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MILESTONES

Festivities mark 20th anniversary of Proton Treatment Center

By James Ponder

More than 600 friends of the James M. Slater, MD, Proton Treatment & Research Center (PTRC) at Loma Linda University Medical Center (LLUMC) came together on Sunday, October 24, 2010, for a 20th anniversary salute to the man whose pioneering research is saving the lives of thousands of individuals with prostate, brain, and other forms of cancer.

Unfortunately, Dr. Slater was unable to attend due to a minor illness. Thanks to his groundbreaking work, LLUMC became the first hospital in the world to treat cancer with protons.

Proton therapy is a precise form of radiation treatment in which tiny particles penetrate the body from outside and destroy cancer cells with minimal or no damage to surrounding tissue and organs.

The day's activities were organized in three segments:

- The Brotherhood of the Balloon (BOB) brunch
- Tours of the Centennial Complex and Proton Treatment Center
- 20th anniversary afternoon reception

Most of the 300 people who attended the BOB brunch were male survivors of prostate cancer, but about 20 were women who recently completed the first clinical trial of proton therapy for breast cancer at the PTRC.

After introducing several guests—including Richard H. Hart, MD, DrPH, president of Loma Linda University; Jerry D. Slater, MD, chair of the department of radiation medicine and son of James M. Slater, MD; Daniel Fontoura, MPPM, senior vice president and administrator of LLUMC; Yoly Magana, service line director for the PTRC; J. Lynn Martell, DMin, director of special services for the department of radiation medicine; Deb Hickey, GDC, newly appointed director of operations for the Brotherhood; and several

PTRC representatives—BOB founder Robert J. “Bob” Marckini shared the stories of members who survived a diagnosis of “untreatable” prostate cancer. One by one, the men—who had been told by physicians that they only had months to live—rose to report that they happily outlive their personal death sentences by many years and counting.

While the audience feasted on festive potatoes, eggs, waffles, fruit, and cake, Bob Marckini announced that he recently spoke with George Friedrich Handel. He also insisted he communicates with Buddy Holly, Jackie Gleason, Glenn Miller, Bobby Jones, Tommy Smothers, Willie Mays, Ed Sullivan, and Jesse Jackson.

To stretch the point, he asked Woodrow Wilson to stand. The gentleman who rose to his feet bore absolutely no resemblance to the 28th president of the United States, but did invite his wife—whom he called “the First Lady”—to rise with him. “You don’t look 154 years old,” Mr. Marckini quipped.

The mystery was resolved when Bob Marckini revealed that several Brotherhood members share the names of famous persons. He added, however, that some of the 5,000 BOB members—including golfer Ken Venturi, ambassador Joseph Verner Reed, and NBC newsman George Lewis—are actual celebrities.

Mr. Lewis took the podium to share his experience of proton treatment at Loma Linda. After confiding that his scariest moment was receiving a diagnosis of prostate cancer, Mr. Lewis told how his research on treatment options led him to Bob Marckini. “He said, ‘Take a look at Loma Linda.’” Mr. Lewis did and was successfully treated at the PTRC.

“That mission ‘to make man whole’ isn’t just the proton beam therapy,” he said. “It’s Wednesday night get-togethers with Lynn Martell’s corny jokes, and those wonderful sandwiches; it’s the fellowship, it’s the Brotherhood of the Balloon. I tried to capture all that when we did the story



Congressman Jerry Lewis (R-CA) shared memories of helping to bring Dr. James Slater’s revolutionary dream of proton therapy to national prominence two decades ago. The congressman told the 600 people assembled for an afternoon reception marking the James M. Slater, MD, Proton Treatment & Research Center’s 20th anniversary that the dream has now spread worldwide and thousands of lives have been saved as a result.

for the ‘Today’ show and ‘Nightly News,’ and I don’t think we really did it justice. But what Loma Linda does here is change so many people’s lives for the better. For me personally, it’s given me the chance to walk my daughter down the aisle at her wedding, and to get acquainted with my new grandson. You are looking at one man who has been made whole through the work of Loma Linda, and I thank you very much!”

Bob Marckini shared the results of a survey the BOB recently completed among men who received proton

treatment at LLUMC. The findings overturn many popular misconceptions. For instance, 94 percent of respondents said their quality of life is the same or better after treatment; 96 percent rated their experience at Loma Linda as excellent—only 0.3 percent said it was poor—and 99 percent said proton therapy was the right choice for them. And despite reports linking proton therapy for prostate cancer to impotence, only four percent of survey respondents reported impotence after proton treatment. Mr. Marckini said proton patients experience a far lower inci-

dence of impotence than men who received other forms of therapy, including surgery.

According to Dr. Martell, a direct correlation exists between the meteoric success of the Brotherhood—which grew from 19 members a decade ago to 5,000 today—and the intrepid dedication of Bob Marckini. Since his own prostate cancer was successfully treated at LLUMC in 2000, Bob has devoted as many as 85 hours per week to the ministry he loves.

“Bob Marckini has developed an amazing support group of former prostate patients from around the world,” Dr. Martell observed. “The members of this international group are proactive as advocates for prostate awareness and for proton therapy. Bob and his group have made an incredible positive impact upon thousands of men and their families across this country and around the world. They have also been responsible for raising several million dollars for research at Loma Linda.”

Following the brunch, guests were invited to tour their choice of either the PTRC or Loma Linda University’s new science center, the Centennial Complex. Those who selected the latter option got to see the new Medical Simulation Laboratory

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Bob Marckini and Jerry Slater, MD, proudly display the check which members of the Brotherhood of the Balloon presented to the James M. Slater, MD, Proton Treatment & Research Center in support of the organization’s ongoing proton research. Mr. Marckini is founder and director of the Brotherhood; Dr. Slater is chair of the department of radiation medicine and son of proton pioneer James M. Slater, MD.

FACULTY EXCELLENCE

National association honors allied health professor and alumna

By Heather Reifsnnyder

A professor and an alumna from the School of Allied Health Professions each received an award as part of the annual Triumph Awards by the American Health Information Management Association. They were given their awards during the association's 82 annual convention and exhibit, September 27–30, 2010, in Orlando.

