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A PIONEER REMEMBERED

University and medical center mourn passing of executive director of university relations

Contributed report

Richard W. Weismeyer, MA, executive director of university relations for Loma Linda University Adventist Health Sciences Center (LLUAHSC), died Wednesday, January 12, 2011, after a long battle with cancer.

For 46 years, he played a prominent role in the efforts to communicate the stories of this health-sciences community to the world, and served the organization in this and other capacities for more than 50 years—commencing in 1960 with his employment as a part-time worker at the Loma Linda Market.

Mr. Weismeyer was born in the old Loma Linda Sanitarium on October 15, 1943. He grew up in the Loma Linda area, graduated from Loma Linda Union Academy (now Loma Linda Academy), and earned his bachelor's degree from La Sierra College (now La Sierra University).

After graduation from college and completion of an internship in the public information office (forerunner of the office of university relations, which he led for so many years), Mr. Weismeyer was hired as a full-time employee at Loma Linda University in September 1966.

He later returned to the campus of La Sierra University as a student, and in 2004, earned a master's degree in English. In the past few years, Mr. Weismeyer had been working on

an EdD in the School of Education at La Sierra University.

For more than 46 years, Mr. Weismeyer wrote, edited, and guided others as they chronicled countless stories of the everyday and the extraordinary in the LLUAHSC community.

He traveled to more than 50 countries, filing stories by telephone or mail in the early days from places as varied as Cameroon, China, Greece, Hong Kong, Ireland, Kenya, Nepal, The Netherlands, Saudi Arabia, South Africa, and Zimbabwe. Mr. Weismeyer's trips were not always safe: in 1974 and 1975, he reported on the Loma Linda University Overseas Heart Surgery Team's work in Saigon, Vietnam, after the pullout of U.S. troops; the team left eight weeks before the fall of the South Vietnamese government.

In 2003, Mr. Weismeyer accompanied Richard Hart, MD, DrPH, then-chancellor of Loma Linda University, to war-torn Afghanistan, two years after the U.S.-led coalition drove the Taliban from power, but when fighting still presented significant danger.

In 2008, Mr. Weismeyer was an embedded reporter with the U.S. Army 307th Medical Division (Dental Services) in Iraq. And in 2010, he returned to Afghanistan amid intense fighting to follow up on the story of a war victim who had been a long-term patient at Loma Linda University Medical Center East Campus.

Through his work, Mr. Weismeyer met individuals from diverse walks of life—then-sitting U.S. president Richard Nixon, former U.S. president George H. W. Bush, then-California governor and future U.S. president Ronald Reagan, members of the U.S. House of Representatives and the U.S. Senate, foreign heads of state, individuals of wealth and influence—as well as everyday people whose stories, bound up with LLUAHSC, he helped to tell.

In his personal life, Mr. Weismeyer sought to reflect the historic mission of Loma Linda University “to make man whole.”

On more than one occasion, he implemented or participated in service projects and tasks that demonstrated the Christian faith and commitment that permeated his life.

Mr. Weismeyer continued to guide his office into new and powerful methods of communicating the message of LLUAHSC. Embracing new technologies as they emerged, he remained instrumental in connecting Loma Linda University to the world.

Mr. Weismeyer won many awards, both for the communication work that he produced, and also for the man that he was.

He was the recipient of the Iner Sheld-Ritchie Presidential Award from the Loma Linda University School of Medicine Alumni Association in 2008, the Distinguished



Richard W. Weismeyer, MA ... passed away January 12

University Service Award from Loma Linda University in 2009, and the LLUAHSC Spiritual Life and Wholeness Leadership Award in 2010.

On Wednesday, January 12, the day that he died, Mr. Weismeyer was named Citizen of the Year by the Loma Linda Chamber of Commerce.

Mr. Weismeyer is survived by his wife, Carol; son, Michael; daughter, Marci; a sister, Helen; and a host of friends and colleagues.

Funeral services for Mr. Weismeyer are scheduled as follows: graveside service, Friday, February 4, at 2:30 p.m., Montecito Memorial Park in Colton; memorial service, Sunday, February 6, at 10:00 a.m., Loma Linda University Church. The public is welcome to attend both services.

In lieu of flowers and other remembrances, and in response to an opportunity to honor the memory of Richard Weismeyer, many have chosen at this time to help fulfill one of his last wishes.

He was particularly concerned that his daughter, Marci, has not been able to complete her college education—a dream that has been delayed as a result of health challenges and her inability to take enough units to qualify for student financial aid. His wish was that she be given this opportunity. Therefore, friends of Richard Weismeyer have established the Marci Weismeyer Educational Trust Fund at La Sierra University.

Contributions (non tax-deductible) can be made to this fund via mail to University Advancement, La Sierra University, 4500 Riverwalk Parkway, Riverside, CA 92515. Questions may be directed to Carol Bradfield, office: (951) 785-2157; e-mail: cbradfield@lasierra.edu; fax: (951) 785-2426.

PHILANTHROPY FOR MENTAL HEALTH

Fundraiser yields more than \$113,000 for mental health in the Inland Empire

By James Ponder

The third annual Seeds of Hope fundraising dinner, held November 9, 2010, in the beautiful Mitten building in downtown Redlands, raised more than \$113,000 to help the Loma Linda University Behavioral Medicine Center (BMC) provide mental health services for children, adults, and seniors of the Inland Empire.

After a welcome by David Cohn, a Superior Court judge for California, and opening prayer by William Murdoch, MD, medical director of the BMC, guests were feted with a dinner, catered by Bon Appetit Management Company from the University of Redlands.

The first speaker—a recently honorably discharged member of the U.S. Marine Corps whose identity is being withheld—spoke candidly about his battle with alcoholism and how the BMC helped him find new hope.

“I grew up in East L.A.,” he told the group of approximately 250 individuals who attended the event, “and developed a number of trust issues. So I joined the Marine Corps and started drinking. After a second deployment to Afghanistan—that was a real stressful time in my life: I had seen some things, felt some things—I thought to myself that drinking was the only thing that would get me out of that state of mind. So I drank to forget and to bring better

Please turn to page 2



At the third annual Seeds of Hope fundraising dinner, guest speaker Brianna Moya shared how her struggle with a debilitating stress disorder reached a happy ending, thanks to the Loma Linda University Behavioral Medicine Center (BMC).

RESEARCH WITH PECANS

Antioxidants in pecans may contribute to heart health and disease prevention

Contributed report

A new research study at Loma Linda University demonstrates that naturally occurring antioxidants in pecans may help contribute to heart health and disease prevention; the results are published in the January 2011 issue of *The Journal of Nutrition*.

Pecans contain different forms of the antioxidant vitamin E—known as tocopherols, plus numerous phenolic substances, many of them with antioxidant abilities. The nuts are especially rich in one form of vitamin E called gamma-tocopherols. The findings illustrate that after eating pecans, gamma-tocopherol levels in the body doubled and unhealthy oxidation of LDL (bad) cholesterol in the blood decreased by as much as 33 percent. Oxidized LDLs may further contribute to inflammation in the arteries and place people at greater risk of cardiovascular problems.

“Our tests show that eating pecans increases the amount of healthy antioxidants in the body,” says researcher Ella Haddad, DrPH, associate professor in the School of Public Health department of nutrition. “This protective effect is important in helping to prevent development of various diseases such as cancer and heart disease.”

These findings are from a research project designed to further evaluate the health benefits of pecans, according to Dr. Haddad. She analyzed biomarkers in blood and urine

samples from study participants (a total of 16 men and women between the ages 23 and 44) who ate a sequence of three diets composed of whole pecans, pecans blended with water, or a control meal of equivalent nutrient composition. The pecan meals contained about three ounces of the nut. Samples were taken prior to meals and at intervals up to 24 hours after eating.

Following the test meals composed of whole pecans and blended pecans, researchers found that amounts of gamma-tocopherols (vitamin E) in the body doubled eight hours after both meals, and oxygen radical absorbance capabilities (ORAC—a scientific method for measuring antioxidant power in the blood) increased 12 and 10 percent respectively two hours after the meals. In addition, following the whole-pecan meal, oxidized LDL cholesterol decreased by 30 percent (after 2 hours), 33 percent (after 3 hours), and 26 percent (after 8 hours).

“This study is another piece of evidence that pecans are a healthy food,” says Dr. Haddad. “Previous research has shown that pecans contain antioxidant factors. Our study shows these antioxidants are indeed absorbed in the body and provide a protective effect against diseases.”

LLU research published earlier in *The Journal of Nutrition* shows that a pecan-enriched diet lowered levels of LDL cholesterol by 16.5 percent—more than twice the American



Heart Association’s Step I diet, which was used as the control diet in that study. Similarly, the pecan-enriched diet lowered total cholesterol levels by 11.3 percent (also twice as much as the Step I diet).

The School of Public Health’s department of nutrition has conducted many controlled studies on the health effects of nut consumption

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

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

DEDICATION SERVICE PLANNED

Dedication service for medical students

Contributed report

Loma Linda University School of Medicine freshmen dedication services will be held on Friday, February 18, at 7:30 p.m. in the Loma Linda University Church of Seventh-day Adventists. Guest speaker for the event will be Randall Roberts, DMin, senior pastor of the Loma Linda University Church.

The dedication service is part of Family Day sponsored by the School of Medicine. Each

year, first-year medical students have a chance to bring their parents to class.

Family Day provides parents, many of whom have been supporting their daughters and sons through medical school financially and emotionally, with the opportunity to show their support in person. Throughout the day, parents and students share classroom experiences.

