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TODAY

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10-12-2012

## TODAY - October 19, 2012

Loma Linda University

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PHILANTHROPY

# Nearly 11,000 march to support cancer patients at 5th annual Believe Walk

By James Ponder

More than 12,000 people took to the streets of Redlands on Sunday, October 7, to show their support for cancer survivors, cancer patients, and their family members at the 5th annual Believe Walk.

Founded in 2008 by cancer survivors Annie Sellas, Cathy Stockton, and Nancy Varner, Believe Walk is sponsored by Stater Bros. Charities and Inland Women Fighting Cancer as well as a number of other local organizations.

According to Judy Chatigny, MSN, executive director of the Loma Linda University Cancer Center, Mses. Sellas, Stockton, and Varner had a specific objective in mind for Believe Walk.

“These three women had a desire to raise funds that would have a positive impact on the lives of cancer patients living in the Inland Empire,” she recalls. “So they founded Inland Women Fighting Cancer and partnered with Jack Brown of Stater Bros. Markets, and Believe Walk was born. The name of the event was inspired by the biblical book of Matthew, which declares that ‘All things are possible to one who believes.’”

The crowd began to gather at the corner of Orange and State streets long before the official



Pink wigs, armbands, balloons, and confetti converged on the intersection of State and Orange streets in Redlands at the beginning of the 5th annual Believe Walk for cancer survivors, patients, and members of their family. Most of the nearly 11,000 people who participated in the walk wore pink or purple to show their support for the cause.

starting time of 8:00 a.m. The atmosphere was festive and expectant as humans and other animals—mostly dogs of all sizes and shapes—showed up in pink or purple shirts, hats, ribbons, socks, and, in some cases shoes. One formerly white dog, an American standard poodle, sported bright pink fur.

After a welcome from the three founders, Mr. Brown and Jerry Lewis, Republican representative from California’s 41st district, thanked participants for showing up at such an early hour to walk to raise funds and awareness to fight cancer in our community. Both Mr. Lewis and Mr. Brown are longtime supporters of Loma Linda University.

For the next three miles, walkers ambled, sauntered, or ran through cordoned-off streets in some of the most charming residential neighborhoods of the city. Block after block of Victorian cottages, arts-and-crafts bungalows, and California Spanish homes showcased the architectural diversity of the elegant community. Blue skies, green lawns, bright flowers, and the occasional white picket fence turned the morning into an all-American postcard.

As if that weren’t enough, local musicians and performing artists—cheerleaders, harpists, saxophonists, high school bands, acoustic guitar ensembles, and rock bands—greeted participants, each of whom paid \$50 or \$25 to walk in the event depending on their age, as they continued up one long street and down another.

Volunteers manned stations along the way offering bottled water to keep the walkers hydrated. Several residents, mindful of the fact that dogs get thirsty just like humans, set up big buckets of water at the curb in front of their homes. Nearby signs advertised “Water for dogs.” The canines seemed to appreciate the gesture, greeting the cool liquid with loud slurps and wagging tails.

A number of local businesses sponsored teams of walkers. They were easy to identify in their matching T-shirts and, sometimes, hats.

Many of the walkers wore the names of friends and loved ones battling cancer. Mr. Brown shared the personal story of a Bank of America employee identified only as Carolyn, whom he had met a few days before the walk. Carolyn had told him she would be participating in the event wearing a T-shirt given to her by her mother, who passed away from cancer two months ago.

The crowd offered heartfelt tribute to Carolyn’s mother and everyone fighting cancer in the form of an enormous round of applause. Applause erupted again as Mr. Brown presented the founders a check in the amount of \$500,000 earmarked for cancer fighting organizations in San Bernardino and Riverside counties.

After an invocation of blessing by a local religious leader, Mr. Brown signaled for confetti and an avalanche of small pieces of pink and white paper shot into the sky and fluttered back to earth leaving a colorful mosaic all over the ground. And with that, the walk began.



Congressman Jerry Lewis and Jack Brown smile just moments before stepping to the podium to welcome nearly 11,000 people to the 5th annual Believe Walk on Sunday, October 7. Earlier published estimates had placed the number of walkers even higher, but Sarah A. Cain, executive director of Stater Bros. Charities, says the actual figure was close to 11,000. Congressman Lewis represents California’s 41st District, and Mr. Brown is CEO of Stater Bros. Markets. Mr. Brown presented founders of the event a \$500,000 check to fight cancer in the Inland Empire.

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FUNDING FOR NEW EQUIPMENT

Local charitable gifts fund new equipment and research at LLU Cancer Center

Contributed report

Women being screened for breast cancer at Loma Linda University Cancer

Center are now benefiting from digital breast tomosynthesis (DBT), cutting-edge diagnostic equipment. The purchase of the DBT equipment was made possible by a \$190,000 gift



Jack Brown, chairman and CEO, Stater Bros. Markets (wearing scarf), holds a presentation check for \$190,000, a gift to Loma Linda University Cancer Center. He is joined by officials from Stater Bros. Charities, members of Inland Women Fighting Cancer, staff from Loma Linda University Medical Center, and other supporters in the fight against cancer. According to Judy Chatigny, MSN, executive director, LLU Cancer Center (to Mr. Brown's left), the donation from Stater Bros. Charities and Inland Women Fighting Cancer has enabled the purchase of cutting-edge technology and is being used to fund pediatric cancer research at LLU Cancer Center.

LIFE-SAVING GIFT

San Manuel Band of Mission Indians gift helps cancer patient defeat his disease

By Nancy Yuen

Although Tamie Vasquez has worked at Loma Linda University Cancer Center the last 12 years, she only recently experienced the quality of care the center provides firsthand.

Tamie met her husband, Cesar, a veteran of 30 years in the food service, in a restaurant where they both worked. Their love can be felt as they recall how their lives changed in June 2011.

They both remember the day—it was a Friday—when Cesar told Tamie about a small bump on the right side of his neck. It wasn't very big, but the area felt itchy.

"At the time it was a small inconvenience," he recalls. "A doctor checked it out the following Monday and when the symptoms pointed to an infected salivary gland, he prescribed antibiotics." Cesar took the medication and the lump, which had been firm, began to soften and decrease in size.

But Cesar's symptoms lingered; he was having more and more trouble swallowing.

"I was familiar with chemotherapy and cancer treatment—I'd lost family members to cancer when I was in high school, and every day at work I meet patients who are battling cancer," Tamie recalls.

Concerned, she made an appointment with Charles Stewart IV, MD, an ear, nose, and throat specialist at Loma Linda University Medical Center.

Initial testing was followed by a biopsy, and Cesar was diagnosed with B-cell lymphoma

(Burkitt's lymphoma). Dr. Stewart removed the affected lymph node during a surgical procedure and coordinated the next steps of Cesar's treatment plan in consultation with the medical oncology/hematology department.

Hamid Mirshahidi, MD, a medical oncology/hematology specialist at LLU Cancer Center, assessed Cesar's case. He was familiar with the road ahead.

"While there are more than 60 types of lymphoma," Dr. Mirshahidi says, "B-cell lymphoma is extremely aggressive. A special protein causes the tumor to grow quickly and to spread. Cesar's cancer was at stage 4 when his treatment began—the fact that he had been diagnosed early saved his life."

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Tamie and Cesar Vasquez

EXCELLENCE

California governor appoints dental faculty member to committee

from Stater Bros. Charities and Inland Women Fighting Cancer. In addition, the gift is helping to fund pediatric cancer research.

"We count it a privilege and responsibility," says Mark Reeves, MD, director, LLU Cancer Center, "to partner with Stater Bros. Charities and Inland Women Fighting Cancer in the fight against cancer.

Their consistent generosity over the years has allowed us to push back the frontiers of cancer research and treatment. This gift makes a real difference in cancer patients' lives right here at home."

Digital breast tomosynthesis is a powerful tool for cancer screening that offers 3-D views of the breast. LLU Cancer Center is the first in the Inland Empire to offer DBT, which was approved by the FDA in February 2011.

According to Dr. Reeves, DBT creates sharper images that can be manipulated by radiologists. This allows better detection of breast cancers and also lessens the "false negative" rate of traditional mammography. Because of this, fewer women will undergo unnecessary biopsies.

