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COMMENCEMENTS CONTINUE

Loma Linda University concludes 2012 commencement season on June 10

By Larry Kidder

Graduates from five Loma Linda University schools were recognized by faculty, family, friends, and administrators for their scholastic accomplishments during five commencement programs taking place on June 10, 2012.

With the conclusion of the season, Loma Linda University graduated 1,402 students, including 486 with doctoral degrees, 508 with master's degrees, 283 with bachelor's degrees, 83 with associate's degrees, 43 with certificates, and 32 with first professional certificates.

The university continued its international tradition, with graduates representing 79 countries. Within the U.S., graduates hailed from 45 states, as well as Puerto Rico.

A full day of commencement ceremonies began at 8:00 a.m. at LLU Drayson Center with the School of Science and Technology (renamed the School of Behavioral Health as of summer 2012) and the School of Religion.

Two graduates received their master of arts degree in clinical ministry through the School of Religion. In the School of Science and Technology, one individual received a BS in geology; 48 individuals their MSW degrees; 62 were awarded MS degrees in the areas of biology,

child life, counseling, criminal justice, geology, gerontology, marital and family therapy (MFT), and natural sciences—including 10 who were part of the off-campus MFT program at Canadian University College; and one with an MA in family studies.

Receiving the doctor of marital and family therapy were four individuals; eight received the doctor of psychology degree; and 12 were awarded their PhD—one in family studies, five in marital and family therapy, five in psychology, and one in social policy and social research.

The LLU School of Nursing commencement ceremony followed at 10:30 a.m. Receiving the BS in nursing were 120 graduates; earning their MS degrees in nursing were 21 individuals.

The LLU School of Allied Health Professions divided its commencement ceremonies into two, with the physical therapy program beginning at 1:00 p.m. Those awarded the AS physical therapist assistant degree totaled 46; master of physical therapy graduates numbered 37; doctor of physical therapy (DPT) graduates were 70 strong; post-professional DPT graduates included 13; and doctor of science graduates totaled three.

The second School of Allied Health Professions ceremony began at 3:30 p.m., with 41



Brad Budde, MPT, retired offensive lineman for the National Football League's Kansas City Chiefs, gave a commencement address titled "Success to Significance" to physical therapy graduates of the School of Allied Health Professions, followed by graduation ceremonies for the rest of the school's programs. Mr. Budde, an alumnus of Loma Linda University in 1994, is president of Budde Physical Therapy, Inc., and founder of GameDay Management Systems, Inc. Outside of work, he and his wife, Nicolette, are dedicated to serving abused and neglected children through Camp Opportunity and the Division of Family Services in Kansas City, Missouri.

receiving certificates in the areas of cardiac electrophysiology technology, coding specialist, health information administration, diagnostic cardiac sonography, diagnostic medical sonography, medical dosimetry, and nuclear medicine; associate in science graduates totaled 35 in the areas of cardiac electrophysiology technology and medical radiography; and 112 bachelor's degree graduates in health care administration, emergency medical care, respiratory care, clinical laboratory science, cytotechnology, communication sciences and disorders, health information administration, nutrition and dietetics, radiation and radiation sciences.

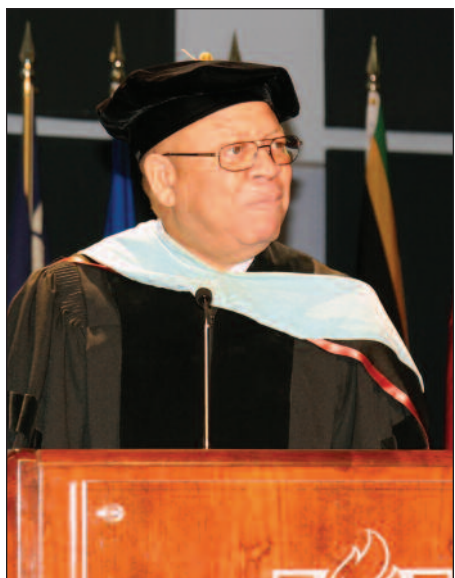
Graduating with master of occupational therapy degrees were 40 individuals; 26 received their master of physician assistant degrees; and 35 graduated with their MS degrees in health professions education, communication sciences and disorders, nutrition and dietetics, radiation sciences, and radiologist assistant.

Two individuals graduated with the doctor of occupational therapy degree, and three with PhD degrees.

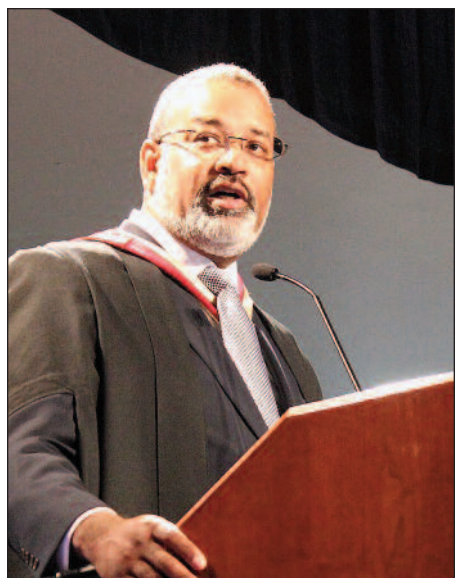
Graduation speakers on June 10 included the following: Clinton A. Valley, EdD, MA, MBA, president of the University of Southern Caribbean (formerly Caribbean Union College), located in Maracas Valley, Trinidad, whose address was titled "One More River to Cross" (SST/SR); Gina S. Brown, PhD, MSA, associate professor of nursing, LLU School of Nursing, who talked about "True Nursing Outcomes" (SN); Brad Budde, MPT, president of Budde Physical Therapy, Inc., and founder of GameDay Management Systems, Inc., who addressed the topic "Success to Significance" (SAHP); and Martin A. Philbert, PhD, dean and professor of toxicology, department of environmental health sciences, School of Public Health, University of Michigan, who titled his address "With Murderous Intent" (SPH).

