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OUTREACH TO CHILDREN

Camp Good Grief offers bereaved kids and teens a chance to heal

By James Ponder

An enthusiastic group of 34 children and teens between the ages of 10 and 16 gathers on a large playing field at a youth camp in the San Bernardino Mountains the morning of Saturday, November 6, 2010. They hardly notice a procession of menacing clouds marching across the sky.

As participants in Camp Good Grief—an outreach ministry of Loma Linda University Children’s Hospital—the campers have endured harsher storms in their lives: each of the young people running around the field this morning has lost a parent or sibling to a tragic accident, illness, or disease.

Given the circumstances that bring them together, it might seem logical to expect a morose atmosphere, but that’s not the case. Instead, kids are playing games and engaging in team-building exercises directed by Loren “Big Red” Werner, a group facilitator from Lodestone Adventures, and members of his staff.

Child life specialists from LLU Children’s Hospital, students and therapists from the marriage and family therapy program at Loma Linda University, and counselors from Catholic Charities of San Bernardino and Riverside Counties also mingle with the kids and take part in the program.

The unique camp kicked off when students from numerous Inland Empire schools arrived at Camp Cedar Falls, a Seventh-day Adventist retreat center near Angelus Oaks, California.

At registration, campers were assigned a counselor, given a schedule, and introduced to their cabin mates. An evening meeting outlined goals for the weekend and established the ground rules for the next three days. Following that, the kids broke into groups for the first two grief counseling sessions of the weekend.

After breakfast this morning, Dorothy Clark Brooks, the LLUCH child life specialist who serves as coordinator for Camp Good Grief, says it’s time for the third session and announces the locations.

James C. Billings, PhD, the leader of a grief session for boys, tells the young men in his group that “holidays can be one of the most difficult times of the year.” The marriage and family therapist from Loma Linda University and Catholic Charities asks participants how they can help themselves and members of their family cope with the absence of a loved one during the holiday seasons. Several hands go up at once.

“You can give a gift in her honor,” says a boy who lost his mother last year.

“You can talk about favorite memo-

ries of that person,” suggests another.

“Or how about making a special Christmas ornament or stocking for them?” a third boy proposes. Dr. Billings says all three ideas are great ways to keep the memory of the lost loved one alive.

The group transitions to ideas for remembering lost family members at specific holidays including Thanksgiving, Independence Day, Martin Luther King’s birthday, Memorial Day, Mother’s Day, Father’s Day, Halloween, and the Day of the Dead, an important holiday in Latin culture. Each idea is written on a large poster board.

“Let’s talk about firsts,” Dr. Billings says. “Firsts—the first time you do something you used to do with the family member who died—can trigger pent-up emotions. All of a sudden, you find yourself facing lots of unexpected emotion. Over time, firsts can be the source of pleasant memories, but initially, they can be very difficult. How have you handled some of the firsts?”

One boy says he and his family went to Disneyland the first anniversary of his brother’s death. “We wanted to do something to take our minds off of our loss,” he remembers.

“We just stayed home,” another boy shares. “It was very sad!”

As the session progresses, Dr. Billings



Campers and counselors from Camp Good Grief form a circle under the tall trees to commemorate their participation in the three-day event. In the photo, counselors wear blue T-shirts and campers wear white.

talks about ways to handle the guilt, anger, and fear that accompany loss. “We try to hide them behind a mask,” he observes. “It’s OK to show them and OK to hide them when we need to. But we have to have ways of releasing them that are healthy and positive.”

He then invites the group outside for a very graphic demonstration. Dr. Billings points to an open bottle of Coca-Cola on a tarp. “This is what happens when we repress emotions too long,” he says. “We may do OK for a while, but sooner or later something happens to trigger an outburst.” He gives each participant a handful of grief beads and asks them to think about the causes of their grief. He

then instructs each boy to drop the beads into the bottle. “These grief beads represent emotions that we don’t deal with appropriately,” he observes. “They get stuffed down inside us just waiting for a trigger to cause them to explode.”

To illustrate the effects of an emotional trigger, he drops a handful of Mentos candies into the bottle. They cause an immediate and violent chemical reaction that shoots a pressurized barrage of Coke 15 or 20 feet into the air.

“Everyone of you has a limit,” he continues. “If you don’t find ways to express negative emotions, they will blow up, and often spill all over those that are close to you, such as family members and friends.” At that, he leads the group back inside to create a list of acceptable and unacceptable ways of dealing with emotional pain.

On the “unacceptable” side of the page, the group lists maladaptive behaviors such as hitting others, breaking things, fighting, verbal abuse, taking it out on others, and self-harm. Fortunately, the “acceptable” column contains an even larger list of pro-active responses: punching a pillow, walking away and cooling down, going somewhere quiet,

Please turn to page 2



Half an hour before the skies turned dark and stormy, a camper expresses himself during a team-building exercise at Camp Good Grief (photo by camper Kurtis Montanez).



A counselor at Camp Good Grief removes a splinter from the hand of one of the campers.

RESEARCH

Study takes ischemic pre-conditioning to new heights

By James Ponder

Warren H. Johns is breathing hard this crisp September morning. The Loma Linda University special collections librarian—who holds a PhD in systematic theology and a master's degree in library science—is on the home stretch of a 7.5-mile, mostly uphill, high-altitude run to the top of White Mountain near Bishop, California.

Dr. Johns started out, two hours ago, at an elevation of 11,680 feet. He should arrive, in another 25 minutes or so, at the 14,252-foot summit of this, the third highest peak in California. After that, he'll undergo a series of tests from a team of volunteer physicians and medical students to measure several of the physiologic effects of exertion at high altitude. The same group conducted a cardiac ultrasound on Dr. Johns and took his vital signs at the University of California's Barcroft research station, down at 12,470 feet.

At 65 years of age, Dr. Johns embodies the Loma Linda Blue Zone lifestyle and looks decades younger than he is. Despite the fact that he's been running competitively for the last 30 years, today's run is no walk in the park. Besides the challenge of running uphill, other hazards abound: thin air can induce mountain sickness; sharp stones threaten falls and injuries; and fatigue is a constant danger. No matter that he was driven some 250 miles through the night to get here this morning, Dr. Johns must stay focused if he wants to finish the course.

As one of 14 runners recruited by cardiology and pulmonary researchers from Veteran's Administration Loma Linda Healthcare System (VALLHCS)—an affiliate of Loma Linda University School of Medicine (LLUSM)—Dr. Johns is trying to better his time from last month when he first ran up the mountain. Today, he brought extra drinking water and intentionally started out slower. He hopes the two adjustments will shorten his time.

The tests he will undergo at the summit—as well as those he endured earlier at Barcroft station—will help researchers understand the effects, if any, of an unusual procedure called ischemic conditioning of the extremity (ICE) on high-altitude performance. The study Dr. Johns is participating in—titled “The Effects of Ischemic Pre-Conditioning on Pulmonary Vasoreactivity and Exercise Performance”—seeks to determine the extent to which ICE produces a systemic, or whole-body, effect on humans.

Defined as an experimental technique that protects many types of body tissues from the detrimental effects of low oxygen, ICE seems to defy logic. The procedure is performed by repetitively occluding blood flow to an extremity over the course of a 40-minute procedure.

While scientists know that ICE has protective effects, they would like to understand more about the underlying mechanism. By analyzing data gathered from this and other experiments, they hope to quantify ICE's influence on exercise performance, acute mountain sickness, cognitive function, molecular responses, and pulmonary artery pressures. Despite intriguing results from animal studies over the last decade,

this is the first extensive test of the procedure on humans at high altitude.

James Anholm, MD, chief of pulmonary and critical care medicine at VALLHCS and associate professor at LLUSM, and Gary Foster, MD, staff cardiologist and director of cardiac imaging at VALLHCS and associate professor at LLUSM, work together as co-investigators on the study.

“Formally, I'm the principal investigator,” Dr. Foster laughs. “That's because the authorities want to have someone to blame if something goes wrong.” Even so, he and Dr. Anholm are cautiously optimistic that ICE may provide significant benefits not only to high-altitude athletes, but also to the many patients suffering from the effects of pulmonary hypertension, or elevated blood pressure in the lungs.

If so, the study could have wide-ranging implications for both basic science and also translational research—that area of science where knowledge gained in the laboratory and, in this case, the mountains—is applied directly to patient care in a clinical setting. As responsible researchers, both investigators are cautious about asserting overly optimistic outcomes; yet they're excited about the possibility that findings of the study may one day contribute to improved treatment modalities for this, and perhaps other, deadly conditions.

They are not, of course, the only members of the study team. Besides themselves and the 14 runners, the study was supported by: Paresh Giri, MD, a pulmonary fellow at Loma Linda University Medical Center (LLUMC) and at VALLHCS; Laura Carnahan, RN, RCP, a pulmonary research nurse at VALLHCS; Michael Terry, RCP, RRT, manager of the pulmonary function laboratory at LLUMC; Bertha Jadowicz, RDCS, cardiac sonographer from VALLHCS; medical students from the summer research project of the Center for Health Disparities and Molecular Medicine at LLUSM; several high school students; family members; and assorted helpers and friends.

Medical students who participated in various aspects of the study included second-year students Douglas Rogers, Brenden Matus, and Mousa Saleh, third-year student Laura Foster, and fourth-year student Christina Tan.