The research component of the gift allows LLU Cancer Center to offer state-of-the-art transplant services to children, including bone marrow and stem cell transplantation. Dr. Reeves is encouraged that the combination of research, transplantation, and intensive chemotherapy will allow more children to be cured of cancer.



Michelle Hurlbutt, MS, assistant professor, department of dental hygiene, LLU School of Dentistry, has been reappointed by California Governor Jerry Brown to serve on the Dental Hygiene Committee of California. Ms. Hurlbutt has served on this committee since 2009. By Doug Hackleman

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, Mielen LaiPang, age 17, virtuoso violinist

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Front Reserved: \$15  
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**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

**LLU ALUMNI SALARIES**

**ABC News names LLU No. 1 for graduate starting salaries in nation**

By Dustin Jones

Loma Linda University is tops among all schools for starting salaries in the nation, according to an article from ABC News. The article, "12 Colleges Whose Payoff In Pay Beats Harvard's," published September 20, reports that graduates from LLU have a higher starting median salary than Harvard or Princeton.

Alan Farnham, author of the article, says "Graduate from Harvard, and Aunt Bessie will be impressed. Graduate from Loma Linda University, and you'll get a better-paying job."

The article quotes statistics from Payscale.com and lists median starting salaries for LLU graduates at \$64,600. Median starting salaries for

Harvard University are listed as \$54,100. Additionally, the article states that Harvard's tuition and fees are \$40,866. Loma Linda's are \$29,096.

Loma Linda University has consistently ranked at the top of the annual Payscale.com report, ranking second in the 2010-2011 report, and first in the 2009-2010 report.

The study takes into account only employees who hold a bachelor's degree and does not include any higher degrees. Individuals who have their bachelor's degree, but go on to receive an advanced degree are not included in the study.

The study was also quoted for stories in *Time Magazine*, *Huffington Post*, 92FM radio in Houston, and several other news organizations.



Loma Linda University was named tops in the nation for starting salaries among graduates by ABC News.

**PHARMACY PROGRAM MOVES**

**School of Pharmacy relocates to Shryock**

By Stephen Vodhanel

The School of Pharmacy has moved into a modernized Shryock Hall, originally constructed in 1936. The move achieves the goal of Dean Billy Hughes, PhD, to house the school in a space that reduces the footprint and consolidates academic operations to three adjacent buildings—Centennial Complex, Evans Hall, and Shryock Hall.

Planning the move to Shryock Hall began in the winter of 2011 with an architectural evaluation and design, the goal of which was to

preserve the historical appearance of both exterior and interior features. Faculty and students say the design exceeds expectations.

The upgraded Shryock Hall features a new amphitheater, more room for the department of experiential education, a student lounge and student collaboration center, as well as a floor plan that promotes comfort and convenience.

As of September 26, the School of Pharmacy was open and operating in Shryock Hall. An open house is being planned and the campus family will be invited to tour the facilities.

**DISASTER PREPAREDNESS**

**School of Public Health creates environmental health training for Latinos**

By Heather Reifsnnyder

Loma Linda University School of Public Health, in its role as a sub-grantee of the UCLA Preparedness and Emergency Response Research Center, has spent the last three years devising and evaluating ways to enhance resilience in the local Latino population to the environmental health issues that accompany

disasters such as safe water, sanitation, shelter, food safety, and vector control.

Working in Riverside and San Bernardino counties, the School of Public Health developed, piloted, and implemented preparedness training for two separate groups: local government and promotoras (Latino lay community

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**San Manuel Band of Mission Indians gift helps cancer patient defeat his disease ...**

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Dr. Mirshahidi met with Cesar and Tamie to outline the treatment plan he designed. "I understood that not knowing what is about to happen can be frightening," he says.

"I was sitting across the table from Dr. Mirshahidi when he paused, placed his hands on my wrists and said, 'I will be here for you throughout your treatment and recovery,'" Cesar remembers.

"It was important to me to reassure Cesar that he wouldn't go through treatment alone," Dr. Mirshahidi shares. "I wanted him to know that while his treatment would be intense and would require many months, he and his family would have the full support of everyone at the Cancer Center." This included nurse practitioners (inpatient and outpatient), pathologists, radiation oncologists, radiologists, hematology and oncology fellows, and internists.

Because of the intricate timing involved in the administration of chemotherapy medications, Cesar completed eight inpatient treatments on LLU Medical Center's oncology unit. Each treatment required that he be hospitalized five to seven days with 21 days' rest at home between treatments.

"I remember the warmth of the nursing staff," Cesar says. "They became my second family, my angels." He recalls visits from chaplains, and friendly volunteers who delivered pillows and magazines, as well as nurses who prayed with him on sleepless nights.

While at home, he received hydration and other fluids vital to his continuing care in the outpatient clinic. He also completed a series of

imaging tests known as positron emission tomography, or PET scans, to track the success of the chemotherapy.

Throughout the treatment program, Cesar was aware that he wasn't fighting this battle alone.

"I am appreciative," he says, "of the support of my loving wife, family, and my daughter, Tatiana, who spent countless hours transporting me to appointments when I wasn't able to drive. Tamie's coworkers and her executive director at the Cancer Center showed great compassion and made it possible for her to continue working while I was receiving care."

Cesar is one of thousands of patients who depend on the Cancer Center for care. In 2011, the San Manuel Band of Mission Indians made a \$3 million commitment to Loma Linda University Medical Center in support of cancer care and research.

"Their gift," says Dr. Mirshahidi, "provides support for intense treatment needed for patients with curable diseases. It has allowed us to expand services that cannot be provided by other centers, and enabled us to offer other resources to make the best treatment available. Transformational gifts such as the one made by the San Manuel Band of Mission Indians allow Loma Linda University Cancer Center researchers to investigate new treatments to make cancer curable in our lifetime."

"I am now in remission," says Cesar. "I am grateful to the San Manuel Band of Mission Indians, whose gift has helped make it possible for doctors at Loma Linda University Cancer Center to provide the amazing level of care I received."

**WHAT'S YOUR PLAN?**

Making a bequest to Loma Linda University, Medical Center or Children's Hospital will impact future generations with quality, innovative health care and education. Making a bequest commitment is the easiest way to make a gift this year without impacting your savings or investments. To learn more about the benefits of making a charitable bequest, contact us today.

For more information, call 909-558-4553, email [legacy@llu.edu](mailto:legacy@llu.edu) or visit [www.llulegacy.org](http://www.llulegacy.org)

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## CREATION AND SCIENCE

## LLU professor returns to Utah to study geological features from biblical worldview

By Darcie Moninka

Most people who study geological features do so from an evolutionary, rather than a creationist, perspective. However, for several years, Leonard Brand, PhD, chair and professor of the department of earth and biological sciences, has focused his summer research in Utah on evaluating a variety of landforms from the biblical view of the origins of life.

“The first time I encountered the geological features of Utah and surrounding states was

with an LLU graduate-level class I took in the summer of 1966,” says Dr. Brand. “But since 2007, Dr. Arthur Chadwick, professor at Southwestern Adventist University, and I have been engaged in geology research in Utah each summer.”

Drs. Brand and Chadwick return to Utah annually with a specific aim in mind.

“The purpose of this work is to study geological features that help us understand geological history in the context of a biblical worldview,”



Since 2007, Drs. Brand and Arthur Chadwick, professor at Southwestern Adventist University, have studied geological features in Utah each summer from a biblical worldview. Their most recent trip focused on laterally extensive layers of sedimentary rock, and the existence of long time gaps.

## CHILDREN'S HOSPITAL

## Country singer brightens the lives of young patients at Children's Hospital

By Larry Kidder

Her songs brightened the lives of some very sick children. Jaida Dreyer, an up-and-coming country singer who is originally from Riverside, stopped by the hematology/oncology unit 4800 on September 19 to share her music with the kids.

Her visit was orchestrated by K-FROG 95.1

FM and included an impromptu performance of some of her own songs, as well as requests by the children such as “Somewhere Over the Rainbow” and “You Are My Sunshine.”