During the two commencement weekends, a number of individuals were honored—both at the individual school level and university wide.

For a complete list of honorees, see the June 8, 2012, edition of *Today*. See page 4 of this issue for additional graduation photos.



Clinton A. Valley, EdD, MA, MBA, president of the University of the Southern Caribbean (formerly Caribbean Union College) in Trinidad, presented the topic, "One More River to Cross," for graduates of Loma Linda University School of Science and Technology and LLU School of Religion.



Martin A. Philbert, PhD, dean and professor of toxicology, department of environmental health sciences, School of Public Health, University of Michigan, titled his address "With Murderous Intent" as he spoke to LLU School of Public Health graduates and their guests.



Gina S. Brown, PhD, MSA, associate professor of nursing, LLU School of Nursing, spoke on the topic "True Nursing Outcomes" during that school's commencement ceremony.

ADVENTIST HEALTH STUDY

Religion and Health Study marks completion of 2nd wave of data collection

By Barry Manembu

Researchers with the Adventist Religion and Health Study, a sub-study of the Adventist Health Study-2, have been making significant strides in their quest to find what specific aspects of religion relate to better or worse health.

With the completion of the second wave of data collection in January, members of the research team can now begin the process of integrating both sets of data, which will enable them to produce stronger scientific results.

“This will allow us to answer several important questions,” explains Jerry Lee, PhD, principal investigator, “such as ‘Do people who are experiencing high stress in 2006 have more illness in 2011 but less so if they were more religious?’”

The sub-study began in 2006 when 10,988 Seventh-day Adventists from the Adventist Health Study-2 cohort filled out a questionnaire about religious beliefs and practices, stressful life experiences, lifestyle (e.g., exercise and diet), psychological characteristics, and social life. A smaller group who live in Southern California gave blood and urine samples at a clinic and underwent physical performance testing (e.g., grip strength) and memory testing. Researchers were also able to measure their blood pressure, body weight, body fat, plus waist and hip circumference.

In 2010-2011, 6,512 participants responded to a second questionnaire to see how their responses had changed; in 2011-2012 many of the original clinic members returned to the second clinic. During this period, 327 of the religion and health study participants attended study-specific clinics held at Loma Linda University East Campus and Los Angeles Adventist Academy.

Partaking in a health research project requires commitment. Participants have to do many things, including fasting the night before, coming to the clinic, performing the memory test, and giving samples of urine, saliva, and blood. Yet, to the relief of the clinical team, the study members were found to be willing and generous with their time.

“All of us—seven staff, including four graduate students—were amazed by their commitment, incredible kindness, and compassion,” says co-investigator Kelly Morton, PhD, speaking of study participants. “I don’t think you could ever find a group of people who are more willing and eager to participate in this type of research. It was a hassle and a lot of work, but they were very committed.”

“The most striking part is that some of them have probably been loyal participants since the first Adventist Health Study in 1974. Just imagine how many questionnaires they have filled out, or how many clinics they have attended since then.”

Dr. Lee, echoing the same grateful sentiment, says, “The participants may not realize it, but they have made enormous contributions already. We just want them to know how much we appreciate their help in completing the questionnaires and coming to the clinics. About 27 members unable to attend a second clinic due to increased frailty even welcomed us into their homes as we sought to find complete data.”

A longitudinal or prospective study such as this one typically means long-term outcomes. That is because researchers need to follow certain aspects of the health experience of study members over several years. Nonetheless, the Adventist Religion and Health Study has been beneficial since its inception, and a number of scientific papers have already been published.

The study has also been beneficial for university students. For instance, some doctoral candidates have been using the data set for their dissertations. Others received hands-on field-work experience, especially during the second clinical period that lasted for three months.

“One young man, who had served as a Marine in Iraq, even got accepted into Loma Linda University’s School of Dentistry,” says Dr. Morton. “He needed a job to help finance school, we hired him, and both parties were glad he was part of the team.”

Doctoral students from other institutions, such as those at the University of Texas, Austin; Bowling Green State University; and Johns Hopkins University have also been involved with the Adventist Religion and Health Study.

“This suggests that our data set not only has great value and unique attributes, but also will continue to provide important insights,” concludes Dr. Lee.

Adventist Health Study-2—the parent study—is one of the largest health studies ever designed. It has national importance and international significance. It is a cohort study of 96,000 Seventh-day Adventists in the United States and Canada who enrolled between 2002 and 2007. Adventists, due in part to their unique and varied dietary habits, have a lower risk than other Americans for heart disease, several cancers, and probably high blood pressure, arthritis, and diabetes. This, along with their wide variety of dietary habits, provides a special opportunity for careful research to answer a host of scientific questions about how diet (and other health habits) may change the risk of suffering from many chronic diseases.

Two previous studies on Adventist health involving 24,000 and 34,000 California Adventists have been directed from Loma Linda University during the past 40 years. These have been among the first to raise scientific awareness of the close relationship between diet and health. This groundbreaking work has brought visibility to the lifestyle recommended by Seventh-day Adventists from both the scientific and lay communities. Adventist Health Study-2 is conducted by researchers at Loma Linda University School of Public Health.

Visit <www.adventisthealthstudy.org> for more information.

Study proves useful in themes beyond religion

Given the wealth of information collected from the Adventist Religion and Health Study members, opportunities also exist for research that go beyond the religion theme. There have been at least three scientific papers published on the following topics: trauma and fibromyalgia; perceived pain and fibromyalgia; and how both vegetarian diet and exercise may counteract health disparities between blacks-blacks and whites. Research by Michael Paalani, DrPH, a former doctoral student, addresses this last theme.

