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11-3-2010

## TODAY - November 3, 2010

Loma Linda University

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ANNUAL CONVOCATION CHAPEL

# Annual convocation chapel celebrates spiritual roots of Loma Linda University

By James Ponder

The annual university convocation chapel, held in the sanctuary of the Loma Linda University Church on Wednesday, October 20, 2010, underscored the institution's commitment to its enduring scientific and spiritual heritage.

Marilynn M. Herrmann, PhD, RN, dean of the LLU School of Nursing and head university marshal, led the procession of academic dignitaries who filed into the sanctuary.

When all were seated, Sigve K. Tonstad, PhD, MD, associate professor in the School of Religion, and assistant professor in the School of Medicine, offered the invocation. The congregation then joined together in singing the familiar refrains of "Praise to the Lord, the Almighty, the King of Creation."

As the music faded, six individuals took turns offering a collective Statement of Commitment. For the first statement, Carla Gober, PhD, director of the Center for Spiritual Life & Wholeness, read the words of Psalm 90: 1,2,4, and 12: "Lord, you have been our dwelling place throughout all generations," she

began. "Teach us to number our days," she concluded, "so we may gain a heart of wisdom."

For the second statement, Arthur Marshak, EdD, chair of the University Faculty Council, affirmed the faculty's commitment to serve students by nurturing their intellectual curiosity, facilitating their development into independent learners, advancing knowledge and providing continuing education, and by encouraging a personal Christian faith.

For the third statement, Justin Euler, student association president, described the students' role in preparing for their future. He said they bring inquisitive minds and seek to grow in knowledge and wisdom, as well as hearts to beat with compassion, integrity, justice, purity, self-control, and the humility of Jesus Christ. "We have come to learn how to make people whole," he concluded. "We are here to become whole ourselves."

For the fourth statement, Dora Barilla, DrPH, director of community health development, reminded the audience that we are "servant-leaders, led by God to serve our communities. This institution was founded," she observed, "to care for



Richard Hart, MD, DrPH, president of Loma Linda University, discussed the importance of knowing and understanding the roots and symbols of our institution. His comments were made during the university convocation chapel, which was held on Wednesday, October 20, 2010, in the sanctuary of the University Church.

each individual, near and far" as a child of God. She concluded by noting that we "seek partners as we take on this challenge from those who share our commitment and purpose to bring healing and hope to the world."

For the fifth statement, Randy Roberts, DMin, MA, senior pastor of the Loma Linda University Church, spoke to God as our Creator and, on behalf of the audience, accepted God's invitation to be servants and stewards. He asked for courage, conviction, and compassion before acknowledging our responsibility "to accept all as fellow travelers and seekers of peace and truth." He concluded by claiming God's promises of protection, blessings, and fulfillment.

For the final statement, Roger Hadley, MD, dean of the School of Medicine, reminded the audience that Loma Linda University began "over one hundred years ago when a few individuals believed that God could do the unbelievable."

He recalled how the Lord rewarded their faith as they committed their lives and talents to the task. He

concluded by saying, "Now receive the blessing of God as you live out your commitment in this place. May you be blessed with vigor and life abundant. May you be whole in body and have peace with God as you are made whole by His Spirit."

In his response and acceptance to the six-part Statement of Commitment, Lowell Cooper, MDiv, MPH, chair of the Loma Linda University Board of Trustees, told a story attributed to Robert Lewis Stevenson's boyhood nanny: one night after tucking the future author into bed, she decided to look in on him. She found the boy standing at the window, staring at something outside. When she scolded him for not sleeping, young Mr. Stevenson beckoned her to join him. "Look at what I'm seeing," he said, pointing to a lamplighter. "I see someone who's poking holes in the darkness." Elder Cooper reminded the audience that this is what we are called to do.

Rodney D. Neal, MBA, senior vice president for financial affairs, read for the morning's Scripture lesson the story, as recorded in Luke 8:43-48, of the woman who reached out in faith to touch the hem of Jesus' garment.

At the beginning of his message, Richard H. Hart, MD, DrPH, president of Loma Linda University, talked about the roots of Loma Linda University and reminded the audience that LLU is built on the twin foundations of faith and science. He said we are unique in maintaining that perspective since other institutions that similarly began with a commitment to both objectives have long since abandoned one in favor of the other. In discussing the scientific achievements of the university, he recalled how the institution forever came to be associated with excellence in heart transplantation and proton therapy thanks to the celebrated efforts of Leonard L. Bailey, MD, and James M. Slater, MD.