“I’ve never done anything like this before,” Ms. Dreyer shares. “I honestly didn’t know what to expect, but seeing those smiles made it all worth it.” She adds, “I will definitely do this again!”



Leeah Oregon (right), who is just 5 years old and was recently diagnosed with leukemia, signs an autograph for up-and-coming country singer Jaida Dreyer during her recent visit. Leeah not only sang along at times with Miss Jaida, but also gave her personal opinion of the singer. “I think she’s pretty,” says Leeah.



With aerial photography and cinematography, Leonard Brand, PhD (right), chair and professor of the department of earth and biological sciences, and Cosmin Cosma, MA, project manager of advancement films, observed geological features in southern Utah, July 8-20.

says Dr. Brand. Adventist scientists have steadily discovered features of the geological record that are incompatible with the standard geological time scale.

“These features seem to require rapid geological activity, but that conclusion has, in the past, been based on general observations rather than careful geological research,” he observes. “Our goal is to correct that by collecting scientific data very carefully to evaluate whether detailed publishable research indicates that these features require rapid geological processes, rather than long eons of time.”

The rapid processes hypothesis is favored by creationists, while evolutionists insist that long eons of time were necessary for the existence of these landforms.

Drs. Brand and Chadwick have also studied how fossil-bearing rocks formed during the catastrophic flood described in the book of Genesis.

“Taking the biblical account seriously can open our thinking to new ideas—including rapid formation of rocks—beyond what others are likely to consider,” Dr. Brand observes. “Then,

we notice features in the rocks that we would not otherwise have thought are important.”

During their most recent trip, which took place July 8-20, Dr. Brand’s team focused on laterally extensive layers of sedimentary rock and the existence of long time gaps.

In studying the first feature, Drs. Brand and Chadwick examined layers of sedimentary rock uniformly covering a large geographic area. With this being different from modern geological processes in environments that are less geographically extensive, Dr. Brand, Dr. Chadwick, and Cosmin Cosma, MA, project manager of advancement films, traveled by helicopter to record the length of the examined cliffs. The video and still photos they acquired will allow them to study this record in detail.

The second aspect they focused on disputes the conventional geological theory, which posits that after one sedimentary formation was deposited, several million years passed before the next sedimentary deposit.

“If that much time passed, there should be evidence of much disturbance and erosion,” says

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## School of Public Health creates environmental health training for Latinos ...

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health educators). The population of both counties is almost 50 percent Hispanic.

The four-hour training curriculum for the counties’ public health workforce brought together environmental health departments and emergency response departments, covering both the role of environmental health in disasters and ways to work more closely with the community—and with each other.

“Most of the hazards that accompany disaster are related to environmental health, yet these two departments haven’t typically worked together before,” says Jesse Bliss, MPH, assistant dean for public health practice. “The curriculum also guides participants through the process of examining and improving their approach to community engagement, addressing issues of trust, awareness, and managerial support.”

The curriculum for promotoras was devised through a community-based participatory

research model, thus integrating and building relationships with partners who helped develop the bilingual nine-hour curriculum.

Using a train-the-trainer approach, the School of Public Health identified and educated 60 promotoras in environmental health disaster preparedness. They each agreed to then train two other leaders within their communities.

“A unique aspect of this curriculum is its incorporation of adult active learning,” says Mr. Bliss. “This is an approach that maximizes adult learning by including both instructors’ and participants’ respective life experiences into the learning environment.”

The School of Public Health is now researching the effectiveness of these training programs, which drew upon more than 10 years of training experience with local communities and health agencies as part of Loma Linda University’s designation as a CDC-funded Center for Public Health Preparedness.

## TOY DRIVE

## Second annual motorcycle run collects toys and raises money for cancer kids

By Larry Kidder

A little boy named Michael Dale Harrison—or Mikey—was just 8 years old when he died of cancer back in 1995. In early October 2012, a motorcycle run helped people remember Mikey and the many children like him who die every year from cancer.

Mikey's Fund for Kids 2nd Annual Motorcycle Run also helped replenish the toys for unit 4800's toy room and treasure boxes. Unit 4800 is the kids cancer unit at Loma Linda University Children's Hospital. All proceeds from the bike run go toward new toys. Those who brought unwrapped toys were also entered in a drawing.

Participants met at 10:00 a.m. at the Temecula Quaid Harley-Davidson dealership, 28897 Old

Town Front Street in Temecula. Coffee and donuts were ready for those who arrived early. Registration began at 8:30 a.m. Participants were asked for a \$25 donation per bike, or \$40 donation for bikes with two riders. A free lunch for participants followed the ride, sponsored by Pepe's Mexican Restaurant.

"We would like to send a sincere 'thank you' to all those who participated," says Tina Carreira, who previously worked on unit 4800 and is Mikey's aunt. "We doubled our riders, tripled our donations from last year, and collected more than 70 toys just at the ride."

Ms. Carreira, co-founder of the event with sister Linda Harrison (Mikey's mom), adds, "We had 66 bikes and 80 people. I think everyone enjoyed the ride through beautiful Temecula."



More than 66 bikes and 80 people took part in the Mikey's Fund for Kids 2nd Annual Motorcycle Run.

## CREATION AND SCIENCE

## Emeritus professor publishes book celebrating creation

By Heather Reifsnyder

George Javor, PhD, emeritus research professor of biochemistry and microbiology at LLU School of Medicine, has published his fourth book. The new title, *A Scientist Celebrates Creation*, examines God's

existence and creative power with a wonder informed by Dr. Javor's own life as a scientific researcher.

This is Dr. Javor's second book about God's creation, but it takes a different focus than the first. "Following the publication of *Evidences for*

*Creation*, I wanted to say more about the topic," he says. "I felt that it was time to put more emphasis on celebrating and less on debating creation."

In the book's introduction, he says, "For me, the natural world is a treasure house of wonders which loudly proclaims the Creator's genius."

The book explores this natural treasure house by considering the range of creation from the vast solar system down to bacteria. The latter is informed by his 26 years teaching biochemistry and performing laboratory research at Loma Linda University from 1980 to 2006. His

research focused largely on the bacterium *Escherichia coli*.

"While working with *E. coli*," he says, "I came face to face with the great question of life and death. That is, what is the difference between the two? It was here where I stumbled onto my most important discovery as far as creation is concerned: it is not possible for us to create living matter, even using our most sophisticated machinery."

Dr. Javor published more than 50 papers and abstracts in this area throughout his career. He

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## CHILDREN'S HOSPITAL

## Indy car racer visits with LLU Children's Hospital patients

By Larry Kidder

In the midst of race week at Fontana, one Indy car racer took time out to visit with children at Loma Linda University Children's Hospital.

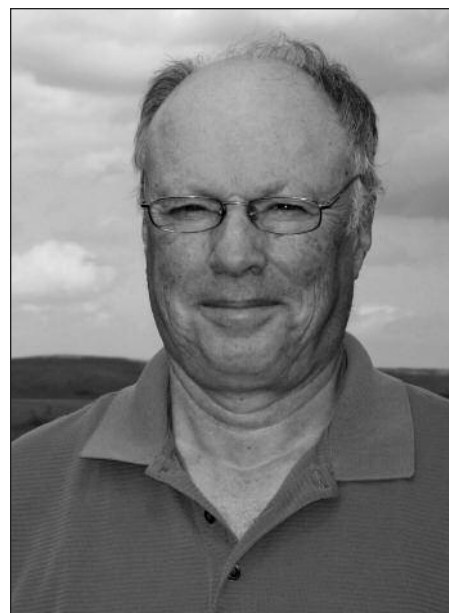
Indy car racer Oriol Servia spent time with the kids on Thursday, September 13. "It's bitter-sweet visiting with these kids who have to spend so much time in the hospital," Mr. Servia shares. "But seeing their big smiles makes every second of my being here more than worth it."

Since 1999, Mr. Servia has been visiting children's hospitals across the U.S. with the organization Racing for Kids.