Melanie Brodnik, PhD, MS, RHIA, a 1972 graduate of the medical records administration bachelor's program, was honored for her published contributions that have advanced the field of health information management. She, along with three co-authors and fellow winners, received the Legacy Award.

Dr. Brodnik served as managing editor of the book they published, *Fundamentals of Law for Health Informatics and Information Management*. She also co-authored four chapters.

"My interest in writing a legal textbook stems from my earlier involvement in the issues of

patient privacy and confidentiality," Dr. Brodnik says.

Publishing a book, she says, was also a natural progression from the 20 years she served as editor of the former journal *Topics in Health Information Management*—the industry's first peer-reviewed scholarly journal.

"My hope for the textbook is two-fold," Dr. Brodnik says, "first that it will serve as a solid foundation for educating health information management and informatics students on the legal system as it relates to health care laws, issues and practices surrounding the privacy, and security of patient information. Secondly, I hope the textbook can serve as a legal resource for practitioners," she says.

Dr. Brodnik works at Ohio State University, where she fills many roles. She is an associate professor and director for the university's undergraduate program in health information management and systems, and coordinator of their master's degree program track in health informatics. She also has an adjunct appoint-



(From left) Dr. Brodnik and Dr. Davidian reunite at the convention.

ment in the College of Public Health's health services management and policy department.

Her co-authors were Laurie Rinehart-Thompson, also of Ohio State, and Mary

McCain and Dr. Rebecca Reynolds from the University of Tennessee at Memphis.

The association gave the Educator Award to
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FACULTY EXCELLENCE

School of Nursing faculty member honored

Contributed report

Sofia Puerto, PhD, RN, assistant clinical professor of nursing, Loma Linda University School of Nursing, was the recipient of the Registered Nurse in the Expanded Role Award at an awards ceremony held Wednesday, June 30, 2010, in Washington, D.C.

The award was presented to Dr. Puerto by General Eric K. Shinseki, United States secretary for veterans affairs, and Cathy Rick, chief nursing officer for veterans affairs.

Dr. Puerto was recognized for her role as associate chief of nursing education and research,

VA Loma Linda Healthcare System. The award is a highly competitive and sought-after recognition that is only given once to an individual.

In addition to her recognition, Dr. Puerto also received a letter of congratulations from President Barack Obama.

According to the award committee, Dr. Puerto was recognized for designing and implementing a Nursing Education Needs Assessment Survey aimed at improving veteran health care while addressing exigent and ongoing staff educational requirements. Additionally, she developed an innovative format for nursing competencies that articu-

lates VA nursing scope of practice. For the past seven years, Dr. Puerto has served as president of the American Association of Critical Care Nurses (Inland Empire). She is also a member of the Sigma Theta Tau International Honor Society.

"She spends numerous hours providing staff career counseling, arranging student placement, and monitoring preceptorships," the award committee said. "Through collaborative efforts she introduces evidence-based practices and developed a teaching tool and competency checklist to track preventative measures.

"Dr. Puerto promotes ethical conduct and fairness at all levels; she incorporates and discusses the nursing code of ethics in training sessions and employee orientation. She is instrumental in ensuring VA staff has affordable education."

The VA Secretary's Awards in Nursing Excellence program, established in 1984, annually honors one medical center director; nurse executive; registered nurse in a staff nurse role and one in a non-staff nurse role—i.e. advanced practice nurse, nurse manager, instructor, etc.; a licensed practical nurse/licensed vocational nurse; and a nursing assistant actively engaged in the care of patients at a VA medical center.

The recipients' contributions to the care of patients in any VA health care setting are patient-driven and demonstrate such excellence as to merit recognition from peers.

The Secretary's Awards consist of three major areas: excellence in nursing, advancement of nursing programs by a medical center or health care system director, and advancement of nursing programs by a medical center or health care system nurse executive.



Sofia Puerto, PhD, RN, assistant clinical professor of nursing, Loma Linda University School of Nursing, receives the Registered Nurse in the Expanded Role Award from General Eric K. Shinseki, United States secretary of veterans affairs.



Saturday, November 27, 2010
4:30 P.M.

University Church
11125 Campus Street • Loma Linda
Free Admission

PERSPECTIVE

It's better at the beach

By James Ponder

Hey, if you don't mind me saying so, I think you need a day at the beach.

Oh, I know, November is when people are supposed to concentrate on their studies, their jobs, or their holiday planning. It's the right thing to do. But too much responsibility can lead to stress overload. "All work," to paraphrase the old adage, "and no play makes Jack a dull boy and Jill a dull girl." So in the name of better health, increased efficiency and decreased dullness, why not join a handful of nice people for a day of sun, sand, and surf? I can almost guarantee you'll feel better; the negative ions will see to that.

Autumn is a beautiful time to visit the beaches of Southern California. Days are often filled with several hours of friendly sun, but even in gray weather, the beach is a place of mystery and beauty. Best of all, the crowds are somewhere else this time of year. So let's hit the road for Crystal Cove!

Allow me to introduce our traveling companions: the man behind the wheel is Matthew Schrag. Matt just completed the requirements for a PhD in neuroscience at Loma Linda University, and is finishing his final year of medical school. He also just got married! The

lady next to him used to be known as Sarah Roper. Sarah is a project specialist in the clinical trials center of Loma Linda University Health Care. She's also a gifted photographer and nature lover and—note that big smile on her face—the woman Matt just married!

