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4-13-2011

## TODAY - April 13, 2011

Loma Linda University

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Wednesday, April 13, 2011

Volume 24, Number 5

## LLUCH FOUNDATION GALA

# 18th annual LLU Children's Hospital gala 'Health, Hope, & All That Jazz' raises more than \$800,000 for services and equipment

By Nancy Yuen

Guests to the Loma Linda University Children's Hospital 18th annual foundation gala were transported from San Bernardino to New Orleans' French Quarter.

More than 750 people attended the sold-out event and, before the evening was over, more than \$800,000 had been raised for medical services and equipment.

As they neared the entrance to the National Orange Show Events Center, attendees enjoyed big band music performed by the Loma Linda Academy Jazz Band and admired automobiles provided by Walter's Audi, who sponsored the iPod touch devices.

Dress for this year's gala was elegantly casual, and attendees mingled while using the iPod touch devices to bid on silent auction items.

The room was filled with flowers and candlelight, and street performers entertained with mime, juggling, and stilt walking. Strains from a New Orleans traditional jazz band and San Bernardino Symphony chamber musicians

filled the air, with the jazz band performers center stage.

Guests paused to watch an artist capture the event in oil; his New Orleans-inspired painting was later auctioned off to the highest bidder.

During the formal program, various individuals were recognized for their service and dedication to children.

Joseph Machado, just 14 years old, was named the first Junior Hometown Hero for his fundraising efforts for children with disabilities.

The 2010 Hometown Hero Award was presented to Coach Robert Burt for helping to prevent suicide by tirelessly giving his time and sharing his personal experiences with young people and with first responders, among others.

Husband and wife Drs. Morton and E. Jane Woolley were honored with the Noteworthy Award, a lifetime achievement award for service to children.

Kevin Murphy accepted the Shirley N. Pettis Award on behalf of the entire K-FROG 95.1



A check was received by the Loma Linda University Children's Hospital from the hospital foundation. The check represents the more than \$800,000 that was raised during the 18th annual gala fundraiser for the hospital, "Health, Hope, & All That Jazz." On stage are (from left) LLU Children's Hospital administrator Zareh Sarrafian, 2011 foundation board gala co-chairs Trixie Fargo and Mary Ann Xavier, Redlands Adventist Academy fourth grader Jennifer Watkins, and Tally Sarrafian.

family in recognition of outstanding dedication and distinguished service to children.

As the lights dimmed, a video told the story of

Carl and Nancy Coles and their youngest son, Luke, who suffered a brain hemorrhage on his left temporal lobe. Using borrowed AxiEM equipment, doctors completed the surgery efficiently and successfully.

The Coles family and their children's physician, Alexander Zouros, MD, were introduced in person as a testament to the miracles that occur at LLU Children's Hospital.

Hospital administrator Zareh Sarrafian, MBA, expressed his gratitude to all those who attended and who contributed to the foundation. "The generosity of the people and businesses in the community who attended and supported the gala," he said, "has enabled us to continue providing amazing care to these kids. Because of the selfless donations we received, we can now purchase new equipment and provide even better care for our patients."

The funds raised from the gala will be used for services and equipment, including \$150,000 set aside for an AxiEM, state-of-the-art neurosurgery piece of equipment that LLU Children's Hospital has had to borrow in the past when needed for special cases. It greatly enhances precision during neurosurgeries.

A live auction was also held including getaways to Maui, Cabo San Lucas, and a golf excursion to the Bandon Dunes Golf Resort in Oregon, which sold for a record \$30,000.

## INTERNATIONAL RECOGNITION

# LLU psychiatrist William H. McGhee, MD, honored by Pakistani government

By James Ponder

William H. McGhee, MD, EdD, the Harrison S. Evans, MD, endowed chair in psychiatry at the Loma Linda University School of Medicine, was recently honored by the Pakistani minister of health for helping the people of that nation recover from trauma inflicted by a 7.6-magnitude earthquake that struck the divided Kashmir territory in 2005, and from severe flooding that ravaged the area in the summer of 2010.

The award was presented to Dr. McGhee at the 18th annual meeting of the Pakistan Psychiatric Society, which was held in Islamabad on December 18–20, 2010.

At the request of Rizwan Taj, MBBS, president of the organization, Dr. McGhee also spoke at the organization's biannual meeting during his 10-day excursion.

"Dr. Taj invited me to give two presentations,"

he recalls. "I was favorably impressed at the quality of the other presentations. They were good, evidence-based medicine papers. I was very impressed!"

Once he began to assess the scope of the human tragedy, Dr. McGhee was amazed at the devastation, both in 2005 and 2010.

"More than 3.5 million people were affected by the earthquake in 2005," he reports. According to the U.S. Geological Survey, the quake took the lives of 86,000 people and injured an additional 69,000. Another 3,200 persons died in the 2010 floods, which covered more than one-fifth of the country; more than 20 million people lost their homes and possessions during the inundation.

"Pakistan is a beautiful country with wonderful people," he observes, "but unfortunately, it doesn't have the infrastructure to provide relief for all these folks." Given the extent of damage

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William H. McGhee, MD, EdD, displays the award he received from the Pakistani minister of health for helping the people of that nation recover from a 7.6-magnitude earthquake in 2005 and from severe flooding in 2010. The award was presented to Dr. McGhee at the 18th annual meeting of the Pakistan Psychiatric Society, which was held in Islamabad on December 18–20, 2010.



## PROFESSIONAL EXCELLENCE

## Attendees still talking about third annual laryngectomy conference

By James Ponder

Attendees to the third annual laryngectomy conference—which was sponsored by the Loma Linda University Medical Center (LLUMC) departments of speech pathology and staff development on Friday, November 5, 2010—are still talking about the dynamic presentations at the event even as organizers are making plans for the fourth annual installment of the conference later this year.

“The laryngectomy conference was *awesome!*” says Monica Harwood, a speech language pathologist with LLU Medical Center Home Health. “It combined so many disciplines and

provided training that is beyond some graduate-level courses. To actually see the surgery of a partial laryngectomy was amazing—something totally unexpected.”