All interested individuals are invited to attend the Friday evening service.

Fundraiser yields more than \$113,000 for mental health in the Inland Empire ...

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feelings. There was hardly a sober moment in my week besides Monday morning when I had the worst hangover in the world.”

The breakthrough came when the young Marine fell from favor. “My team leader position was taken away,” he recalls. “I lost rank three times. So I laid it all on the line. I told them I had a problem, and they sent me to the BMC. I learned coping skills, I learned how to utilize my leisure activities, and I also learned that my drinking doesn’t only affect me—it affects everyone I love and everyone around me.

“I really regret my decisions for drinking,” he says with a note of triumph in his voice. “I’m done putting frowns on people’s faces; it’s time to make people proud. Actually, it’s time to make myself proud. That’s what I plan on doing. I got the help I need and I don’t need to drink to forget, and I don’t need to drink to feel better. I think my life would be a wreck if I hadn’t joined the BMC when I did. I was going down a slippery slope pretty fast, and when I joined the BMC, that slippery slope turned into an even plain.”

That doesn’t mean he is free of the impulse to drink. “You know,” he admits, “I still struggle day to day. Some people say to take it one day at a time, but sometimes I have to breathe in, breathe out, and not drink in between. But if it weren’t for the BMC, I really don’t know where I’d be right now. You can’t erase the past, but

you can definitely make an effort to change the future. That’s what I’m doing right now.”

The next speaker—BMC administrator Jill Pollock, MS, RN, MFT—spoke of the miracles of transformation that take place at the BMC every day.

“Someone once asked me, ‘Jill, you’re the administrator and you don’t get a chance to take care of the patients. How do you get to see these miracles at the BMC?’ That’s an easy question to answer. It’s the distraught wife I see right outside my office, bringing her husband in because he doesn’t want to destroy the family and his life with his drinking anymore. It’s the devastated father here visiting his daughter after she attempted suicide. Over time, as they come to visit day after day, I see the healing that takes place in these families. I see tears of grief turn to joy as desperation is replaced with hope.”

Without help, however, many of these stories would not have a happy ending. “Mental illness is the leading cause of disability in the United States for ages 15 to 44,” she reported. “One in four people suffers from a diagnosable mental illness in any given year. Mental illness and addiction do not discriminate. This is especially true of our children: on average, a young person between the ages of 15 to 24 dies by suicide every two hours in the United States.”

Ms. Pollock’s remarks paved the way for a video presentation featuring the young Marine mentioned earlier and Brianna Moya, guest

speaker for the occasion. The video featured snippets of candid disclosure from the two guests, intermixed with commentary from a BMC therapist who works with patients recovering from mental illness and addiction.

At the beginning of the video, Ms. Moya recalled the first time she realized she had a problem. “I was going to high school, hanging out with my family and friends, and playing sports,” she shared. “On October 16, my leg started twitching. It went all the way up my body. I couldn’t control it at all.

“After October 16,” Brianna continues, “I couldn’t walk at all. My legs felt like spaghetti noodles. I had to use a wheelchair. I went to so many doctors. Different religions tried things, but nothing seemed to help.”

At this point, the video cuts to the therapist who tells the viewers that Brianna’s stress level had become unmanageable. “The rule-out diagnosis was conversion disorder,” he notes. “She lost a lot of weight; her muscles started to atrophy.” The website of the Mayo Clinic describes the disorder as “a condition in which a person has blindness, paralysis, or other nervous system (neurologic) symptoms that cannot be explained.”

In describing the treatment she received at the BMC, Brianna says it was a matter of “getting to know yourself and learning what makes you tick as an individual. I think that was the thing that helped me the most,” she said. “You get a second family there. Whether you like it or not, you’re going to get people there who are going to give their heart out to you.”

The video transitioned to an image of Brianna’s mom telling how much the BMC helped her daughter. “We had already been to other places for seven or eight months, and to see such a big transition in such a short amount of time was a big deal; it was very surprising that they”—the BMC team—“could do that for us and for her.”

As her mom’s image faded from screen, the video showed a relaxed, smiling, and fully functional Brianna playing catch with friends in a park. She seemed happy and completely free of pain.

“The BMC can really turn your life around,” she said moments before the credits rolled. “It can! It turned mine around. I don’t think I would ever have had the guts to get up and push myself out of that wheelchair.”

As the lights came up, Brianna stepped to the podium to an explosive round of applause.

Looking back, Jill Pollock is very grateful for the support the Inland Empire community continues to show for the BMC and its commitment to health and healing.

“Because of your support and generous giving,” she acknowledged, “we were able to provide scholarships for some of our patients who didn’t have a way of paying for treatment. We were able to purchase materials and supplies that enhanced our programs and provided tools and educational information to patients and their families. We also transformed areas within the BMC that went from a less institutional look to a healing and calming environment.

“For all your help, we can’t thank you enough!”

PHOTOGRAPHER REMEMBERED

University and medical center remember longtime photographer

By Larry Kidder

Friends and acquaintances across the Loma Linda University and Loma Linda University Medical Center campuses were saddened to learn that award-winning and longtime photographer Robert (Bob) B. Rearick had passed away on January 8, 2011, at the age of 87.

Mr. Rearick snapped thousands of photos for the university and medical center through the years, chronicling the faces and events that have shaped the history of Loma Linda University.



One of the most recognized photos taken by Bob Rearick is the one above, showing Baby Fae on the phone.

Two of his most-recognized photos involve infant heart transplantation, pioneered by Leonard Bailey, MD. The first—a photo of Baby Fae talking on the phone to her mother in the next room—was shown around the world when Stephanie Fae Beauclair, a tiny infant, received the heart of a baby baboon.

Baby Fae, as she became known to the world, suffered from a condition known as hypoplastic left heart syndrome, which had proved lethal to infants born with the syndrome up to that point. Dr. Bailey stunned the world by transplanting the heart of a baby baboon into Baby Fae, who lived for nearly 22 days following her surgery.

Baby Fae's short life in the fall of 1984 spurred Dr. Bailey to continue with infant heart transplantation. About a year later, Baby Moses—Eddie Anguiano—received the heart of another human infant. Now in his 20s, Eddie is the longest-surviving heart recipient, and lives and works in Las Vegas.

Mr. Rearick photographically documented the infant heart transplant program from its very beginning, leading to a second famous photo taken March 17, 1989, of Dr. Bailey peering over the back of a long, white carpet-covered, sofa-like photographic chair, designed by Mr. Rearick himself.

Parents of the infants crouched just a few feet

away, placing their infants on the couch on the count of three and disappearing from sight while photos were snapped. The noise in the studio reached levels only a parent could appreciate.

The January 30, 1990, issue of the *New York Times* featured the photo with an article appearing on the front page of its science section, telling about the field of infant heart transplantation, a brand-new concept at that time.

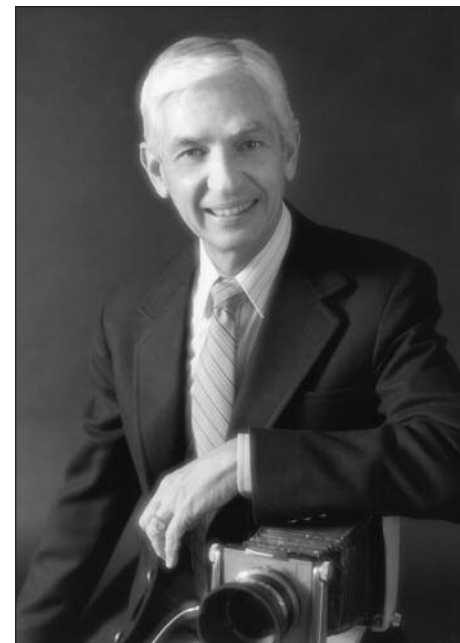
For many years, Mr. Rearick continued to photograph Dr. Bailey's kids as they grew into teenagers and 20-somethings.

Born in Huntington Park, California, on December 1, 1924, Mr. Rearick grew up in Colton, just down the road from Loma Linda, where he attended Colton High School. During World War II, he served in the U.S. Navy, and later attended Fred Archer School of Photography in Los Angeles.

Before coming to Loma Linda University, Mr. Rearick worked as a photographer for Lockheed Propulsion.

He joined the staff at Loma Linda University in 1973, working first for the university and later for the medical center's audiovisual department. He returned to the university's media services department, now known as educational support services, where he served until his retirement in 2008.

Mr. Rearick's photographic efforts continue to be on display throughout Loma Linda University Medical Center—particularly in the trans-



Robert (Bob) B. Rearick
... passed away at age 87

plantation institute, where Dr. Bailey's transplant kids are featured. His famous photo of Baby Fae can be seen just outside the neonatal intensive care unit on the third floor of the medical center.

Mr. Rearick is survived by his daughter and son-in-law, Alaina and Richard Price of Redlands; brothers Donald Rearick of San Diego, and Richard Wilde of Texas; sister Janice Boyles of San Bernardino; and grandchildren Kevin McKenzie and Brian Price of Redlands, and Jeffrey McKenzie of Arizona. Graveside services took place on Thursday, January 13, 2011, at Montecito Memorial Park in Colton.



In this historic photo, taken March 17, 1989, Dr. Bailey surveys his "kids"—a number of infants who received life-saving heart transplants performed by him and his team. Bob Rearick constructed a long, sofa-like chair covered in white carpet for the infants to sit on. Not seen are the parents just a few feet away, hiding behind the couch and in front of the white backdrop. However, Baby Moses—Eddie Anguiano (third from left)—knows his mother is back there somewhere. On the count of three, parents crouched out of sight while Mr. Rearick snapped this photo seen around the world.