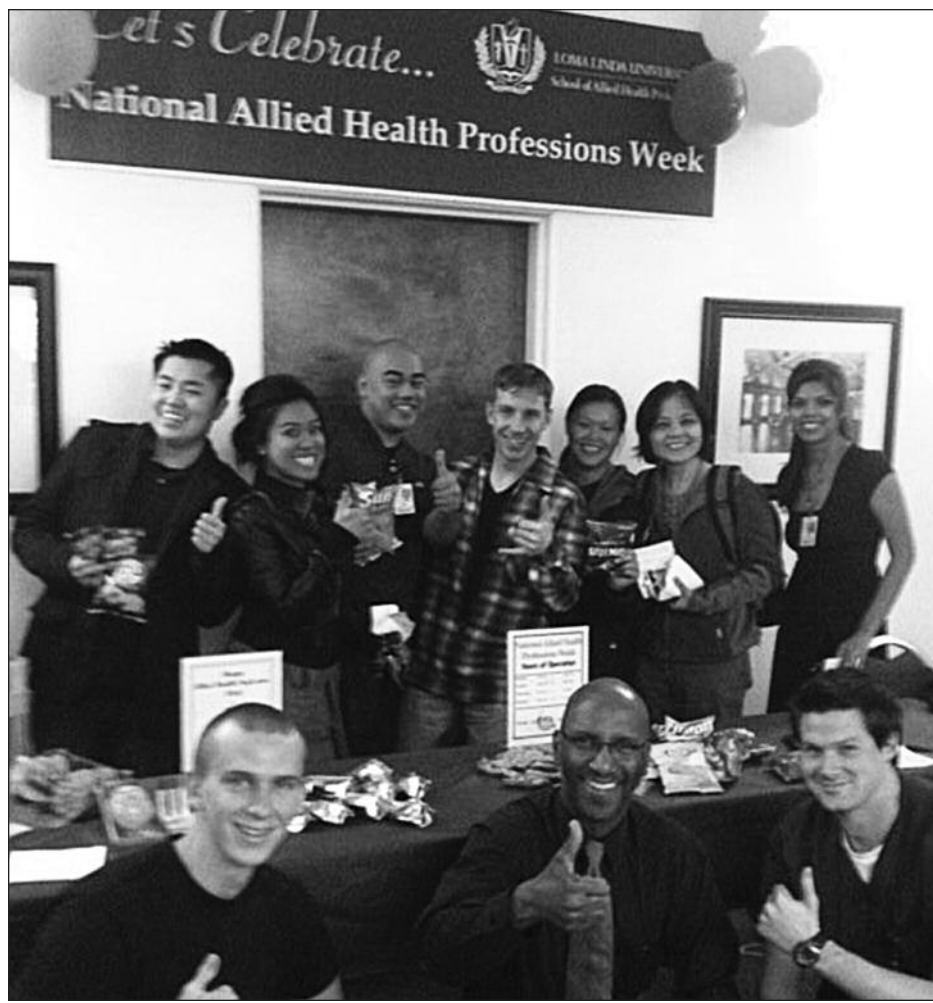
The guy in the floppy hat in the back seat is Jim Pinder. Jim teaches pharmacy law and works in philanthropy for the LLU School of Pharmacy. The girl next to him is Jorja, his adorable daughter. She just turned 5. If you can't think of anything fun to do at the beach, ask Jorja. Kids instinctively know how to have a good time, and Jorja's an expert on the subject of play.

Crystal Cove is amazing. This unsung jewel of a state park is a veritable playground of sandy beaches and gorgeous scenery. It's big, too: 2,791 acres of Orange County's fabled coast. The beaches go on forever, extending three-and-a-half miles beneath sloping flanks of chaparral and wooded canyons. Best of all, it's nearby. With any luck, we'll be there in an hour and 15 minutes.

Wow, you slept the whole trip! You really do need a day at the beach. Now that we're here, take your choice of things to do. You can grab a towel and relax on the sand or play in the surf. Might be too cold for that, though. You can

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CELEBRATING ALLIED HEALTH



Allied health students and Dean Craig Jackson, JD, MSW (front center), enjoy some snacks in celebration of the week.

Students and faculty celebrate National Allied Health Professions Week

By Heather Reifsnnyder

The health care system couldn't run without the clinicians who work in more than 200 allied health professions, ranging from respiratory therapists and dietitians to cytotechnologists and emergency medical technicians.

In recognition of the work they do to support and complement the roles of physicians and other health care providers, November 1-7, 2010, was National Allied Health Professions Week.

With 1,056 students, the School of Allied Health Professions is LLU's largest school.

Students in its various departments are learning how to help patients breathe, speak, function, move, and heal. Their testing and imaging skills will help physicians accurately diagnose condi-

tions and injuries. They will manage the health information systems vital to patient care.

The school offers roughly 50 associate's, bachelor's, doctoral, and certificate programs through its departments of

- Cardiopulmonary sciences,
- Clinical laboratory science,
- Communication sciences and disorders,
- Health information management,
- Nutrition and dietetics,
- Occupational therapy,
- Physical therapy,
- Physician assistant sciences, and
- Radiation technology.

The school celebrated with snacks throughout the week for students, faculty, and staff. On Friday, faculty and staff were also treated to 10-minute chair massages.

National association honors allied health professor and alumna ...

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Marilyn Davidian, PhD, RHIA, assistant professor and chair of the health information management (HIM) department at LLU School of Allied Health Professions.

"Marilyn Davidian, an educator for over 25 years, has taken great strides in teaching future HIM professionals by motivating, mentoring, and inspiring diverse individuals to go beyond their current horizons and seek new possibilities," the association states.

As chair of the HIM department since 1993, she has spearheaded the development of several new programs including one of the

discipline's first distance education progression programs. Dr. Davidian has also organized practicum and affiliation sites in Mexico, Guyana, China, and Argentina to meet the needs of a global student body.

Dr. Davidian is known for her skills in mentoring students, and she completed her doctoral dissertation on this topic.

Earlier this year, Dr. Davidian also received the 2010 Educator Award from the California Health Information Association. Additionally, her colleagues in the LLU School of Allied Health Professions honored with the 2010 Faculty Recognition Award.

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Festivities mark 20th anniversary of the James M. Slater, MD, Proton Treatment & Research Center ...

Continued from page 1

where high-tech mannequins—which Dr. Hart described as “smarties” earlier in the day—allow students to practice on inanimate models and receive immediate feedback. They also saw sculptor Alan Collins’ interpretation in bronze of the incident in the New Testament when a nameless woman reached out in faith to touch the hem of Christ’s garment and was immediately healed.

At the afternoon reception, a colorful parade of flags symbolized the fact that 14,500 people from 50 nations have been treated at the PTRC since the year 2000.