Laura Carnahan says the medical students gained lots of practical experience during the five months of the study. “They were learning how to draw blood,” she reports, “doing echocardiograms, and looking at the vessels and the heart chambers. They were looking at pressures and taking measurements 90 minutes after the race, too. Back at the VA hospital, they were also collecting data on patients with heart catheters in place.”

Dr. Anholm admits that the basic premise of ICE sounds a bit far-fetched. “It does seem preposterous,” he notes. “Initially, I thought, ‘This is crazy; this can't work.’ However, you look at the data that's been collected and it's pretty impressive. Then you look at our data, and it's pretty impressive, too.”

The two categories of data he refers to are the



Moments before breaking into a fast trot for the final 100 yards of a 7.5-mile course he ran twice in the summer of 2010, Warren H. Johns, PhD, a special collections librarian at Loma Linda University, catches his breath. Dr. Johns was participating in a study on the effects of high altitudes on human performance.

Camp Good Grief offers bereaved kids and teens a chance to heal ...



Participants in the November 2010 session of Camp Good Grief work together to avoid falling off a small base on the ground (photo by camper Kurtis Montanez).

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talking to someone about your feelings, writing what you think and feel in a letter, participating in sports or physical activity, playing music, breathing, drawing, pursuing a hobby, talking to God, and crying.

“What do you think, guys?” Dr. Billings asks. “Is it OK to cry when you're feeling upset?” Several campers respond at once in the affirmative.

“That's right!” he affirms. “It's OK to cry and it's OK not to cry if you don't feel like it.”

According to Dorothy Clark Brooks, Camp Good Grief began in 1996. “Since then, we've skipped one year,” she notes, “but we had two sessions another year, so we've averaged one a year since then.” She also says another edition of Camp Good Grief—called the Special Victims Program, or SVP—has been held every spring since 2005 for kids who have lost a family

member due to murder or suicide.

Before this session comes to an end, the kids will build Mad Bags—a punching bag made of paper grocery bags stuffed tightly with newspapers and wrapped in duct tape, go for a hike in the hills, participate in a ropes course designed to teach trust and accountability, take part in more grief sessions, and plant a Memory Tree to honor the loved ones who were so tragically taken from them.

The Memory Tree ceremony is particularly poignant. “In the final grief session,” Ms. Brooks explains, “each camper writes a letter to the parent or sibling they lost. We tell them to write what they wish they could have had a chance to say before their loved one died.

“Some of them,” she concludes, “choose to plant it among the roots of the tree. It's a very touching moment.”

STUDENT RESEARCH

Nutrition students granted Nestlé Foundation research funds

Contributed report

The department of nutrition at the School of Public Health is pleased to announce that two grants have recently been awarded to students from the department. The Nestlé

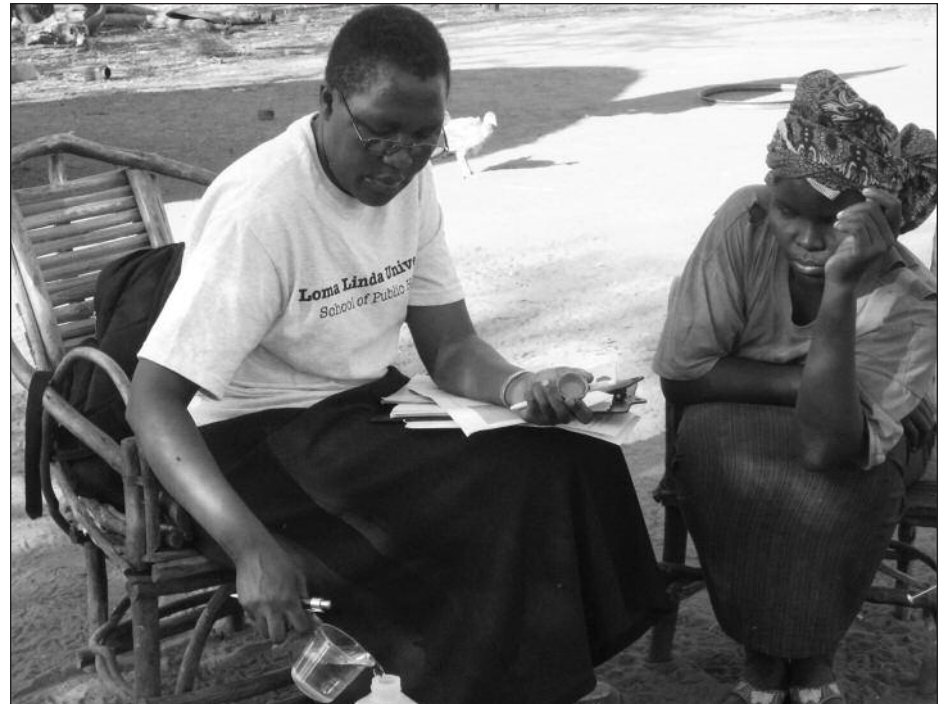


Kate Reinsma, MS

Foundation, in Bern, Switzerland, has chosen Kate Reinsma, a current doctoral candidate, and Hellen Ndiku, a recent doctoral graduate, for research grants.

Ms. Reinsma will be testing the efficacy of an audio program and discussion guide in promoting exclusive breastfeeding in Cameroon, Africa. According to the World Health Organization, children who are not exclusively breastfed for the first six months of life are at greater risk of childhood morbidity and mortality.

In the northwest region of Cameroon, most women initiate breastfeeding but do not continue through the recommended six months. Ms. Reinsma will test whether the audio drama and discussion guide increase the duration of exclusive breastfeeding among women in the region. She expects that these materials will be useful long-term for radio broadcast and for use by health care workers.



Hellen Ndiku, DrPH (left), does field research in Africa.

Hellen Ndiku, a native of Kenya, Africa, has been funded to pilot test an intervention in rural Kenyan villages with the native grain pearl millet. In conducting her doctoral research, Dr.

Ndiku found that children under 5 years who ate pearl millet had a 15 percent higher mean energy intake and greater intake of most key
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forementioned animal studies conducted at a variety of labs around the world, and an earlier study the team conducted last year using bicyclists, both at low altitudes and with high-altitude simulation.

Although the study was supposed to be a blinded test, it's pretty hard to conceal the fact that a blood pressure cuff around a runner's or cyclist's leg is suddenly being inflated to the point where blood flow to the extremity is curtailed.

"The placebo is partly a sham you try to set up," observes Laura Carnahan. "In some studies, you can hide or blind it, but you can't blind this treatment because they can feel the blood pressure cuff being pumped up. We pumped it up for both runs, but didn't pump it as fully for the placebo run. We tested one time without the treatment and one time with it."

What isn't so obvious is the reason why the act of conditioning the athlete by five daily repetitions of the ICE procedure—the last typically being administered four to six hours before the run—results in a systemic effect. When asked to explain why it happens, Dr. Foster would

only speculate based on prior animal studies. He did indicate, however, that the beneficial period occurs in two distinct waves.

"The first effect peaks at 90 minutes," he reveals, "and lasts about three hours. Then it recurs at around 24 hours and lasts until 72 hours."

As Dr. Johns rounds the bend for the last hundred yards of his journey, a group of enthusiastic supporters cheers him on. Some people have trouble even walking at 14,000 feet, but Dr. Johns breaks into a fast trot. When he finally crosses the finish line at 2 hours and 22 minutes, the crowd lets out a yell.

Dr. Johns is elated for three reasons. First, despite innumerable odds, he completed the arduous run. Second, he bested his previous time by several minutes. Third, he managed to beat most of the younger runners in the group. Not all, however: Matt Underwood, an emergency room physician at Riverside Community Medical Center and 1992 graduate of LLUSM, made the run in an amazing hour and a half.

"Once you make it to the top," Dr. Johns reports, "there's a great feeling of accomplish-

ment and a little bit of euphoria. You feel that way for about seven minutes."

Too bad the feeling didn't last longer. "After that," he continues, "I was dehydrated; I was losing body salt in my sweat, and I started chilling and I got the shakes. What helped me was just plain hot water. Two cups. They put blankets around me, and in 45 minutes, my chilling was gone."

Fast forward to November 10, 2010, and members of the joint research team are gathering in a fourth-floor conference room at VALLHCS. It's 7:00 p.m. and people are talking excitedly in small groups.

Drs. Anholm and Foster are there along with Dr. Giri, Michael Terry, and Laura Carnahan. There are no less than 52 people in the room and to a one, they all seem to be having a wonderful time. Warren Johns has a grin half the size of White Mountain as he talks with other runners about their alpine ordeal.

As the group enjoys a potluck supper of haystacks, salads and cookies, Dr. Foster steps to the front of the room and talks about the study. He begins by explaining how the previous year's research—which tested the effects of prophylactic ICE at a simulated altitude of 13,000 feet—laid the groundwork for the 2010 study.

He tells the group that after the data from the 2009 project was analyzed, two primary questions came into focus: can ICE prevent or minimize high-altitude sickness related to increased pulmonary blood pressure, and can it improve human exercise performance?

For the next 45 minutes, Drs. Foster and Giri present an overview of how the 2010 study was designed to answer those questions. They talk about testing methods, share personal experiences, outline the goals and objectives of the study, thank everyone who participated in it, and confidentially discuss the study's remarkable preliminary findings.