He says, “Chronic health problems are often associated with increased inflammation. I thought it would be interesting to see if there were differences in inflammation levels among black and white Adventists, and whether any differences may be due to socioeconomic status, lifestyle, or other behavioral factors. I discovered that blacks-blacks overall, blacks showed higher



Jerry Lee, PhD, principal investigator for the Adventist Religion and Health Study, reflects on his recent data collection while in his office.

levels of inflammation than whites, but that a vegetarian diet and increased exercise may offset these disparities.”

Some fruitful research has also been conducted within the central scope of religion. Huma Shah, DrPH, assistant professor in the department of health promotion and education in Loma Linda University’s School of Public Health, is preparing two research papers after completing her dissertation on religious coping and job satisfaction. She is appreciative of the robustness of the data.

“At first I didn’t realize the depth and scope of this,” Dr. Shah says. “But as I began working with the dataset and finding out the history of this cohort, I was very impressed with the different lifestyle, mental, physical, and spiritual constructs in the questionnaire and some of the preliminary outcomes.”

What we have found so far ...

Some of the latest results of Adventist Religion and Health Study follow:

- Adventists divorced in the last five years are more depressed than non-divorced Adventists. However, the difference is much smaller for Adventists who use positive religious coping (i.e., seek spiritual support from God, or try to see how God might use a stressful event to help one grow).
- Childhood poverty predicts both greater self-rated religiousness in adult life and the use of religion to help one cope.
- Negative social interactions seemed to increase depressive feelings but less so where there is greater religiousness. In addition, negative emotionality (such as depressed feelings) predicts worse self-rated physical health. So religiousness does have a positive indirect effect on perceived physical health through its action in lowering negative emotionality.
- Childhood poverty is associated with growing up in a chaotic, abusive and/or neglectful family, but much more so in whites than blacks.
- Couples who are religiously alike report more marital satisfaction.
- Refraining from secular activities on Sabbath is associated with better mental and physical quality of life. These associations are partially explained by a better diet, more exercise, and religious social support among the more traditional Sabbath-keepers.

OLYMPIC HOPEFULS AT DRAYSON

Olympic hopefuls train at Drayson pool



Martin Gregoire (top center), swim coach with the Redlands Swim Team, has been working with a group of seven swimmers at LLU Drayson Center for some time now. Among his group are three Olympic hopefuls, with one already qualifying for the team from Ukraine. His group includes (from lower left) Joey Hale (Olympic hopeful; Redlands), Brad Terwilliger (Redlands), Clint Johnson (Yucaipa), Nolan Brown (Redlands), Yulduz Kuchkarova (Olympic hopeful; Uzbekistan), and Maxime Jacomelli (France). Not pictured is Valeriy Dymo from Ukraine, who already qualified for his country’s Olympic team with a silver medal at the European Swimming Championships. *By Larry Kidder*

GROWING FRESH PRODUCE

LLU resident chef talks edible gardening

By Heather Reifsnnyder

Food is better when it comes straight off the bush, posited Chef Cory Gheen, instructor of nutrition and dietetics, during a May 9 presentation to students about centering meals around what is fresh from one's own garden. He demonstrated how to get started in edible gardening with pictures from his own backyard.

"People around the world are starting to catch on to the fresh vegetable movement," said Chef Gheen. "All of us can participate in a tiny bit of what more restaurants are increasingly doing—serving the freshest local food possible."

Mr. Gheen trained at the Culinary Institute of America from 1998 to 2000, just when this movement was beginning. Since then, he has worked in restaurants across the country that serve fresh food sourced locally—resulting in

menus that are less standardized and routine. One of these restaurants, The French Laundry in the Napa Valley, routinely sits near the top of best restaurant lists for the country and world.

When cooking is based on what is ready for harvest that day or week, meals become more creative to best use the current fresh ingredients, Mr. Gheen believes. And depending on what one plants, there are more fruits and vegetables to choose from than the staples carried by local grocery stores—which are commercially dictated by what can be mass grown and shipped.

And then there's nutritional quality, color, and taste. Mr. Gheen encouraged students to start with growing their own tomatoes in order to see the flavor distinction.

"There's a night-and-day difference between tomatoes from a grocery store and tomatoes



Chef Cory Gheen spent an early May afternoon discussing the fun and benefit of growing one's own produce with students from the Schools of Allied Health Professions and Public Health.

right off the bush in mid-summer," he explained.

Everyone can have a small edible garden, whether in a backyard, a porch, or just a window, said Chef Gheen. He began his own first garden while he still lived in an apartment.

Today, he and his wife, Krystal, have devoted a large portion of their backyard to growing fruits and vegetables. He explained how they started from scratch, building the planting beds themselves. They grow everything from strawberries and Swiss chard to rhubarb and dill.

The moral of the story was not to angle for an invitation to the Gheen home for dinner, but to motivate students to start their own gardens with whatever space they can find.

When Mr. Gheen arrived to teach at Loma Linda University in 2008, he realized there was no way to demonstrate the importance of

gardens to nutrition and dietetics students.

With only one tiny, overgrown planter outside the teaching kitchen to work with, Mr. Gheen got to work turning it into an herb garden—allowing some students to see, for the first time, what an herb looks like before it gets dried in a jar.

Since then, the Schools of Public Health and Allied Health Professions have gotten together to establish Nichol Hall Sprouts, a garden project behind the building these two schools share. The space allows student gardeners, many of whom are studying nutrition, to learn how to grow and cook their own produce. The students behind Sprouts organized the presentation.

"I love planting the gardening seed in students' minds," says Mr. Gheen, "and watching it grow into a realization that they, too, can grow food in whatever space they have."



A section of the Gheen family garden reveals there is plenty of fresh food to choose from at their home.