RISKS OF METABOLIC SYNDROME

Series presents risks of metabolic syndrome and prevention advice

By Heather Reifsnyder

Community members are invited to attend a weekly educational seminar on metabolic syndrome as part of Winter Wednesdays at the Loma Linda University Church through February 9, 2011.

The series, titled "Staying Ahead of the Curve," will help attendees understand the syndrome—

a combination of early symptoms or signs related to diabetes, hypertension, high cholesterol, and obesity that, when diagnosed together, present an increased risk of cardiovascular diseases.

Expert lecturers will go over the risks and offer practical advice on exercise, recipes, weight control, and lifestyle modifications to help prevent diabetes, high cholesterol, hypertension,

and obesity. The program runs from 7:00 to 8:30 p.m. each Wednesday, with dinner served beforehand at 6:00 p.m. The cost of the whole series is \$20 per individual, \$30 per couple, and \$40 for family up to four members.

The speakers comprise Loma Linda faculty, graduate students, and alumni. The series began January 12 and the remaining program lineups are as follows:

January 26
Serena Tonstad, MD, PhD
"Lipids, Fat, Fad or Fact?"
Cholesterol and triglycerides

February 2
Adam Arechiga, PsyD, DrPH, CHES, CNS
"Your Heart Is Where Your Weight Is!"
Weight management

February 9
Michael Orlich, MD, MPH
"Too Much Pressure!"
Hypertension

For registration and information about Winter Wednesdays and Staying Ahead of the Curve, call (909) 558-4570. Staying Ahead of the Curve is organized by the church in partnership with the School of Public Health.

PHILANTHROPY FOR MISSIONS

SIMS phonathon and mailing campaign raises \$78,042 for international missions

By James Ponder

The staff of Students for International Mission Service (SIMS), a student outreach of the Global Health Institute at Loma Linda University, had an extra reason to celebrate this past Christmas season: between their fall mailing campaign and first-ever SIMS phonathon, they raised a grand total of \$78,042 to support the organization's international health ministry in underserved areas of the world.

According to Emelly Ross Spencer, MPH, director of SIMS, the unexpectedly generous response exceeded the initial goal of \$41,000 by a long shot.

"The first SIMS phonathon was a smashing success," Ms. Ross Spencer notes. "I'm overwhelmed at the generosity of our committed donors. Their support is just amazing! I'm also grateful for the enthusiastic, hardworking, and dedicated callers who worked so hard to make this fundraising effort such a success."

The callers she mentions were a group of students representing the Schools of Allied Health Professions, Medicine, Nursing, Pharmacy, Public Health, and Science and Technology. They met in an upstairs conference room at the Del E. Webb Memorial Library to contact LLU supporters by phone.

"Many of the callers have been on SIMS trips," she adds, "and were able to share their personal,

firsthand experiences of international service with the potential donors. Their tireless efforts night after night"—the phonathon ran a total of 10 nights in late September and early October 2010—"were foundational to the success of the phonathon."

Monies raised in the phonathon and mailing campaign will enable SIMS to support student travel to remote parts of the world where students will not only gain valuable experience in their career field, but also—and more importantly—develop a passion for serving others in remote regions of the world.

Shawna Eisendrath, a social work student at LLU and program assistant for SIMS, enjoyed a life-changing experience a year ago at Christmas when she travelled to Pena Blanca, Honduras, to assist at an orphanage on a SIMS trip. While there, she made friends with a little girl from the village by the name of Kenia. The two quickly became inseparable.

"My Spanish was not very good," Ms. Eisendrath recalls, "but the interesting thing was that although she did not know English, and my Spanish was very limited, we could still understand each other. We ate together, played together, took lots of pictures together, sat on the bus together, baked cookies together, and did each other's hair. Nothing came between Kenia and me.

"Near the end of the trip," Ms. Eisendrath



A long table in an upstairs conference room at the Del E. Webb Memorial Library on the campus of Loma Linda University serves as base of operations for the first ever Students for International Mission Service (SIMS) phonathon. Helping are (front row, from left) students Shiree Ocker (LLU School of Public Health), Shawna Eisendrath (LLU School of Science and Technology), Jennifer Lavezzo (LLU School of Allied Health Professions), Vanessa La Marre (LLU School of Nursing), and (back row) Tabitha Abraham (LLU School of Medicine).

continues, "I had an experience that will stick with me forever. We were with all of the children playing tag this particularly mucky and muddy day, and after playing I noticed my feet were filthy. Mud was everywhere and especially in between my toes. Kenia tapped me on the shoulder and said, 'Shawna, Shawna, come.' I followed her to a tap that was sticking out of the ground. She then, one at a time, took each foot and put it under the tap, and with her two little hands, began washing my feet.

"I didn't understand," she recalls, "why this little girl would want to touch my feet, let alone touch them when they were dirty, but she continued on until there wasn't a speck of dirt left. I couldn't help but think of the last supper, when Jesus started washing his disciples' feet."

Other callers shared similar stories of positive mission experiences during their conversations with potential donors throughout the phonathon.

When Melissa Wong, a SIMS trip veteran and senior medical student, heard that SIMS was recruiting callers for a phonathon in support of international missions, she showed up at the SIMS office and said, "I want to participate!" She even rearranged previously existing travel plans to ensure she would be back in Loma Linda for the first evening of calling.

Like many former SIMS trip participants, she looks forward to incorporating mission service into her future. "I'm planning on a couple years of mission service," she says.

The fall mailing campaign took place a month before the phonathon, when a special SIMS packet was sent to potential donors. It contained a letter from Richard H. Hart, MD, DrPH, president and CEO of LLU, along with the 2010 edition of *SIMS Compass*. The small journal contains a longer version of Ms. Eisendrath's story, as well as mission stories and photos from other SIMS students who volunteered in Africa, India, and Thailand.

According to Connie Phillips, annual giving and stewardship coordinator for LLU, the mailing generated donor contributions in the amount of \$33,462. When added to the \$44,580 raised during the phonathon, the total donations to \$78,042. "That is amazing!" Ms. Ross Spencer marvels.

In addition, the phonathon received support from several members of the local business

community, who contributed gift cards and prizes for daily contests designed to spur callers to higher achievement. "Each night, the caller that either raised the most money in total dollars or solicited the largest number of donations would take home a prize," Ms. Ross Spencer shares. Participating merchants included Blockbuster Video, Delhi Palace Indian Food, Romero's Las Brazas Mexican Kitchen, Loma Linda Market, LLU Catering Services, LLU Campus Bookstore, and Maria's Cafe in Colton.

The grand prize—which was generously contributed by the LLU office of student activities—was a 10-day mission trip to Brazil, jointly sponsored by student activities and SIMS. The winner of the trip was caller Vanessa La Marre, a junior nursing student from Chicago. Ms. La Marre raised a grand total of \$10,330 during the phonathon.

The trip will allow Ms. La Marre and other students to work alongside physicians and dentists in meeting the health care needs of indigenous people living along the banks of the Amazon River. The SIMS entourage will also help out at Vacation Bible School sessions, play with local children, give health talks, and lead worship services in local villages.

The impetus to send physicians, nurses, and other health care professionals overseas is fundamental not only to the mission, but also the heritage of Loma Linda University.

The webpage of the Global Health Institute contains the following quotation from John A. Burden, a founding member of the College of Medical Evangelists, as LLU was called at the time of its creation:

"It was for this work"—sending medical missionaries overseas—"that Loma Linda was brought into existence," Elder Burden wrote in 1907, "and it is for this that we should live."

Ms. Ross Spencer concludes on a note of gratitude. "I would like to extend my thanks to all those involved—the LLU office of philanthropy, the student callers, our supporters in the business community, and our faithful donors. Your support is encouraging and inspiring. Thank you for helping SIMS to fulfill its mission of empowering health professions students to a lifelong commitment to service!"

Individuals wanting to know more about SIMS international mission work are invited to go online at <www.lluglobal.com/sims>.

EVANGELISM BOOK PUBLISHED

Religion professor pens book on making evangelism work

Contributed report

As a young man, Mark Carr, PhD, professor of religious ethics, School of Religion, gave his heart to the Lord and decided to enter the ministry as a Seventh-day Adventist pastor. During his career, he has worked as a conference youth director and pastor in the Potomac and Alaska conferences. However, the majority of his career has been spent in the classroom.

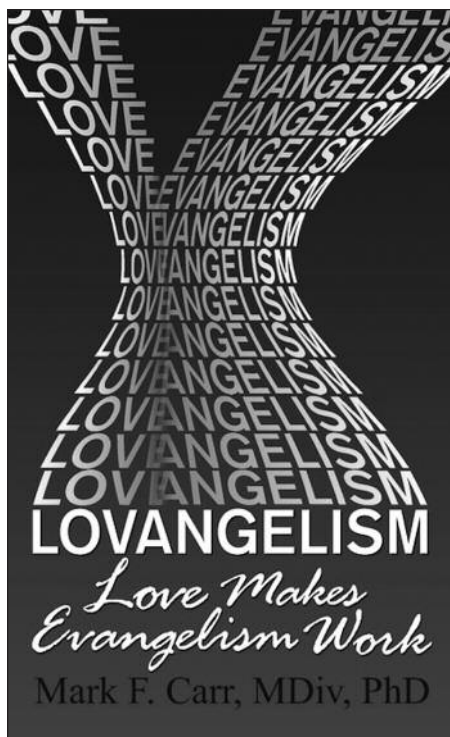
"Throughout my conversion experience, integration into Seventh-day Adventism, ministerial training, and ministerial/professorial positions, I have been struck by the difficult and sometimes harmful ways we treat each other," Dr. Carr says.