The procedure Ms. Harwood describes was performed on a cadaver by head and neck surgeon Paul D. Kim, MD, and broadcast on a large screen inside the auditorium. Kim Webster, MA, a speech-language pathologist from Johns Hopkins Medical Institute, identified anatomical structures for the audience while Dr. Kim performed the operation.

“It was the first time this type of interaction between physicians in the anatomy lab and

conference participants had been done,” says Melissa Backstrom, MS, clinical manager of rehabilitation at LLUMC. “Based upon comments from the conference attendees, it was a huge success. They were impressed that they were able to see the actual laryngeal structures and witness the surgical procedure required to perform a laryngectomy. Another benefit was that they were able to ask the surgeon questions regarding his clinical decision-making during the surgery.”

Ms. Backstrom points out that the conference attracted 110 participants from a variety of disciplines.

“The audience included students and professionals in the fields of speech pathology, respiratory therapy, nursing, and dietetics,” she notes. “Many of them commented on the high level of expertise of the speakers. Attendees were impressed by the quality of the conference and couldn’t believe that we were able to present it free of charge.”

Ms. Harwood says that all three speech-language pathologists from LLU Medical Center Home Health were able to attend. “Not only was it convenient,” she notes, “but the fact that it was free—especially in hard economic times—meant that we earned free continuing education units for our state licenses.”

Gary Lucas, MS—the LLUMC senior speech pathologist who, along with Ms. Backstrom was one of the planners of the event—says comments received from attendees are a vital part of adapting the conference to best meet the needs of its intended audience.

“The organization aspects for this conference

incorporated comments and requests for future educational opportunities from attendees at the 2009 conference,” Mr. Lucas says. “We collaborated with a variety of rehabilitation specialists to attain our goal of a one-day conference and met monthly with the staff development department for planning.”

“We will be holding the fourth annual laryngectomy conference on Friday, November 4,” Ms. Backstrom informs. “It will be a full-day conference again. We are in the planning stages now but are looking to include additional rehabilitation professionals such as physical therapists.”



Melissa Backstrom, MS, clinical manager of rehabilitation at LLU Medical Center, makes a point during the third annual laryngectomy conference, which was held on the campus of Loma Linda University last November. Ms. Backstrom notes students and professionals from the fields of speech pathology, respiratory therapy, nursing, and dietetics attended the event.



A crowd of 110 attended the third annual laryngectomy conference, which was held in the Centennial Complex of Loma Linda University on Friday, November 5, 2010. According to Gary Lucas, MS, senior speech pathologist at Loma Linda University Medical Center, comments received from attendees at a previous session of the conference guided planners in the process of adapting content to meet the needs of participants.

## LIFESTYLE RESEARCH

## New research suggests vegetarians at lower risk of heart disease and diabetes

By Heather Reifsnyder

Vegetarians experience a 36 percent lower prevalence of metabolic syndrome than non-vegetarians, suggests new research from Loma Linda University published in the journal *Diabetes Care*. Because metabolic syndrome can be a precursor to heart disease, diabetes, and stroke, the findings indicate vegetarians may be at lower risk of developing these conditions.

Metabolic syndrome is defined as exhibiting at least three out of five total risk factors: high blood pressure, elevated HDL cholesterol, high glucose levels, elevated triglycerides, and an unhealthy waist circumference.

The Loma Linda University study found that while 25 percent of vegetarians had metabolic syndrome, the number significantly rises to 37 percent for semi-vegetarians and 39 percent for non-vegetarians. The results hold up when adjusted for factors such as age, gender, race, physical activity, calories consumed, smoking, and alcohol intake.

“In view of the high rate of metabolic syndrome in the United States and its deleterious health

effects, we wanted to examine lifestyle patterns that could be effective in the prevention and possible treatment of this disorder,” says lead researcher Nico S. Rizzo, PhD.

“I was not sure if there would be a significant difference between vegetarians and non-vegetarians, and I was surprised by just how much the numbers contrast,” he continues. “It indicates that lifestyle factors such as diet can be important in the prevention of metabolic syndrome.”

The study examined more than 700 adults randomly sampled from Loma Linda University’s Adventist Health Study 2, a long-term study of the lifestyle and health of almost 100,000 Seventh-day Adventist Christians.

Thirty-five percent of the subjects in this smaller sub-study were vegetarian. On average, the vegetarians and semi-vegetarians were three years older than non-vegetarians. Despite their slightly older age, vegetarians had lower triglycerides, glucose levels, blood pressure, waist circumference, and body mass index (BMI). Semi-vegetarians also had a significantly lower BMI and waist circumference compared to those who ate meat more regularly.

## LLU psychiatrist William H. McGhee, MD, honored by Pakistani government ...

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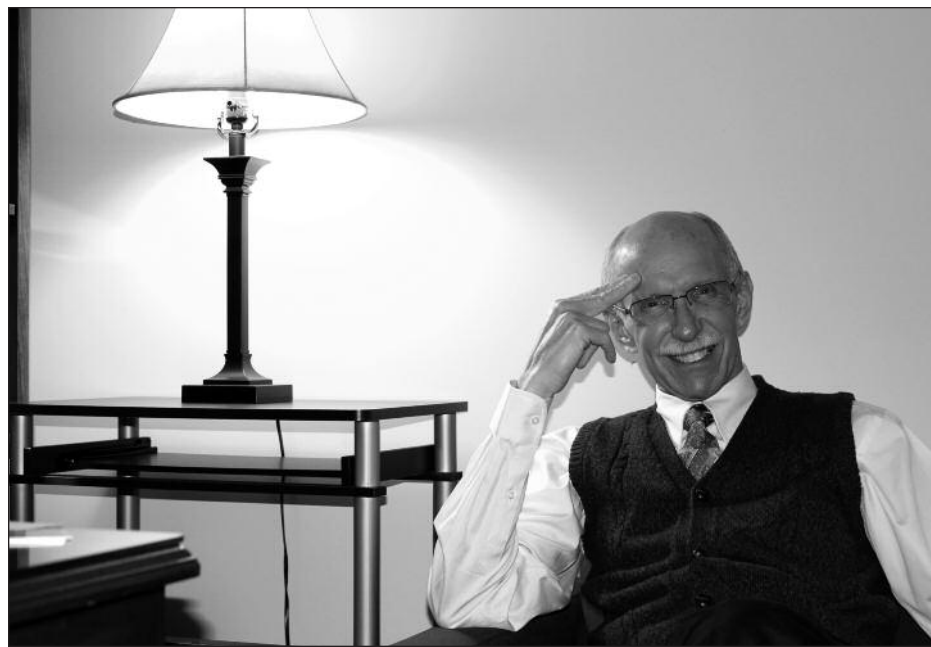
in the wake of the earthquake, the United Nations was looking for volunteers familiar with the culture and language of the region, and since Dr. McGhee lived in the area from ages 3 to 17 as the son of missionary parents, he was chosen to go.