Then they call Laura Carnahan forward to hand out a number of awards for people who

put forth an exemplary amount of effort to make the ambitious project a reality.

When she comes to Warren Johns' award, she observes that he could have been cited for being the oldest participant by far but instead chooses to give him the Energizer Bunny award. He, of course, is delighted.

When the meeting ends, Dr. Anholm reflects on the fact that the findings cannot be released until all of the numbers have been crunched and the study has been published in a peer-reviewed medical journal.

"The preliminary results," he says, "are very encouraging." In typical research talk, he underscores the fact that "further evaluation is still needed for all of the data," before concluding on a note of guarded optimism. "In the end," he shares, "we will have significant new insights to report. As always, we now have more focused questions to address in next year's research effort."

For his part, Dr. Johns takes a thoughtful moment or two before responding to a question Michael Terry just raised.

"Would I do it again? That's a good question," he notes. "If I knew there was the prospect to push the research to a whole new frontier, yes. I would want to be assured that it would help. But it is an experiment. There is a little risk in doing this."

Moments later, Dr. Johns tells Mr. Terry about the herd of deer he saw on the mountain, expresses regrets that he missed the big golden eagle other members of the expedition saw, talks passionately about how much he loves running, says he wishes he'd taken more time to enjoy the breathtaking scenery on top of the mountain and

It isn't hard to imagine he'll be putting on his running shoes next summer.

People wishing to contribute to these ongoing research efforts are invited to contact Gary Foster, MD, by e-mail at <gary.foster2@va.gov or gpfoster@llu.edu>.



James Anholm, MD



Gary Foster, MD

CSI LOMA LINDA

The study of forensic bite marks

By Doug Hackleman

Crime Scene Investigation (CSI) is not what most people think of when they consider a career in dentistry. But Gerald Reynolds, DDS, assisted such investigations many times during his 41 years of clinical dentistry in Northern California—the last 19 in associateships from South Lake Tahoe to Rancho Cordova and Marysville, California.

The son of missionary parents, Dr. Reynolds arrived at his profession a little late. Graduating from La Sierra College with a degree in biology and a minor in chemistry, he spent three years earning a master's degree in pharmacology at Howard University (1962) while simultaneously employed teaching science at Takoma Academy in nearby Takoma Park, Maryland.

Dr. Reynolds then spent nearly three years working in the area of inhalation toxicology for a private research laboratory in Falls Church, Virginia. While there he decided if he was going to do something with his life he would need to get a doctorate in pharmacology or take medicine or dentistry. He was accepted by the two dental schools to which he had applied: Howard University and LLU.

Having lived for a time as a child with his parents in Santa Rosa, Dr. Reynolds was attracted to Northern California, and after dental school, in 1969, he set up his private practice in Yuba City. In 1979, he could boast of having the first computer dental patient record management system among the dentists of the Butte-Sierra District Dental Society, and to being that society's first peer review committee chair.

Dr. Reynolds' interest in forensic science initially was piqued while he was attending La Sierra College. His older brother, Glenn, a medical student at LLU, persuaded him to sit in on a forensic medicine lecture by Dr. Thomas

Noguchi, later appointed chief medical examiner-coroner for LA County, and later still a personal friend.

Like everyone else in the summer of 1971, Dr. Reynolds was scandalized to learn of the murder of 25 migrant workers by Juan Corona, discovered in shallow graves around a peach orchard near Yuba City.

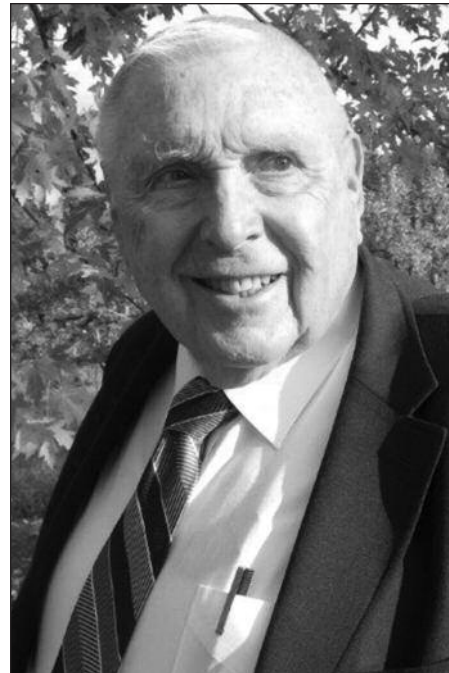
So he took the opportunity in 1972, as a lieutenant in the dental corps, US Naval Reserve-Ready, to attend the Armed Forces Institute of Pathology's course in forensic dentistry, during which he was persuaded by instructors Drs. Paul Stimpson, Curtis Mertz and, particularly, Lester Luntz, to join the American Academy of Forensic Sciences.

In September 1978, Pacific Southwest Airlines flight 182, with 135 passengers aboard, collided with a light plane over San Diego. Dr. Reynolds rushed to San Diego to help with the effort to identify the badly mangled and burned bodies, in particular that of a stewardess.

Although the recovered portion of her jaw had no teeth, Dr. Reynolds, together with county dental deputy coroner Dr. Robert Siegel, was able to match antemortem radiographic images from her dentist of record with the postmortem analysis, and provided some closure to her grieving relatives.

A particularly gruesome case in which Dr. Reynolds' work was pivotal involved a man who murdered his next-door neighbor, biting off one of the woman's breasts during the attack.

Dr. Reynolds was called to the morgue to take impressions. Then the manacled suspect was brought to his operatory, along with his public defender, the district attorney, the prosecuting attorney, the court reporter, and four armed sheriff's deputies—all crowded into Dr. Reynolds' office to watch polyvinyl siloxane



Gerald Reynolds, DDS

impression material used to record both the mandibular and maxillary dentitional status of the suspect.

At the preliminary hearing, the comparison between the suspect's dentition and the edges of the traumatized breast injury were so consistent that the public defender advised his client to plea bargain, to spare himself conviction under California's Special Circumstance law mandating the death penalty.

Not long before the PSA crash, Dr. Reynolds was pondering the inability of local law enforcement agencies to communicate across county lines. He contacted Assemblyman Gene Chappie, his representative in Sacramento, to propose a mechanism for data sharing of missing person records among California's 58 counties—the kind of mechanism that would facilitate, for instance, the comparison of antemortem and postmortem x-rays.

An elaboration of this concept was signed into law (Assembly Bill No. 81) in 1978 by then-Governor Jerry Brown, and later revised and expanded with the advancement of computer

software originally adapted for forensic dentistry by Dr. Norman Sperber, a prime mover in what became the National Criminal Information Center.

In the effort to provide bite mark evidence that conforms to the current rules of Expert Testimony under Daubert Rules of Admissibility, Dr. Reynolds has developed a bite analyzer. Casts of a suspect's dental models are mounted in an articulator. Air pressure is used to cause the model of the suspect's dentition to bite into fetal pig tissue, and the result is compared with models of the victim's bite wounds.

In 1983, Dr. Reynolds was elected president of the American Society of Forensic Odontology. Much more recently his peers have recognized his contributions to the field.

At the turn of the millennium (2000), the American Society of Forensic Odontology established the Gerald Reynolds Humanitarian Service Award in recognition of his lifelong dedication to humanitarian, philanthropic, and community service—especially his work, in 1993 and 1994, to establish, under the Seventh-day Adventist Church's Global Mission, the first dental clinic in the Republic of Djibouti.

Five years later—in 2005, having served the society for more than 30 years—he was named its first member emeritus "For his valuable contributions to forensic odontology and especially for his contributions" (including research grants and fundraising) to the American Society of Forensic Odontology.

And this year Dr. Reynolds was presented the American Academy of Forensic Sciences, Odontology Section Lester Luntz Award, in recognition of his services to the field of odontology.

The actively retired dental sleuth speaks warmly of his forensic odontology friends and colleagues—Greg Golden, Gerald Vale, and Skip Sperber—as he enjoys his 10.2-acre mound in Penn Valley, with its view out across the Yuba River to Beale Air Force base and beyond.

ALUMNI EXCELLENCE

Public health alumna appointed to air pollution agency

By Heather Reifsnnyder

Patricia Robinson Byrd, a 1979 MPH graduate from Loma Linda University School of Public Health, has been appointed to the Hearing Board of the South Coast Air Quality Management District—the air pollution control agency for a large area of Southern California that is the smoggiest region of the United States.

The hearing board receives requests from companies who have violated or are requesting permission to violate the rules of the California Health and Safety Code and rules of the Air Quality Management District.

The board helps bring organizations that have committed violations into compliance and provides special permission for working outside regulations under conditions permissible by law.

"My guiding perspective in making decisions for or against these requests is their impact on human health and what the law allows," Ms. Byrd says. "I sometimes have to make unpop-

ular decisions with these ideas in mind."

Ms. Byrd chose to earn her MPH in the field of environmental health because it was a way for her to combine her love of science and the earth with her concern for its impact on people.

She began her career as a field health inspector for the County of San Bernardino in California and has since held positions as an environmental health specialist for both San Bernardino and Riverside counties.

She has also served as an adjunct college instructor, an environmental consultant and programs director, and member of several committees and advisory groups.

In 2009, Ms. Byrd was named Woman of Distinction by California Assemblyman Bill Emmerson.

She has also received the Riverside African American Historical Society's Unsung Heroes Award.