He recently wrote a book that shares his experiences with personal and congregational growth, and challenges readers to grow in Christ-like character. As readers read *Lovangelism: Love Makes Evangelism Work*, Dr. Carr hopes they will gain a deeper "sense that their Christianity can really help them get along better with those they love and work with and worship with. Jesus wants us to do better at this and he empowers us as well if we'll only believe it."

Lovangelism: Love Makes Evangelism Work addresses the subject of love and how it relates to evangelism and winning souls for Christ. Dr. Carr asks thought-provoking questions in

the "Reflective Reading and Exercises" section at the end of each chapter, in addition to providing personal experiences, biblical instruction, and practical advice in regard to loving those around us and deepening our spiritual relationship with God.

The book is designed to be especially useful for church members, pastors, church volunteers, and anyone wanting to become more like Christ. To purchase this book, please visit <www.teachservices.com>.



PEDIATRIC NURSING

SPN meeting highlights excellence in nursing care for children

By James Ponder

The second annual Regional Conference of the Society of Pediatric Nurses (SPN)—which was held in the Wong Kerlee International Conference Center at Loma Linda University on Friday, October 8, 2010—underscores the role of SPN in promoting excellence in nursing care of children.

According to Mona Marinel, RN, MPH, an educator in the RN residency in pediatrics program at Loma Linda University Children's Hospital and immediate past president of the Inland Empire chapter of SPN, the conference was a joint effort of the Los Angeles, Orange County, and Inland Empire chapters.

"We were very pleased with the way it turned out," Ms. Marinel states. "There were 130 attendees. The local chapter was very well represented and there was a lot of excitement over the collaboration between us and the other chapters. Representatives of the Los Angeles chapter and the national organization said it was 'a crazy good number' of participants. We were very happy."

In addition to bedside nurses, nurse managers, and nurse educators, a large number of nursing students attended the conference. "We're trying to make learning and networking easily accessible to all who are interested," she adds.

After a continental breakfast, Cynthia Tinsley, MD, director of the pediatric intensive care unit at LLU Children's Hospital, presented evidence-based findings on the importance of compassionate care at the patient's bedside.

Next up was Teri M. Book, RN, MSN, CPNP, a pediatric nurse practitioner from the University of California, Irvine and the For OC Kids Neurodevelopmental Center, who discussed integrative techniques for interacting with autistic children to help maximize their abilities.

Following a break, in which attendees were encouraged to explore research posters and vendor exhibits, Vicky R. Bowden, DNSc, RN, director of the honors program and professor at Azusa Pacific University School of Nursing, delivered "Embedding the Evidence," the keynote address for the conference.

Her talk focused on ways nurses can incorporate evidence-based discoveries into their daily practice of patient care.

After Dr. Bowden's presentation, attendees adjourned for lunch and again took time to visit the exhibitors and poster presentations. When they returned, they heard from Laura Alba, RN, an educator in pediatric acute care at LLU Children's Hospital and recently installed current president of the Inland Empire chapter of SPN. In her presentation,



Members of the planning committee for the second annual Regional Conference of the Society of Pediatric Nurses (SPN) gathered on the stage of the Wong Kerlee International Conference Center on Friday, October 8, 2010. According to Mona Marinel, RN, MPH, immediate past president of the Inland Empire chapter of SPN, "Volunteers from the boards and membership of all three chapters"—Inland Empire, Los Angeles, and Orange County—"worked together to make the conference a huge success." She said the following individuals deserve special commendation for their personal efforts: Brittany Atterbery (fifth from right, front row), secretary of the IE chapter; Shelley Burke (to the right of Ms. Atterbery), president of the Orange County chapter; Stephanie Brady (fourth from left, back row), immediate past president of the Los Angeles chapter; Melinda Richardson (ninth from left, back row), vice president of the Inland Empire chapter; and Laura Alba (tenth from left, back row), president of the Inland Empire chapter. Ms. Marinel is at the far right on the front row.

titled "The Phenomenon of Social Networking," Ms. Alba discussed the impact of the new media on pediatric health care.

After that, Nicole Antonio Oyas, MD, a pediatrician with Loma Linda University Health Care and assistant professor at the LLU School of Medicine, discussed "Embracing the Challenge: Childhood Obesity." Dr. Oyas helped participants understand the impact childhood obesity has on children in general, and on ill or hospitalized children in particular.

After a third and final break of the day, Eileen Fry-Bowers, RN, JD, CPNP, an assistant professor in the LLU Schools of Nursing and Public Health, offered the concluding presentation of the 2010 conference. In her talk, titled "State of the Nation's Health Literacy," Dr. Fry-Bowers challenged participants to not only increase their own health literacy, but also to incorporate strategies for addressing families' health literacy levels into their practice of nursing.

Health literacy, as defined by the U.S. Department of Health and Human Services, is "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions."

It includes such basic skills as the ability to read and understand prescription drug bottles, appointment slips, medical education brochures, doctor's directions, and consent forms, as well as other documents involved in the delivery of health care.

"We had excellent research posters and vendor displays," Ms. Marinel shares. "We received many extremely positive comments—not only about the posters and vendors, but also about the quality of the speaker's presentations."

Planners of the 2010 conference—including Shelley Burke, president, Orange County chapter; Flora Yuen, president, Los Angeles chapter; Shayne Bigelow-Price, staff development educator, LLU Medical Center; as well as Ms. Alba and Ms. Marinel—worked hard to make the event a successful reality.

One of the goals of the Inland Empire chapter is to promote charities working to further the interests of children. "Last year, we supported Children of the Night," Ms. Marinel reports. "This year, we got behind National Lee Denim Day and encouraged our members to wear pink with jeans in honor of Breast Cancer Awareness Day." Children of the Night is a privately funded, non-profit organization dedicated to the rescue of children from child prostitution.

SPN was founded in 1990 and represents more than 3,000 nurses from all 50 states, as well as other countries. Representatives of the Inland Empire chapter are eager to see the organization grow to much larger proportions.

"We started the local chapter here at LLU Children's Hospital in 1993," Ms. Marinel recalls. "Our chapter has always been strong in offering local conferences during Nurses Week."

"Over the years, involvement in the chapter spread beyond the LLU School of Nursing and LLU Children's Hospital, and new activities were added: quarterly meetings with free educational events offered to health care professionals, social activities, sponsoring research projects, and community outreach events such as cooking meals for families staying at the local Ronald McDonald House during holidays."

While grateful for the enthusiastic support from so many LLU Children's Hospital nurses, the Inland Empire chapter is seeking to expand its outreach to pediatric nurses at other facilities. The chapter is already making plans for the next regional conference.

"The date is already set for Orange County to host the third annual regional conference on October 7, 2011," Ms. Marinel reports. "Anyone interested in more information can contact Laura Alba at <laalba@gmail.com>. We're looking forward to continuing growth in the years to come."

Those interested in learning more about the Society for Pediatric Nurses are invited to check the group's website at <www.pedsnurses.org>.

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NATURAL DISASTER

The Great Loma Linda Flood of 2010 inundates city with muck and mire

By James Ponder

Severe winter storms pounded Southern California the last two weeks of December 2010, cutting a destructive and expensive swath across the Inland Empire and turning normally dry streets—such as Loma Linda’s Mountain View Avenue—into muddy understories of the Mississippi River.

According to David Wert, a spokesman for the County of San Bernardino, the storm caused an estimated \$59,501,466 in damages countywide.

The trouble began during the pre-dawn hours of Wednesday, December 22, 2010, when area foothills—already waterlogged from seven days of rain—reached total saturation.

Flashfloods of mud, rocks, and debris raced downhill, damaging homes, businesses, and automobiles in their way.

Fortunately, no fatalities or major injuries were reported, but there was considerable damage to

property, and loss of income as customers were unable to patronize mud-bound merchants.

While not nearly so destructive as this winter’s epic Australian or Brazilian deluge, the Great Loma Linda Flood of 2010 dumped copious rainfall on the unsuspecting community. Internet blog site Southern California Weather Notes reports that Lytle Creek in the nearby San Bernardino National Forest received 26.35 inches in seven days. That was more rain, the blog reported, than “would normally be recorded over an entire year.”

In terms of residential damage, the Inland Empire city of Highland took the worst punch of the storm. Bill Peters, fire prevention specialist for Highland, said three homes were completely destroyed by mud in that city, while 26 others sustained major damage from the storm.

Loma Linda fared slightly better. According to Debra Kreske, emergency services coordinator for the Loma Linda Fire Department, two

Loma Linda homes were red-tagged as unfit to inhabit because of instability in the nearby hills.

Loma Linda University sustained considerable flood damage. Kenneth J. Breyer, MS, assistant vice president for construction and architectural services at Loma Linda University Shared Services (LLUSS), says it’s too early to assess the costs of necessary repairs to university properties. But Gerhard Steudel, director of the landscape department, noted on December 28, 2010, that while extensive cleanup remained to be done, a preliminary estimate of costs for one

small portion of the damage could be projected at that early date.

“The flood caused the most problems at Mountain View Plaza,” Mr. Steudel observed. “We spent three days clearing out the mud there and are not finished yet. We also had mud covering parking lots at the departments of landscape, construction, fleet service, and campus engineering. As of December 28, 2010, I estimate we have a total of \$20,000 in labor and equipment rental costs.” Mr. Breyer and Mr. Steudel

Continued on next page



Heavy rains inundate the parking lot of the Centennial Complex at Loma Linda University the afternoon of Wednesday, December 22, 2010. According to Internet blog source Southern California Weather Notes, Lytle Creek, a nearby community in the San Bernardino National Forest, recorded 26.35 inches of rain in seven days—an amount the blog said exceeds what “would normally be recorded over an entire year.”