“Kashmir allowed a U.N. contingent in there

to help out,” he says. “I went over with the support of the LLU trauma team and the Adventist Development and Relief Agency. They helicoptered me into Bagh.”

He notes that the city of Bagh, which means “garden,” is located within the portion of Kashmir that is administered by Pakistan. A

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William H. McGhee, MD, EdD, the Harrison S. Evans, MD, endowed chair in psychiatry at the Loma Linda University School of Medicine, enjoys recounting a recent journey to Pakistan, the land of his childhood, adolescence, and youth. He was invited there in 2005 and 2010 to train health professionals to evaluate the status of individuals who lost family members, friends, and belongings after a 2005 earthquake and 2010 flood. Dr. McGhee’s parents went to Pakistan as missionaries when he was 3 and remained there until he was 17.



STUDENT CREATIVITY

SPH students present message of safety for National Public Health Week

By Heather Reifsnyder

The student association at the School of Public Health celebrated National Public Health Week April 4–10 by reaching out with the message of safety to fellow students in Loma Linda University’s seven other professional schools. The nationwide theme for this year’s public health week was “Safety Is No Accident.”

The timing coincided with the university-wide Week of Renewal. After the daily chapel sessions dismissed, public health students were available outside the church, April 4–7, to teach their peers about a different aspect of safety each day. To do so, they collaborated with community groups.

On Monday, the students covered safety at home, featuring the fire department, the Community Emergency Response Teams program, United Way, and the School of Public

Health’s office of public health practice. Tuesday focused on safety at work, featuring the Occupational Safety and Health Administration.

Safety at play was the topic Wednesday, with activities such as a rock-climbing wall, yoga, and health assessments. Thursday was devoted to safety on the move, focusing on transportation. The day included traffic accident simulations.

“This has been an exciting Public Health Week that not only brought together the students but also the community,” says Sherie Lou Santos, president of the student association. “We were really excited to host these events.”

The School of Public Health also held a banquet Thursday night, April 7, timed to coincide with both National Public Health Week and World Health Day. The banquet was followed by a school retreat April 8 through 10 at Pine Springs Ranch.

Thor Bakland, DDS, MBA, honored for role in establishing dental clinic at SRRSH ...

Continued from page 8

We certainly still welcome your continued attention and support in the future.”

According to a commemorative flier printed for the occasion, Dr. Bakland emigrated from Norway to the United States in 1948, hoping to find that the streets of America were paved with

gold. But after more than 60 years of working in the profession of dentistry in this country, what he found were “teeth of gold” instead of roads made from the precious metal.

Following an active career spanning more than 32 years of private practice, teaching, and clinical practice, Dr. Bakland retired from LLU

Continued from previous page  
mere four or five miles from the Indian line of control, the mountainous region is currently in the crosshairs of active warfare, but the fighting ceased in the immediate aftermath of the giant temblor.

“I was only supposed to go to Bagh for two days,” Dr. McGhee points out, “but as I went to fly out on New Year’s Day 2006, a big snow-storm hit. I tried to get back to Islamabad in a

pickup truck with no heat but had to turn back after 14 hours. About two days later, it thawed out enough for me to get there.”

When he arrived in the capital city, Dr. McGhee immediately set about the task of educating Pakistani health care officials and relief workers on how to differentiate disaster victims experiencing levels of grief that might be considered appropriate under the circumstances from others who were exhibiting psychiatric



A produce vendor on the streets of Islamabad weighs a bunch of bananas for William H. McGhee, the Loma Linda University psychiatry professor who was recently honored by the Pakistani government for his humanitarian work there in 2005 and 2010. As the son of a missionary family, Dr. McGhee grew up in Pakistan and speaks Urdu fluently. He enjoyed conversing with local merchants on his trip to receive the award.



Six students make National Public Health Week visible on April 5 after chapel. They are (from left) Anthony Bui, Teresa Yacoub, Lesford Duncan, Demetria Safaee, Tifa Kazadi, and Collin Haynes.

School of Dentistry in 1994. But rather than confine himself to a life of ease, he threw himself into the task of designing a new six-chair dental clinic at SRRSH.

In 2004, Dr. Bakland and his wife, the former Alyce Jean Quimby, visited Hangzhou for the first time, admiring the impressive hospital and dental clinic as well as the unsurpassed scenic beauty of the place Marco Polo described in the 13th century as “the City of Heaven.”

Dr. and Mrs. Bakland returned to Hangzhou a total of seven times over the next six years.

In 2007, he designed a 27-station dental operatory for the clinic, and in 2009, the couple

attended the ribbon-cutting ceremony for the new facility. Seeing it for the first time, Dr. Bakland reported that “it almost made me feel like I’d given birth!”

At 82 years of age, Dr. Bakland has finally “retired” to a life of painting houses and smoking salmon. But he hasn’t entirely ruled out a return trip to Hangzhou, “just to check in.”

“Thor served as the dental program coordinator and liaison for the LLU China Project, and for this we are very grateful,” Ms. Zumwalt observes. “I very much enjoyed working with Thor. He would always say, ‘Just call my cell phone.’ Wherever I found him, he was happy to help.”

symptoms that might lead to post-traumatic stress syndrome later on.