MILESTONES

School of Pharmacy celebrates 10th anniversary

By Steve Vodhanel, PhD

In a bold move into a new area for Loma Linda University, administrators, faculty, and staff opened the School of Pharmacy in April 2002. The first students arrived on campus in September of that same year.

Now, 10 years later, the School of Pharmacy has thrived, both as a school and through its

growing graduate population.

The School of Pharmacy was granted full accreditation in 2008 by the Accreditation Council for Pharmacy Education (ACPE) to offer the doctor of pharmacy degree. ACPE is the sole accreditation agency recognized by the U.S. Department of Education to accredit professional degree programs in pharmacy. The curriculum has been developed in accordance

with the standards and guidelines of ACPE.

In celebration of the 10th anniversary on April 12, administrators, faculty, staff, students, and alumni celebrated with a dinner event held in the Chen Fong Conference Center located in the Centennial Complex building.

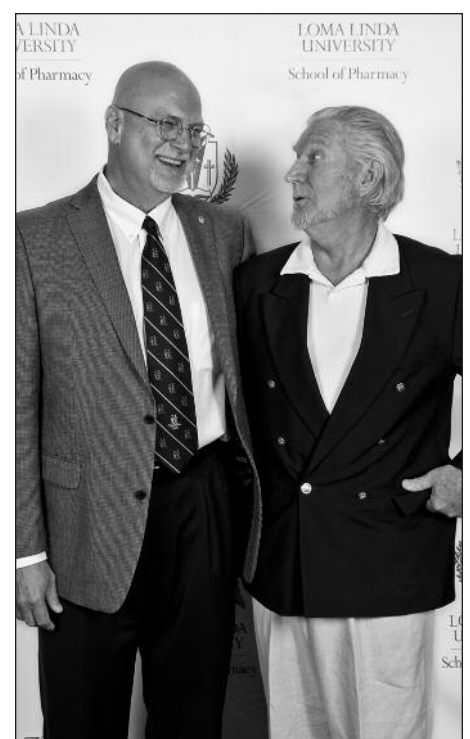
Attendees and speakers included Richard Hart, MD, DrPH, president of Loma Linda University, and B. Lyn Behrens, MBBS, LLU president emerita, discussing the formative process of addressing the need for a new school of pharmacy. Billy Hughes, PhD, dean of the School of Pharmacy, addressed the success of the school

during the first 10 years, while the first dean, W. Barton Rippon, PhD, spoke about the historical challenges and opportunities of starting the new school of pharmacy.

In the chart below left are facts regarding the LLU School of Pharmacy.

LLU School of Pharmacy • Ten Year Details

2002		2012
34	Students	310
34	Class Size	82
99	Applicants	604
0	Alumni	297
0	Global Outreach Countries	18
0	Global Outreach Participants (excluding Mexico)	62
\$1.3M	Budget	\$12.2M
\$609K	Donations (Cumulative)	\$1.93M
6	Faculty FTE (Budgeted)	28
0	Clinical Rotations	591



Billy Hughes, PhD (left), dean of the LLU School of Pharmacy, shares a moment with the first dean of the school, W. Barton Rippon, PhD.



Scenes from 2012 LLU graduations

Photo 1: Maria Magdalena Cantu receives her diploma for an MA in clinical ministry from Jon Paulien, PhD, dean of the School of Religion. She also graduated with a master's degree in marital and family therapy.

Photo 2: Graduates from the School of Behavioral Health (previously the School of Science and Technology) gather for a group photo outside of LLU Drayson Center.

Photo 3: Nursing graduate Michelle Ballou (center) receives a congratulatory hug from Loma Linda University Adventist Health Sciences Center president Richard H. Hart, MD, DrPH, upon receiving the Dean's Award.

Photo 4: Three generations of School of Nursing graduates celebrate with their family. Evelyn Shearer (front right), graduated in 1941; her daughter, LoRita Larsen (front left), graduated in 1972; and her granddaughter, Lydia Larsen (front middle), graduated this year.

Photo 5: There is nothing better than a daughter's pride, as School of Allied Health Professions graduate Stephen Owusu-Ababio can attest.

Photo 6: School of Allied Health Professions graduate Anny Ha shares the song "That's What Friends are For" with her classmates and guests.

Photo 7: Kathryn Reinsma (center), recipient of the LLU President's Award, listens as the citation is read. With her are LLUAHSC president Dr. Hart (left) and Tricia Penniecook, MD, MPH (right), dean of the LLU School of Public Health.

Photo 8: School of Public Health graduate Mayada Aljehani clutches her prized possession—a diploma—and flashes a smile for the camera as she returns to her seat.

For a commencement season wrap up, see the lead story, "Loma Linda University concludes 2012 commencement season on June 10."

LEARNING THROUGH SERVICE

Volunteer team transforms low-cost health clinics in San Bernardino

By Heather Reifsnnyder

The School of Allied Health Professions' first community outreach day on April 22 transformed the campuses of the nonprofit, affordable health clinics of Social Action Community Health System in San Bernardino. Sixty-five volunteers from allied health—students, alumni, faculty, and staff—polished off a number of improvement projects that will now make it possible for the Social Action Community Health System to accomplish new construction projects on time.

"We're so happy," says maintenance director Irvin Briggs. "God blessed us with what they accomplished. I haven't ever seen that many volunteers here. They were supposed to stop at

noon, but they just went ahead and stayed until the jobs were completed."

The health system comprises three clinics in San Bernardino—Frazee, Arrowhead, and the flagship Norton clinic. At each, the allied health volunteers made a remarkable difference, Mr. Briggs says.

In fact, for the first time in the four years Mr. Briggs has been maintenance director—with only one other person to help him—all projects are caught up. This leaves him free to work on new construction projects including a conference room, improvements to the obstetrics wing, and a call center. "We're going to be able to accomplish all those projects within our timeframe, on schedule," he says.