HARVARD MACY SCHOLARS

Faculty from allied health and medicine honored as Harvard Macy Scholars

Contributed report

Bertha Escobar-Poni, MD, of the School of Medicine and Gail Rice, EdD, of the School of Allied Health Professions were honored to be Harvard Macy Scholars for 2010.

The program for health care educators is offered by Harvard University School of Medicine and directed by Elizabeth Armstrong and Robert Kegan. A select group of 55 participants from medical schools around the nation and the world met at the Harvard campus for 11 days in January and six days in May to study five major themes: learning and teaching, educational technology, curriculum, evaluation, and leadership.

The program is an intensive learning experience, with full days and a brisk pace. Learning formats include whole-group presentations, problem-based learning, observations, reflective use of journals, simulation teaching, and case-based teaching. Participants are able to observe master model teachers and to contribute to development of individual and small group

projects for curriculum innovation and leadership for change.

Dr. Escobar-Poni's project focused on developing leadership and professional growth in medical students, and it incorporated the annual memorial service for cadavers.

Dr. Rice's project includes the publication of a manuscript titled *Right-Side-Up Learning*. The book discusses the full implementation of all phases of the ideal learning cycle, and it emphasizes the importance of adequate preparation for learning, as well as appropriate closure of the learning experience.

More than 30 examples of sets and closures are included. The book is designed for higher education faculty, with examples from the health education and medical education classroom.

Dr. Rice also presented her project at the annual meeting of the Association of American Medical Colleges, held November 5–10 in Washington, D.C.

AIDS PRESENTATION

Medicine professor discusses AIDS with community group

Contributed report

To celebrate World AIDS Day 2010 and help spread awareness of this devastating disease, several community groups organized a discussion featuring speakers from across the Inland Empire.

Harvey Elder, MD, professor of medicine, School of Medicine, Loma Linda University, was one of the featured speakers.

Titled "Straight Talk About HIV/AIDS," the discussion served as a kick-off for HIV/AIDS ministerial outreach in the Inland Empire.

During the event, held at the St. Paul African Episcopal Methodist Church in San Bernardino on November 27, 2010,

concerned citizens and community leaders joined hands to launch the regional HIV/AIDS outreach ministry to help reduce the alarming and growing numbers of HIV/AIDS cases in the community.

"As we, the faith-based organizations and all churches, work together to become a part of the solution to eradicate the growing numbers of HIV/AIDS cases in our community," says Martin Ekoumou, MD, MPH, founder of Don't Lose Hope, a nonprofit organization and personal health ministry of Seventh-day Adventists, "we should all remember the rewards that are promised in Isaiah 58:10: 'and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.'"



(From left) Martin Ekoumou, MD, MPH, founder of Don't Lose Hope; Larry E. Campbell, senior pastor, St. Paul African Episcopal Methodist Church, San Bernardino; and Harvey Elder, MD, professor of medicine, School of Medicine, Loma Linda University, celebrate World AIDS Day 2010 with a community discussion in San Bernardino.

CONVERSATIONS WITH AUTHORS

'Conversations with authors' continues with December program

Contributed report

Robert Orr, MD, clinical co-director of the Center for Christian Bioethics, was the featured speaker for the December 4, 2010, "Conversations with authors" program.

The program, titled "Medical ethics and the faith factor: a handbook for clergy and health care professionals," took place from 2:30 p.m. to 3:30 p.m. in the Centennial Complex, room 3111. David Larson, PhD, professor of Christian ethics, School of Religion, served as moderator for the event.

The public was invited to this presentation and admission was free. "Conversations with authors" is sponsored by the School of Religion and the Center for Christian Bioethics.

The speaker, Robert Orr, MD, received his medical degree from McGill University, with his residency training in family medicine. Dr. Orr operated a family medicine private practice in Vermont for 18 years.

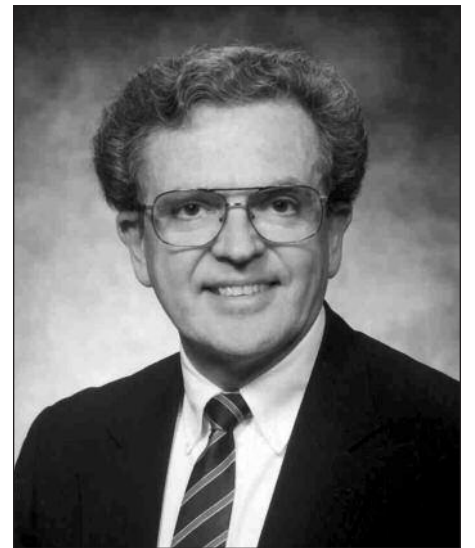
A growing interest and involvement in medical ethics led him to pursue a postdoctoral fellowship at the MacLean Center for Clinical Medical Ethics at the University of Chicago in 1989. From 1990 to 2000 he served as director of clinical ethics and professor of family medicine at Loma Linda University in Southern California and clinical co-director of the Center for Christian Bioethics at LLU.

From 2000 to 2006, he served as director of ethics at Fletcher Allen Health Care and the

University of Vermont College of Medicine in Burlington. In 2009 he returned to Loma Linda University to direct a two-year project training clinical ethics consultants.

He currently holds academic appointments at the University of Vermont, Loma Linda University, Trinity International University, and the Graduate College of Union University.

Dr. Orr has lectured regionally, nationally (30 states), and internationally (6 continents). He has also authored six books, 14 book chapters, more than 20 case commentaries, and more than 130 articles about ethical issues, end-of-life medical care, and the ethics consultation process. Wm. B. Eerdmans Co. published his most recent book, *Medical Ethics and the Faith Factor*, in 2009.



Robert Orr, MD

COMMUNITY PARTNERSHIPS

School of Public Health partners with United Way

Contributed report

The School of Public Health Peace Corps Fellows/USA Program and Arrowhead United Way have partnered to support community-based organizations in the low-income neighborhoods of San Bernardino. In exchange for a yearly stipend, three students will conduct community health educational workshops for the Arrowhead United Way Community Health Awareness Program.

The workshops will focus on the unmet health-related needs of low-income minority individuals and families, particularly low-income African-American and Latino populations. The expected outcomes of the Community Health Awareness Program are increased comprehension and implementation of healthy behaviors regarding nutrition and obesity.

The Peace Corps Fellows/USA Program in the School of Public Health at Loma Linda University is a graduate fellowship program that offers financial assistance to returned Peace Corps volunteers who wish to earn professional certification, master's, or doctoral degrees in public health. Returned volunteers complete internships in underserved U.S. communities, such as San Bernardino, where they gain valuable on-the-job training while helping meet local needs that would otherwise go unmet.

As interns, returned volunteers are able to fulfill the Peace Corps' third goal by sharing their knowledge of other countries and cultures with colleagues and community members.

Since the program's inception, six Peace Corps fellows have worked in these neighborhoods, as well as with the LLU Office of Public Health Practice, Center for Health Disparities and Molecular Medicine, Social Action Community Health Systems, and Community Academic Partners in Service.

"The formation of this partnership is very exciting and a win-win situation," says Kate Reinsma, MS, the Peace Corps coordinator in the School of Public Health.

"It gives our students who have had phenomenal cross-cultural experiences serving with the Peace Corps combined with the technical skills from a master's program in public health an opportunity to share and work in areas of public health need right here in San Bernardino," she says. "We hope by forming this unique partnership we can further assist the community-based organizations in the area."

For more information about the Peace Corps Fellows/USA Program in the School of Public Health please go to <www.llu.edu/public-health/peacecorps>.



Individuals from LLU and Arrowhead United Way are cooperating to benefit the community. Pictured at the United Way office are (back row from left) Kate Reinsma, MS, Peace Corps coordinator; Doug Rowand, Arrowhead United Way president; Gary Huang, MPH student; (front row from left) Shannon Beasley, MPH student; Mary Ann Nyc, MPH student, and Monique Rodriguez, Arrowhead community impact coordinator.

Recognizing the value of Peace Corps service, Loma Linda University School of Public Health welcomes returned Peace Corps volunteers into the Fellows/USA program.

To be eligible for admission, you must have successfully completed the 27-month Peace Corps service commitment, have a bachelor's

degree from an accredited college or university, have a grade point average of at least 3.0 on a 4.0 scale, submit GRE scores, and complete an application. For more information, please e-mail <sphpcinfo@llu.edu>.

To learn more about the Peace Corps, please visit the website <www.peacecorps.gov>.

RIBBON CUTTING

Loma Linda University opens Center for Dentistry and Orthodontics

By Doug Hackleman

Loma Linda University (LLU) School of Dentistry held ribbon-cutting ceremonies Wednesday, November 10, to mark the completion of the LLU Center for Dentistry and Orthodontics at 159 West Hospitality Lane, San Bernardino.

The three-story treatment, research, and teaching facility brings together the university's advanced education program in orthodontics and dentofacial orthopedics and the School of Dentistry's faculty practices, creating the most comprehensive oral health care center in the Inland Empire.

For about a year, the center's second and third floors have been home to the university's department of orthodontics and dentofacial orthopedics—including its research lab, graduate clinic, classrooms, and academic offices. But the center was not complete until last week, when the faculty dental and specialty practices moved from Taylor Street on the university's main campus to the center's newly renovated first floor.