It wasn’t easy work; he taught seminars for 12 hours a day for eight straight days. “The earthquake had displaced so many people,” he explains. “Some of the patients were schizophrenics who had lost their medication when their houses collapsed during the earthquake. They got worse—especially the ones who had lost family members.”

Despite the fact that Dr. McGhee is intimately familiar with Pakistani culture and felt perfectly safe while he was in the country, the fact that the prime minister of China was staying at the same Islamabad hotel while he was there in December 2010 resulted in extreme security precautions.

He recalls being escorted to the gymnasium by two Pakistani and 13 Chinese sharpshooters for his workout one morning.

Even so, he still found a way to sneak off to the local bazaar where he enjoyed bargaining with local merchants in the Urdu language and taking lots of pictures.

Psychiatry is still in its infancy in Pakistan, Dr. McGhee says. “There are only about 250 psychiatrists for 145 million people.” He notes that the profession is sometimes greeted with the same type of suspicion that was felt in the Western world when it was first gaining recognition as a medical specialty.

Like his father, Dr. McGhee finds that health provides a bridge to the predominantly Muslim populace of Pakistan.

“My dad was a minister,” he notes. “He took

the approach of using health education as a means of reaching the people. The Muslim lifestyle is actually quite similar to the conservative Adventist lifestyle. They don’t drink, don’t smoke, don’t eat pork. They are very family-oriented.”

Dr. McGhee confesses that his adventurous spirit sometimes puts him at odds with the authorities. During one of his recent trips, he wanted to go to Peshawar, the city where he lived for five years during his childhood.

“It was only 6 or 10 miles from the start of the Khyber Pass,” he recalls. “It looks a lot like the mountains around here. When I was a kid, every denominational official who came to Pakistan wanted to visit the Khyber Pass, so I tagged along on 50 or 60 trips to the area. Anyway, I wanted to go back on this last trip and see old friends. The authorities didn’t want me to go for safety reasons, but I made up my mind to do it anyway.”

They had the last word. “The night before I was planning to leave,” he shares, “they called and asked me to do two presentations the following day. I said ‘yes,’ so I didn’t get to return to Peshawar.”

Perhaps that’s just as well. “A week later, the governor of the region was killed by one of his bodyguards. There is no ultimate safety.”

Even so, something about his manner suggests that despite the danger, Dr. McGhee might jump at the chance to revisit the sights and people of his childhood home should the opportunity arise.

“I never felt threatened in the least,” he insists, with a gleam in his eye.



LLUCH FOUNDATION GALA

18th annual LLU Children’s Hospital gala ‘Health, Hope, & All That Jazz’ raises more than \$800,000 for services and equipment



Coach Robert Burt (left) received the 2010 Hometown Hero Award for his fundraising efforts on behalf of children with disabilities. Joseph Machado, just 14 years old, was named the first Junior Hometown Hero for his fundraising efforts also for children with disabilities.



Jennifer Watkins (left), a fourth grader at Redlands Adventist Academy, was accompanied on guitar by her father, Dr. Greg Watkins, for the opening number, "America the Beautiful."



Gala co-chairs Trixie Fargo (left) and Mary Ann Xavier wait to learn the total funds raised during the event.



The Honorable Patrick J. Morris, mayor, welcomed the audience to the City of San Bernardino.



Husband and wife Drs. Morton and E. Jane Woolley were honored with the Noteworthy Award, a lifetime achievement award for service to children.



A special video presentation told the story of Carl and Nancy Coles and their youngest son, Luke (far right), who had a brain hemorrhage on his left temporal lobe. Using borrowed AxiEM equipment, doctors completed the surgery efficiently and successfully. The Coles family and their children’s physician, Alexander Zouros, MD (left), were introduced in person as a testament to the miracles that occur at LLU Children’s Hospital.



The New Orleans Traditional Jazz Band entertained guests as they entered the hall.



Loma Linda Academy Jazz Band helped gala attendees find the entrance.



## WELLNESS THROUGH MASSAGE

# Medical massage school continues to partner with Drayson Center

By Larry Kidder

**H**ands-on Medical Massage School, located in nearby Redlands, has partnered with Loma Linda University's Drayson Center since 2004.

The massage school has provided well-trained graduate therapists and instructors, who have served Drayson Center members and the community with a wide range of medical massage services.

Some of the services offered include Swedish massage (for relaxation and increased circulation), deep tissue massage (for carpal tunnel, back pain, and other conditions), lymph massage (to enhance weight loss, reduce edema, and provide detoxification), myofascial massage (to stretch and soften tissue), liposage (before

and after liposmart surgery), seniorsage (specifically designed for mature athletes), pregnancy massage (to ease swelling, aches, and pains associated with childbirth), and pain management (to ease chronic pain from whiplash, injured joints, and similar conditions).

In addition, Hands-on Medical Massage therapists work with athletes, providing pre- and post-event massages and treating conditions such as plantar fasciitis, muscle tears, and knee/ankle injuries for active sports enthusiasts.

The Hands-on Medical Massage School, located on Park Avenue in Redlands, offers an associate's degree in massage therapy, as well as shorter certificate programs.

The school received accreditation in June 2010 by the Council on Occupational Education and



In addition to their routine clients who receive massage services at LLU Drayson Center, the medical massage therapists from Hands-on Medical Massage School are often asked to participate in special events, such as the one above provided for pastors and staff from the Southeastern California Conference of Seventh-day Adventists.

recently qualified to offer financial aid to its students in January 2011. Currently, 20 students are enrolled in the training program.

"Since we've been able to offer financial aid, our class sizes have increased dramatically," says Corola Janiak, MS, RN, director and CEO of the school. "We are actually a little beyond our previous capacity, which is very encouraging."

Medical massage is contrasted with other forms of massage by its objective to intentionally provide evidence-based therapeutic benefits to clients—rather than merely a luxury service.

"Physicians regularly refer their patients to LLU Drayson Center," Ms. Janiak explains, "for the rehabilitation benefits associated with our medical massage services."