After master of ceremonies Dr. Martell opened with a prayer of gratitude, Dr. Hart welcomed participants to the event and introduced Ruthita J. Fike, MA, CEO of LLUMC. Ms. Fike asked Congressman Jerry Lewis (R-CA) to rise and be recognized as a valued friend of the James M. Slater, MD, Proton Treatment and Research Center.

In her tribute to Dr. Slater, Ms. Fike spoke of his passion, heart, and humility. “This celebration really honors his innovation, his creativity, in a way that I’m not certain even he envisioned 20 years ago,” she noted. Following comments by Daniel Fontoura, a video presentation on the life-saving work of the PTRC brought the testimony of several prostate cancer survivors vividly to life. When it ended, Mr. Fontoura introduced Dr. Jerry Slater, who read a tribute to Congressman Lewis written by Dr. James Slater.

The congressman himself recalled how the senior Dr. Slater’s brilliance and persuasion disarmed skeptics in Congress and resulted in allocations of \$40 million to launch the PTRC. “The message,” Congressman Lewis concluded, “has been received: this application has wonderful, wonderful future prospects for health care and for humankind.”

Next, Dr. Martell interviewed cancer survivors Scott Cummings of Albuquerque, New Mexico; Mariela Nunez of Indio, California; Wanda Kirkwood of Savannah, Tennessee; and Terry Wepsic, MD, and his wife, Carmy. Dr. and Mrs. Wepsic described the process they employed in selecting proton therapy at Loma Linda for his prostate cancer. Dr. Wepsic, a widely renowned pathologist and cancer specialist, has subsequently referred numerous other physicians and scientists to the PTRC. Following the interviews, the All-American Boys Chorus—a musical aggregation from Orange County, California, that seeks to instill a love of America’s musical heritage in boys aged 8 to 15—performed an enthusiastic interpretation of Louis Armstrong’s epic anthem of praise, “What a Wonderful World.”

When Dr. Martell invited Mr. Marckini back to the podium, the Brotherhood of the Balloon founder, in almost hushed tones, told Dr. Jerry Slater that he is standing here cancer-free and experiencing the best quality of life he has ever had. He reminded the audience that he is “one of tens of thousands of patients worldwide” who’ve benefitted from the work of the Drs. Slater.

“I’m proud to report,” Mr. Marckini told Dr. Slater, “that over the past 10 years, our group has introduced thousands of men to proton therapy for prostate cancer, most of whom have come here to Loma Linda for their treatment. I’m even more proud to report that our group



In her remarks to the 600 celebrants at the 20th anniversary festivities for the James M. Slater, MD, Proton Treatment & Research Center, Ruthita J. Fike, MA, CEO and administrator of Loma Linda University Medical Center, called Dr. Slater “a genius” and noted that his passion, heart, humility, innovation, and creativity have resulted in thousands of lives being saved worldwide by proton treatment of many types of cancer.

has been responsible for contributing about \$6 million to proton therapy research.” He then presented Dr. Jerry Slater with a check from the Brotherhood in the amount of \$500,000. “God bless Dr. Jerry Slater, Dr. James Slater,” he said, “for the gift they have given, for how they are changing the world!”

Before the closing prayer, Dr. Martell asked all the proton patients in the room to stand and move into the aisles while the All-American Boys Chorus sang a stirring rendition of Rodgers and Hammerstein’s “You’ll Never Walk Alone.” It was an amazing and graphic reminder that these 300 people conquered cancer thanks to Dr. James Slater’s remarkable dream of proton radiation.


In the benediction, Dr. Martell reminded the audience that all healing comes from God, and asked God to complete the healing that’s taking place in the patients who are undergoing treatment now. “We thank You,” he said, “for those who are here and for the change that has been made in their life, physically, emotionally, and spiritually.”



At the Brotherhood of the Balloon (BOB) Brunch, held in connection with the 20th anniversary of the James M. Slater, MD, Proton Treatment & Research Center at Loma Linda University Medical Center on Sunday, October 24, 2010, a group of enthusiastic individuals beamed their support—(from left) Yoly Magana, service line director for the Center; Richard H. Hart, MD, DrPH, president and CEO of Loma Linda University; Robert J. Marckini, author of *You Can Beat Prostate Cancer and You Don’t Need Surgery to Do It* and founder of the Brotherhood of the Balloon support group; Deb Hickey, GDC, newly appointed director of operations for the Brotherhood and Bob Marckini’s daughter; and Karen Martell, wife of J. Lynn Martell, DMin, and proton enthusiast herself.

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INTERNATIONAL OUTREACH

Students and faculty provide medical support in Port-au-Prince, Haiti

By Richard Weismeyer

A small group of Loma Linda University students working under the auspices of Students for International Mission Service (SIMS) made their way to Port-au-Prince, Haiti, where they provided needed services at Hopital Adventiste d'Haiti (HAH).

Following the devastating 7.0 earthquake of January 12, 2010, at 4:53 p.m., three million people were left in desperate need of emergency aid, while 33 aftershocks ranging in magnitude from 4.2 to 5.9 continued to rattle the city.

After months of LLUMC physicians and staff rotating through HAH, the first SIMS-sponsored trip, coordinated through the office of Emelly Ross Spencer, MPH, director of SIMS, was led by Jack Bennett, MD, a recently retired physician, and assisted by Linda I. Davis, PharmD, TTS, assistant professor in the School of Pharmacy.

Hopital Adventiste d'Haiti remained intact during the earthquake. No major damage was reported, and the Adventist Health International facility was one of only a handful of major hospitals available to the population during the first days and weeks following the earthquake. Much of the city was destroyed during the earthquake, including the Presidential Palace.

Tent cities sprung up around the devastated city including the hospital grounds and the Adventist university located adjacent to the hospital. Many of the local population are staying in make-shift "homes" at many locations throughout the city.

Students accompanying Dr. Bennett included Michael Nguyen, a School of Pharmacy student; Kevin De Leon, a School of Medicine student; and three students from the School of Public Health—Sarah Daguplo, public health educator; Sonya Reese, health policy student; and Julie Turner, global health student. Dr. Bennett traveled with the group as medical preceptor.