With the arrival of these practitioners—40 of whom are teaching faculty in the university's School of Dentistry—the center is equipped to provide fully integrative oral health care, including general dentistry, periodontics, pediatric dentistry, orthodontics, prosthetic dentistry, endodontics, oral surgery, sleep apnea therapy, dental implants, head and neck pain management, and treatment for temporomandibular joint dysfunction (TMD).

"Our patients have the advantage of multiple dentists, specialists, and auxiliary health care providers working in a true team effort to achieve better treatment outcomes," says Joseph Caruso, DDS, MS, MPH, associate dean for strategic initiatives and faculty practices, who spearheaded the center's development. "The School of Dentistry's goal was to bring to this community a fully integrated practice where patients needing any dental treatment—from routine cleanings to complex surgeries—could find care that is specialized, coordinated, and convenient."

"Many group dental offices in Southern California are controlled by large corporations and end up losing focus on the key point—that the patient is most important," says Kevin Brown, DDS, a full-time clinician in the faculty dental practices. "I'm proud to work in an office where it's evident that patients come first and where dentists stand by the quality of their work."

"It is a pleasure to be affiliated with dentists, specialists, assistants, and support staff who embrace the university's concept of 'wholeness' in their approach to patient care," says Tina Malmberg, manager, faculty dental and specialty practices. "I'm delighted with the opportunities the new multi-specialty dental center offers our patients, our team, and our community."

The move to the center's 9,000-square-foot first floor represents an enormous relief to faculty practitioners who for years have worked in a 3,500-square-foot renovated house.

Unlike the older location, which was dated, cramped, and perpetually short on parking, the new facility offers more places to park, more room to move, upgraded technology, and updated décor.

The center is equipped throughout with closed-circuit TV monitoring—from patient waiting rooms to operatories and hallways—and has been wired throughout for state-of-the-art Internet connectivity.

Its custom-designed tele-dentistry mobile unit displays patient images in real time, allowing for consultation as needed with instructors at the School of Dentistry or elsewhere. And its video conferencing capabilities can include up to 35 participants joining from up to four locations, facilitating guest lectures and conferences with people anywhere in the world.

Judi Penman, chief executive officer of the San Bernardino Chamber of Commerce, presided over the 10:00 a.m. ribbon-cutting ceremony for three orthodontic department areas, each named in honor of a man who figures significantly in the department's history: the J. Milford Anholm Graduate Orthodontic Clinic, the Alden B. Chase Classrooms and Video Conferencing Center, and the Thomas J. Zwemer Conference Room.

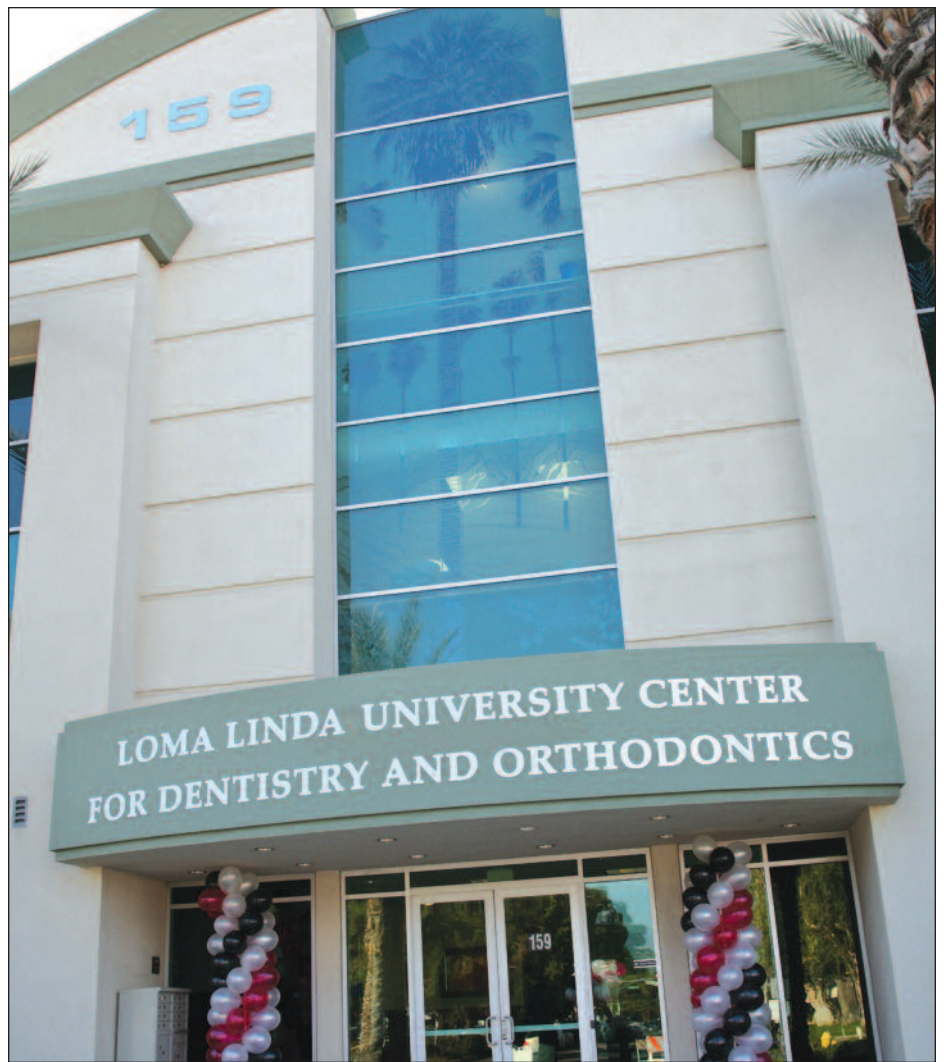
The faculty dental and specialty practices' ribbon-cutting took place at 12:00 noon, with Ms. Penman again presiding and Mayor Patrick J. Morris welcoming the center to the City of San Bernardino.

To learn more about the services of these uniquely qualified oral health care professionals, please visit their website at: <www.llucenterfordentistry.com>.

Call to make an appointment at (909) 558-4960. Make an online appointment at: <www.llucenterfordentistry.com/AppointmentRequest.aspx>.



Participating in the ribbon cutting for three department of orthodontics and dentofacial orthopedics areas—the J. Milford Anholm Graduate Orthodontic Clinic, the Alden B. Chase Classrooms and Video Conferencing Center, and the Thomas J. Zwemer Conference Room—are (from left): Leroy Leggitt, DDS, MS, PhD, director, advanced education program in orthodontics and dentofacial orthopedics; J. Milford Anholm, DDS, MS, professor, department of orthodontics and dentofacial orthopedics; Joseph Caruso, DDS, MS, MPH, associate dean, strategic initiatives and faculty practices; Bill Emmerson, DDS, MS, senator, 37th District of California; Charles J. Goodacre, DDS, MSD, dean, Loma Linda University School of Dentistry; Roland Neufeld, DDS, MS, assistant professor, department of orthodontics and dentofacial orthopedics.



Loma Linda University's new Center for Dentistry and Orthodontics is located at 159 West Hospitality Lane in San Bernardino.

TECHNOLOGY AND EDUCATION

Physical therapy students begin clinical simulations

Contributed report

Imagine the following scenario: a PT student in her first clinical rotation. Her first assignment is to work with a patient in the acute setting. She is supposed to help the patient sit at the edge of the bed and then stand with the help of a front-wheel walker and at least march in place if the patient is strong enough.

The student comes to the floor in the hospital, introduces herself to the nurse, reviews the chart, washes her hands, puts gloves on, then proceeds to enter the patient's room. She introduces herself to the patient, the patient acknowledges her, and they exchange greetings and pleasantries. The student informs the patient of what the therapy will consist of and proceeds with discovering what all those lines

and houses do, where they come from, and where they are attached.

As the student begins transitioning the patient from supine to sitting, the beeping sound of the monitor changes; the oxygen saturation readings begin to drop; the respiration rate readings begin to escalate; and the patient starts telling the student that he does not feel too well now. In an instant the student has to make a quick decision of what course of action to take. Her clinical instructor is outside of the room, and the nurse is at the nurses' station or in another room.

The student begins to tell the patient that all will be fine. Now the student decides to place the patient back in bed in the supine position. She checks for any changes in the monitor and sure enough, the oxygen saturation levels are back to above 90 percent saturation. The respiration rate is in the normal ranges, as is blood pressure.

The student now instructs the patient to take some deep breaths through his nose, making use of the nasal cannula with the three liters per minute of pure oxygen. The patient communicates to the student that he is feeling better. The

Please turn to page 9



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LOMA LINDA UNIVERSITY
 CHILDREN'S HOSPITAL

TRANSITIONS

LLU vice president named next president of Oakwood University

Contributed report

Leslie Pollard, PhD, DMin, MBA, vice president for community partnerships and diversity, was named the 11th president of Oakwood University, Huntsville, Alabama. Dr. Pollard assumes his new position on January 3, 2011.

"My years of service here at LLU have been some of the most enjoyable of my entire career," says Dr. Pollard. "I will deeply miss my colleagues here at LLU. But I look forward to the challenge of leading my alma mater into the next decade of the 21st century. Oakwood is a treasure trove of talent, intellect, passion, and giftedness. By God's grace, we will make its blessings more available and accessible to the global church family."