Proton patients are frequent clients at LLU Drayson Center, Ms. Janiak points out. In addition, the school provides services at many events across the Loma Linda University campus, from chair massages to more involved techniques.

"We work with faculty, staff, and students," Ms. Janiak maintains. "We'll be asked to participate in a variety of campus events—ranging from departmental gatherings to employee benefits fairs."

The school also provides workshops for couples and families, teaching massage techniques that family members can use with each other.

"We even held a pet massage workshop recently," Ms. Janiak laughs. "You would be amazed at the response."

Workshops are also offered for nurses and other health care professionals, and they include continuing education credit.

For those suffering from the chronic or occasional pain of injuries, the stresses of life, or the need to receive some personal pampering, the LLU Drayson Center is just a phone call away.

Call (909) 558-8690 to set up an appointment for pain relief, improved health, and relaxation. For other information regarding workshops, visit <[www.hands-on-medical-massage.com](http://www.hands-on-medical-massage.com)>.

The medical massage therapists at LLU Drayson Center are also available upon request to provide a variety of massage services for special events and special occasions. Faculty, staff, and students have benefitted from the gift of massage, sponsored by a number of departments and organizations on campus. To schedule medical massage services for your next event or occasion, contact Bess Getman at (909) 558-1000, extension 82275.

**THANK YOU!**  
to all of the volunteers at Alternative Spring Break!

**GOAL 4 HEALTH**  
SOCCER LEAGUE

**The CAPS staff thanks the LLU students and faculty who dedicated their time during spring break to serve our community!**

**Goal 4 Health is sponsored by Community-Academic Partners in Service**

**For additional opportunities to serve, visit [www.lluserve.com](http://www.lluserve.com). Contact CAPS at 909-651-5011 or [caps@llu.edu](mailto:caps@llu.edu)**



## BETTER NUTRITION FOR KIDS

## Farm-fresh food becomes more of a reality for school children

By Heather Reifsnyder

Because healthy food can do no one any good if it's unavailable, the Loma Linda University School of Public Health cosponsored an event that championed making fresh local produce available to school children and communities as part of the concept of food justice. It took place March 22 at Growcology Learning Center in Riverside and featured four speakers involved in the movement, as well as a networking session.

Robert Gottlieb and Rodney Taylor spoke about how together they helped launch the Farm to School program, which today has a presence in all 50 states.

Mr. Gottlieb is now director of the Urban & Environmental Policy Institute at Occidental College, and Mr. Taylor is food services director at Riverside Unified School District.

When Farm to School began in the 1990s, Mr. Gottlieb was stationed at the University

of California, Los Angeles, with a daughter attending school in the Santa Monica-Malibu district, where Mr. Taylor worked.

The young Miss Gottlieb approached her father one day and informed him that her school had instituted a salad bar that left a lot to be desired; it just didn't measure up to the salads she'd experienced from farmers markets. Her activist father, meanwhile, was trying to find a way to support Southern California farmers markets, with little luck. So Mr. Gottlieb approached Mr. Taylor about including local farmers' produce in school lunches.

"And my response," Mr. Taylor said, "was, 'Here's another affluent parent with a little too much time on his hands.'"

But given Mr. Gottlieb's persistence, Mr. Taylor and other school district officials eventually agreed to test the idea for a week at McKinley Elementary School. And it would be a true test, with competing popular food choices such as pizza.

Mr. Taylor said he expected failure—that is until he visited the school that first day. He found 3- and 4-year-olds helping themselves to a sense-pleasing array of fresh fruit and vegetables.

"Whenever there's a revolution, there's a change that must take place, and that change must take place in the mind," Mr. Taylor said. "And for me personally, it was that awakening upon walking into McKinley."

The transformational moment was shared, said Mr. Gottlieb.

He then secured funding to pilot the program at the elementary school. The project met

success, but critics disbelieved it could be replicated elsewhere.

That proved untrue. Not only did they spread the program to other schools in the district; they also joined with others to make it a national movement (see <[www.farmto-school.org](http://www.farmto-school.org)>).

The program still faces challenges, according to Mr. Gottlieb. "To get our kids and their families to disconnect from the fast-food culture and start thinking about food ... in a different way is really critical," he explained. "But it's also getting school officials to understand that eating healthy and eating fresh are a central part of the

Continued next page

## CAMPUS SAFETY

## Drill tests student, faculty, and staff response to 'shooter on campus'

By Herbert Atienza

The drill scenario: an agitated young man bursts into the Small Amphitheater at the Centennial Complex, brandishing a handgun and screaming at a professor giving a lecture inside. The young man then runs out the door, leaving those inside the amphitheater scared, but with the presence of mind to alert security and put the facility on lockdown.

For some people on the Loma Linda University campus, this scene played out recently as part of a "table top" drill, which was meant to test emergency response to a mock-scenario of a shooter on campus.

A morning drill was conducted at LLU Drayson Center, while an afternoon drill was conducted at the Centennial Complex.

The university typically conducts two drills a year—a limited one in the spring, and a university-wide drill in the autumn—to test students, faculty, and staff readiness for disasters. University procedures call for initiating a lockdown in the event of a school violence or shooting incident.