(From left) Bernie Davila, Craig Jenkins, and Juan Perez of the Loma Linda University landscape department prepare to remove downed limbs from a California pepper tree (*Schinus molle*) that split in two after seven days of intense rain the week before Christmas 2010. According to Gerhard Steudel, LLU landscape department director, the tree is estimated at approximately 160 years old. “It was here when the property was purchased in 1905,” Mr. Steudel notes. “When you read John Burden’s description of the property, he states that there were many pepper trees all around the hill. As these trees age, they literally rot from the inside out. Arborists have nicknamed them ‘Widow Makers.’”

CELEBRATION OF NEGRO SPIRITUALS

School of Religion presents celebration of negro spirituals

Contributed report

In recognition of African American history month, the Loma Linda University School of Religion’s humanities program will present “Celebration of Negro Spirituals.” The celebratory concert will take place on February 12, 2011, at 6:30 p.m. in the Campus Hill Seventh-day Adventist Church, located in Loma Linda, California.

Featuring Shelton Kirby, Adrian Pressley, and the Master’s Call Choir, this event is free and open to the public.

“As I think about this celebratory tribute to the

negro spiritual, I am reminded of the people who inspired this musical gift to America,” says Ramona Hyman, PhD, director of humanities, LLU School of Religion. “I imagine Harriet Tubman singing the songs as she traveled back and forth (19 times) leading enslaved blacks to freedom via the Underground Railroad. I am reminded of the African-American scholar W. E. B. Dubois, who called the spirituals the ‘sorrow songs.’ These songs are, indeed, part of the American story. For many of its singers, they have been the ‘bridge over trouble waters.’”

For more information on this event, contact Dr. Ramona L. Hyman, at <rhyman@llu.edu> or (909) 651-5097.

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For more information: e-mail rhyman@llu.edu or call (909) 651-5097
Sponsored by the School of Religion’s humanities program



Continued from previous page
are quick to add that it will take considerably longer to evaluate the full financial impact of the storms, but note that the final bill will doubtless be considerably higher than Mr. Steudel's initial, partial appraisal.

As if to add insult to injury, on Wednesday, December 29, 2010—the night after Mr. Steudel made his appraisal—another storm brought high winds to the area, toppling several trees on campus and partially destroying two ancient California pepper trees (*Schinus molle*) at

the original cottages on the hill beside Nichol Hall. History buffs have reason to bemoan the winds: the trees were here when Ellen White, John Burden, and other pioneers walked the campus. Mr. Steudel estimates the trees at 160 years of age and notes that “they literally rot from the inside out. Arborists have nicknamed them ‘Widow Makers.’”

Other parts of the campus also suffered damage. Mr. Breyer reports that a bridge on Farmland Road, which is adjacent to agricultural property owned by the university, has been declared

impassible in the wake of the storm.

According to Jerry Rivinius, director of campus engineering, his department responded to no less than 63 urgent calls for help during the height of the storm. “Our telephone lines were ringing almost continuously,” he recalls. “People were calling about water coming into the buildings either from roofs, under doors, or even through walls. Our men that repair roof leaks couldn't even assess the leaks as fast as the calls were coming in. We were actually triaging them in order to respond to the worst situations first.”

Mr. Rivinius says the leaks weren't confined to older areas of the campus. “We were fielding calls for medical and foundation properties around campus. I've worked here since 1974 and I would say that this is probably as bad as any rain-related leakage I've seen in that time.”

Parts of the basement inside the venerable Burden Hall were declared off-limits following the storm. In the meantime, staff members whose offices were affected have been relocated to prevent possible respiratory distress from mold and mildew.

The widespread environmental damage prompts many area residents to ask why the rains created such geological instability. Kevin Nick, PhD, assistant professor in the department of earth and biological sciences at LLU, says the reason should sound familiar to anyone who ever spent a day at the beach.

“Most of the sediments in the Loma Linda hills are not cemented by minerals,” Dr. Nick explains. “They are a mixture of sandy layers and more clay-rich layers with pores between grains that are partially filled with water. Surface tension at the boundaries between water, air, and mineral grain surfaces produces cohesion between grains and normally supports the cliffs. If the pores fill completely with water, there is no air-water interface so there is no surface tension, and cohesion is lost. Cliffs will collapse to their angle of repose at about 35 degrees. This is why you use wet sand to make sand castles on the beach, but they collapse when the water rises.”

In other words, like the plains in Spain, the hills of Loma Linda fall mainly in the rain.

Initial reports suggested that an alleged break in a catch basin the City of Loma Linda maintains above Hulda Crooks Park triggered the deluge on Mountain View Avenue. However, on closer inspection, it was discovered that the initial report was wrong, and the catch basin had, indeed, held its own.

However, the spillway to the basin was filled with thigh-deep pliant mud and debris. The hydrologic excess was actually caused by dozens of mudslides draining into a common ravine—in places as high as eight feet tall by fifteen feet wide—at the same time.

The muddy gruel tore up the landscape and quickly overwhelmed the dam's holding capacity. Mudslides racing down other canyons spilled into the ravine, creating cataclysmic flooding on the streets.

Despite the devastation, two humorous images emerge from the Great Loma Linda Flood of 2010. The first came to light when a TV reporter filmed a displaced—and presumably startled—rattlesnake bodysurfing down the muddy flow of Barton Road. That doesn't happen on a daily basis in Loma Linda.

The second was a YouTube video depicting Rick E. Williams, PhD, vice president for enrollment management and student services at LLU, emerging barefoot from his dark-colored SUV, buried to its doors in miry muck in front of his house.

When Dr. Williams finally climbed out—jeans rolled up to his knees, umbrella and laptop computer in hand—the sight prompted the videographer, whose voice is audible in the back-

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NURSING RESEARCH

A big year for nursing research at LLU

By James Ponder

The year just ended was an exceptionally productive one for nurse researchers at Loma Linda University Medical Center (LLUMC) and Loma Linda University Children's Hospital (LLUCH).

According to Patti Radovich, RN, MSN, CNS, manager of nursing research, nurses on the LLUCH neonatal intensive care unit (NICU), along with LLUCH neonatologists, recently participated in a statewide quality care survey.

"This California collaborative," she notes, "is focused on improving the quality of NICU care throughout the state using evidence-based practice and state-of-the-art quality improvement methods."

Children's hospital's involvement in the multi-disciplinary collaborative involved two separate investigations. The first—which aimed to reduce central line-associated bloodstream infections—was conducted simultaneously at 13 NICUs in California. The second was a quality improvement project designed to encourage the feeding of breast milk to very low birth weight (VLBW) infants.

Ms. Radovich is excited about the results of both projects.

"The findings of the first study show that the collaborative was associated with a 25 percent decrease in infection rates when compared with the baseline," she reports. LLUCH nurses Betsy Tan, RN, MS; Debbie Hewitt, RN, MSN; and Jean Newbold, CNS, participated in the study, which was subsequently published in the *Journal of Perinatology*, 2010.

Findings of the second study—which sought to increase the rate of breast milk feedings in VLBW infants once they're discharged from the hospital—were outlined in a poster presentation the Loma Linda team displayed at a December 2010 meeting of the collaborative in Sacramento.

"We were successful," Ms. Radovich reports, "in increasing the rate of VLBW infants who were discharged on breast milk from 36 percent to 60 percent. We implemented new strategies to educate the NICU staff and patients about the importance of supporting mothers in providing breast milk for their infants in the NICU."

LLUCH nurses involved in the breast milk project included Jean Newbold, RN, CNS; Betsy Tan, RN, MS; Margo Reeves, RNC; Dianne Wooldridge, RN, IBCLC; Barbara Hundley, RN; and Rebecca Garlinger, RN. Other members of the leadership team included Elba Fayard, MD; Raelene Phillips, MD; T. Allen Merritt, MD; Diana Trupp, MD; Wendy Gill, RD; Bradley Lang, RD; Lorraine Fisher, RD; Kim Wan, RPh; and Lacey Hitter, MS, CCLS.

"Our participation in this collaborative," Ms. Radovich reports, "brought about an increased awareness among the entire NICU staff, obstetrics/gynecology service, and hospital administration about the critical importance of human milk nutrition not only for VLBW infants, but for all infants."

She cites other projects as proof of the assertion



Patti Radovich, RN, MSN, CNS, manager of nursing research for Loma Linda University Medical Center, says 2010 was an excellent year for nursing researchers at both the Medical Center and LLU Children's Hospital. "We look forward to continuing our local and international collaborations," she observes. "We also continue to pursue evidence-based nursing practice and nursing research studies optimizing the science of nursing and the outcomes of our patients."

that 2010 and 2011 have produced a plethora of exciting nursing inquests.

"The LLUMC rehabilitation institute is currently participating in a multi-site, five-year National Institutes of Health study," she observes. "It involves 11 health care facilities in the United States and Canada in an examination of optimal rehabilitation therapies for victims of traumatic brain injuries." Maureen Le Danseur, RN, MS, clinical nurse specialist in rehabilitation, serves as lead nurse investigator for the Loma Linda team.

"The study is looking at patients ages 14 and up who have been admitted with a recent traumatic brain injury," she explains. "The study is seeking to identify factors which might explain the variations in outcomes of acute rehabilitation for this population."