The presidential search committee was composed of representatives from Oakwood University's Board of Trustees, administration, faculty, staff, and students. It hosted four separate campus forums to allow students, faculty, staff, administrators, alumni, and members of the local community to pose questions directly to the final three candidates.

Dr. Pollard was one of three final candidates for the presidential seat of the 104-year-old institution, vacated in July when former president Delbert W. Baker, PhD, resigned the position to serve as one of nine general vice presidents of the Seventh-day Adventist Church.

Dr. Pollard's commitment to excellence is seen in his drive for education. He earned a bach-

elor's degree from Oakwood University and a master's of divinity degree from the Adventist Theological Seminary at Andrews University. He earned the doctor of ministry degree in preaching and worship from Claremont School of Theology.

Seeking higher-level fiscal and administrative development, Dr. Pollard earned a master's in business administration degree in organizational management from the La Sierra University School of Business. To culminate his academic pursuits, he graduated from Andrews University with the PhD degree in New Testament language and literature, with specialization in apocalyptic literature.

Dr. Pollard's 32 years of leadership reflect local, national, and international service. He has served as senior pastor, a youth pastor, a university chaplain, and a health care program administrator. As a clergyman, Dr. Pollard has functioned as an evangelist, professor, ministe-



Leslie Pollard, PhD, DMin, MBA

rial educator, and leadership development facilitator to the General Conference family. He regularly leads denominational and non-denominational leadership and mission conferences all over the world.

DINING SERVICES

LLU officially opens dining services area

Contributed report

Loma Linda University Dining Services is officially open for service to students, employees, and the public Monday through Friday. It is located inside the beautifully renovated LLU Councilors Student Pavilion on the corner of Mound and Anderson Street.

Breakfast is offered from 7:00 a.m. to 11:00 a.m. Lunch service begins at 11:30 a.m. and concludes at 3:00 p.m. Dinner is available from 3:30 p.m. to 7:00 p.m. Monday through Thursday. On Fridays, lunch service ends at 2:30 p.m. Dinner will not be offered due to the approaching Sabbath.

The breakfast menu offers items such as multi-grain pancakes, tofu vegetable scramble, and custom omelets. Full service is offered during

lunch, which includes a fresh produce bar, a serve yourself hot food station, pizza bar and a vegetarian burger bar.

Throughout the week a chef's station is featured during lunch with made to order menu options. Possible stations include pasta bar, stir fry bar, and baked potato bar. Dinner service only offers burger bar choices and hot soup. Always available are healthy alternative "grab and go" snacks and beverages.

Customers with a valid LLU student ID can receive a 10 percent discount off their total purchase price. LLU employees with IDs receive a 20 percent discount.

So for your next meal, head over to the Councilors Student Pavilion and enjoy the food at LLU Dining Services.



Loma Linda University Dining Services, located in the Councilors Student Pavilion, is now open to the public.

MAJOR GRANT

School of Dentistry receives \$1.35 million grant from First 5 Riverside

Contributed report

Loma Linda University School of Dentistry has been awarded a \$1.35 million grant from the Riverside County Children & Families Commission, also known as First 5 Riverside.

This pilot program, titled "Early Childhood Special Care Dental Program," aims to promote oral health care services for children with special health care needs ages 0 to 5 throughout Riverside County.

"This new grant funding will be profoundly helpful to these families, and we certainly are looking forward to letting these families know about this wonderful opportunity that First 5 Riverside is making possible for them," says Carla Lidner Baum, DDS, program director for the new early childhood special care dental program.

Dr. Lidner Baum and the program dentist, Jane Ellis, DDS, both have already been directly involved in other First 5 dental programs in San Bernardino and Riverside counties. Lessons

learned from these previous (and concurrent) grants will play an integral role in this new opportunity of funding for children with special health care needs in Riverside County.

According to Dr. Lidner Baum, many children that are in the 0-5 year age range have challenges in accessing dental treatment.

"These children are young, afraid, have very tiny mouths, and often present with extensive dental decay," she says. "When young children have additional special health care needs, the challenges in accessing dental treatment are predictably even greater."

She continues, "The associated costs for anesthesia and special medical attention become prohibitive for the families of children with special health care needs."

This new funding from First 5 Riverside will help to reduce barriers to oral health care services for children with special health care needs by assisting with their medical, financial, cultural, and transportation barriers/issues.

Common barriers to accessing health care services include lack of understanding on the importance of good oral health and preventive measures, insurance challenges, and inadequate funding.

The new county-wide oral health care delivery system will be designed and implemented to significantly increase access to oral health care services for children with special health care needs.

A wide array of services will be provided, such as: overall caries-risk assessments, comprehensive (direct) dental exams, specialized dental treatment options (including the use of general anesthesia), follow-up care/maintenance, parent/caregiver education, and oral hygiene instruction specific to the child's physical, emotional, developmental, and behavioral constraints.

Since 1976, Loma Linda University School of Dentistry has been providing dental treatment under general anesthesia to special needs patients. Initially, a "hospital dentistry depart-

ment" was housed within Loma Linda University Medical Center.

In the year 2000, that department moved to its current location within the School of Dentistry and is currently known as special care dentistry.

The special care dentistry department, directed by John Leyman, DDS, has provided general anesthesia to more than 45,000 patients within the past 10 years at its present location.

The clinical staff consists of a physician, dentists, dentist anesthesiologists, registered nurses, anesthesiology residents, and dental assistants.

The department of special care dentistry has come to symbolize the highest standard of care for the oral health needs of very young children, high-risk children, and special needs adolescents and adults.

Dental screenings, oral health care instructions, appointments, and dental treatment will officially begin in January 2011. For more information, call toll free (877) 558-6205.

Merry Christmas!

PHILANTHROPY

'Believe Walk' event grows each year; LLU Cancer Center to receive \$230,000 during ribbon-cutting ceremony

By Nancy Yuen

It all started in early 2008, when three determined women approached Loma Linda University Medical Center with an idea.

Annie Sellas, Cathy Stockton, and Nancy Varner, cancer survivors and founders of Inland Women Fighting Cancer, wanted to hold a special event, a cancer walk, to benefit Loma Linda University Cancer Center.

Stater Bros. Charities agreed to co-sponsor the

event, and before year's end the First Annual Believe Walk event was held. The first two years the annual event was held, \$520,000 was raised to benefit the LLU Medical Center Cancer Center's Patient Resource Center.

The event grew each year, and on October 3, 2010, more than 8,000 people, from grandparents to toddlers, gathered at the starting line at Fifth and State streets in downtown Redlands for "Believe Walk." Some walked to show their support of loved ones battling cancer; others walked in memory of a loved one, while

everyone who participated helped raise funds for the Cancer Center.

According to Mark Reeves, MD, PhD, FACS, director, Cancer Center and vice president for Institutes, "Believe Walk" funds are being used to fund non-reimbursable programs and services that are vital for patients undergoing cancer treatment. These programs and services will be housed in a Patient Resource Center to be named in recognition of the support from Stater Bros. Charities and Inland Women Fighting Cancer.

In January 2011, a check for \$230,000 will be presented by Stater Bros. Charities to LLUMC.

This will bring the total funds donated to Loma Linda University Cancer Center to \$750,000, all because of the determination and creativity of Annie, Cathy, and Nancy.

Following the check presentation, a ribbon-cutting event will unveil a sign with the words: "Future home of Stater Bros. Charities and Inland Women Fighting Cancer Patient Resource Center." As soon as construction is completed, a permanent sign will take the place of the temporary one.

Plans are now underway for the 2011 "Believe Walk" event.

Loma Linda University Medical Center looks forward to joining Stater Bros. Charities and Inland Women Fighting Cancer, continuing to increase awareness and raise funds in the fight against cancer.

Physical therapy students begin clinical simulations ...

Continued from page 6

student is relieved that she was able to control the situation. Now the clinical instructor and the nurse walk in and tell the student that the simulation is over.

What comes next is a debriefing with five of her classmates who were witnessing the whole event through a one-way mirror. The instructor, the nurse, and the students begin to talk about the whole process, expressing their opinions as to what the student did correctly and what she could have done better or how she could have improved in that scenario.

This is just one of the many scenarios that physical therapy students are able to experience in the new Medical Simulation Center at LLU.

"We are hoping to better prepare our students in meeting real-life situations in their clinical assignments," says Tony Valenzuela, DPT, EdD, "so that when similar situations arise they will be able to cope with the stress of making clinical decisions."

Student in the first, second, and third year of the doctor of physical therapy program have expressed great satisfaction in completing the simulations, says Dr. Valenzuela. Even students who had to be inside the room treating the

patient have expressed that they really were able to learn and feel better prepared to deal with a real situation in the clinic.

The Medical Simulation Center is a state-of-the-art facility that provides real ICU and acute setting equipment and nurses, as well as mannequins that use high-fidelity simulators to physiologically respond to treatment similar to what real patients receive. The simulation lab is located in the new Centennial Complex on campus.

"We hope that in the future we can incorporate the simulation lab with other areas of emphasis and not just with the acute setting," says Dr. Valenzuela.

As clinical coordinators of education for the physical therapy doctoral program, Dr. Valenzuela and Theresa Joseph, DPT, feel that their students need to be prepared to deal with these types of situations while in their clinical rotations. The clinical instructors have expressed that students are coming to them with very little preparation on how to deal with the acute patient in the hospital setting.