In recalling individuals who pushed the boundaries of the faith pillar, Dr. Hart recalled the influence of theologians Graham Maxwell and Jack Provonsha, MD, PhD, before honoring Wilber Alexander, PhD, emeritus professor in the School of Religion, and professor of family medicine in the School of Medicine, for "fundamentally shaping the direction of this campus." Dr. Alexander and his wife, Mary, rose

Please turn to page 2



Lowell Cooper, MDiv, MPH, chair of the Loma Linda University Board of Trustees, addressed students, faculty, and staff of Loma Linda University at the university convocation chapel reminding them that "We are to be like lamplighters poking holes in the darkness."

COMMUNITY OUTREACH

## Free flu shots and health screenings offered at LLUMC Family Health Fair

Contributed report

Free flu shots and health screenings were offered at the Loma Linda University Medical Center Family Health Fair on Sunday, October 31, 2010, at Loma Linda University Drayson Center.

The Family Health Fair was held from 9:00 a.m. to 2:00 p.m. A number of participating booths provided information and services, including free limited flu shots for adults and children over the age of 3.

Other free health screenings offered included dental, vision, body-mass index, blood pressure, and glucose testing. Attendees also received educational information about cancer,

diabetes, rehabilitation, and kidney disease.

The flu shots were available on a first-come, first-served basis, while supplies lasted. The shots are good both for seasonal and H1N1 flu.

For children, educational activities, games, and prizes were on tap. Opportunity drawings gave participants the chance to win prizes, including the grand prize—a Disneyland family package for four, with a two-night stay at a nearby hotel.

The Family Health Fair has been held annually for more than 15 years to provide health screenings and education to the community, and to raise awareness of the services offered at Loma Linda University Medical Center.



A limited number of free flu shots and health screenings were offered at the Loma Linda University Medical Center Family Health Fair on Sunday, October 31, 2010, at Loma Linda University Drayson Center.

PROFESSIONAL EXCELLENCE

## LLU Medical Center ophthalmologist named among 'Best Doctors in America'

Contributed report

Julio Narvaez, MD, an ophthalmologist at Loma Linda University Medical Center, has been selected by his peers as one of the "Best Doctors in America."

The *Best Doctors in America 2011-2012* database is a valued resource that contains the names and professional profiles of about 47,000 of the best doctors in the United States.

An exhaustive peer review survey by thousands of doctors determines the physicians included in

the database. Only those who earn the consensus support of their peers are included, and doctors cannot buy listings.

Dr. Narvaez obtained his medical degree and residency training at Loma Linda University School of Medicine. He served as an active duty ophthalmologist in the U.S. Air Force and later completed subspecialty training at Emory University Eye Center in Atlanta.

He is currently a professor of ophthalmology at LLU School of Medicine, has published numerous research articles, and presented his

research at national and international meetings.

Most recently, he presented on new surgical techniques at the European Society of Cataract and Refractive Surgeons, and, next year, is scheduled to present at the American Society of Cataract and Refractive Surgery. He also is a reviewer for the *Journal of Cataract and Refractive Surgery*, *Journal of Cornea*, and *Journal of Ophthalmology*.

His clinical and research interests are in cataract surgery, refractive surgery, Intacs for Keratoconus, and intraocular lenses.

Dr. Narvaez, who speaks fluent Spanish, is an active volunteer in the community and regularly participates in missions to developing countries to bring much-needed eye care.



Julio Narvaez, MD  
... among "Best Doctors in America"

## Convocation chapel celebrates spiritual roots ...

Continued from page 1

to their feet to acknowledge the loud applause that filled the sanctuary.

Dr. Hart also remembered the spiritual legacy of a former youth pastor from the Campus Hill Church who served as a volunteer chaplain for the School of Public Health. Dr. Hart noted that the late Charlie Liu was known for his Christ-like character and caring spirit until his life was tragically cut short by leukemia. Dr. Hart asked Mr. Liu's widow and daughter to

rise to be recognized as he announced the inauguration of the Charlie Liu Global Service Scholarship.

In describing how symbols communicate the heritage of the institution, Dr. Hart recalled how sculptor Alan Collins' creative portrayal of the Good Samaritan story has become an icon of Loma Linda University. He also mentioned the influence of Victor Issa's monumental "Come Unto Me" installation at the front entrance of the Medical Center, and discussed



Rodney D. Neal, MBA, senior vice president for financial affairs, reads the story of the woman who snuck up behind Christ in the crowd to touch the hem of His garment, from Luke 8:43-48, during the university convocation chapel. The service was held on Wednesday, October 20, 2010.

Hyatt Moore's enormous painting—"The Last Supper with 12 Tribes"—currently on display in the Del E. Webb Memorial Library.

He then announced that immediately following the service, Alan Collins' latest sculpture would be unveiled at the north entrance to the Centennial Complex. He noted that Alan Collins was unable to attend the service due to weather-prompted delays at San Francisco International Airport. In noting that the sculpture depicts the story of the woman who tried to anonymously touch the hem of Christ's garment, Dr. Hart said, "It is our hope that future generations will recognize that this is where healing comes from ... that it is a gift from God."