Another nurse researcher recently completed a retrospective review of peripherally inserted central catheters (PICCs) and peripheral intravenous lines (PIVs). Lydia Cimpoeru, RN, MS, VAT, clinical educator, examined the use of PICCs and PIVs inserted at LLUMC. "She focused," Ms. Radovich reports, "on pH and osmolarity of infusions that may lead to complications such as phlebitis when infused through a PIV catheter. The results of her study are due to be published soon in the *Journal of Infusion Nursing*."

Ms. Radovich notes that the Dialysis Center at LLUMC is also participating in a collaborative study with the LLU School of Pharmacy (LLUSP), LLUMC nursing, and the LLU School of Medicine. Principal investigator for the study, titled "Collaborative education and the impact on serum phosphorous levels in hemodialysis patients receiving phosphate binder

therapy," is Sharlyn Guillema, PharmD, BCPS. Co-investigators include Elvin Hernandez, DrPH, MPH; Ann Mijares, MS, CNS; Alfred Cottrell, MD; and Ms. Radovich herself. "This randomized clinical trial is currently recruiting subjects," Ms. Radovich notes.

Another major study—one that took an entire year—was recently completed with Stephanie Keeth, MS, NP, general surgery service, as principal investigator.

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PHOTOGRAPHIC PHILANTHROPY

Golden donation of camera equipment

By Doug Hackleman

Gary Golden, DDS, MS, assistant professor, restorative dentistry, recently contributed a Canon EF 100mm f/2.8 Macro IS USM lens to the School of Dentistry's educational support services. It is the first lens on the market to incorporate Canon's new hybrid image stabilization technology that effectively compensates for both angular and shift camera shake during close-up shooting.

The lens was developed to expand users' photographing range and allow a wider range of users to easily enjoy macro photography.

Worth about \$10 per millimeter, the gift came after casual shoptalk between Dr. Golden and LLUSD photographer Daryl Osborne.

It wasn't that long ago that Dr. Golden donated to educational support services a Cannon EOS 5D Digital SLR camera. When he thought of selling it, Dr. Golden's second thought was, "Why not give it to my photographer friends at educational support and take a tax write-off?"

"The camera and the lens are perfectly compatible," says Mr. Osborne, "and we are grateful for this welcome addition to our repertoire of photographic equipment."

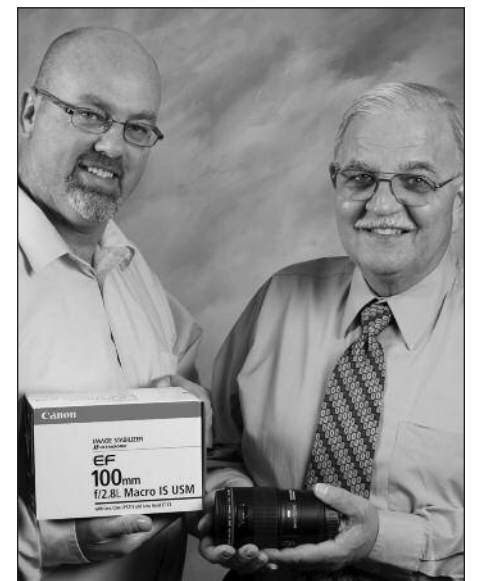
The School of Dentistry is fortunate to have Dr. Golden on its faculty not only for his generosity and his clinical and professorial competence, but because he is the unlikely survivor of a cerebral aneurism he suffered in 1989, seven years before he joined the faculty. Born and raised Southern Baptist in the state of Kansas, Dr. Golden and his family moved, after he graduated from high school, to Downey, California. He worked for a year and a half as a clerk for North American Aviation, the prime contractor for the Apollo Moon project. He then decided to join the military.

He spent four years in the Air Force at Norton Airbase in San Bernardino. Toward the end of that four years, he met his wife-to-be, a Seventh-day Adventist Norwegian immi-

grant, on a blind date. They married in 1970. Dr. Golden then spent two years in college—one at San Bernardino Valley College and a second at La Sierra College (now La Sierra University)—before being accepted into the then three-year doctor of dentistry program at LLU School of Dentistry.

He graduated from the School of Dentistry in 1977 and spent seven years in San Antonio, working off his school debt to the Air Force the first three years and then completing a residency in prosthodontics at the University of Texas, San Antonio, and Lackland Air Force Base. Dr. Golden's Air Force position took him to Elmendorf Air Force Base, Alaska, for six years and then to Travis Air Force Base near Vacaville, California, for five years, concluding his 23 years in the Air Force.

His interest in photography developed after he purchased an SLR camera for intraoral photography that was required for his residency in prosthodontics. When he moved to Alaska, Dr. Golden says "there were postcards everywhere you look." In 1987, he won first place in the Alaskan Air Command's annual photo contest for his photograph of a Dall sheep standing on a lofty promontory just outside Anchorage.



Daryl Osborne gratefully accepts the new lens from Dr. Golden.



In 1987, Dr. Golden won first place in the Alaskan Air Command's annual photo contest for this photograph of a Dall sheep standing on a lofty promontory just outside Anchorage.

The Great Loma Linda Flood of 2010 inundates city with muck and mire ...



Severe winter storms the last two weeks of December 2010 carved this deep ravine in the hills above Hulda Crooks Park in Loma Linda. The powerful flash flood sent rivers of mud, silt, rock, and debris careening down crowded streets, creating chaos for commuters and destroying two homes.

Continued from page 7
ground, to remark that it was “just another day at the office, baby. Just another day at the office!”

For his part, Dr. Williams maintained a positive

attitude throughout the two-hour ordeal. “It’s cold,” he exclaimed, gingerly picking his way through the mud with the self-effacing good humor that allows people to endure situational humiliation with dignity intact.

Presented by the Loma Linda University School of Medicine Alumni Association
In association with the 79th Annual Postgraduate Convention

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HOLIDAYS IN REVIEW



Tristen Crouser (center, facing camera) hangs out with Josh, the celebrated therapy dog, and a few pals during the recent visit of Josh and Friends to Loma Linda University Children’s Hospital. The Josh and Friends Project reaches out to hospitalized children. Their website says the group “is helping transform anxious hospital stays for children into friendship-filled adventures to wellness.”



The snow may have been imported, but the fun was homegrown at the LLUCH Spina Bifida Team Center/LLU PossAbilities Patient Christmas Party on Sunday, December 12, 2010, in East Campus Park. Some of the children in the picture—including Logan Dunn (the boy held by his mom, DeeAnn Dunn)—are PossAbilities members. The snow was trucked in for the event by Reliable Snow Service of Acton, California.

A big year for nursing research at LLU ...

Continued from page 8

Ms. Keeth evaluated nursing satisfaction, patient acuity, and changes in patient visiting hours on unit 8100 at LLUMC. “As the medical center was rolling out the Innovating Excellence program, the nursing staff wanted to evaluate the potential changes in visiting hours on nursing satisfaction and workload,” Ms. Radovich shares. “Stephanie received a small grant from the California Association of Clinical Nurse Specialists for her research. She is currently analyzing her results and will present them at the association’s annual meeting in 2011.”

Ms. Radovich explains that it is important for LLUMC and LLUCH to work with national nursing organizations in the development and dissemination of nursing research.

In addition to serving as a member of the American Association of Critical Care Nurses (AACN), she also serves the organization’s research abstract review panel in examining and selecting posters for the AACN’s annual National Teaching Institute in 2011.

She also serves on the AACN Research Grant

Review panel. The research awards range from \$5,000 to \$50,000 this year.

Not all of her efforts are confined to the United States, however. Ms. Radovich recently traveled to Hangzhou, China, where she collaborated with the nursing staff of Sir Run Run Shaw Hospital (SRRSH) in developing evidence-based nursing practice and nursing research projects.

“Through this collaboration, we hope to have one or two mutual research studies with SRRSH in 2011,” she says.

“In addition, we continue to be active participants in the collaborative research action group with the LLU School of Nursing,” she concludes. “Through this group, we have established clinical and academic resources for nursing research. As the nursing staff at LLUMC moves into 2011, we look forward to continuing our local and international collaborations. We also continue to pursue evidence-based nursing practice and nursing research studies optimizing the science of nursing and the outcomes of our patients.”