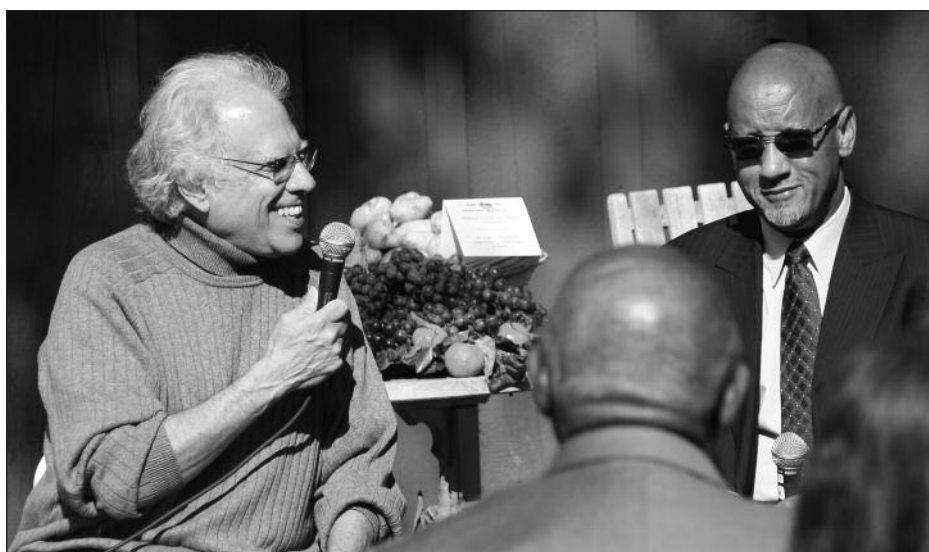
During lockdowns, people should try to isolate themselves, their coworkers, and students

from exposure to a violent individual or shooter on campus.

"This type of drill actually raises more questions than answers, which is what we want, because we want to be educated about how to best prepare for this type of emergency," said Floyd Ferguson, a dental supply manager and facilitator of the drill.

He said the "table top" drill, which involved participants on a panel reading out the scenario and then discussing the responses and other issues with the audience, identified three things that could be further explored before the autumn drill:

- ♦ Strengthening awareness and training of students, faculty, and staff about responding to emergencies;
- ♦ Designing coordinated emergency responses for specific buildings and locations, instead of by schools, such as a coordinated response among the different schools that make use of the Centennial Complex; and
- ♦ Presenting a short video during student orientation to make them aware of the emergencies that may occur on campus and how to prepare for them.



Robert Gottlieb (left) and Rodney Taylor tell how they helped create the Farm to School movement. Mr. Gottlieb has co-written the book *Food Justice*, which includes Mr. Taylor's story of bringing fresh local produce to school children as a food service director for public school districts. For his work, Mr. Taylor received the 2011 Loma Linda Award for the Promotion of Healthy Lifestyles, given to him by LLU at the recent Healthy People conference.

## Newsbriefs · Newsbriefs · Newsbriefs · Newsbriefs · Newsbriefs

♦ **A benefit concert, "The Gospel According to Skid Row,"** will be presented on Saturday, April 16, at 3:00 p.m. in the Chen Fong Auditorium, Centennial Complex, on the LLU campus. Members of the "Skid Row Praise" band are residents of Skid Row in Los Angeles, who speak and sing about their experiences and God's transforming love and grace. The group practices, performs, and is mentored at the Central City Community Church of the Nazarene in downtown Los Angeles. Come and hear the music, meet the artists, and contribute to this ongoing ministry on Skid Row. Sponsored by the LLU School of Religion; for more information call (909) 651-5952.

♦ **Juan Carlos Belliard, PhD, MPH, will take over as director of the LLU Institute for Community Partnerships.** Dr. Belliard is a member of the faculty in the School of Public Health and most recently served as associate director of the Institute for Community Partnerships. Dr. Belliard succeeds Leslie Pollard, DMin, PhD, MBA, who recently assumed presidency of Oakwood University in Huntsville, Alabama. Dr. Belliard is a world authority in community partnerships. His professional life is heavily invested in the field of community engagement, including his coursework instruction, his faculty research, and even his doctoral dissertation. Dr. Belliard has a true passion for developing community partnerships. He will be joined by **Dora Barilla, DrPH, who was recently appointed as associate director.** Dr. Barilla will also continue in her current role as director of community health development for LLU Medical Center.

♦ **Loma Linda University School of Allied Health Professions student Armen Tudjarian's background in chemistry** both prepared him for his current pursuit of a clinical laboratory sciences career and has gotten him **published twice while still a student.** In 2008, while

attending Cal State Northridge, where he received both his bachelor's and master's degrees in chemistry, he was published in the *Organic Letters* journal along with one co-author and his supervisor. On March 15, 2011, the most recent publication which he co-wrote with his supervisor was released in *The Journal of Organic Chemistry*. The newest paper discusses the uncovering of an efficient and environmentally friendly process whereby a particular subset of electron-rich molecules, benzyl alkynyl ethers, can undergo [3,3]-sigmatropic rearrangement under relatively low temperature conditions and stereoselectively furnish disubstituted 2-indanones. The vital applications of this process are demonstrated by subsequently synthesizing indenes, building blocks of biologically active pharmaceutical agents, and indatraline, a substance currently undergoing clinical trials as a promising treatment remedy for cocaine addiction. During his academic career, Mr. Tudjarian has contributed to scientific research, as well as national and international research conferences. Among poster presentations and seminars, he won second place in 2010 at the Graduate Research Symposium held by Sigma-Xi. Today, he envisions clinical laboratory science as the hallmark opportunity to use new applications of chemistry and, as a result, provide superior standards in the diagnosis, treatment, and prevention of diseases. Mr. Tudjarian's ultimate career aspiration is to make his knowledge and experience relevant to the needs of science and humanity. He says his chemistry background has given him the major tools to succeed in the future and in realizing the true meaning of education—knowledge, discipline, determination, and character.





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school day—that it allows kids to have greater learning capacity.”

Other challenges include budget-strapped schools, logistical and distribution issues, and increasing the growing capacity of the land. But the upside is that Farm to School provides children with access to fruits and vegetables when they may not have it elsewhere in their lives, said Mr. Gottlieb. And it also accomplishes his original goal of supporting local farmers.

One such farmer is Bob Knight. When Mr. Taylor took the job of food services director for the Riverside Unified School District about 10 years ago, he began to implement Farm to School there as well. So he called Mr. Knight, who had started the Inland Orange Conservancy in an effort to preserve some of Inland Southern California’s historic groves.

Mr. Knight began supplying the school district with produce from his farm, and from there the operation has now grown to a network of 25 local growers in several cities. Together they now provide produce to almost a million children attending school in Riverside, San Bernardino, Los Angeles, and Orange counties.