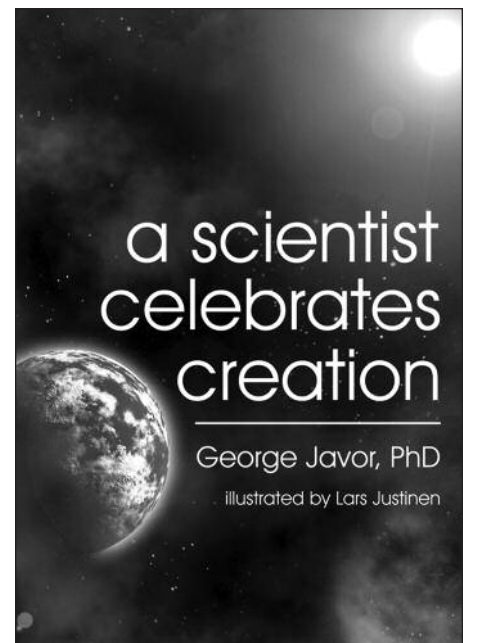
Leukemia patient and Colton resident Mariah Torres-Moreno has been receiving treatment at Children's Hospital since August of 2011. Her mother, Noreena, was excited about the events of the day. "We just love all the extra activities the kids are able to do while staying at Loma Linda," she says. "So often they are stuck in the rooms, but being able to come outside for things like this allows Mariah to feel like a normal kid."



Mariah Torres-Moreno (left), a 6-year-old leukemia patient at LLU Children's Hospital, enjoys her visit with Indy car racer Oriol Servia during his recent visit to Children's Hospital.



Dr. George Javor



## LLU professor returns to Utah to study geological features from biblical worldview ...

Continued from page 4

Dr. Brand. "Yet, at some of these presumed time gaps, there seems to be little or no evidence of such disturbance, which challenges the existence of that long time gap."

Aside from gathering data, Drs. Brand and Chadwick enjoyed their time in the air.

"We spent four days in a helicopter, with the doors off to facilitate photography, looking down at the rocks below with nothing between us and the great outdoors except a seatbelt and shoulder harness," Dr. Brand reports. "When we were 3,000 feet above the ground, the emotion was different. It was an exhilarating experience."

The observations and photographs that were acquired from the helicopter provide useful

information not accessible from the ground.

"We can document the rocks from a new perspective," he insists. "Our cameras recorded the GPS position of each photograph and video segment, so we can use geographic information system (GIS) technology to document the geographic distribution of what we see."

This trip was financed by project funds from Adventist-laymen's Services and Industries (ASI), a membership-based organization composed of Seventh-day Adventist laypeople who are passionate about active participation in the global mission of the Church. As a diverse group of business owners and ministry professionals, this organization is committed to supporting the Seventh-day Adventist Church and its variety of outreach programs.

WALNUTS AND AGING

## Loma Linda University researchers to study walnuts and healthy aging

By Briana Pastorino

Researchers from Loma Linda University School of Public Health department of nutrition are seeking elderly participants for an upcoming study titled “Walnuts and Healthy Aging.” This study will examine whether these nuts enhance healthy aging, which includes memory and eyesight.

Joan Sabaté, MD, DrPH, professor and chair of the department of nutrition and principal investigator of the study, has demonstrated in previous research that consuming walnuts can decrease the risk of heart disease.

“Because the effects nuts have on aging is unknown,” he says, “my research team and I will attempt to determine if walnuts help in healthy aging. We will study memory and cognitive health, eye health, nutritional status, inflammation, and newer coronary risk factors.”

Dr. Sabate explains that walnuts contain polyunsaturated fatty acids—the good fats that help the body—along with other nutrients, antioxidants, and bioactive compounds. “It

seems logical that the mixture found in walnuts may be beneficial for aging.” Results are expected in 2016.

Dr. Sabate and his research team are looking for active men and women between the ages of 65 and 75 for the two-year study. Participants must be fluent in English, healthy, and free of uncontrolled chronic diseases. They must also be able to come to Loma Linda University every two months for a 30-minute visit with the study dietitian. Those who are chosen to be a part of the study will receive free individualized health assessments over the course of the study.

Participants will be assigned at random to a group that will eat approximately 1 to 1.5 ounces of walnuts every day, provided free, or to a group that will refrain from eating walnuts for two years. Otherwise, study members will continue to eat their normal diet. Memory and psychology tests as well as eye examinations will be conducted at the start and end of the study. Blood clinics will be conducted at the start and end of the first and second years of the study. Additionally, visits with a dietitian for dietary counseling, as well as blood pressure and weight



The Walnuts and Healthy Aging Study is led by a team of LLU faculty and students: (from left) Natalie Kazzi (sitting), LLU doctoral student assistant; Joan Sabate, MD, DrPH, principal investigator; Adam Arechiga, PsyD, DrPH, co-investigator; Edward Bitok (sitting), LLU doctoral student assistant; and Sujatha Rajaram, PhD, co-investigator.

measurements, will take place every two months.

If interested in participating in the study, please call 1-877-LLUMC4U or (909) 558-6248. More information can be found on the study website at <www.WAHastudy.org>.

The study, which began in September, will continue recruiting participants through winter 2013.

The School of Public Health department of nutrition has conducted controlled studies on

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## Nearly 11,000 march to support cancer patients at 5th annual Believe Walk ...

Continued from page 1

“This is the third year I participated in the walk,” says Linda Domeny, a physical therapist who practices in Riverside. Linda walked the route with her sister Nancy Yuen, public relations writer for the office of public affairs at Loma Linda University. “The people are friendly and the neighborhoods are beautiful. Believe Walk is a great opportunity to get out and have some fun while supporting members of our community with major health challenges.”

As participants rounded the final turn, they crossed under a rainbow of balloons and walked down a balloon corridor to the finish line. As they did so, an announcer revealed the name of the organizations they represented over a loud speaker.

As they finished the walk, participants were treated to Believe Walk Bash in the small park adjacent to the Redlands Bowl. Vendors offered

a variety of refreshments and memorabilia at booths set up for the occasion. One of the largest and nicest was Loma Linda University Cancer Center’s Believe Spa.

“Each year, the Cancer Center staff develops a concept for the after-party at the walk,” Judy Chatigny informs. “I thought the theme for this year, the Believe Spa, was the best ever; a veritable shaded sanctuary for hot, tired walkers. We intentionally plan ways to share our mission—to continue the teaching and healing ministry of Jesus Christ, to make man whole—to our community. The spa environment was a perfect setting to accomplish this. We provided cold fruit smoothies to refresh and nourish the walkers, plus we offered healing massage, and provided wall space for participants to write messages of love and hope on our healing wall.”

According to the Believe Walk website <www.believeinlandempire.com>, half of all men and one third of all women in the United States will develop cancer during their lifetimes. The organization notes that approximately 11 million people in the United States either currently have cancer or have had some form of the disease in the past.

Believe Walk founders Annie Sellas, Cathy Stockton, and Nancy Varner have experienced the unbreakable bonds of love, joy, blessings, hope, and strength through their journey as cancer survivors.

Thankful for the love and support of family, friends, and a wonderful community during their cancer treatments, these enthusiastic founders of Believe Walk were compelled to find a way to share that same message of hope and care with others.

As the three women have often been known to say, “Friends don’t let friends go through cancer alone!”



As these four firefighters from the Redlands Fire Department clearly demonstrate, real men wear pink when the situation calls for it. The quartet donned pink shirts to show their solidarity with cancer survivors, patients, and family members at the 5th annual Believe Walk, which was held on Sunday, October 7, in Redlands.



Judy Chatigny, MSN, executive director of the Loma Linda University Cancer Center, stands in front of the Believe Spa where volunteers from the center offered fruit smoothies, T-shirts, and promotional literature on tips for fighting cancer to participants in the 5th annual Believe Walk. The booth hosted numerous visitors at the conclusion of the three-plus-mile concourse through the streets of Redlands.



## LLU researchers to study walnuts and healthy aging ...

Continued from page 6

the health effects of nut consumption since the early 1990s. In 1993, the *New England Journal of Medicine* published Loma Linda University's groundbreaking study establishing, for the first time, the link between nut consumption and favorable blood lipid changes.

For more information about the department's current and previous studies on nuts visit <www.nutstudies.org>.

### GRIEF RECOVERY

## Annual teen retreat showcases young people moving upward and onward

By James Ponder

Three teams of young people cluster around the four-sided climbing tower at Alpine Meadows retreat center in the San Bernardino Mountains.