"Our mission was to sort relief supplies," Dr. Davis says. "And we noticed that the hospital pharmacy did not have an adequate inventory system. The pharmacy supplies were not sorted and solutions were scattered throughout the hospital. Expired medicines were mixed in with the current medicines."

The team sorted out the general supplies and cleared hallways and non-pharmaceutical rooms of supplies.

The group started in the multiple storage rooms, according to Dr. Davis. They gathered all donated medications and centralized them to the pharmacy and one pharmacy storage room, categorizing the medications according to the World Health Organization model list.

"One of the immediate needs includes a complete drug inventory and developing a continuous inventory, utilization, and ordering system," Dr. Davis relates.

When the team arrived in July, even though the earthquake happened six months prior, the group found that the city was still devastated.

Only 5 percent of the quake debris has been cleared. Officials estimate at the current rate, it will take several years to move the earthquake debris.

With a population of nearly 10 million people, Haiti is the poorest country in the Western Hemisphere. Eighty percent of the population in Haiti is living under the poverty line. Most Haitians live on less than \$2 per day.

Dr. Davis hopes to make Haiti trips ongoing during vacation time for the students. SIMS has its next trip scheduled for spring break 2011. "It was such a privilege for us to go there and offer our help. We are looking forward to the next trip," she says.

Donations toward the continuing work at Hopital Adventiste d'Haiti are still being accepted at <www.lluglobal.com/haiti>.



LLU School of Public Health student Sarah Daguplo (center) sits on the hospital steps with some new friends she made in Port-au-Prince, Haiti.



The supply room provides a backdrop for a group photo, with (from left) Jack Bennett, MD, clinical instructor in the LLU School of Medicine; Kevin De Leon, a student in the LLU School of Medicine; Julie Turner, an LLU School of Public Health student; LLU School of Pharmacy student Michael Nguyen; and LLU School of Public Health students Sonya Reese and Sarah Daguplo.



In the photo above, (from left) LLU School of Pharmacy student Michael Nguyen and Linda Davis, PharmD, assistant professor of pharmacotherapy and outcomes science, School of Pharmacy, sort through various medications in the pharmacy at Hopital Adventiste d'Haiti. The photo to the right shows a typical scene in the Haitian capital city of Port-au-Prince. The hospital continues to lead the way in providing health care to a population devastated by a catastrophic earthquake in January, a serious cholera outbreak, and category 1 hurricane Tomas, which caused extensive damage and flooding, further hampering relief efforts.



The group from Loma Linda, standing on the front steps of the Hopital Adventiste d'Haiti, includes (from left) Nathan Lindsey, MPH, assistant administrator of HAH and a Loma Linda University alumnus; Amy Lindsey, HAH volunteer coordinator; an unidentified Haitian boy; Julie Turner, an LLU School of Public Health student; Jack Bennett, MD, clinical instructor in the LLU School of Medicine; Sarah Daguplo and Sonya Reese, both LLU School of Public Health students; and LLU School of Pharmacy students Laurent Wally Jeanty and Michael Nguyen.

It's better at the beach ...

Continued from page 3

help Jorja and her daddy build sand castles, or chase shorebirds up and down the sand. The little California sanderlings are especially cute as they run ahead of the waterline. Of course, there are great tide pools to explore brimming with opaleye perch, tide pool sculpins, hermit crabs, and squishy green anemones.

You can also go fishing, ride a mountain bike, take a walk beside the shore, or photograph this incredible place. If you feel artistic, you can sketch or paint. If you like surfing, body surfing, or boogie boarding, Crystal Cove provides an abundance of waves. Some of them get pretty big, especially at high tide. And even though they don't rent horses here, there are miles of equestrian trails. You can even ride on the beach. That's if you brought a horse, of course.

Crystal Cove is a designated underwater park. So if you have a mask, snorkel, and fins, you might want to explore the offshore rock reefs. The garibaldi—known to science as *Hypsypops rubicundus*—is the most colorful fish in these waters. Adults are bright orange, but the juveniles are a vibrant red-orange with electric blue spots scattered about their faces and torsos. The sight of a garibaldi swimming through a kelp forest is otherworldly and unforgettable.

The beaches of Orange County hold a hallowed place in my memory. When my sister and I were kids, our family spent countless Sundays here. We played until every exposed inch of skin was lobster red. Since the ozone layer was healthier in those days, sunburn wasn't the serious health threat it is today. Now, of course, we use sunscreen.

Even though it's close, Crystal Cove is among the prettiest beaches of the world. It reminds me of the ones at Big Sur and Mendocino. The amazing thing about it is its openness and sense of freedom; surrounded by so much natural beauty and splendor, it's hard to



Jorja Pinder and her daddy Jim Pinder, JD, MBA, CFRE, recently traveled to Crystal Cove for a day of playing in the sand and surf. Mr. Pinder is director of development and alumni affairs at the LLU School of Pharmacy. Jorja is an avid beachcomber.



Sun, sand, surf, and sky can only mean one thing: it's time for a day at the beach! Fortunately, the beaches of nearby Orange County are some of the most beautiful coastal stretches anywhere in the world. Located about an hour and 15 minutes from Loma Linda, Crystal Cove is a great place to soak up an energizing dose of negative ions and fresh air. The area is located on Pacific Coast Highway between Corona del Mar and Laguna.

imagine you're almost within shouting distance of 10 million people.

Let me predict that in an hour or two, you'll feel better than you have in a long time. You can thank the fresh air, warm sun, and all those negative ions in the air.

According to Internet health resource WebMD, negative ions do wonderful things for human well-being. They trigger biochemical reactions that increase levels of serotonin in the bloodstream. In turn, serotonin alleviates depression, relieves stress, and boosts daytime energy. All I know is I breathe better, sleep better, and feel more energized after a day at the beach. It's nature's prescription for restoring a positive, optimistic outlook.

Jorja's got a very optimistic outlook: she's digging wet sand with a bright pink shovel a passerby gave her half an hour ago, and she's been digging away ever since. Children live in the moment and Jorja's enjoying this one for all it's worth.