“This is just kind of a light at the end of the tunnel that ... maybe we can pass our farms on to our next generation,” said Mr. Knight. “It’s not like we’re trying to make a lot of money; what we’re really interested in with our farms is just maintaining this kind of farming lifestyle for our community.”

Growcology Learning Center, where the event took place, exists to grow food, grow knowledge, and grow community, said co-founder Bianca Heyming. The center brings together

community members and instructors who can teach them how to grow their own food.

Growcology additionally collaborates with local city government on the Riverside Garden Mosaic program, which is working to create a community-garden resource network to provide hands-on education, health and nutrition awareness, a bicycle garden delivery service, and green opportunities for local businesses and organizations.

Sponsoring the event were Loma Linda University School of Public Health, the Urban & Environmental Policy Institute at Occidental College, Riverside Unified School District, Desert Sierra Health Network, and the Growcology team.

Eddy Jara, DrPH, assistant professor of nutrition and global health at LLU School of Public Health, worked to make the event a success. He introduced the other partners to Growcology and recruited students, faculty, and staff to attend and help out.

“The School of Public Health has a key role in the institutional landscape of the Inland Empire related to making healthy food more accessible in communities with fewer resources—as it should,” he says. “This day of food justice in the Inland Empire was historic in many ways, including making the issue more visible and bringing those involved in it together to foster collaboration. There is a lot more work to do.”

In another sign that access to healthy food is a topic of growing importance, a separate and unrelated event took place the same day in San Bernardino, dedicated to “Helping Families Eat Right When Money’s Tight.”

PEACEMAKING IN THE WORLD

Roundtable discussion on nonviolence to be featured on April 23

Contributed report

Just peacemaking, within the immediate context of the Arab awakening, particularly in Cairo, will be discussed by an interreligious and international roundtable of professors from the Claremont School of Theology and Fuller Theological Seminary, Saturday, April 23, at Loma Linda University.

The discussion, titled “Nonviolent Revolution: Blessed are the Peacemakers,” is scheduled for 3:00 to 5:00 p.m. in the Damazo Amphitheater in the Centennial Complex at 24760 Stewart Street, Loma Linda.

Glen Stassen, PhD, Smedes Professor of Christian Ethics at Fuller Theological Seminary, and an international authority on the subject of peacemaking, will introduce the topic, with a biblical and theological perspective on specific historical cases of just peacemaking. Dr. Stassen authored or edited many books, including *Just Peacemaking: Transforming Initiatives for Justice and Peace*, and *Just Peacemaking: The New Paradigm for the Ethics of Peace and War*, which he edited in 2008. After his introduction, he will join a roundtable of peacemakers from relevantly diverse backgrounds.

Speaking at the roundtable, in addition to Dr. Stassen, will be David Augsburg, PhD, professor of pastoral counseling, Fuller Theological Seminary, a theologian in the Mennonite

peace-church tradition who, in 1992, wrote *Conflict Mediation Across Cultures*; Ayman Ibrahim, a writer and PhD candidate at Fuller Theological Seminary, and an Egyptian Copt, who has reported on events in Cairo; Mumtaz A. Fargo, PhD, emeritus professor of history and former chair of the history department at Montana State University–Billings, who is a Seventh-day Adventist born and raised in Iraq, specializing in Middle East history and remaining active in peacemaking efforts within the United States and internationally; and Najeeba Syeed-Miller, JD, assistant professor in interreligious studies and director of the Center for Global Peacebuilding at Claremont School of Theology. Ms. Syeed-Miller is a Muslim attorney, who has been executive director of the Western Justice Center Foundation and serves on the advisory council of the Pepperdine Law School Straus Institute for Dispute Resolution.

Sponsored by the LLU Center for Christian Bioethics, the roundtable discussion will be chaired by Roy Branson, PhD, director of the Center for Christian Bioethics and associate dean of the School of Religion at Loma Linda University. He co-founded and directed both the Coalition for the Protection of Vietnamese Boat People, and the Center for Law and Public Policy in Washington, D.C.

For more information, contact Dr. Branson at (909) 229-2094, or Dawn Gordon, center manager, at (909) 649-1418.

STUDENT CREATIVITY

Student wins contest to come up with name for SPH railyard study



MBA student Katherine Terry won a contest to name the School of Public Health’s three-year, \$1-million study of the health consequences of pollution to neighbors living near the heavily trafficked BNSF San Bernardino railyard. She named the project—which is funded by the South Coast Air Quality Management District—“Environmental Railyard Research for Impacting Community Health” (ENRRICH). Ms. Terry (center) received \$50 from the research team for choosing the name. At the check presentation are (from left) Susanne Montgomery, PhD, MPH, co-principal investigator; Sam Soret, PhD, MPH, co-principal investigator; Ms. Terry; Rhonda Spencer-Hwang, DrPH, co-investigator; and Johanny Valladares, MBA, research associate.

SECC sends pastors and staff to LLU Drayson Center for a day of play ...

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Linda University psychologist about handling stress, a nutritionist about how to approach food, and a personal trainer about how to incorporate exercise into the daily routine. The pastors and staff were also able to ask questions of the various experts.

Drayson Center massage therapists were on hand to provide free chair massages, further reducing stress and enhancing enjoyment.

“I know this type of event is a first for the Southeastern California Conference,” Mr. Sease points out. “We have already discussed the possibility of similar events in the future with the conference.”

Bess Getman, events coordinator at Drayson Center, was instrumental with the logistics for

the event, working closely with the SECC administration and staff.

The day’s activities included racquet sports, such as badminton, pickleball, racquetball, and tennis; team sports such as dodgeball, half-court basketball, volleyball, and short-field soccer; and specialty games such as horse shoes, beach volleyball, and XRGaming. Fittingly, the final activity of the day involved a cool swim in the pool, a hot soak in the spa, and/or time in the indoor sauna.

“We hope that the pastors realize what an important part personal wellness can play in their lives,” Mr. Sease explains. “We look forward to hosting future events for the SECC and other organizations who are looking for ways to reward their employees and staff with a day of active fun.”