It's mid morning the second day of the annual teen retreat, hosted by Loma Linda University Children's Hospital. Participants, all of whom lost a parent or sibling to death, are graduates of the LUCH Camp Good Grief

or Special Victims program.

"The purpose of teen retreat," says Dorothy Clark Brooks, MA, coordinator, "is to provide an opportunity for teen alumni from both grief camps to be with friends they've made in the past and to make new friends. It's a time for reflection, rejuvenation, and encouragement."

Friendship plays a vital role in helping campers recover from their loss. "Their pain is understood here and accepted," the Camp Good Grief website declares.

Christina Giurlanda, a 23-year-old staff counselor, was 15 when she first attended Camp Good Grief.

"I wasn't thrilled to come," she shares. "I thought I was going to come to camp and be sad

all day. I came with my younger brother, who was eight. He loved it! When I turned 16, I came back as a junior counselor. My attitude changed then.

"These kids are so powerful!" she affirms. "They have so much to offer the world. This environment is perfect for them."

After noting that Ms. Brooks and her staff turn the camps and retreats into transformative learning experiences,

Christina cites her own growth as an example of how principles taught at camp make a difference. "I'm working in a business office in Redlands," she says, "and really enjoying learning about business. I'm excited for the future!"

Briana Arauz, a senior from Blair High School in Pasadena, attended two or three installments of Camp Good Grief. This is her fourth teen retreat.

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Little Nate Fowler looks singularly unimpressed with the fact that he's getting a great big smooch on the cheek from camper Nikkole Wood at Loma Linda University Children's Hospital's annual teen retreat in the San Bernardino Mountains. The son of staffers Kirsti and Ryan Fowler, Nate may have been sleepy at the time the picture was taken. Throughout the rest of the day, he enjoyed interacting with campers and staffers and exploring the alpine environment. He is surrounded by (from left) campers Yadira Schrom, Ms. Wood, Briana Arauz, and Tiara Pearson.

### FILM FUNDRAISER

## Ski film showing proceeds to benefit School of Medicine students

Contributed report

Warren Miller's latest action-packed ski/snowboarding film, *Flow State*, comes to Loma Linda, Saturday evening, November 17, at 7:00 p.m., in Chan Auditorium, Loma Linda Academy Elementary, 10656 Anderson St. at Academy Way.

The *Flow State* is a place of such singular focus and connection with the environment that, here, the faster you ride, the slower time passes.

Enter the *Flow State* with host Jonny Moseley and other world-class athletes like Colby West, Jess McMillan and David Wise as they throw down some of the most impressive action that Warren Miller Entertainment has ever captured.

This year's session guides you to the top of the world's most striking peaks in Japan, Norway, Austria and beyond, where Olympic gold

medalist Ted Ligety takes on Alaska's mighty Chugach, and Julian Carr bombs down Utah's famed Wasatch.

You won't see ski or snowboard action of this magnitude anywhere else. So buckle up, because this Warren Miller film will take you into the *Flow State* ... where the mountain meets the mind.

The film is a benefit for Loma Linda University School of Medicine students, brought to you by the Alumni Association, School of Medicine, LLU. Door prizes will be given away! Ticket prices are: Adult: \$10.00; Students with ID, \$7.00; Children under 12, \$5.00. Tickets are available on line at <www.llusmaa.org>, or at the door, or they can be purchased in advance at the Alumni Association Office, 11245 Anderson St., Ste. 200, Loma Linda, CA (across from the main entrance to LLU Medical Center), or the LLU student affairs office. For more information, phone (909) 558-4633.



## PHILANTHROPY

## Ralphs raises more than \$30,000 for LLU Children's Hospital



Ralphs stores and their employees recently completed a charitable campaign that raised more than \$30,000 for Loma Linda University Children's Hospital. "Ralphs believes strongly in giving back to the communities our stores serve," says Donna Giordano, president of the Ralphs supermarket chain. "We're pleased to extend our commitment to community service to our local children's hospitals." She adds, "We cannot think of a better way to invest in our communities than by giving families and children hope through our support of the outstanding work these hospitals are doing to provide world-class medical care for children." In the photo above, Douglas Deming, MD (left), chief of the division of neonatology at Children's Hospital, takes a group of Ralphs employees on a tour of the Medical Center's neonatal intensive care unit. The employees include (from left): Julie Haskins, Ontario store sales manager; Ken Wall, District 8 operations coordinator; Linda Woods, Ontario store manager; and Dan Moore, District 8 manager. *By Larry Kidder*

## Annual teen retreat showcases young people moving upward and onward ...

Continued from page 7

"How has this helped me?" she asks. "Getting to know all the other people going through the same situation that I am. And knowing I can help new people going through the same thing."

Like Christina and Briana, other campers have been putting the skills they've learned at camp into practice and moving forward with their lives.

Some of them are moving upward, too. Right now, three climbers, one from each team, attempt a vertical assault on the climbing tower.

Wearing safety harnesses and helmets, they negotiate a series of toeholds. The goal is to clock the fastest time to reach a bean-shaped toehold two-thirds of the way up the 40-foot tower.

Although only one climber will own the record, everyone who tackles the wall is a winner. Some win the satisfaction of attempting a daunting challenge; others gain a useful new paradigm for persisting in the face of adversity.

"Since this was the year of the Olympics," Ms. Brooks notes, "we invited guests who face chal-



Briana Arauz and Molina Ha met several years ago at Camp Good Grief, a weekend program sponsored by Loma Linda University Children's Hospital for children who have lost a parent or sibling. They recently attended a retreat for teens and young adults who are alumni of either Camp Good Grief or the Special Victims program for young people whose loss occurred because of murder or suicide. The girls have subsequently become good friends.

lenges of their own to address the campers."

Earlier today, Owen Daniels, the first guest speaker, shared how he lives a full, exciting life in spite of paralysis. He brought the bicycle he uses to train for the Paralympics on behalf of PossAbilities, a community outreach for people with disabilities, sponsored by Loma Linda University Medical Center East Campus.

Holland Stewart, the second speaker, also brought a bicycle; specifically, the one he rode from Maine to California as part of the Bike & Build program to raise funds for low-income housing. Both he and Mr. Daniels encouraged the campers to face challenges with optimism and determination.

At this moment, Christian Villagran is doing exactly that by gearing up to climb the tower. At 26 feet off the ground, the target looks deceptively easy to reach. In reality, gravity and thin air—Alpine Meadows sits at an elevation of 7,400 feet—conspire to make the climb considerably more difficult than it appears.

To everyone on the ground, it's obvious—this Redlands High School student was born to climb. "On belay," he calls to the spotter holding his rope. "Belay on," she responds.

Christian swings his right foot onto the lowest toehold and begins the ascent. "Climbing," he says.

At 10 or 12 feet off the ground, he suddenly hits a dead-end. Pausing for only a moment, he adjusts his trajectory and moves on, ascending the structure with the grace of the mythical Spiderman or one of the arachnids for which he is named.

A mere 37 seconds after leaving the ground, Christian reaches the target and stops the clock with the best time of the day. Instead of returning to the ground in victory, he keeps going until he crests the top of the pine-shrouded tower.

Nearby, a fourth team gathers around a zipline where a cowbell hangs 25 or 30 feet above the ground. The objective of the "Leap of Faith" is to jump off a wooden platform into open space and swat the bell. To do that, the camper climbs a telephone pole to the platform before leaping towards the bell hanging six or eight feet away. A protective harness, connected by a strong rope to an even stronger assistant on the

ground, slows her rate of descent.

Sjuanche Jackson, an athletic coed from Henedale, stands on the platform ready to take the daring leap. From way up there, the ground seems far away.

"Can I close my eyes?" she asks.

"Why not?" the rope holder replies.

In one seamless motion, Ms. Jackson crouches down, grabs a final fix on the position of the cowbell, shuts both eyes, and leaps into the unknown. Although she swats with all her might, the bell dangles undisturbed a fraction of an inch out of reach.