Dr. Hart reminded the audience that the purpose of recalling the roots of an organization and honoring leaders of the past is similar to seeking to understand the meaning of its symbols.

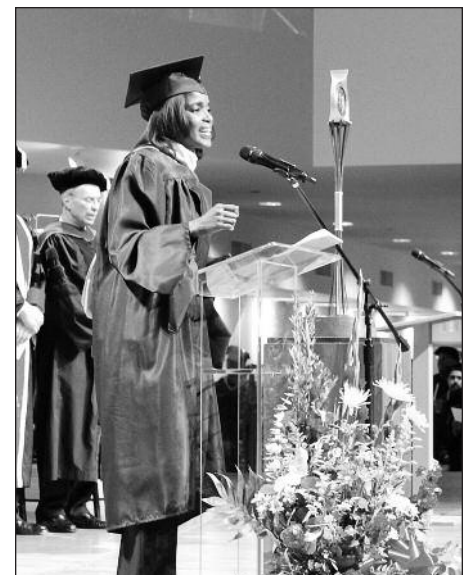
"They are anchor points," he said, "that help all of us to understand, reflect, look back, and remember who we are."

He concluded by noting that Loma Linda University invites everyone who comes under its influence to touch the hem of Christ's garment, and consider the question, "Who will you touch?"

The congregation joined Carolyn O. Sallion, MS, an alumna and doctoral student at the

School of Science and Technology, in singing the LLU song "Healing Love." Following that, Tricia Pennicook, MD, MPH, dean of the School of Public Health, offered a prayer of dedication.

A moment later, the dignitaries filed out of the sanctuary in their colorful robes and the service was over.



Carolyn O. Sallion, MS, an alumna and doctoral student of the Loma Linda University School of Science and Technology, leads students, faculty, and members of the Board of Trustees in singing "Praise to the Lord" at the beginning of the university convocation chapel.

INTERNATIONAL EXCHANGE

## Japanese exchange program enriches GIS at Loma Linda University

By Heather Reifsnyder

Loma Linda University School of Public Health's cooperative exchange with Japan's Niigata University enhances the geographic information systems (GIS) capabilities of each school while at the same time paving the way for possible improvements to health care in each country.

Since the two institutions formed a relationship in 2008, Loma Linda University has sent one student to Niigata University for three months to work on health care access in Niigata Prefecture. Now, for the 2010-2011 school year, a Japanese postdoctoral fellow is living in Loma Linda to further his GIS studies and work on improving hospital care in each country.

Yugo Shobugawa, a physician, also took his PhD studies in clinical epidemiology and virology at Niigata University. For the past six years, he has been a medical doctor at Yurin Hospital, located in adjoining Fukushima Prefecture. During the last two years, he worked with hospital infection control. He and his family arrived at Loma Linda August 9.

His specific aim while here is to apply GIS to a project with Loma Linda University Medical Center: developing an application that will serve as an additional tool in tracking and stemming the spread of infections that patients can acquire while hospitalized. Examples of organisms causing such illnesses are *Clostridium difficile* and methicillin-resistant *Staphylococcus aureus*.

"We are hopeful that by implementing GIS at the Medical Center, we will be able to add a visual element to the current infection control program," says Londa Gregg, MBA, infection control analyst.

Dr. Shobugawa wants to take the tools they develop back with him to Yurin Hospital—and beyond.

"I have hoped to put such a system into practical use for several years," he says. "I would like to apply it in many places. Even in Japan, of course, I hope it becomes practical in every hospital."

Here at Loma Linda University, Ms. Gregg will collaborate on the project with Dr. Shobugawa. She is now taking the GIS certificate program



Yugo Shobugawa, MD, PhD, works in his Loma Linda office.

after her interest in the subject was piqued by a GIS emphasis in her MBA studies at the University of Redlands. Her curiosity prompted her to contact Seth Wiafe, MPH, academic director of the health geoinformatics program, about the potential for GIS to be used at the Medical Center.

"My interest in GIS is a little unorthodox, as I am looking at what is happening inside the building," she says, "where historically GIS



Theogene Ndatimana, MPH, takes in some scenery during his three months in Japan last year.

has been used relating to geographic location on a map."

The project Ms. Gregg and Dr. Shobugawa are doing will help employees at the Medical Center who are visual learners.

"We cannot see infectious agents, but we can visualize them by using GIS," Dr. Gregg says. Please turn to page 6

WHOLENESS SERIES

## Wholeness lecture series begins with lesson in personality

By Heather Reifsnyder

The 2010-11 Wil Alexander Wholeness Series began October 20 with a presentation that kept hundreds of students, faculty, and staff laughing about personality types and the humorous ways people differ.