Reportable crimes

The Crime Awareness and Campus Security Act of 1990 requires Loma Linda University to publish interim reports on campus crime activities. Listed below are the crimes reported for the months of January and February 2011:

Type of crime	Number of crimes	Place of crimes
Vehicle burglary	12	Heart & Surgical Hospital (2); Lot A (2); Lot N6; Trauma Support Services; Daniells Hall; LLU Medical Center; Loma Linda Market (2); Outpatient Dialysis; Lot DC
Burglary	5	Little White House (2); Loma Linda Campus Store; LLU Medical Center Cafeteria; Mt. View Plaza N
Assault	2	Behavioral Medicine Center (2)
Grand Theft	3	Mt. View Plaza N; LLU Medical Center (2)
Drunk in Public	1	LLU Medical Center

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



INTERNATIONAL RECOGNITION

Thor Bakland, DDS, MBA, honored for role in establishing dental clinic at Sir Run Run Shaw Hospital

By James Ponder

Thor Bakland, DDS, MBA, a retired professor from Loma Linda University School of Dentistry (LLUSD), was honored recently for his work in establishing a dental clinic at Sir Run Run Shaw Hospital (SRRSH) of Hangzhou, China. Dr. Bakland was feted at a special appreciation luncheon on Monday, February 7, in Wong Kerlee International Conference Center of Loma Linda University.

In welcoming guests to the event, Jan Zumwalt, MBA, MS, associate director of the LLU Global Health Institute, noted that Dr. Bakland served as dental program coordinator and liaison for the LLU China project before recently turning over the reins to his brother, Leif Bakland, DDS, professor and former chair of endodontics at the LLU School of Dentistry.

After an invocation by Gerald R. Winslow, PhD, vice president for mission and culture, guests were treated to reflections on Dr. Bakland's contributions to the practice of dentistry in China during lunch. Larry Wu, DDS, director of the dental clinic at SRRSH, and Dr. Leif Bakland shared a number of career highlights and personal anecdotes of Dr. Thor Bakland.

In his speech, Dr. Wu noted that the SRRSH dental clinic is unique in China for three reasons. "One," he said, "we see patients by appointment. Two, we have a dental hygiene program—the first in China. Three, we pay attention to pain control. Because of these special factors, we have become a model in China."

Dr. Wu also pointed out that "through the history of the SRRSH dental clinic, there has been a very consistent teacher and mentor to us, and this is Dr. Bakland. He has helped us build processes and policies to manage the clinic, to provide quality and advanced treatments to our patients, and he helped design our new state-of-the-art clinic. He helped us grow to become the model clinic that we are today. He has also inspired us to continue to improve our practice. We thank him very much from our hearts for his deep interest in our clinic, and also in our staff who work there."

In his conclusion, Dr. Wu cited a cultural difference between China and the United States. "In China," he said, "the retirement age is 60. Dr. Bakland is 82 and so we understand his desire to retire. But we want him to know that we will welcome him anytime."

Following Dr. Wu's remarks, Charles Goodacre, DDS, MSD, dean of LLUSD, stepped forward to offer some observations of his own.

"Dr. Thor Bakland made many enduring contributions to the School of Dentistry as a teacher and administrator for many years," the dean noted. "Innovation and involvement have always characterized his professional career. In his 'retirement,' he continued this excellence and has played a key role in the Loma Linda University/Sir Run Run Shaw dental interactions by frequent visits, organization, education, and advice. I have really valued all that he has done for this special relationship."

Drs. Goodacre and Wu read the official proclamation from SRRSH and LLU, which noted Dr. Bakland's achievements in positioning the hospital to serve as a model dental clinic for all of China.

"We extend heartfelt appreciation to Dr. Bakland for nearly 20 years of dedicated volunteer service given to the SRRSH dental clinic and LLU China project, and we wish him God's many blessings in his future endeavors," the proclamation concluded. It was signed by He Chao, MD, president of SRRSH; Dr. Wu;

Andy Sheng, DDS, assistant director of the dental clinic; Ruthita J. Fike, MA, CEO and administrator of LLU Medical Center; Dr. Goodacre; and Ms. Zumwalt.

Although Dr. He Chao was not able to attend the occasion, he sent a letter to Dr. Bakland, outlining his personal thoughts and expressing his appreciation.

"We still remember your first visit to the hospital and your attentiveness in designing the new dental clinic," Dr. He wrote. "Your careful revisions of the dental construction proposal and your thoughtful vision and suggestions have motivated, and continue to motivate us toward further development and progress. Thank you again for all of your many years of contribution."

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Three smiling dentists—Larry Wu, DDS; Thor Bakland, DDS, MSD; and Charles Goodacre, DDS, MSD—gather around the official proclamation presented to Dr. Bakland at a February 7 reception honoring his work in establishing the dental clinic at Sir Run Run Shaw Hospital in Hangzhou, China. Dr. Wu is director of the clinic, Dr. Bakland is a retired professor of dentistry from the LLU School of Dentistry, and Dr. Goodacre is dean of the school. At 82 years of age, Dr. Bakland has officially retired to a life of smoking salmon and painting houses, although he says he might just have to return to the clinic in Hangzhou "just to check in."

WELLNESS DAY FOR CLERGY

SECC sends pastors and staff to LLU Drayson Center for a day of play

By Larry Kidder

More than 200 pastors and conference staff from the Southeastern California Conference (SECC) of Seventh-day Adventists spent the better part of Thursday, April 7, at Drayson Center, enjoying recreation, fun, and fellowship.

The event, organized by Ron Cronk, intramurals manager, and titled by him "Pastor's Playground at the D.C.," featured a wide variety of recreational sports, team sports, and specialty games.

In his morning introductory remarks, Don Sease, MBA, director of Drayson Center, told the pastors, "Welcome to a different kind of church. Our goal today is for you to have some fun."

In speaking with SECC pastors and staff throughout the day, Mr. Sease said he was told over and over that they "were indeed having fun."

In addition to recreation and sports, the pastors and staff listened to presentations by a Loma

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SECC pastors and staff enjoy a game of half-court basketball. In the background, others prepare for a game of volleyball.



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