"We are hoping to better prepare our students before they have to encounter these scenarios in the real world," Dr. Valenzuela says.

Nutrition students granted Nestlé Foundation research funds ...

Continued from page 3

nutrients than those eating maize.

With funding from this grant, she will conduct training for village mothers and community leaders on the superiority of the pearl millet grain in a region currently subsisting on maize.

Dr. Ndiku will attempt to determine the openness within the community toward incorporating the new grain in the daily diet, with the expectation that a large intervention can be conducted in this region in the near future.

The Nestlé Foundation for the Study of Problems of Nutrition in the World was established in 1966 by a donation from the Nestlé Company.

It initiates and supports research in human nutrition with public health relevance in low-income and lower middle-income countries around the world. The foundation is particu-

larly interested in projects that provide a basis for implementation and action that will lead to sustainable effects in the studied populations.

"We congratulate both Kate and Hellen on the research awards they have received," says Joan Sabaté, DrPH, MD, chair of the nutrition department. "Their doctoral work has the potential for great impact in Africa."

The department of nutrition at the LLU School of Public Health offers a wide spectrum of opportunities for students in addition to academic activities. From international research to nutritional epidemiology to laboratory and clinical projects, doctoral students have the opportunity to tailor their university experience to meet their career goals and interests.

The department has conducted many clinical trials and feeding studies that provide project management, laboratory, and data analysis experience for students in the department.

PHILANTHROPY

Farmer Boys' coupon book sales raise \$20,811 for LLU Children's Hospital



Luke the Lion, smiling and waving his paw on the cover of a brightly colored brochure, invited the public to purchase \$1 Farmer Boys coupon books. The fundraiser took place throughout all Farmer Boys restaurants in Southern California. Pictured during a check presentation on Thursday, December 9, 2010, are (back row, from left) Tom Krutilek, vice president of marketing, Farmer Boys; Joline McCown, executive assistant, Farmer Boys; Sue Shindle, marketing manager, Farmer Boys; and Ken Clark, president and COO, Farmer Boys; together with young helpers from Children's Hospital (front row), presented a check for \$20,811 to LLU Children's Hospital. The funds will be used to support the hospital's annual Children's Day, and for needs and services for the more than 130,000 children who receive care at LLU Children's Hospital each year.

CAMPUS VISITORS

West Lake High School advanced anatomy students tour LLU and bring gifts

By Richard Weismeyer

A group of 24 students in the honors advanced anatomy class from Westlake High School recently toured the School of Medicine anatomy laboratory. For the past 19 years, members of the school's advanced anatomy class have visited the Loma Linda University campus.

Ms. Bowman is a firm supporter of organ donations and has promoted awareness and the need for organ donors for more than 12 years to her students and others.

"Our anatomy students are, for the most part, the

best and the brightest at Westlake High School [West Lake Village, California]," Ms. Bowman explains. "They have to apply during their junior year while they are honors physiology students to be accepted into the anatomy program.

"During their junior year, the physiology students apply in January to go through an interview process and complete a rigorous application process for the new class, which is announced in April."

At this time, Mr. Bowman introduces the new students on a coin collection drive. Coins are collected during their senior year when they are

Please turn to page 10

SCHOOL PHILANTHROPY

School of Pharmacy faculty member Nominated as Philanthropist of the Year

Contributed report

A School of Pharmacy faculty member was nominated as Philanthropist of the Year for the National Philanthropy Day celebrations held November 17 at Historic Mission Inn in Riverside. The event was hosted by the Association of Fundraising Professionals, Inland Empire Chapter.

Eric J. Mack, PhD, associate dean for academic affairs, was nominated by his colleagues because of his generosity and desire to encourage others to give. A formal fundraising program at School of Pharmacy was launched in 2007, and Dr. Mack was eager to assist any way he could. He



Eric J. Mack, PhD

brought to the table a thoughtful approach and experience assisting with fundraising efforts at other institutions where he taught pharmacy courses. Dr. Mack has become involved in philanthropy because he cares about students and wants them to achieve success.

As the formal fundraising program unfolded it became apparent the alumni were not financially supporting their School of Pharmacy to the extent Dr. Mack thought possible.

The classes of 2008 and 2009 were trying to spur participation by creating scholarship endowments in honor of their respective classes. Donations trickled in. The class presidents were becoming discouraged and wondered if their class endowments could reach full endowment status in five years (university requirement).

Dr. Mack stepped up to the plate and announced he would match all alumni donations to endowed funds for the 2009–2010 fiscal year. This burst of energy reverberated through the e-mail and Facebook channels as alumni encouraged each other to give, knowing their gifts would be matched.

At the end of the fiscal year, the number of donors went up 78 percent and the amount contributed went up 176 percent compared to the year before. These participation levels are crucial as the development program grows and alumni achieve the capacity to make larger gifts.

West Lake High School advanced anatomy students tour LLU and bring gifts ...

Continued from page 9
full-fledged anatomy students.

This year, the seniors raised \$600 in their coin collection drive. The class raised an additional \$1,700 in a garage sale. The students used these funds to buy new toys for children in Loma Linda University Children's Hospital.

"We hope to have raised another \$1,000 by the middle of December," Ms. Bowman says. "These funds will be used to purchase addi-

tional toys for the age groups we did not cover the first time around."

Many of Ms. Newman's student end up at any of the University of California campuses, while others go to private universities across the nation. "It is interesting to note that more of my young ladies have gone on to become physicians than my young men."

Ms. Newman's incoming senior class also hopes to raise funds for LLU Children's Hospital.



Twenty-four honors advanced anatomy students visited Loma Linda University School of Medicine and brought \$2,300 worth of new toys, which they gave to representatives of Loma Linda University Children's Hospital for patients who will be hospitalized over the holidays. Ms. Bowman is pictured on the back row, far left.

New Vital Signs show, sharing LLUSM story, to air on Hope Channel ...

Continued from page 12
sharing the LLUSM story in a rich video experience produced by young and talented video producers Tim and Jaymie de La Torre."

A highlight of *Vital Signs* is a compelling documentary segment featuring six School of Medicine students. Laura Hanson, Sylvester Paulasir, Jaysson and Brittany Brooks, Lindsay Bautista, and Mark Warren opened their hearts and lives to unveil their story as medical students, according to Dr. Hadley.

"Cameras followed these students throughout the entire 2009/2010 school year, providing an 'up-close and personal' view of life on the campus of LLUSM. Episode by episode viewers will grow to love the personalities of these students and will become caught up in the drama and dynamics of medical school while watching the students each gain knowledge and mature as individuals, scientists, and professionals."

Loma Linda University School of Medicine's rich historical heritage is showcased in each

episode by a feature with alumnus and historian Richard Schaeffer.

From threats of LLUSM closure by the AMA to the dramas of paying enormous bills, Mr. Schaeffer shares amazing miracles of how God led in the establishment of this premier Adventist health institution. "These 'heritage nuggets' can't help but leave viewers with a greater appreciation for the importance the mission of this Seventh-day Adventist institution has in Heaven's eyes," Dr. Hadley suggests.

Studio segments, co-hosted by LLUSM faculty Dusty Rigsby, MD, and Bonnie Chi Lum, MD, showcase what distinguishes LLUSM from other medical institutions. LLUSM's emphasis on whole-person care, overseas mission, the value of spiritual life, cutting-edge teaching technology, the strength of its diversity programs as well as its approach to ethics in medicine features in various episodes along with the dedicated and committed people who make it all happen.

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Members of the *Vital Signs* cast and crew (from left): Michael Wolcott, LLU video production specialist; Mark Warren '10; Brittany and Jaysson Brooks '11; Roger Hadley '74; Laura Hanson '13; Tim and Jaymie de La Torre, *Vital Signs* producers; Sylvester Paulasir '12; Lindsay Bautista '10; and Cosmin Cosma, LLU video production specialist.

Spiritual Life & Wholeness Banquet honors employee spirituality ...

Continued from page 12
affairs for Loma Linda University. Mr. Weismeyer accepted the honor with his customary tact and self-effacing humility. His wife, Carol, son Michael, and daughter Marci attended the event in honor of Mr. Weismeyer, as did several employees from his office.

Following the awards presentation, Shastin Rains, director of marketing and recruitment for the LLU School of Pharmacy, offered a stirring vocal rendition of "Artist of My Soul." The lyrics bespoke the essence of true spirituality:

*Oh Lord of light, of form and hue,
Who has created all things new,
Create in me, from shapeless clay,
An instrument on which you play.*

The evening's message was delivered by Dick Tibbits, DMin, chief operating officer of the soon-to-be-opened Loma Linda University Medical Center–Murrieta. In his brief but poignant address, Dr. Tibbits drew upon insights he presented in his book, "Forgive to Live: How Forgiveness Can Save Your Life." The book was written to address the fact that while everyone has been told about the necessity

of forgiveness, most people have never been told how or why.

After congratulating the award recipients, Dr. Tibbits reminded the audience that spiritual leaders must carry forward the forgiving love of Christ by learning to forgive those who have wounded them the most. "You simply cannot swallow a poison pill and hope the other person dies," he said. "There is no spiritual benefit to holding on to bitterness and pain."