Back at the climbing tower, Yadira Schrom, a  
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Christian Villagran, a student from Redlands High School, reaches for the top of the 40-foot climbing tower at Alpine Meadows retreat center in the San Bernardino Mountains. Like all the young people who attended the annual teen retreat sponsored by Loma Linda University Children's Hospital, Christian lost either a parent or sibling to death. The program offers a wide variety of healing exercises and activities designed to help participants manage their pain and move forward with their lives.

## Emeritus professor publishes book celebrating creation ...

Continued from page 5

also wrote prolifically on the relationship between science and the Bible.

In pondering his own life, Dr. Javor notes the ways science and religion have intersected through his experiences. He includes such personal reflections in *A Scientist Celebrates Creation*.

The book tells his journey from Hungary to Loma Linda. Born in Budapest to Jewish parents during World War II, Dr. Javor and his mother survived by going into hiding. His father lost his life as a slave laborer at the front lines. Dr. Javor grew up under Communism and was able to escape Hungary when the Iron Curtain briefly opened during the Hungarian Revolution of 1956.

Prior to joining the faculty at Loma Linda University, Dr. Javor taught at Andrews University in Berrien Springs, Michigan, for 11 years. He holds a bachelor's degree in chemistry from Brown University and a doctoral degree in biochemistry from Columbia University. In addition, he completed post-doctoral studies at Rockefeller University.

Dr. Javor now lives in New Leipzig, North Dakota, with his wife of 45 years, Shirley. They have two sons and two granddaughters.

*A Scientist Celebrates Creation* is published by TEACH Services, and it is available through the publisher's website <www.TEACHServices.com> or online via Amazon and Barnes & Noble. It may also be requested at local bookstores.

## PHILANTHROPY

## Stater Bros. Charities and K-FROG radio raise more than \$4.4 million for oncology unit at Loma Linda University Children's Hospital over 11 years

By Tiffany Hoekstra and James Ponder

Stater Bros. Charities and radio station K-FROG recently raised \$305,001 for juvenile hematology/oncology patients on unit 4800 at Loma Linda University Children's Hospital.

The monies—which were raised during the 11th annual Stater Bros. Charities K-Froggers for Kids Radiothon, which was broadcast live from Riverside's Galleria at Tyler on September 5 and 6—brings the grand total the event has raised in its first 11 years to a staggering amount in excess of \$4.4 million.

Weeks before the 2012 fundraising event, the popular country radio station, which features a green frog on its logo and transmits on frequencies 95.1 and 92.9 FM, called on listeners to support the radiothon for the good of the children of the Inland Empire.

One of those children is 4-year-old Kailah Smith. Miss Smith has been receiving treatment for leukemia on unit 4800 since September of 2011. Along with other children with cancer, Kailah is often required to visit Children's Hospital for weeks, and even months, at a time. Monies donated by K-FROG's generous

listeners will ensure that physicians have the most effective medical equipment and supplies for patients like Kailah.

While noting that they are extremely thankful for all the kindness and support of every member of Kailah's care team at Children's Hospital, Kevin and Lindy Smith say their daughter's nurses deserve special commendation.

"We are especially grateful for the nurses who are the forerunners for maintaining the vital care Kailah needs," Mr. Smith told radiothon listeners. "They are the angels from heaven who get us through the darkest days."

According to Zareh Sarrafian, MBA, senior vice president and administrator of Loma Linda University Children's Hospital, the support of Stater Bros. Charities and the listeners and staff of K-FROG makes a difference in the quality of care for Inland Empire children battling cancer and other diseases.

"Having community partners like Stater Bros. Charities, K-FROG and all of the incredible donors is a true testament of how our community comes together to support our patients at



Children's Hospital," Mr. Sarrafian noted. Four-year-old Kailah Smith, a leukemia patient at Loma Linda University Children's Hospital's unit 4800, took to the airwaves to ask listeners to contribute to the 11th annual Stater Bros. Charities K-Froggers for Kids Radiothon on Wednesday, September 5. Her appeal resonated with listeners: the event raised more than \$300,000 to help Inland Empire children fighting cancer. When added to total monies raised by the radiothon over the last 11 years, the amount grows to a staggering \$4.4 million.

Children's Hospital," Mr. Sarrafian noted.

An article in the most recent issue of an eNewsletter published by Children's Hospital

said, "A huge thank you goes out to all those who contributed to the success of this year's radiothon and to all the LLUCH employees and patients' friends and family who volunteered."

## GLOBAL HEALTH ISSUES

## LLU School of Public Health students visit Washington to advocate for global health

By James Ponder

Three students from Loma Linda University School of Public Health recently visited Washington, D.C., to educate lawmakers on the importance of international health services.

The trio—Bochi McKinney, Molly Krans, and Pamela Mukaire—went as guests of Christian Connections for International Health, a diverse network of 165 organizations that promotes international health and wholeness from a Christian perspective. Also known as CCIH, the organization invited the students to the nation's capital to participate in its 2012 conference, which was held June 8 to 10 at Marymount University in Arlington, Virginia.

"Funding for global health represents less than one percent of the federal budget of the United States," Ms. Mukaire notes, "yet makes an enormous difference. In the long run, the payoff is substantial not only to the millions of people whose lives are impacted internationally, but also in terms of significant economic and health benefits in this country."

Ms. Mukaire notes that USA-funded global health programs have been effective in treating more than 3,000,000 people with HIV, preventing HIV among millions more, reducing malaria by 50 percent in more than 40 countries, treating more than 10 million people with tuberculosis and 168 million suffering from neglected tropical diseases, as well as helping millions of women prevent unintended pregnancies.

As it turned out, the three LLU students met with staffers from the offices of U.S. Senators Dianne Feinstein and Barbara Boxer as well as their counterparts in the offices of Congressmen Adam Schiff, Dennis Cardoza, and Jerry Lewis.

The reception the students received was particularly encouraging.

"We were fortunate to meet with the staff of Congressman Dennis Cardoza," Ms. Mukaire recalls, "who told us that another congressman had recently objected to using any funds towards family planning. We made the case that increased funding for family planning, as CCIH defines it, actually decreases abortions. The staff was very receptive and advised us to connect



Pamela Mukaire, Bochi McKinney, and Molly Krans pause to commemorate the moment they visited the office of U.S. Senator Diane Feinstein during their recent trip to advocate for global health issues in Washington, D.C. The trio are all students of the Loma Linda University School of Public Health.

with members of the Foreign Affairs Committee to share the Christian perspective."

Mses. Krans, McKinney, and Mukaire also felt encouraged by their visits to the offices of Senators Feinstein and Boxer.

"Our visit with Senator Feinstein's staff was brief, but very receptive," she continues. "Our conversations touched briefly on global health, the U.S. budget for foreign aid, and family planning. We were assured that Senator Feinstein supports our causes and does her best to fight other senators who believe America's foreign aid program is a failure. The staff was very familiar with the issues we raised and suggested that CCIH should visit district offices to build relationships.

"The visit with Senator Boxer's staff was great," Ms. Mukaire notes. "They were familiar with women's issues, not necessarily about global women's health concerns. We took advantage of this opportunity to share statistics on the odds

of survival in developing countries with poor family planning support, and how this translates in terms of poor family health outcomes. It was a great conversation and we left happy, heard, and energized."

The trio found their greatest joy, however, in interactions that took place at the Congressional Lunch Briefing.

"Meeting congressional staffers, members of the press, and representatives of other funding agencies was the most exciting part of the trip," Ms. Mukaire reports. "After our morning visits, we got together with these influential thought leaders to share success stories of the work faith-based organizations do in overseas health development. Many times it exceeds the efforts of local and national governments."

Mses. Krans, McKinney, and Mukaire will graduate in 2014; Ms. Krans with an MPH and Mses. McKinney and Mukaire with DrPH degrees.

## Annual teen retreat showcases young people moving upward and onward ...

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sophomore from Poly High School in Riverside, unhooks the harness after her first attempt on the wall.

"I really wanted to get up there," she explains, "but my fingers were hurting. It's important to be open-minded enough to find different ways to get to the top."

She takes a moment to remove her helmet before turning back to look at the tower.

"I'll try again after I let my hands rest," she says.

To learn more about Camp Good Grief, see the website at <lomalindahealth.org/childrens-hospital/our-services/outreach-services/camp-good-grief.page>.

