadership award," he concluded. "It is not given for his so-called 'laziness' or for many other remarkable traits. It is an award approved by our LLUH spiritual leadership committee and by the executive leadership council of our corporation, and it is given for transformational leadership in spiritual wholeness. Through his efforts to help prospective students and employees know about our mission, and thus make a more informed decision about joining us, Rick has exemplified the kind of leadership we need."



School of Medicine faculty share a proud moment with HALL scholarship winners on the steps of Coleman Pavilion. Faculty include (from left) Tamara Thomas, MD, associate dean of faculty development; Marino De Leon, PhD, director of the Center for Health Disparities and Molecular Medicine; (center, white lab coat) Nephtali Gomez, MD, instructor of surgery; (second from right) H. Roger Hadley, MD, dean; and (right) Daisy De Leon, PhD, professor of basic sciences.



LONG-TERM COMMITMENT

Experience in Laotian mountains inspires global health student

By Heather Reifsnyder

Eight mountain villages in 10 days stirred a singular passion in global health student Arti Desai during her trip into the Oudomxay mountains of Laos.

She lived alongside the villagers while conducting a health needs and data assessment as part of her summer 2012 internship.

Ms. Desai worked for one month with the NGO Adventist Development and Relief Agency, and the highlight of the trip was participating in a traveling needs assessment with a team of staff through the mountains.

During those 10 days, she stayed overnight in

many of the villages, eating what the residents ate, sleeping where they slept, and gaining first-hand experience of the poverty of resources in these villages.

She wished to make an immediate difference.

“I did not want to leave them,” Ms. Desai says. “I wanted to magically and instantaneously provide them with whatever they needed as the villagers and naibons (village chiefs) shared their reality, hopes, dreams, and goals with me.”

While slower than magic, the tools Ms. Desai has learned from the LLU School of Public Health empower her to create solutions in similar global situations.

In this case, she has returned to Loma Linda for her final year of coursework in the master of public health program, but she hopes the gathered data will enable Adventist Development and Relief Agency staff to implement solutions.

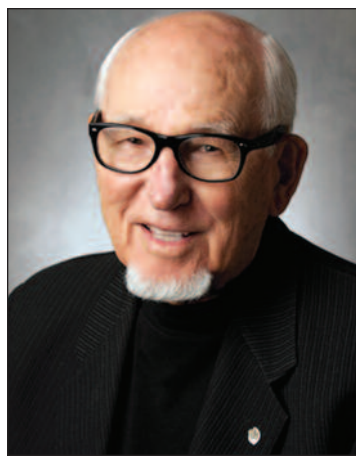
And in her coming career, Ms. Desai will feel the satisfaction of going the full distance in raising the quality of life in such communities. Her summer experience has given her some idea of what that might feel like.

“While there were times I was terrified, relieved, scared, elated, exhausted, or all that at once,” she says, “what I felt most was humbled—humbled by the strength of these individuals who make the best out of their situations and live each day to the best of their ability.”

Ms. Desai also spent a month during the summer in the Philippines studying the impact of flooding on people’s health.



A motorist battles treacherous mountain road conditions.



Innerweave Gratitude matters

By Wil Alexander, PhD

A grateful heart is a contented heart. A contented heart is a simple heart. And a simple heart leads to a simplified life.

Gratitude opens the door to both simplicity and minimalism. Consider the fact that a person who is grateful for the things in life will care for them more, enjoy them more, and waste less energy seeking more. They will experience joy in life by finding fulfillment in the gifts they already possess rather than looking outside themselves for fulfillment. And that is the very essence of minimalism.

Yet, we live in a culture that preaches discontentment. A consumer culture will always attack gratitude. If they can sow seeds of discontentment in our lives, they can sell us on their new product line or latest version with new improvements. In contrast, those who find gratitude in their current existence will be less influenced by empty promises.

But how can we find gratitude in a world that seeks to destroy it?

- ♦ Choose gratitude today. Gratitude will never be a result of your next purchase, success, or accomplishment. It is available in your heart right now. And you will never find gratitude in life until you intentionally decide to choose it.
- ♦ Count your blessings. A new day, a warm bed, a loving spouse, a child in your life, a unique personality, or a special talent. ... You have wonderful things in your life already. Gratitude quickly sets in when we begin to spend a quiet moment each day remembering them. This practice alone has the potential to change your heart and life immeasurably.
- ♦ Stop focusing on what you don’t have. Too many people never realize gratitude because they spend so much mental energy focused on what they don’t have. Throw away catalogs and advertisements that inevitably promise you more fulfillment and joy in life. Those things are not sold in stores—never have been, never will be.
- ♦ Embrace humility. Humility is an essential ingredient in gratitude. A humble heart finds satisfaction in the gifts it already possesses and demands less from others and life. Remember that no matter what your accomplishments, your life contains no more inherent value than the person sitting next to you ... no matter where you may be sitting.
- ♦ Open your eyes to those with less. Almost half the world—more than three billion people—live on less than \$2.50 a day. More than 1.1 billion people have inadequate access to clean water, and 2.6 billion lack basic sanitation. Let those facts sink in for just a moment ... and slowly allow gratitude and a desire to become part of the solution to take their place.
- ♦ Find gratitude in difficulty. It is easy to be grateful when things are going well. It can be more difficult during the trials of life: death, disease, rejection, or failure. The truth is that no one is exempt from the trials of life, but good can always be found in even the worst of times. And embracing gratitude during those trials may be the one thing that gets you through them.

In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy. And that gratefulness quickly leads to a satisfied, simplified life.



Global health student Arti Desai listens to community members to discover their needs.



Volume 25, No. 14 | Wednesday, November 21, 2012

Editor Dustin R. Jones, MA
djones@llu.edu

Managing editor/layout Larry Kidder, MA
lkidder@llu.edu

CORRESPONDENTS

Doug Hackleman, MA
dhackleman@llu.edu

Stephen Vodhanel, PhD
svodhanel@llu.edu

James Ponder
jponder@llu.edu

Nancy Yuen, MPW
nyuen@llu.edu

Heather Reifsnyder, MA
hreifsnnyder@llu.edu

Have a story that’s noteworthy? Send it to news@llu.edu

TODAY is a nonprofit news publication of Loma Linda University, operated under the auspices of the General Conference of Seventh-day Adventists.

Internal campus-based advertising accepted for publication in TODAY is intended to be a service to the students, staff, employees, and faculty of all Loma Linda University Health entities. No outside advertising is included in this publication. The management, at its sole discretion, reserves the right to refuse, without explanation, any advertisement. The acceptance of advertising in this publication does not represent an endorsement or guarantee of any kind by Loma Linda University, Loma Linda University Health, Loma Linda University Medical Center, or Loma Linda University Adventist Health Sciences Center.

Questions about content, campus-related advertising, and circulation should be directed to TODAY, Burden Hall, Loma Linda University, Loma Linda, California 92350. Phone (909) 558-7000. © 2012. All rights reserved.

www.llu.edu | www.facebook.com/lomalindauniversity