After discussing the choice of the crowd at the trial of Jesus who shouted, "Crucify Him," and "Give us Barabbas," Dr. Tibbits noted that "in saying, 'Give us Barabbas,' you are really saying, 'I'd rather hurt someone else than forgive them.' You will be free only when you learn to forgive. We cannot be free from bitterness and pain until we forgive the ones who have hurt us."

He concluded by saying, "Everyone has been hurt. You all know what it's like to trust someone who betrayed your trust. Every one of us has experienced the disappointment of life. Will you forgive? Spiritual leaders will do the right thing. Christ gave His life because the right thing to do is to forgive."

IN MEMORY

Well-known religion professor passes away

By Richard Weismeyer

Graham Maxwell, PhD, emeritus professor of New Testament at Loma Linda University, passed away on Monday, November 29, 2010.

Born in Watford, England, on July 18, 1921, he was for 15 years the director of the division of religion (now School of Religion) at Loma Linda University, then became professor of New Testament, until his retirement in 1988.

Dr. Maxwell received his bachelor of arts and master of arts degrees from Pacific Union

College, Angwin, in 1943 and 1944 respectively, and his doctor of philosophy degree in the field of New Testament from the University of Chicago Divinity School in 1959.

The title of his doctoral dissertation was "Elements of Interpretation in the Translation of the English New Testament"—especially Romans. Romans continued to be a subject of research during his academic years.

From 1944 to 1952, Dr. Maxwell was instructor in Biblical languages at Pacific Union College. He became associate professor and



A. Graham Maxwell, PhD

chair of the department of Biblical languages in 1952 at the same college.

In 1959, Dr. Maxwell was named professor of the department and chair of the division of religion and Biblical languages, a post he held until he came to Loma Linda University in 1961 where he taught Bible and Biblical languages to medical, dental, nursing, and other health professional students.

Dr. Maxwell retired from full-time duties in 1988 after nearly three decades of distinguished contributions to the university through his scholarship, teaching, and service.

He is the author of several books including *You Can Trust the Bible*, *I Want to Be Free*, and *Can God Be Trusted?*

Dr. Maxwell has been recognized in many publications including *Who's Who in the World*, *Who's Who in America*, *Dictionary of International Biography*, and *Who's Who in Education* among others.

One of his courses that he enjoyed teaching the most was his year-long trip through the entire Bible to discover the picture of God in each of the 66 books. He taught this course more than 135 times—not only in the classroom, but in churches and homes to groups ranging in size from a dozen to 700.

Dr. Maxwell received the Distinguished University Service Award on the occasion of his retirement in 1988 at the conferring of degrees for the LLU School of Medicine. He leaves a legacy to the Seventh-day Adventist Church that God can be trusted, that He is loving and fairminded, and that through Christ, God has so expressed His character as to induce people everywhere to accept His plan of redemption.

Vital Signs ...

Continued from page 10

Vital Signs will premiere exclusively across the Hope Channel network, beginning January 7, 2011, at 7:00 p.m. ET and PT. Hope Channel is the official television network of the Seventh-day Adventist Church and operates 12 channels globally. Viewers in North America can watch Hope Channel on DIRECTV Channel 368, on satellite G-19 where Hope Channel is part of the GloryStar package, or online at <www.hopetv.org>.

"We are proud to share the unique story of LLUSM as captured in *Vital Signs*," Dr. Hadley smiles. "Don't miss viewing each episode or getting your own DVD copy of the series."

Vital Signs will be shown each Saturday at 12:30 p.m. and 7:00 p.m.; Sunday at 9:00 p.m.; and Tuesday at 5:30 p.m.

The program will begin on Sabbath, January 8, 2011, and continue for 13 episodes.

New episodes air each Saturday, with re-runs of that episode on Sunday and Tuesday. Individuals may also watch *Vital Signs* at <www.hopetv.org> (click your preferred language under "Watch Live" on the left).

There is no "view on demand" option at this point—individuals must watch it when it airs. DVD sets of the program will be available at a later date.



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SPIRITUALITY ON CAMPUS

Spiritual Life & Wholeness Banquet honors employee spirituality

By James Ponder

The value of employee contributions to the spiritual mission of Loma Linda University (LLU) came to the forefront at the 2010 Spiritual Life & Wholeness banquet, which was held in the Wong Kerlee International Conference Center on Monday, October 18, 2010.

After a recital of exquisite chamber music by the piano and string trio of Alva, Emerald, and Jeremiah Waworoendeng, Gerald R. Winslow, PhD, vice president for spiritual life and wholeness at Loma Linda University Adventist Health Sciences Center, welcomed attendees to the event.

“We are gathered here this evening,” Dr. Winslow noted, “solely to celebrate the calling that God has given us. Each person is given something to do to show how God is. The individuals we honor at this banquet have been chosen by their colleagues and co-workers because they reveal, in their life and work, something important about the character of God.”

Richard H. Hart, MD, DrPH, president of LLU, congratulated the employees for their commitment to the essential spirituality of our mission and discussed the unique role LLU plays in bridging the gap between faith and science.

“Almost uniformly,” Dr. Hart told the audience, “the academic world has failed to merge faith and science, but at Loma Linda, the pursuit has succeeded the last 105 years.” In

mentioning the new “Who Touched Me?” sculptural installation, which depicts the woman who tried to reach out anonymously to Christ for healing, Dr. Hart challenged attendees to “Touch the hem of His garment. I would hope that everyone on this campus is a holder of our mission and values.”

In his introductory blessing, David L. Taylor Jr., DMin, professor of relational studies in the LLU School of Religion, noted that it’s a pleasure to come into the presence of God. He thanked God for gifting His people with such a diversity of talents and aptitudes. He then thanked God for the food.

As the meal came to an end, Dr. Winslow read the names of the honorees along with a brief sentence or two describing why they had been nominated by their colleagues. He noted that the Spiritual Life Service Awards are given “in recognition of a vibrant faith in God that leads to extraordinary care for the spiritual well-being of others and an effective ability to bring hope and meaning in the midst of educational or health care challenges.”

Recipients of the 2010 Spiritual Life Service Awards are:

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|-------------------|----------------|
| Ismari Altamirano | Mignon Mosley |
| Jeannie Arnett | Robin Mossiah |
| Donald Benedicto | Jarana Nambiar |
| Richard Blanco | Jodee Nichols |
| Valerie Carrick | Bruce Resiwain |
| Mary Ann Carter | Molly Riter |
| James Crouse | Erin Seheult |



Gerald R. Winslow, PhD (left), vice president for spiritual life and wholeness at Loma Linda University, and Richard W. Weismeyer, MA, executive director of university affairs at Loma Linda University, were photographed at the conclusion of the 2010 Spiritual Life & Wholeness Banquet. Dr. Winslow holds the 2010 Spiritual Life & Wholeness Leadership Award which was presented to Mr. Weismeyer for “cheerfulness, optimism, dedication to a task, way-beyond-the-call-of-duty work ethic, and persistence in the face of adversity.”

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|-------------------|--------------------|
| Pauline Deeb | Ginger Simonton |
| Dennis Delote | Siroj Sorajjakool |
| Linda Fine | Cherie Spencer |
| Charilyn Fox | Wichit Srikureja |
| Dragana Gajic | Peggy Stark |
| Maria Garcia | LaVerne Trembinski |
| Darren Gray | Myrna Trippon |
| Yolanda Hernandez | Janelle Warren |
| Joy Hirdler | Colleen Whitt |
| Kelly Jackson | Rick Williams |
| Fred Kasischke | Michele Wilson |
| Kelly Lamb | Regina Wilson |

optimism, dedication to a task, way-beyond-the-call-of-duty work ethic, and persistence in the face of adversity.... He is an inspiration and role model of the highest order.”

Turning to the recipient, Dr. Winslow noted that, “the Spiritual Life Leadership Committee and LLUAHSC Executive Leadership Council voted unanimously to grant this award to you. We want to thank you for your exemplary leadership and tireless promotion of faithful education and health care throughout our entire organization. The consistent way you have represented our mission and told our story to our local and global community have been invaluable blessings!”

As he finished handing out the Spiritual Life Service Awards, Dr. Winslow noted that the Spiritual Life & Wholeness Leadership Award is given to one individual each year chosen for his or her exemplary leadership in spiritual life and wholeness. Dr. Winslow pointed out that this year’s winner was nominated by a colleague who commended the recipient for “cheerfulness,

The 2010 Spiritual Life & Wholeness Leadership Award was given to Richard W. Weismeyer, MA, executive director of university

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NEW TELEVISION PROGRAM

New Vital Signs show, sharing LLUSM story, to air on Hope Channel

By Richard Weismeyer

For the first time ever, the story of the Loma Linda University School of Medicine (LLUSM) will be told in a new TV series titled *Vital Signs*.

“In keeping with the LLUSM centennial celebration it seemed especially fitting to embrace

technology to share our fascinating story on the broad platform of digital media,” says H. Roger Hadley, MD, dean, School of Medicine. “*Vital Signs* is the result of very close collaboration with LLUSM and Hope Channel, which created the 13-part HD TV series. In a moving magazine style format, *Vital Signs* engages nearly 120 faculty and staff who participated in

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Pictured on the studio set of *Vital Signs* with Roger Hadley are (from left): Kandus Thorp, vice president of Hope Channel and executive producer of *Vital Signs*; Bonnie Chi-Lum, MD, and Dusty Rigsby, MD, LLUSM faculty and co-hosts of *Vital Signs*.



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