## 'Like nothing I've ever experienced': Students describe personal perspectives from visit to Haiti orphanages ...

Continued from page 12

Allison. "They have ultimate potential. They really do," she believes.

And now they have a better home. The compound's courtyard was crammed with makeshift rooms under low tarps that let in rain, but not fresh air. This was where the children ate and studied.

The Loma Linda team tore all this out with the help of missionary Jonathan Euler of The Beehive International Inc. and his Haitian crew. Braving flies and smells better left unidentified, they threw away mounds of trash, festively painted the walls, and prepared the site for a better roof.

The new tin roof—high enough to let in fresh air—was almost ready for installation when the LLU team had to go home. After they left, Jonathan saw the roof to completion.

### Giving the gift of self-sufficiency

Mary-Lou's orphanage is only reachable via a steep mountain footpath. While it overlooks a lush valley with glimpses of the bay, the tiny building was dark inside. The LLU team addressed that by helping add a second story where kids can go for air and sunshine. They also made life safer by building several steps into the slippery path.

People describe Mary-Lou as someone who wants to work, not live on handouts. The LLU team helped get her started by turning the orphanage's useless slope of a front yard into a three-tiered garden space with new plants.

The orphans eagerly assisted with construction and became protective over the plants, according to Trevor Lohman, physical therapy student. One boy even turned into an accomplished stonemason.

"They could tell that we were doing this for them, and they wanted to be a part of it," he says.

Jonathan and his crew have since brought running water to the kitchen and bathroom, complete with new shower and proper toilet. They finished the steps and planted more fruits and vegetables. Mary-Lou can now both feed and help support the kids with fresh juice, okra, papaya, eggplant, peppers, bananas, and beans.

LLU also supplied the money for a freezer when physical therapy professor Everett Lohman III, DSc, visited Haiti again later in the summer. He was one of the mission trip leaders and the original dreamer of helping these orphanages. He purchased more food for the three orphanages, as well.

The ability to keep things cold has helped Mary-Lou earn income. "We developed her business to the point that she is making more than minimum wage off the sale of drinks with little to no effort on her part," says Jonathan.

### The view inside

Domond Habimelex was a police officer before 2010's 7.0 earthquake flattened much of Port-au-Prince. Countless children lost parents and were living in damaged tents at the Adventist university—at the time turned into a temporary refugee camp for more than 20,000 people.

Loma Linda University helped run the camp.

Domond stayed with some of the children and later gave up police work to run an orphanage for them. The home sits on a hillside with a lovely view, but living conditions were anything but. The kids slept on concrete floors in a dirty and depressing space. The LLU team brought in bunk beds for the children and gave an interior makeover, complete with major cleaning and new paint.

Occupational therapy student Laura Lammert's favorite Haitian memory is the time she spent painting and playing with a little boy at this orphanage. "His eyes were so sad, and it was very apparent he just wanted someone to hold him and love him," she says.

"I don't even know his name," she reflects. "I think he told me, but I couldn't understand it. We didn't even talk, but I felt like we built a relationship. I would adopt him if I could."

### Labor of love

Like Laura, the other students took giving the children affection as seriously as the manual labor. "They jump on you and give you hugs, and they smile and want to play with you," says medical radiography student Jesus Espinoza.

The students spent time with the children cuddling, blowing bubbles, playing barefoot soccer, flying kites, and giving out coloring books. This gave joy alike to both the children and the students, according to Alex Cabrera, physical therapy student.

"They obviously don't get that interaction with a lot of visitors or foreigners, and just seeing them smile and have fun really touches you," he says.

### New friends near and far

The students were also touched by how the trip drew them closer, taking down barriers between their separate academic departments. This was the School of Allied Health Professions' first interdisciplinary mission trip.

"At school, we don't really get to interact that

much with other programs because we're all so busy," says Alex.

But sweating three gallons a day together changes that, according to Trevor Lohman.

"The team has been amazing," agrees Allison Laygo, occupational therapy student. "We've provided such good comic relief for each other. And I've gotten so many new friends as I leave here."

Laura Lammert says the change will last back on campus. "I'll have a few more friends and may be more likely to step out and get to know some other people."

The students also felt affected by the Haitians who worked alongside them at the orphanages. Medical radiography student Sarah Garcia's most striking interaction of the trip was with an 18-year-old man named Mexney who worked with Jonathan for \$8.75 a day, saving every bit for school to become a doctor.

"He prays every day for God to give him a chance and the strength to make a difference in the world," she shares. "Even though he is younger than me, I look up to him in so many ways."

The students also spent some time with their new Haitian classmates—16 students who began classes June 18 to earn a certificate in rehabilitation technology from LLU at the Adventist hospital and university.

### Shocking sights, new perspective

Through these interactions, the American students came to new realizations about life in other parts of the world.

"The students are starting to see how really privileged we are," says Brenda Boyd, MAOM, MS, program director of the AS in medical radiography and one of the trip leaders.

They noticed it from the air before landing. It was like nothing she's ever experienced, says Carissa Lindley, medical radiography student.

"As we were flying in, I looked out the

window and saw the tops of all the shacks. That was my first sight, and that was kind of the most overwhelming moment," she remembers. "I was just looking out and thinking, 'These are people's homes.'"

"And then driving through the city, none of us were talking to each other because we were looking out the windows in shock at the sights we saw," she adds.

Occupational therapy student Charla Banks learned from interacting with the kids. Despite missing their parents and living in destitution, they were still happy and playful.

"It made me reflect on my own life," she concludes. "I should be so grateful, because there are people out here who have far less than I do, and they can smile every day."

Trevor Lohman also gained a new perspective. "We built a whole second story for \$200, and my iPod cost more than that."

### Future plans

After experiencing the struggle in other parts of the world, the students feel inspired to serve again in Haiti or elsewhere.

Laura wanted to stay longer—months, if her husband could come, too. The students lived at Hopital Adventiste d'Haiti, where they further assisted with organizational projects and met the long-term foreign volunteers who keep the hospital running.

"They have given such large chunks of their lives to come here, without pay, and dedicate their time and their service," Laura says. "To me that's really inspiring. This experience has definitely opened me up to the possibility of long-term missions."

Trevor Lohman plans to return to Haiti after more funds are raised. He was inspired to go on the trip in part by his father, Dr. Everett Lohman.

Dr. Lohman volunteered at Hopital Adventiste d'Haiti several times after the earthquake, which ignited a passion for helping the country's people. He proposed saving money from the school's recycling program to help at the orphanages. Dean Craig Jackson, JD, MSW, agreed, and the school raised further funds through donations during its April homecoming concert.

The money was originally raised for Franz's orphanage, but when more than \$15,000 came in, the school was able to help the other two orphanages as well with funds left over for future projects.

Dr. Lohman's passion for service has now infected not only Trevor but the entire student mission team.

"This is my first trip but definitely not my last," says Jesus Espinoza. That's also true for Charla Banks, who has already made a second trip to Haiti. The School of Allied Health Professions gave her \$1,000 to help with projects including the construction of a new, safe wall for a fourth orphanage. After all is said and done, there is still some \$7,700 left to help orphans even further throughout this year via Jonathan and The Beehive International Inc.

In addition to Dr. Lohman and Ms. Boyd, the  
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Stickers? "Yes, please," say these kids to Jesus Espinoza, medical radiography student.

## PHILANTHROPY

## The Swateks' pledge to the future

By James Ponder

The couple, whose monumental gift jumpstarted construction of the Centennial Complex at Loma Linda University, might never have met were it not for a doctor's appointment.

"I was working as a nurse at a clinic on Sanitarium Hill," Rose Swatek recalls. "Bill had a problem with his ears and came for treatment."

The auditory complaint was the first of many reasons Bill would find, in coming weeks, to return to the clinic. The next time he showed up, he needed glasses.

Rose's roommate, who knew Bill from college, claimed the handsome medical student as her boyfriend. That's odd, Rose thought. He asks me to go places with him.

"I was more interested in Rose," Bill confirms.

Mysteriously, the new glasses didn't fit quite right and Bill found it necessary to visit the clinic a third time to have them adjusted. That's when Rose started wondering if maybe he had something else in mind.