CEO Nancy Young adds, "It was such a gift to us. We're expanding and we have a lot of growth happening. We're moving departments around right now, and I don't know when we would have been able to do it otherwise."

One of the volunteers was Dwight Salkey, physical therapy class of 1987. In town from Florida for homecoming weekend, he replaced broken parking curb stops, removed old blinds, picked up trash on the grounds, and assembled new office chairs for the computer training center.

"I feel very strongly about community outreach and missions. I felt impressed to do something to help those who are serving our community," says Mr. Salkey. "I saw so much accomplished in just a short time because of everyone that participated. It felt great to be involved and especially to see all the students taking time out of their hectic schedules."

One of these, allied health student Julie Turner,

was also inspired by all the pending projects the group completed so quickly.

"What a bliss to be God's hands and feet in action," she says.

This was the first school-wide community service day, says Danelle Herra, MBA, alumni affairs officer for the School of Allied Health Professions. She organized the day in conjunction with Homecoming Weekend.

Noting how the volunteers went above what they were asked, she says, "It really showed that they cared. They weren't just there to get service learning credit or other personal gain."

Because of all the tasks volunteers completed, Mr. Briggs says, "We're finally at a point where we can manage everything. Every day I used to think 'We're so far behind.'"

Not anymore. At the main 47,000-square-foot building on the Norton campus, the group:

- Installed parking curb stops
- Painted waiting rooms and hallways for both the dental and behavioral health programs
- Put up new blinds in the main waiting area
- Power washed the building's exterior
- Cleaned all the windows
- Painted the interior walls of a new conference room under construction
- Planted a tree and added bark groundcover to landscaping
- Picked up trash around the campus.

Additionally, smaller teams branched off to the smaller Frazee and Arrowhead locations. At the former, they washed the windows, restocked the pantry, and cleaned the interior. At Arrowhead, another team power washed the building's exterior.

"I was so impressed with their gracious spirit and the respect that they showed for what we do here," says Ms. Young. "Their dean, Craig Jackson, has inspired in them an amazing heart for service.

She adds, "He stayed the entire day with his wife, and they worked side by side with the students."



Physical therapy alumna Denese Kaufeldt Montano's part in Operation: Service was washing windows. The group washed all windows of the 47,000-square-foot main building at SAC Norton Clinic.



Allied health student Julie Turner takes on some big weeds and wins.

RESEARCH MOVES FORWARD

Research affairs welcomes campus to new home with open house

By Lorraine Sarmiento

More than 200 people attended the LLU office of research affairs open house on June 6 at its new location in suite 201 of the University Arts Building (the former location of human resources and payroll). Guests learned more about services the staff provides.

The Monopoly-themed event drew attendees including administration, faculty, staff, research coordinators, post-docs, and students. Everyone in attendance was offered a gift of appreciation.

Games encouraged guests to meet the staff and learn what they do, and those who participated were eligible for prizes including an iPad 2.

Refreshments were served, which included boardwalk seaside fare such as popcorn, pretzels, veggie corn dogs, ice cream and saltwater

taffy, along with sandwiches and fruit.

"The event really made a big statement about the centrality of research on our campus," says guest Patricia Jones, PhD, nursing professor and director of the office of global nursing. "It represents a giant step forward from what the campus has had up to now."

The research affairs office is composed of five specialized sections. Each section has its own distinctive function, ready to serve the institution's research community:

- The **research protection programs** (formerly sponsored research) section provides ethical and regulatory guidance to researchers on the conduct of human and animal research. The staff also provides administrative support of the institutional review committees, which are tasked with protecting the welfare of research subjects.

- **Financial management** is responsible for managing sponsored project funds and assuring the institution's compliance with the regulations of government and private funding agencies. The staff also manage grants and contracts, including contract negotiations and modifications, research accounts, award maintenance, and financial reports.

- **Technology transfer** provides information and support to faculty about inventions, patents, copyright, licenses, and startup companies. In addition, the staff advises faculty on the creation of startup companies, institutional relations with startup companies, and licensing patents.

- **Research integrity** provides faculty with guidance and education on compliance issues. The staff also assists researchers with export/import control issues, export licensing requirements, and registration at the <clinical trials.gov> website.

- And finally, **research administration** oversees the operations of all elements of the research affairs office and manages any research conflicts of interest. The staff also provides assistance in seeking funding opportunities, grant preparation and submission, and coordi-

nating efforts to establish and maintain research-related electronic systems and the research affairs website.

The Clinical Trial Center, a separate office, manages all aspects of initiating clinical studies, including feasibility, billing, and contracts.

To learn more about the office of research affairs, call (909) 558-8544.



Financial analysts Jessica Portillo (left) and Elaine Moya welcome guests to the financial management section of the research affairs office.

Bomb threat draws the FBI and local law enforcement agencies to LLUMC ...

Continued from page 8
security for LLUAHSC, was off campus when the incident broke.

"I was attending a training session at the LLUAHSC 101 building when I got the call," Ms. Douma says. "I came right over, and by the time I arrived, our officers had already cordoned off the area to keep people out of the danger area."

Officers from several police, fire, and news agencies soon began rolling into the area. Jim Pinder, JD, MBA, director of academic affairs for the LLU School of Pharmacy, was startled to see officers approaching with guns drawn.

"As I left West Hall, I noticed several police cars pulling up in front of the emergency department," Dr. Pinder recalls. "An audible 'clack' could be heard as officers loaded and chambered rounds in their shotguns. I moved away quickly."

When Dr. Pinder returned in 15 minutes, clusters of evacuated employees from the LLU Medical Center, Chan Shun Pavilion, Loma Linda University Church, and other nearby buildings were thronging the sidewalks, and the San Bernardino County Sheriff's Department bomb squad truck was setting up shop in the middle of the street. "It was then that I knew the situation had worsened," he says.