Matt's digging in the sand, too. His new metal detector keeps insisting there's something metallic just six inches under the sand. Right now, he's coming up empty, but if he finds a cache of gold doubloons and buys one of those hilltop mansions overlooking the beach, let's hit him up for weekend sleepovers and beach parties on a regular basis.

Aside from looking a little tired from serving as Jorja's sandcastle construction foreman, Jim seems as carefree as a coastal limpet anchored to a rock at high tide. He left his worries in Loma Linda and exchanged them for massive doses of beachfront serenity. A day at the beach recharges the soul.

Speaking of renewal, you and Sarah look relaxed and refreshed! You've both picked up a nice, rosy glow from the sun. I hate to say it, but despite the fact that it seems like we just got here, it's already time to go. Time flies when you're having fun!

The sun will soon slip away to Asia, and night will shroud the West Coast in slumber.

Even so, I don't want to leave. I'm going to fall asleep tonight with images of sunlight dancing on water, of seaweed on sand, of gentle breezes escorting wispy clouds across

the vast immensities of sky-blue space. Either that or pondering an imponderable: How come negative ions make people feel so positive?

'Loma Linda 360°' new season to air ...

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children are diagnosed with a congenital heart disease, like Roukaia, a 2-year-old-girl from Alexandria, Egypt, who received her death sentence the day she was born. Watch as doctors from opposite sides of the globe work together to save thousands of cyanotic children who are waiting in a line that is ultimately longer than their lifetimes. (This "Loma Linda 360°" will also feature a story from the PossAbilities program.)

Monday, December 20, 2010, at 7:30 p.m.

"Basotholand"—Before 1984, the life expectancy in Lesotho was 70 years. Today it's 40. The HIV/AIDS epidemic has ravaged the

mountain kingdom, leaving scores of orphans and grandmothers to pick up the pieces of a shattered country. Instead of retirement, the elderly are facing a future of hard labor, caring for their grandchildren until the day they die.

Monday, December 27, 2010, at 7:30 p.m.

"Anchoring Hope"—The Amazon jungle is one of the most beautiful places on earth...but its hardships often override its beauty for the people who live there. Antenor Anicassio falls sick and can't farm his land to support his family. In another village, 4-year-old Felipe can't run and play like the other kids. Instead he turns blue. A shimmer of hope glides their way when a boat filled with an LLU team drops anchor.

LLUMC chaplain's commission/ordination culminates a personal spiritual journey ...

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the cake of working here is free education," she exudes. "It took seven years, but I got my MA."

Sitting at her desk in the chaplain's office on the first floor, Beth is a vivacious study in enthusiasm and energy. "I praise God every day for my job because it's my passion. I love what I do!"

What she does is exactly what God showed her when she was 16. "I visit people in the hospital," she says. "I have 250 patients on my rotation, and I see an average of 37 a day. That works out to 750 patients a month. In a year, it's 9,000. In the 10 years I've been a chaplain, it's like 90,000 people. My cousin, who lives in Santa Barbara, came to my commissioning and said, 'Beth, do you know there are 90,000 people in Santa Barbara? It's like you visited all the people of Santa Barbara in the last 10 years!'"

Because her area of responsibility is the third

floor, which she describes as "the mother and baby unit," Beth gets to be present at lots of happy occasions.

But not always: "Today I was dealing with high-risk patients," she says. "I had a patient who came in after her baby's heart stopped beating. So I was there with her while she was delivering a baby she won't get to see grow up. Most people don't want to be present with people in so much pain, but I enjoy helping people in crisis situations. You can cry with them. I cry with my patients; I'm not shielded, it touches me. Sometimes patients tell me, 'Your tears meant so much to me; they showed that you really care, that you love me.'"

Looking back over her life, Beth says God knew what He was doing when he flashed that picture into her mind so many years ago.

"If Jesus could be here in the flesh, walking the halls, this is what He'd be doing," she says.

GHI TRAVEL ADVENTURES

Gung-ho Gang takes the Southwest by storm

By James Ponder

Every three or four months, Greg Highton and I volunteer to escort a van full of international visitors to the Global Health Institute (GHI) of Loma Linda University on brief excursions to the Grand Canyon and other destinations.

The trips serve as a diversion from the intense, two-month mentorship programs that bring the guests to Loma Linda. They also promote domestic tranquility at Greg's house and mine. Not only do we get to see the Great Southwest on a semi-regular basis, but we also return home to find our wives rejuvenated from all the peace and quiet while we were away. It's a win-win situation all around.

On our last trip, however, we thought we were going to lose one of our guests. It's not that Lu Peilin, MD, isn't perfectly capable of taking care of herself—she is, after all, a clinical faculty neurologist at Zhejiang University School of Medicine in Hangzhou, China—but when Louisa, as she tells us to call her, climbs atop a stone fencepost at Bryce Canyon National Park, Greg and I begin to get nervous. It doesn't help when an unseasonably cold gust of wind slams into Louisa, causing her to wobble slightly. This part of Bryce Canyon is 9,000 feet above sea level. She could easily fall a few hundred feet onto the rock hoodoos below.

"Louisa, please come down," Greg pleads, extending his hand.

"Thank you," Louisa replies, accepting Greg's offer and hopping down.

We weren't expecting it to be so cold in August, but storms arise out here with no warning. Right now, fast-moving clouds are threatening rain, sleet, or snow. We give our Chinese guests—four physicians, an oromaxillofacial surgeon, and a pharmacist—a couple more minutes to take pictures before announcing it's time to get this show on the road. We don't need to get caught in an alpine storm!

Besides Louisa, our guests include: "Michael" Pan Jiarong, MD, a neonatal intensive care physician at Zhejiang University Children's Hospital; "Jun" He Jun, DDS, the aforementioned oromaxillofacial surgeon from Sir Run Run Shaw Hospital; "Nancy" Chen Naiyun, MD, a member of the clinical faculty in emergency medicine at Hospital 1 of Zhejiang University School of Medicine; "Wesley" Lou Weijian, PharmD, the aforesaid pharmacist from Sir Run Run Shaw Hospital; and "Tom" He Feifang, MD, an anesthesiologist at the same facility.