ADMINISTRATIVE UPDATES

Updates to *Administrative Handbook*

Category: Financial; code D-1; effective: 12-15-2010

Subject: Authorization for the expenditure of funds (replace 12-09-2009)

Coordinator: Senior vice president for financial affairs

1. Authorization of expenditures and obligations:
 - a. Only those positions delineated in this policy shall be given authorization to incur obligations and authorize expenditures on behalf of Loma Linda University.
 - b. Such authorization shall extend only to the items cited and within the limits specified.
 - c. No provision of this policy shall be construed as authorizing any expenditure which is not within the scope of clearly delegated authority and regularly assigned responsibilities.
 - d. The individual authorizing the expenditure or obligation shall be responsible for ensuring that appropriate operational, financial, and legal review has been obtained.
 - e. Failure to exercise the authority here vested responsibly may result in removal of that authority.
2. Budgetary provisions:
 - a. The provisions of this policy shall apply only to approved budgetary provisions.
 - b. Any expenditure beyond budgetary provisions shall require prior LLU President's Committee and/or Board approval.
3. Contracts and Agreements:
 - a. Contracts and all agreements for routine budgeted services shall require approval of a corporate officer.
 - b. Approval shall be indicated by signature of one of the following:
 - President • Senior Vice President • Board Chair • Corporate Secretary
4. Responsibilities of Senior Vice President of Financial Affairs shall include:
 - a. Monitoring all expenditures and procedures so as to ensure compliance with the authorization provisions of this policy.
 - b. Bringing abuses or indiscretions to the attention of the President.
 - c. Reviewing the terms of acquisition on capital expenditures.
5. Investments and Trusts:
 - a. The management of investments is governed by LLUAHSC Investment Policy C-18. The monthly Investment Management Committee approves specific investments.
 - b. Trust payments are based upon the terms of written agreements. Other expenditures are approved by the Trust Management Committee or a written request from the trustor(s) of revocable trusts.
6. Restricted Fund Expenditures:
 - a. Restricted gift funds shall be expended through the use of normal university forms (e.g., purchase requisitions, travel expense vouchers, invoice vouchers, etc.), accompanied by receipts or vendor invoices and must be approved by the appropriate personnel and/or officer identified in the fund agreement (Department Head, Business Officer, Dean, Controller, and Senior Vice President for Financial Affairs).
 - b. Authorization signatures indicate the following:
 - (1) Donor's Representative/Initiator/Department Head – requested expenditure is in compliance with the Restricted Fund application
 - (2) LLU Administration (Business Officer, Dean, Controller/SVP for Financial Affairs) – expenditure is (i) consistent with the purpose of the restricted fund, (ii) within the scope of LLU's mission, and (iii) adequate funds are available for the requested expenditure.
7. Capital Expenditures:
 - a. A capital budget shall be included in the annual financial operations plan. The budget shall indicate the funding source of capital expenditures.
 - b. Expenditures for capital shall not be approved nor incurred unless funding has been identified and at least 50 percent of the estimated total expenditures are available in cash.
8. Long-term Leases:
 - a. Long-term leases (more than one year) must be approved in accordance with policy D-1A based on total lease payments over the lease term.

Category: Financial; code D-12; effective: 12-15-2010

Subject: Borrowing and lending of funds (replace 06-09-1997)

Coordinator: Senior vice president for financial affairs

The following policies and procedures will be followed in the borrowing and lending of funds by Loma Linda University:

1. Borrowing and Lending of Internal Funds
 - a. Interfund borrowing and lending transfers will be done only with board approval. Borrowing and lending will be approved only if the borrowing and lending fund will have adequate income to repay the loan with interest. Interest will be charged at a rate to be established in accordance with policy D-11: Interfund Loan Interest Rates. Amortization schedules will be developed and adhered to for each loan. Failure to meet these schedules will be reported to the Senior Vice President for Financial Affairs and the Finance Committee of the Board.
 - b. Requests for the borrowing and lending of internal funds will clearly state:
 - (1) the source of the fund;
 - (2) how the funds will be used and how that use fits into the core mission of the organization;
 - (3) how the funds will be repaid and how the repayment schedule fits into the strategic plan of the organization;
 - (4) the effects that the borrowing will have on expectations of accrediting agencies and standard-wide financial ratios which use debt or debt-repayment as a factor.
 - c. Interfund borrowing against fundraising dollar goals or pledges receivable for approved capital projects are allowable to the extent of the discounted net present value of the future cash flows

from the identified pledges. The calculation for determining the discounted net present value will be based on a Pledges Receivable Aging schedule prepared by the Controller's Office and will be as follows:

- Pledges Due in One Year or Less: The present value of pledges for the Current Year and for the next year will be equal to their current outstanding balance. Therefore, no additional calculations will be made.
 - Pledges Due in More Than One Year: The discounted net present value will be calculated based on a discount rate equal to the current interest rate on Interfund borrowings.
 - Past due pledges are to be excluded from allowable borrowing
2. Borrowing and Lending of External Funds:
 - a. The external borrowing and lending of funds must be approved by the board.
 - b. Requests for the borrowing and lending of external funds will clearly state:
 - (1) the source of the fund;
 - (2) how the funds will be used and how that use fits into the core mission of the organization;
 - (3) how the funds will be repaid and how the repayment schedule fits into the strategic plan of the organization;
 - (4) the effects that the borrowing and lending will have on expectations of accrediting agencies and standard-wide financial ratios which use debt or debt-repayment as a factor;
 - (5) impacts, if any, on the religious non-profit status of the organization.
 3. If Loma Linda University has borrowed or lent internal and/or external funds, an annual report will be made to the board on the debt and the plan for repayment.
 4. Loma Linda University funds will not be loaned without board approval. Exceptions to this are:
 - a. Administration may loan institutional funds in support of the institution's mission up to the board-approved expenditure limit.
 - b. Board approved investment policies.
 5. All organizations for which Loma Linda University serves as the corporate member will have a written policy, approved by that organization's board, on the borrowing of funds. The organization's policy will at a minimum contain the same restrictions and requirements as the Loma Linda University policies.
 6. All organizations which obtain their not-for-profit status from Loma Linda University will ordinarily have a written policy, approved by that organization's board, on the borrowing and lending of funds. The organization's policy will at a minimum contain the same restrictions and requirements as the Loma Linda University policies.
 7. All organizations for which officers or trustees of Loma Linda University serve as officers or directors on an ex-officio basis will have a written policy, approved by that organization's board, on the borrowing and lending of funds. The organization's policy will at a minimum contain the same restrictions and requirements as the Loma Linda University policies.

Approved: LLU Board of Trustees, December 15, 2010; LLU President; LLU Corporate Secretary

Category: Financial; code D-23; effective 12-15-2010

Subject: Journal entry review (new)

Coordinator: Senior vice president for financial affairs

1. Journal entries must be reviewed as follows:
 - (a) Assistant Controller – journal vouchers amounting up to \$9,999
 - (b) Controller – journal vouchers amounting to \$10,000 up to \$499,999
 - (c) Senior Vice President for Financial Affairs – journal vouchers amounting to \$500,000 and above

In accordance with Statement of Auditing Standards 114 (SAS 114), supporting documentation must be attached to all journal entries.

Approved: LLU Board of Trustees, December 15, 2010; LLU President; LLU Corporate Secretary

Category: Financial; code D-24; effective: 12-15-2010

Subject: Intracompany fund transfers (new)

Coordinator: Senior vice president for financial affairs

1. Transfers Between the Educational Division and LLU Foundation:

The Controller's Office of the applicable division will facilitate fund transfers between the Educational Division and LLU Foundation only upon obtaining proof of the required authorization as set forth in policy D-1 (Authorization for Expenditure of Funds) or D-12 (Borrowing and Lending of Funds). Educational Division and Foundation transfers are subject to cash-flow considerations.
 2. Transfers Between Departmental Accounts (Org Funds)

The Controller's Office will facilitate intraschool fund transfers only upon obtaining proof of the required authorization as set forth in policy D-1 or D-12. Furthermore, the said transfer shall only be approved if sufficient funds are available and if the transfer will not cause a negative balance in the account from which the funds are transferred.
- Approved: LLU Board of Trustees, December 15, 2010; LLU President; LLU Corporate Secretary

Category: Financial; code D-26; effective: 12-15-2010

Subject: Negative net asset funding (new)

Coordinator: Senior vice president for financial affairs

1. Schools and other revenue-generating operating units shall budget and operate in such a manner as to maintain positive net asset balances at year end. In the event that a negative change in net assets occurs, a written operational summary with loss analysis and work-out plan shall be submitted to the Controller and Senior Vice President for Financial Affairs for review and analysis.
 2. In the event that a negative net asset balance occurs, the School Dean and Finance Officer or operating unit Director shall work with the Controller and the Senior Vice President for Financial Affairs to develop a work-out plan to eliminate the negative net assets in two budget cycles or less. Funds may be drawn against reserve accounts established by the schools and held in Foundation to eliminate negative net asset balances.
- Approved: LLU Board of Trustees, December 15, 2010; LLU President; LLU Corporate Secretary

Body Works program aims to help families fight disease and obesity ...

Continued from page 12

"Liane Hewitt deserves most of the credit for the success of the program," Dr. Baum insists. "Mary Ellen Westerberg and I supported her efforts." Dr. Hewitt, who holds DrPH and OTR/L degrees, is chair of occupational therapy at the Loma Linda University School of Allied Health Professions. Mary Ellen Westerberg, DrPH, RD, CDE, is a health educator at SACHS-Norton Clinic in San Bernardino. SACHS-Norton co-sponsored the event, which was held in a classroom of the Inland Empire Health Plan in San Bernardino.

"I should also mention the two occupational therapy students Dr. Hewitt brought with her," she adds. "Elizabeth Stacy and Ipuiniuese Eliapo really bent over backwards to make this a go. They did a great job!"

Dr. Baum believes that the Body Works program, with its emphasis on parental involvement and family activities, is the perfect antidote for the obesity outbreak.

"The Body Works program consists of eight commonsense lessons on how to move a family to a healthier state regarding food selection and preparation, exercise, family goal setting, and personal image," Dr. Baum explains. "It's an evidence-based program designed to help parents take steps to help kids develop healthy habits that will serve them well for the rest of their lives. The goal is to produce positive health outcomes."

When the meeting was over, several partici-

pants expressed appreciation to Drs. Baum and Hewitt. "We had the catering department at LLU provide the lifestyle food for us," Dr. Baum reports. "It was the first time many of the attendees had eaten an all-vegan meal. They were so pleased with the food that they voted to have LLU provide the meals for future school nurse meetings through the rest of the year.

According to <www.womenshealth.gov/bodyworks/>, materials for the program are available in both English and Spanish. "The program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight," the website reports.

The program uses a "Train-the-Trainer" model to distribute what it calls the "Toolkit"—a collection of colorful educational brochures, downloads, and charting materials to help families monitor their progress.