Moments later, explosives and terrorism experts from the Federal Bureau of Investigation arrived. The FBI was conducting training exercises with the San Bernardino County Sheriff's Department Bomb Squad, and the proximity to the date of the anniversary of Osama bin Laden's death aroused the suspicion of reprisal.

According to Suzy Douma, the San Bernardino Police Department and California Highway Patrol also sent officers to assist. One observer said there were so many ambulances, fire trucks, squad cars, and helicopters on site that Campus Street resembled a scene from a disaster movie.

"We have a great partnership with the Sheriff's Department," Ms. Douma shares. "Their heli-

copter was circling overhead and aiding in evacuating people."

It wasn't alone. Several Southern California television stations sent crews into the skies over Loma Linda to cover the story and massive traffic snarl on the ground.

The first arriving chief officer, Battalion Chief Dana De Antonio, established an incident command post where evacuation plans, isolation distances, and incident objectives could be established.

Jeff Bender, fire chief for the City of Loma Linda, says fire officials and personnel from the cities of Colton, Loma Linda, Redlands, and San Bernardino brought emergency vehicles and equipment to the scene. Chief Bender's role was to serve as a liaison between the incident command post and medical center administration.

"Fire and law enforcement resources also secured a secondary remote location as well as the route of travel that could be used had the arson/bomb technicians elected to move the subject," Chief Bender points out. "It was ultimately determined that it would be safer for LLUMC medical personnel and Sheriff's Department arson/bomb technicians to move forward with removing the device on site. A concrete-shielded loading dock area was selected and secured as site to conduct the procedure. Fire resources were deployed and staged in tactical locations in order to effectively react to and control any unexpected outcome of the device removal procedure."

To convert the loading dock into an impromptu surgical theater, the staff assembled the required equipment—an oxygen tank, airway apparatus, suture kits, lighting equipment, and surgical instruments—and disinfected the space.

With the threat of a deadly explosion hanging over his head, surgeon Andre Nguyen, MD, scrubbed in for the operation. After donning a bomb vest and joking with county and FBI officials that their vests were thicker than his, Dr. Nguyen steeled his nerves and began the operation to remove the device.



In this image captured by a security camera outside the front entrance to the emergency department of Loma Linda University Medical Center, physicians and other health professionals confer with University Hospital administrator Danny Fontoura, MBA, and law enforcement officials on the best place to stage the patient. Moments later, the patient was removed from the emergency department after an X-ray confirmed the presence of a metal canister with an assortment of wires inside him.

Once county and FBI arson and explosives experts determined that the object was nothing more than a metal canister with assorted wires stuffed inside, possibly harvested from a cell phone charger, Dr. Nguyen and all the members of the staff felt an enormous sense of relief.

"At approximately 11:45 a.m.," recalls Steve Hertel, "the incident was declared over, three and a half hours after it started."

While the incident involved innumerable man-hours and considerable expense, several positive outcomes resulted from the situation.

"I don't have any criticism of our department at all," Dr. Clem says. "We have a disaster plan and our plan was followed exactly. I think there were external glitches in communication, but they did not originate in our department. This was an opportunity for us to respond to all the issues that arose, and the institution is responding to them very well. I was impressed with the fact that nobody panicked."

Ms. Douma is also pleased at the overall response to the crisis.

"Our department's initial response was very, very good," she says. "They immediately cordoned off the area and set up boundaries to keep people out of the danger area. When something like this happens, we estimate how far we think an explosion might reach and then add a hundred or 500 feet to it. We had a team working on it and they all did their job."

"Our guys in communications are also very good," Ms. Douma continues. "They didn't get too excited or emotional; they just stayed calm and did their jobs the way they were trained. I am also very impressed with our emergency department personnel, including the surgeon who went out in a bomb jacket to where the bomb squad had set up their emergency headquarters."

However, there was one area of concern, which Ms. Douma intends to address.

"The thing we found most difficult," she notes, "was that we couldn't control some of the employees. There were employees on the roof of a nearby building whom we asked to

Continued next page



Bomb squad trucks don't pull up in front of Loma Linda University Medical Center every day, but this one did on Thursday, May 3, after a patient told a nurse in the emergency department that he was carrying a bomb inside his body. Emergency department officials became very concerned after an X-ray ordered by Charlene Kiang, MD, confirmed the presence of a metal canister with an assortment of wires. Shortly after this photograph was taken, the truck was relocated to the emergency entrance on Campus Street.



An unidentified arson and bomb expert from the Federal Bureau of Investigation prepares to enter the danger area during the May 3 bomb threat incident at Loma Linda University Medical Center. Officer Dorothy Cain from the Loma Linda University Adventist Health Sciences Center security department stands by to offer assistance if needed and prevent unauthorized personnel from interfering with the agent's work. The FBI was in the Inland Empire for training exercises with the San Bernardino County Sheriff's Department bomb squad when the incident occurred.

FACULTY EXCELLENCE

Physical therapy faculty step up their skills Harvard style

By Heather Reifsnnyder

Professors Eric Johnson, DSc, and Everett Lohman III, DSc, spent the 2011–12 academic year in school themselves. In addition to their physical therapy faculty duties, the two men participated in the Harvard Macy Institute at Harvard University. The program promotes improvement in health science education through classes on the Harvard campus as well as online learning.

Dr. Lohman's track focuses on improving assessment of student learning to further a community of scholarship. Dr. Johnson's program is geared toward personal professional development for health educators; it is centered around five themes: learning and teaching, curriculum, evaluation, leadership, and information technology.

"The program is intensive but well worth it," Dr. Johnson says.

To make it through the application process, both professors had to submit current projects they felt could be enhanced through their participation in the Harvard Macy program.

One of Dr. Johnson's main projects for the institute focused around cooperative learning strategies and techniques in which students become actively involved in the classroom experience rather than passively listening.