This has been a very enjoyable trip so far. Las Vegas bothered Greg and me less than it usually does, and Zion National Park was, as always, spectacular. But the real joy is this group of visitors. These six guests—"The Gung-ho Gang"—are twice as enthusiastic as some groups we've brought here.

They want to see and do everything we suggest. For instance, just this morning I asked if they'd like to visit a rock shop as we pulled into the outskirts of Orderville, Utah.

"Why not?" comes the eager rejoinder. "Let's do it!"

Moments later, Louisa is trying on a strand of stone beads inside the Orderville Mine. Nancy admires a fire opal pendant, and Jun examines a fossil fish. Tom, Wesley, and Michael ogle colorful slabs of petrified wood. Greg's outside snapping pictures of humungous clouds, and I'm inspecting a handful of petrified white chrysanthemums in a jet-black stone matrix.

The sky turned jet black two days ago on our trek across the desert from Barstow to Baker. Gullies roared with flashfloods, water swept the interstate, and thunder and lightning ripped the sky. It was primal, elemental, and exciting!

In Las Vegas yesterday, Greg and I found a great place to eat. The Lunch Box is located right across the street from the University of Nevada. The menu offers turkey, beef, or soy dogs in several configurations. Greg selected a Chicago dog and I chose a Chilean veggie frank with mustard, spicy mayo, avocado, tomato, and sauerkraut. Somehow, they both quickly vanished. We'll eat there again!

This trip marks the third year Greg and I have been leading these trips. Until today, we've never had a mishap of any kind. But a moment ago, as we were heading from Bryce to the Grand Canyon, disaster struck. We stopped for gas at the only station in Long Valley Junction, Utah, when one of our guests—who was complaining of carsickness earlier—awakens from a nap feeling dizzy.

Since privacy regulations preclude revealing this person's identity, we'll use "The Patient" when speaking of this individual. Anyway, without warning, The Patient stands up too fast and falls two feet face down onto concrete. Ouch!

We all run over to assess the situation, but since Nancy's an emergency medicine specialist and Louisa's a neurologist, they take over. Fortunately, The Patient never loses consciousness. There's a lot of swelling, cuts, and bruises to the face. Greg and I pull back to discuss our options. Shall we continue to Grand Canyon, or try and find a clinic around here? Meanwhile, The Patient—who is terribly embarrassed and doesn't want to spoil the trip for everyone else—keeps insisting we should stick to the original itinerary.

As the only official representative of Loma Linda University on the trip, I have a decision to make. I call the Global Health Institute at Loma Linda for advice, but no one answers on the weekend. I call back and ask the operator to page Jan Zumwalt, assistant director of the GHI, and ask her to call me back.

Turning to Louisa, I ask if she feels we should seek further medical attention or continue to Grand Canyon. "If this were my patient, I'd want to be sure there aren't any internal injuries," she replies.

Decision made, we hit the highway for the nearest clinic. It's in tiny Duck Creek Village, 10 miles up an aspen-covered hill. When we arrive, a fireman tells Greg the clinic recently closed for good. The nearest treatment facility, he says, is an hour across the mountain.



What better way to spend a glorious morning at the Grand Canyon than taking pictures? "Louisa" Lu Peilin, MD, a clinical faculty neurologist at Zhejiang University School of Medicine in Hangzhou, China, records the moment while "Michael" Pan Jiarong, MD, a neonatal intensive care physician at Zhejiang University Children's Hospital, looks on. "Nancy" Chen Naiyun, MD, a member of the clinical faculty in emergency medicine at Hospital 1 of Zhejiang University School of Medicine, momentarily turned her back to the camera.



The three male members of the Gung-ho Gang eagerly await their Navajo tacos inside the dining room at Cameron Trading Post in Northern Arizona: (from left) "Wesley" Lou Weijian, PharmD, a pharmacist from Sir Run Run Shaw Hospital in Hangzhou, China; "Tom" He Feifang, MD, an anesthesiologist at the same facility; and "Michael" Pan Jiarong, MD, a neonatal intensive care physician at Zhejiang University Children's Hospital. The trio was enjoying the last day of a four-day trip sponsored by the Global Health Institute of Loma Linda University.

When we finally arrive at Valley View Medical Center in Cedar City, an admissions clerk takes some basic information before ushering The Patient and I into a treatment room. In the meantime, Jan Zumwalt—who couldn't get through due to spotty cellular service in the mountains—finally makes contact. She offers condolences to The Patient and affirms the decision to come to the hospital.

Ten minutes later, the physician enters the room and asks what happened. The Patient and I fill him in. He conducts a thorough exam before announcing that he doesn't think The Patient suffered any lasting damage in the fall. However, he would like to run a brain scan just to be sure.

The Patient deliberates the matter a full third of a second before declining the offer. "I'm feeling better and I don't want to make everyone wait any longer."

"We don't mind waiting," I protest. "We want

to be sure you're OK."

"I'm OK," The Patient insists. "Let's go to the Grand Canyon!"

The next morning finds us out on the South Rim at the crack of dawn. Wesley and Tom snap pictures; Jun and Louisa drape themselves in blankets to ward off the chill. Nancy and Michael brave the elements as is. Greg and I concoct a plan.

"How would you guys like to see the ancient ruins of Tusayan and eat a Navajo taco at Cameron Trading Post for lunch?" we ask. "It will add three hours to the trip, but we'll still get home before 9 tonight."

"Why not," the group answers in unison. "Let's do it!"

At last report, The Patient's wounds were almost completely healed with little or no visible scarring. Thank God! All's well that ends well.

CHAPLAIN COMMISSIONED

LLUMC chaplain's commission/ordination culminates a personal spiritual journey

By James Ponder

At her commissioning/ordination service on Saturday, October 23, 2010, Beth Bentzinger-Gilbert, a chaplain at Loma Linda University Medical Center, realized the culmination of an improbable pilgrimage that led her to the ministry of the Seventh-day Adventist Church in a clinical setting.

The story of her unusual path to commissioning began in Key Largo, Florida, in the mid-1990s when Beth was 16. She loved the outdoor lifestyle of sailing, snorkeling, scuba diving, and especially fishing.