The School Nurse/Physician Collaborative, which is sponsored by the Inland Empire Health Plan and San Bernardino County Medical Society, has been in existence for five years. "One of the things we did was develop standardized forms for San Bernardino County schools and shared them with our counterparts in Los Angeles and Orange counties," she adds.

Students visit their school physician to get copies of the forms Dr. Baum and her colleagues developed for asthma, diabetes, exercise reduction, or other conditions. The parents

then take the completed forms to the school nurse. "It strengthens relationships between the physicians, students, family members, and school nurses," she explains.

In addition to the Body Works program, Dr. Baum was involved with Operation Fit summer

camp, an outreach ministry of the LLUSM pediatrics department and SACHS-Norton Clinic in the summer of 2010.

"There were 65 kids in attendance last year," she says. "The schools have asked us to enlarge it for 2011. Last summer, we conducted three programs, each a week in length. This year, they want us to do five."

PERSONAL MILESTONES

Longtime staff member retires from Loma Linda Faculty Endodontic Practice

Contributed report

Trained as a social worker, Beth Bernotas, MSW, brought a unique set of skills to her job interview with Leif Bakland, DDS, MS, 32 years ago. She was working as secretary for the endodontic academic department at the time.

The faculty endodontic clinic was opening its doors with Drs. Bakland, Donald Peters, DDS, MS, and Arthur Spent, DDS, MS, on the staff.

Becoming an immediate hire, she would combine her people skills and administrative know-how as office manager for the next three decades.

Reviewing her years at LLU School of Dentistry, Ms. Bernotas admits that when she arrived in Loma Linda, a new graduate from Union College, Lincoln, Nebraska, she had no idea she would end up employed at the School of Dentistry for her entire working life. Robert Handysides, DDS, MS, current director of the practice, says, "We'll miss her. She's the best thing that has happened since sliced bread."

One contribution to her distinctive performance came with Ms. Bernotas' initial resolve. "I decided," she says, "that I wanted to make this office the best endodontics office. I wanted patients to be treated as though they were very special individuals. I would try to be a positive influence to my coworkers and patients. My goal: I wanted them to see God in this office."

Her people skills flourished. Patients became Ms. Bernotas' personal friends. She was going out to eat with them. She became involved with their children—and grandchildren. She was a guest at their wedding showers and weddings.

She sums it up: "I made this job more than clocking in and out."

Ms. Bernotas had the opportunity to work with many endodontists and employees during her tenure as the office manager. Her broad interests that enhanced her interaction with patients and co-workers varied.

Her love for children shines in many ways. She sponsors a child, David, in India. She and her husband are godparents to five children. She has given "coupons" to people at church for babysitting—and received responses from many grateful parents.

Maintaining the skills she developed in college, Ms. Bernotas has volunteered in juvenile hall and drug abuse facilities.

Participating on many mission trips, Ms. Bernotas cites one junket to Borneo with a

church group during which she helped build a church. In Kenya, she and her husband were the cooks for a group building a house for a local pastor. Accommodating to the local scene, the Bernotas couple managed without electricity or running water, cooking over an open fire. Challenging? "Yes," she says, "but fun."

On a singularly rewarding trip to Malamulo Hospital in Malawi, Ms. Bernotas took on a two-week receptionist job at the missionary doctor's office when his receptionist fell ill.

The highlight of that trip was meeting for the first time her pen pal, Flora, daughter of Pastor Samuel. The two girls had been pen pals since they were 8 years old. Later Ms. Bernotas made sure to fly to Southwestern Adventist University in Texas when Flora's daughters, sponsored by a mission-oriented Texan, were graduating from that school. There the two friends had a happy reunion.

It's no surprise that Ms. Bernotas admits she likes adventure. At retirement she was ticking off the Bernotas travel itinerary: Smoky Mountains, Tennessee, in August; an alumni meeting at Minnesota's Maplewood Academy in October; and the Marine Ball in San Francisco in November. At the latter event, they were to be guests of Ms. Bernotas' brother-in-law.

She would be returning, of course, to lead the women's Bible study group Wednesday evenings at her Azure Hills, Grand Terrace church; and she's likely to be playing her clarinet again in the Valley College band, where non-students are admitted.

Whether cooking for a team of workers, managing a clinic, or serving as spiritual advisor, the petite, unassuming Ms. Bernotas is likely to surprise and encourage you, as she did so many patients and co-workers at the LLU School of Dentistry.



Beth Bernotas, MSW

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 September to December 2010:

Type of crime	Number of crimes	Place of crimes
Vehicle burglary	11	Lot L; Drayson Center (4); East Campus (2); Medical Center (2); Support Services Center; Heart & Surgical Hospital
Grand theft auto	3	Lot S; Professional Plaza; Daniells; Lot L
Grand theft	11	Medical Center (3); Coleman Pavilion; Risley Hall; Alumni Center; Children's Center; Caroline Street; Del Webb Library; University Church; Faculty Medical Offices
Burglary	7	Loma Linda Market; Burden Hall; Faculty Medical Offices (3); Medical Center (2)
Assault	6	Medical Center (3); Behavioral Medicine Center (2); East Campus
Trespassing	3	Behavioral Medicine Center; East Campus (2)
Threats	2	Medical Center; East Campus
Drunk in public	2	Medical Center; Lot C

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.

ALUMNI POSTGRADUATE CONVENTION

Letter from the School of Medicine alumni association president

By Roger Seheult, MD, SM'00

I want to personally invite you to join us this year for Alumni Postgraduate Convention of 2011. This will be our second year in our new home: the four-story Centennial Complex—the largest (150,000 square feet), state-of-the-art educational facility at Loma Linda University.

The ample size and comfortable conference rooms, along with the technical exhibits and scientific posters, were a perfect fit for our program last year and will serve us well this year for what we have in store.

I invite you to join us on the web at <<http://www.llusmaa.org/>> for a complete

rundown of events at APC this year. Here are a few highlights:

Dr. Steffes will kick off the scientific session on Friday morning with “Surgical Practice in the Developing World: What the Future Holds.” The lectures will give pithy updates in the various fields of medicine.

Caldwell B. Esselstyn, MD, author of the best-selling book *Prevent and Reverse Heart Disease*, will be the featured speaker for the Walter E. Macpherson Memorial Lectureship on Sunday morning.

His book has recently convinced former U.S. president Bill Clinton to become a vegan.

FIGHTING OBESITY

Body Works program aims to help families fight disease and obesity

By James Ponder

If Marti Baum, MD, had her way, every parent of a young person between the ages of 8 and 15 would become actively engaged in helping children and teens win the battle against obesity and other preventable diseases.

Unfortunately, she finds the opposite is often true. As co-chair of the School Nurse/Physician Collaborative in San Bernardino County the last five years, Dr. Baum is convinced society is sending the wrong messages to young people when it comes to food, nutrition, and exercise.

“There’s a lot to be done,” she says. “Kids used to complain about being overweight, but now it’s become the norm. Their mindsets are being adjusted. Meanwhile, there’s an obesity epidemic among teens, and adults aren’t helping. They were selling deep-fried Twinkies at the Orange County Fair last summer!”

To help reverse the tide, Dr. Baum and two of her colleagues conducted a Body Works “Train-the-Trainer” instruction program at the October 20, 2010, meeting of the San

Bernardino County School Nurse/Physician Collaborative. The session prepared attendees to teach parents to use the Body Works program to improve their family’s health outcomes.

Please turn to page 11



Marti Baum, MD



During a break in the “Train-the-Trainer” session, recently convened to help school nurses and physicians tutor families about the health benefits of the Body Works program, Michele Beckman, RN (right), a nurse with the San Bernardino City Unified School District, offers a health smoothie to Bharati Ghosh, MD, a pediatrician at Montclair Hospital Medical Center in Montclair. The Body Works program aims to increase cooperation between school nurses, physicians, and parents in the war against obesity in children and teens.

Multiple specialty lecture series are also available on Sunday, such as ophthalmology, orthopedic surgery, otolaryngology, and plastic surgery, as well as the nutritional symposium on Monday.

Student authors from the book *Morning Rounds* will grace us each morning of the Alumni Postgraduate Convention with selected readings.

The Friday night vespers will be a worshipful meditation of music and spoken word brought to us by Cal Baptist University and Pastor Saul Barcelo.

The Saturday night program will feature the exciting duo of Steve Green and Larnelle Harris at the University Church and the APC weekend will be rounded off with the ever-anticipated banquet at the DoubleTree Hotel in Ontario.

APC

79th Annual Postgraduate Convention

March 4 - 7, 2011

FOR MORE INFORMATION: (909) 558-4633 • WWW.LLUSMAA.ORG
AACONVENTION@AASMLLU.NET

Alumni Association
School of Medicine
Loma Linda University



The Centennial Complex

SCIENTIFIC PROGRAM

The Future is Now: Medicine in the 21st Century




Featured Speaker
CALDWELL B. ESSELSTYN, JR., MD
Cleveland Clinic Wellness Institute
8:00 - 10:00 am, March 6

FRIDAY EVENING VESPERS



Cal Baptist University Men's Chorus & Orchestra
PASTOR SAUL BARCELO
SCHOOL OF MEDICINE STUDENTS
7:00 pm, March 4
LL University Church

SATURDAY NIGHT PROGRAM



“Teach Me To Love” Concert
FEATURING A MASS CHOIR
7:30 pm, March 5
LL University Church

APC BANQUET



Honoring the Classes of 1961, 1986, & 2011
7:00 pm, March 7
Ontario Doubletree Hotel



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