For example, fishbowl exercises involve professors demonstrating techniques to students, who then break into small groups to practice. One random group then demonstrates for the class, inviting critique. Further group practice ensures all students can integrate the critiques, at which point another group demonstrates the improved technique.

Other examples of cooperative learning strategies include problem-based learning, team-based learning, small and large group discussions, case method teaching, and reflection papers.

Dr. Johnson pilot tested such strategies in his classes this year and contrasted students' course evaluations to previous years in which he used more traditional teaching styles. He recently presented a poster on his preliminary findings at Harvard University and plans to submit the

work for publication in a physical therapy education journal.

"Students compared this style to more traditional methods and they enjoyed the opportunity of being more actively engaged in the learning process," he says. "They felt that deeper learning occurred."

Dr. Lohman chose the assessment track in the Harvard Macy program because he is also chair of LLU's educational effectiveness committee, as well as assistant dean for graduate academic affairs in the School of Allied Health Professions. For his project, he evaluated how assessment can best be used in the university's newest international program—the rehabilitation technician certificate in Haiti. It began in June.

During the Harvard Macy program, Dr. Lohman found strength in the fellow members of his small group.

"I now have an amazing support network that ranges from a chief learning officer in Qatar, a physician from Portland, Oregon, who oversees approximately 60,000 health care workers' interdisciplinary learning and collaboration, and other individuals from Australia to Denmark," he says.

Dr. Lohman and the group devised assessment strategies each individual could take back to his or her home institution. One of these—starting assessment at applicant interviews rather than after coursework has begun—Dr. Lohman has already implemented in admitting students to the Haiti program.

"We wanted our students to be compassionate



(From left) Drs. Everett Lohman and Eric Johnson

Christian health care providers who have a high level of integrity, dependability, and ethics combined with excellent clinical skills," explains Dr. Lohman. "I believe that if we admit students who are in alignment with our vision and our values (the heart and soul), then we can provide them the best education to positively impact the mind."

Using this process, Dr. Lohman and the other program leaders chose 16 students who are the first cohort in Haiti.

"We hope that, from this first cohort, many of our future instructors and community-based rehabilitation leaders in Haiti will emerge," he says.

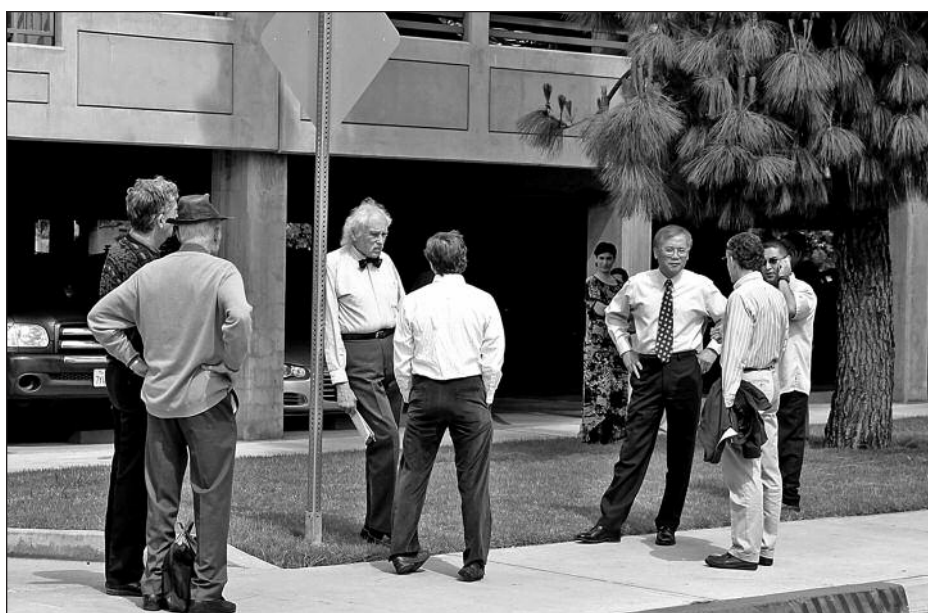
Bomb threat draws the FBI and local law enforcement agencies to LLUMC ...

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leave, but didn't. Even after the Sheriff's Department asked them to go, they still wouldn't. Had this been an actual bomb, it might have blown up two or three stories of the building, including all those people who wouldn't get off the roof."

Danny Fontoura, MBA, senior vice president and administrator of University Hospital, says there's a lot to be thankful for at the end of the day. "We are extremely grateful to God

for His protection and guidance, to the brave members of the local and federal law enforcement community for responding with expertise, manpower, and equipment in our time of need, and to our extraordinary staff who handled the situation with composure and professionalism," Mr. Fontoura observes. "Considering what might have happened, this was truly a remarkable outcome."

The patient was taken into custody and charged with making a false bomb threat.



A number of prominent Loma Linda University School of Medicine research scientists were forced out of their laboratories and onto the sidewalks during the Thursday, May 3, bomb scare at Loma Linda University Medical Center. Officials ordered the evacuation of nearby buildings after a patient claimed to have an explosive device inside his body. Pictured are (From left) Gordon G. Power, MD, professor of physiology and internal medicine; Wolff M. Kirsch, MD (in the hat), director of the Neurosurgery Center for Research Training and Education; Lawrence D. Longo, MD (in the bow tie), director of the Center for Perinatal Biology; Sean M. Wilson, PhD, assistant professor of physiology and pharmacology; Lubo Zhang, PhD (hands on hips), professor of pharmacology and pediatrics; and Steven M. Yellon, PhD, professor of physiology and pediatrics. The other individuals are unidentified.

CELEBRITY

LLUMC information host doubles as world champion boxer



World champion boxer Kaliesha West answers a question from the audience at the April 26 meeting of the Rotary Club of Redlands while her father, former professional boxer-turned-boxing-trainer Juan West, looks on.