"I'm really the only one in my immediate family who loves to fish," she reveals. "So early in the morning I would get up and just start fishing off the dock and catch all sorts of stuff. I've caught stingrays, parrot fish, and tons of mangrove snapper, tarpon, grunts—even a barracuda on a bare hook!"

But despite her bucolic existence as a beach girl with an independent streak a mile long, Beth had a deeply spiritual side to her personality. She often thought about the will of God and began repeatedly asking Him a very specific question.

"My father is an evangelist, so my whole life I was involved in some kind of ministry because

of my parents," she notes. "But when I was 16, over the summer I was praying every day, 'What should I do with my life?'"

Beth didn't hear God's answer; she saw it. "I saw myself in a hospital room," she recalls, "visiting people, encouraging them." The next week, when her father asked what she wanted to study in college, she told him about the image she had seen. "Oh," he said, "you want to be a hospital chaplain."

The word "chaplain" seemed incongruent with her understanding of herself. "Being 16 and living in Key Largo, I thought I could never look the part," she laughs. "I was a beach girl; it didn't fit with my image. All I could imagine was a bunch of old men visiting church members in the hospital. For the rest of that summer, I was thinking, 'I don't know about this!'"

But like countless others who have argued with God, Beth finally acquiesced. "At the end of the summer, it was like, 'OK, fine. I have no idea how to become a chaplain, but if this is what You want me to do, I'll try.'"

The first step was for Beth to let go of several preconceived impressions about the nature of the chaplaincy. "In reality," she acknowledges, "chaplaincy is a hard, specialized ministry requiring lots of training and skill. But I thought it was only the duds who couldn't make it in

ministry who became chaplains. I've learned since then that that's a misconception!"

Although Beth scarcely comprehended the nature of her calling, her attitude had undergone a subtle transformation. Instead of resisting the will of God, she began asking how she might cooperate. "In my little, 16-year-old mind, I was thinking, 'How do I get to be a chaplain?'"

When she enrolled at Southern Adventist University, Beth was surprised to learn that there was no such thing as a chaplaincy major. In fact, Jack Blanco—Beth's advisor and chair of religion at the time—told her she was the first person who had ever come to the school wanting to be a chaplain. Surprised but undaunted, Beth majored in religious studies with a minor in psychology. She knew what God had shown her, but had only the vaguest idea how to get there from where she was.

She did have ideas about romance, however, and they blossomed to fruition when Beth met Adam Thomas Gilbert in one of her classes. The only son of a single mom, Adam was a very resourceful young man who had become a certified nursing assistant (CNA) at age 15. The couple started seeing each other, one thing led to another, and before long, Beth was in love.

"My dad always told me it's best not to get married before you graduate from college," she observes. "So four days after graduation, I married Adam."

Adam, who is three years younger than Beth, didn't finish college at the time. Instead, he went to work in construction and as a CNA so Beth could take a two-year training program to get her clinical pastoral education (CPE) certificate at Erlinger County Hospital in Tennessee and Huguley Memorial Medical Center and Harris Methodist Hospital, both of Texas.

In the Lone Star State, Beth made an amazing discovery: despite her initial objections, she



Beth Bentzinger-Gilbert, a chaplain at Loma Linda University Medical Center, initially doubted the wisdom of God when He answered her prayers, when she was a 16-year-old beach girl on the Florida Keys, by showing her a picture of herself visiting hospital patients and encouraging them. She has subsequently come to realize that He was right.

loved the work of a chaplain! "I knew you needed a master's degree to get hired as a chaplain," she admits, "but I sent out my resume anyway. To my surprise, Loma Linda University Medical Center picked me up."

That was more than seven years ago, and looking back, Beth feels certain that Providence had a lot to do with the timing. "Right after they hired me, they drew a line in the sand and said no more chaplains without a master's degree."

Beth took advantage of the situation and began studying for her MA in clinical ministry while working at the Medical Center. "The icing on

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LOMA LINDA 360° NEW SEASON

'Loma Linda 360°' new season to air

By Patricia Thio

Loma Linda University's three-time Emmy Award winning show is set to air its third season of "Loma Linda 360" on Mondays at 7:30 p.m. on the PBS affiliate KVCR. In addition, it will air on Loma Linda Broadcasting Network. The high-definition program will showcase gripping documentary footage taken minutes after the 2010 Haiti earthquake; "Baby Blue," the award-winning story of a 2-year-old Egyptian child who received her death sentence the day she was born; as well as the story of a local man whose childhood friendship saved his life. For more information, visit <llu.edu/360>.



Sebastien Lamothe stars in the first episode as "Out of the Rubble" reveals his compelling story from the 2010 Haiti earthquake. Tune in to the 2010 season of "Loma Linda 360" every Monday night at 7:30 on KVCR (ch. 24 Inland Empire; ch. 19 High Desert).

Monday, November 15, 2010, at 7:30 p.m.

"Out of the Rubble"—This compelling documentary shows the reality of Haiti, the courageous people, talented volunteers, and utter devastation. You'll also meet 8-year-old Sebastien Lamothe, who was trapped under the rubble for three days.

Monday, November 22, 2010, at 7:30 p.m.

"Stephanie's Heart" (part 1)—In 1984 Baby Fae made headlines. For the first time, this film captures the story from the point of view of Baby Fae's mother and her doctors.

Monday, November 29, 2010, at 7:30 p.m.

"Stephanie's Heart" (part 2)—In part two, we see the public outcry, the heartbreak of a mother, and the astonishing beginning of successful infant heart transplant surgery.

Monday, December 6, 2010, at 7:30 p.m.

"The Perfect Match"—A childhood friendship and Facebook could save John Brannon's life. While on the brink of kidney failure, John reunites with an old friend who suddenly realizes that she has the ability to save John's life. Watch as their friendship and lives are put to the ultimate test. (This "Loma Linda 360" episode will also feature stories from Children's Hospital and Behavioral Medicine Center.)

Monday, December 13, 2010, at 7:30 p.m.

"Baby Blue"—Each year in Egypt alone, 20,000

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