She was right. After a brief courtship, the couple married on April 17, 1946, in Burden Hall by Pastor Norval F. Pease, who refused Bill's request to insert the phrase "to honor and obey" in the couple's wedding vows.

The omission was fine with Rose, who displayed signs of latent feminism when she laid out the terms for Bill prior to the wedding.

"I told him, 'What's yours is mine. Otherwise, we don't get married,'" she shares. "He went along with that."

Six and a half decades later, Ron Watson, the associate director of planned giving at LLU who is the Swatek's personal trust officer, summarizes the situation poetically and succinctly.

"You went to the clinic to have your ears checked," he reminds Bill, "and you've been listening to Rose ever since."

For some reason, Bill enjoys the remark more than Rose, who promises to get even at some unspecified time in the future. Right now, however, Ron is helping the couple navigate a momentous decision. He just promised to take them out for a treat later in the week and they're having a hard time deciding where to go.

Rose prefers baked goods, but it's Bill's turn and he always votes for ice cream.

"How about Coldstone?" Ron asks.

The idea sounds great to Bill, but Rose holds out until she elicits assurances from both men that they'll take her for pastries the following week.

With the really important business out of the way, Rose talks about a promise Bill made to their alma mater in 1949.

"He said, 'Someday, I'm going to come back and show my appreciation to the school,'" she remembers.

In 1951, after her personal physician informed Rose that she could not have children, the couple adopted their first child.

"Claude joined our family the same year we left Loma Linda," Rose recalls. "A few years later, while we were in Washington, D.C., Henry Gilbert Hadley—Gordon and Henry's dad—helped us adopt Pam, our second child."

After graduation, Bill worked in or directed the pathology departments of hospitals in Massachusetts, Maryland, and Michigan while Rose tended to the family home and garden and occasionally indulged her passion for oil painting.

After four decades of medical practice, Bill thought it might be time to semi-retire in 1982. But after the couple relocated to Mississippi, Bill "relaxed" by running the laboratories of three rural hospitals, conducting post-mortem forensics exams for three counties, and teaching pathology.

In 1988, the couple moved to Loma Linda where they met Ron Watson, and Gary Oliver, his since-retired colleague, at the 1988 Annual Postgraduate Convention, where the men were manning a booth focused on financial planning for physicians.

Because of the size of their portfolio, Ron and Gary suggested the Swateks contact an attorney for help with financial planning. But after thinking it over, the Swateks came up with an alternate plan.

"We came back to Ron and Gary," Rose says.

Once again, Bill was finding retirement hard to swallow. For the next seven years, he substituted for local physicians who needed someone to see their patients while they went on vaca-



Bill and Rose Swatek

tion. But in 1995, he finally hung up the stethoscope at the tender age of 75.

Meanwhile, the Swateks were putting their finances in order. Using professional resources from the offices of planned giving and trust services, the couple established charitable trusts to provide for the needs of their children while simultaneously contributing to the education of future health professionals at Loma Linda University. They set up unitrusts—naming themselves as beneficiaries—from which the trust department pays the Swatek's bills. They also opened unitrusts for Claude and Pam, who now have families of their own, with quarterly payments to supplement their incomes. And, of course, they famously got the ball rolling on the Centennial Complex with a significant gift that provided philanthropic leadership on the monumental project.

Looking back, Rose and Bill are as passionate as ever about their love, their family, their God, and the university that prepared them both for a lifetime of service so many years ago. One of the things they like best is the knowledge that their funds will bless others for decades to come.

Rose says she and Bill have never regretted the decision to trust their funds to the university. "Not even for a moment," she insists.

Richard H. Hart, MD, DrPH, president of Loma Linda University, says the couple's generosity is vitally important to the future of the organization.

"I have had the privilege of knowing of Dr. and Mrs. Swatek for most of my

life," Dr. Hart reports. "Bill and Rose are unpretentious, hard working, and totally committed to the values of Loma Linda University. They lived frugally, invested wisely, and always planned on giving back. Their transformational gift for the Centennial Complex came at a time when this building was just a dream in our minds. It was the critical impetus to push forward. Their recent donation for the Founders Plaza, as well as other projects, continues their legacy.

"Their generous support," he concludes, "will impact this institution for generations to come."

For more information on unitrusts, revocable trusts or creating an estate plan, please contact the office of planned giving at Loma Linda University by phone at (909) 558-4553, by e-mail at <legacy@llu.edu> or online at <www.llulegacy.org>.

## 'Like nothing I've ever experienced': Students describe personal perspectives from visit to Haiti orphanages ...

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mission trip was led by Heather Thomas, PhD, associate professor of occupational therapy. Staff members Shani Denny and Sondra Caposio rounded out the team.

Not to be left out of the hard work, Dean Jackson spent time sweating at the worksite

along with everyone else while he was in town to help dedicate the rehab tech program.

Allison Laygo has reflected on a statement from the Bible Dr. Jackson has been known to repeat, from Luke 12:48. "To whom much is given much is expected," she repeats. "I have felt the reality of that a lot

since I've been in Haiti."

Brenda Boyd witnessed such growth from everyone. "The memories of this trip continue to impact us as we have gone on with our daily lives," she concludes, summing up the group's experiences in Haiti. "Each of us was changed, just in the way we individually needed."

### School of Allied Health Professions

presents

### Mission Film Fest: Haiti

November 8, 2012, 7:00-8:30 p.m.

Damazo Amphitheater, Centennial Complex

"We went there to help one person at a time." – Carissa, SAHP student

Experience the first School of Allied Health Professions interdisciplinary mission trip to Haiti through the footage of the Emmy-Award winning department of Advancement Films. Celebrate the work of LLU students, faculty, and staff serving orphanages, building a rehab certificate program, and more, through stories and music.

Join us to make a difference in our community and beyond.

For details, contact Nicole Orr <norr@llu.edu>  
or Danelle Herra <daherra@llu.edu>.



STUDENT OUTREACH

'Like nothing I've ever experienced': Students describe personal perspectives from visit to Haiti orphanages

By Heather Reifsnnyder

Like the day one gets glasses, 11 Loma Linda University students will always remember first glimpsing the world through the eyes of a Haitian child.

During their mission trip June 11 through 21 to the Port-au-Prince area, the students from the LLU School of Allied Health Professions pickaxed, painted, and perspired—all to make life more comfortable for about 100 orphans.

Despite their destitution, fear, and sadness, the children also exuded joy that defies circumstance.

"It really teaches you to be thankful for what you have, even when you don't think life is great," says Melissa Radlein, physical therapy student. "You set out to help somebody else and to make an impact on their life, and in fact, they end up making an impact on your life."

The Loma Linda students focused their energies on three orphanages located nearby a sister

Adventist school and hospital, Universite Adventiste d'Haiti and Hopital Adventiste d'Haiti, in Carrefour, outside Port-au-Prince.

Using \$5,500 the School of Allied Health Professions raised last school year, the students—from the departments of radiation technology, occupational therapy, and physical therapy, along with their sponsoring faculty—supplied hundreds of pounds of food and improved living conditions for the kids.

Not soon enough, says medical radiography student Sarah Garcia.

"I have two small children, and I couldn't believe the things that I saw," she says. But she and other students ensured better circumstances in the following ways.

Letting in the sunshine

Franz Bastien's orphanage has a lofty mission, as indicated by its name: Venez Enfants et Vivez Mieux—Come Children and Live a Better Life. But the kids were so packed in, it was hard to know who and how many they were.

Physical therapy student Breeann Edwards compiled a roster of the children so that an organization called Love Takes Root can find sponsors for them, with help from her classmate Allison Robins. Breeann was told there were 51 children, but in fact they interviewed 56 children from ages 2 to 11.

They observed that many are sick, frail, and scared, but Breeann loved talking with them. "Even though it was translated to me, you got to see each personality, and they're all different," she says.

They are also sweet and strong, according to

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The cement bucket line for new roof columns at one of the orphanages gets its muscle from Alex Cabrera and Trevor Lohman, physical therapy students.



Occupational therapy student Charla Banks works to charm a new friend past his shyness at one of three orphanages the mission team focused on.

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Centennial Complex, Loma Linda, California

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