Ms. West took her nickname, "Wild Wild" West, from her dad, who talked about his shock and surprise when his daughter—not his son—announced an interest in following in his footsteps professionally.

During business hours, she works as an information host at Loma Linda University Medical Center. In September 2010, Ms. West won the World Boxing Organization's female bantam weight top honors, which she retains currently. "Learning to be a fighter has many benefits," Ms. West explained during her presentation to Redlands Rotary Club members, "not only inside the ring, but outside as well." She continued, "Teaching a woman to fight gives her a sense of self-confidence that no one can take from her." She added, "Confidence allows a woman to realize that she doesn't need to be taken advantage of without standing up for herself." Ms. West is the only world champion of any sport to hail from the Inland Empire. *By James Ponder*

DISASTER AVERTED

Bomb threat draws the FBI and local law enforcement agencies to LLUMC

By James Ponder

On May 3, a patient in the emergency department at Loma Linda University Medical Center made a claim so outrageous that the FBI and other law enforcement agencies converged on the campus shortly after the threat was reported at approximately 8:30 a.m.

“The patient was brought by ambulance,” explains Kathleen Clem, MD, chair of emergency medicine. “His initial complaint was chest pain, but he later told the nurse he had an explosive device inside his body that had been forcibly inserted by aliens.”

Although she was in Beaumont teaching a class, Dr. Clem took charge of her department’s response to the crisis over the phone. “I was in the loop,” she says, “very much aware of what was going on, and directing things remotely. I was in direct communication with the staff the whole time.”

The people Dr. Clem consulted—Tammi Thomas, MD, vice chair of emergency medicine; Lance Brown, MD, division chief for emergency pediatric medicine; Dustin Smith, MD, director of the emergency medicine residency; Charlene Kiang, MD, the physician

assigned to the case; and Connie Cunningham, director of emergency services—informed her of each new development.

When an X-ray Dr. Kiang had ordered confirmed that there was a metal canister with an assortment of wires inside the patient, the staff flew into action.

“As soon as Dr. Kiang identified that there was a foreign body inside the patient,” Dr. Clem reports, “all the appropriate phone calls, both inside and outside the department, were made very rapidly. Once bomb authorities identified the object in the radiograph as a threat, the patient was carefully and rapidly removed from the emergency department to a safe area where he could be monitored and cared for, and where the object could be removed without endangering the safety of the other patients.”

Meanwhile, the patient insisted it was a bomb.

While a medical team escorted the patient to the parking lot on a stretcher, other staffers initiated a host of precautions to protect patients, visitors, and staff.

Once apprised of the situation, the medical center’s communications center flew into action



To say that law enforcement and fire department personnel turned out in force for the May 3 bomb scare at Loma Linda University Medical Center would be an understatement. Campus Street was quickly transformed into a staging area for the Federal Bureau of Investigation, San Bernardino County Sheriff’s Department and its bomb squad, San Bernardino Police Department, and California Highway Patrol. In addition, firefighters and officials from the Colton, Loma Linda, Redlands, and San Bernardino fire departments lent their expertise to the handling of the crisis.

notifying security, administration, and other departments.

“We were notified of the situation three minutes after it was first reported to the incident commander,” reports Steve Hertel, executive director of parking and transportation. “Our units were on the scene within three minutes of when we were notified.”

With Lt. Robert Schultz and other officers from the Loma Linda University Adventist Health Sciences Center (LLUAHSC) security department, Mr. Hertel and his team shut down the emergency department parking lot and diverted all traffic away. Within minutes, other areas were closed including Campus Street between Barton Road and Prospect Street, the south fire road around the LLU Medical Center, and the administrative and physician parking lots. In addition, shuttle service to the west side halted, and pedestrians were re-routed to avoid the area.

A few days later, Rosemary Pang, MBA, patient care supervisor, led Dr. Clem back to the place in the emergency department parking lot where the patient was initially staged once the X-ray revealed the presence of the foreign object. “Here it is,” she says.

“Yes,” Dr. Clem adds, “but I understand he was only here a short time before being transferred over there. Is that right?” She points to a location 50 or 60 feet away where the patient was sequestered behind several automobiles to further shield the emergency department should the alleged bomb actually detonate.

“That’s correct,” Ms. Pang affirms. “They stopped here to stage the appropriate place to put the patient while they determined where they could safely perform the operation to remove the foreign object from his body.”

Like Dr. Clem, Suzy Douma, MPA, director of

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EMPLOYEE RECOGNITION

LLUBMC employee named Behavioral Health Community Advocate of the Year

By Larry Kidder

Daniel Tapanes, a marriage and family therapist working at the LLU Behavioral Medicine Center, recently learned that he had been named Behavioral Health Community Advocate of the Year by the San Bernardino County Department of Behavioral Health.

Mr. Tapanes was honored during the award ceremony, “Evening with the Stars,” held on Thursday, May 24, 2012.

A lead clinical therapist for the LLU Behavioral Medicine Center’s youth outpatient program, Mr. Tapanes developed a program—Mastering

Each New Direction, or MEND—to work with medically complex children and their families. He collaborates closely with Loma Linda University Children’s Hospital specialty teams to both identify and treat such children, as well as their family support systems.

“No one achieves an honor such as this with individual effort alone,” says Mr. Tapanes, referring to the support of his BMC team.

Lauren Ball, administrative director of social and outpatient services, LLUBMC, comments, “Daniel has focused on a population that is so vulnerable and in need.” She adds, “I see his heart go out to his young patients.”



Lead clinical therapist Daniel Tapanes, who works at the LLU Behavioral Medicine Center, was named Behavioral Health Community Advocate of the Year by the San Bernardino County Department of Behavioral Health.



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