Psychiatrist Cameron Johnson, MD, medical director of adult services at the Behavioral Medicine Center, explained the four spectrums of the Meyers-Briggs personality inventory:

introverts vs. extroverts, intuitives vs. sensors, perceivers vs. judgers, and feelers vs. thinkers. People's personality types can be described in terms of the combination of where they fall on each of these spectrums.

Because people of different types can widely differ in what they value and in the way they communicate, Dr. Johnson focused on developing rapport in both personal life and the health care field with four of the most common types. The presentation was very opportune,

says physical therapy student Kimberly Clegg.

"The information that he delivered is so applicable to every facet of personal relationships, work relationships, and everyday interaction with people that, if applied, could be incredibly effective in improving overall living day to day," she explains. "Dr. Johnson's ability to present a brief snapshot as to what the 'real' world may present when working with different personalities (i.e. patients) gave me much to consider as he defined different scenarios and then explained how, as a clinician, the patient could be dealt with."

Other student comments about the workshop included "It opened my eyes about how people operate," "You really helped me with my husband!" and "Was a pleasure, great insight, great tools—so-o-o true!"

Dr. Johnson's presentation was the first of a nine-part lecture series this school year designed to help students develop wholeness in them-

selves and their professional lives. Organized by the School of Allied Health Professions, the Wil Alexander Wholeness Series enriches academic coursework with topics designed around principals and skills LLU hopes to foster in its students, such as a commitment to lifelong learning, the integration of Christ-centered values in personal and professional life, and service to a diverse world.

The workshops are part of the portfolio classes for students in the School of Allied Health Professions. However, the campus at large is invited to attend the series, which meets on Wednesdays from 5:00 to 5:50 p.m. in the Centennial Complex Damazo Amphitheater (see sidebar for dates). A complimentary meal can be reserved by sending an e-mail to <meals@llu.edu> by 2:00 p.m. on the Mondays prior to the workshop.

Named for an LLU educator who has championed the concept of wholeness on campus, the Wil Alexander Wholeness Series is also sponsored by the office of student affairs, the Center for Spiritual Life & Wholeness (founded by Dr. Alexander), and the East Campus Hospital of Loma Linda University Medical Center.

### Wil Alexander Wholeness Series 2010-11 schedule

- November 17** "To Know as We Are Known – The Challenge of Knowing Yourself" – *Wil Alexander, PhD*
- December 1** "Scrambled Eggs – Mental Health Awareness" *JTP Drama Troupe*
- January 12** "An Interdisciplinary and Ecological Approach to Childhood Obesity" – *Kiti Freier Randall, PhD; Louise Schneider, DrPH; and Kim Hamai, MD*
- January 26** "Rise Above – A Recovering Athlete's Journey" *Aaron Baker*
- February 9** "Relationships and Community – Ties that Bind" *Carla Gober, PhD, MS, MPH, and Justin Euler*
- February 23** "Life After Graduation" – *Craig Jackson, JD, MSW*
- March 30** "The Secrets to a Successful Job Interview" *Shastin Rains, MA, and Esther Valenzuela, RN, MA, MBA*
- April 6** "Your Resume – A Doorway to Your Dream Job" *Debbie Hamada, MA, RHIA*



Students put their new-found knowledge of personality to the test with an interactive survey.

A PERSONAL STORY OF RECOVERY

## Marine officer shares his personal story of recovery from addiction

By James Ponder

In honor of the newfound freedom he acquired at Loma Linda University Behavioral Medicine Center (BMC) and to encourage others on the road to recovery, Sgt. Rob Olson, a 25-year-old unmanned aerial vehicle operator for the United States Marine Corps, wants to share his story of battling substance abuse.

"I started with drugs when I was about 20," Rob recalls. "I was introduced to selling drugs, but I started to get greedy. I didn't care about consequences whatsoever, and I started using and just never stopped."

Like most drug users, life circumstances heightened Rob's need for a chemical escape and drove him deeper into addiction.

"I was stuck in a lousy relationship and had no way out," he says. "My wife—not Tiara, my

current wife, she's wonderful—but my ex-wife became violent. Drugs were my way to cope. It was messy!"

Rob, who came from an abusive childhood home, is no fan of violence. "I could never bring myself to hurt another person," he says. "I've seen crazy stuff from my parents, but violence isn't my bag. It just isn't in my character.

"When I was a kid, I used to get my hind end whipped," he reflects. "There was a lot of verbal violence from my folks. They ended up getting a divorce when I was 10."

A year and a half after starting to use drugs, Rob read the writing on the wall and decided it was time to kick the habit.

"I went to a clinic and went clean," he notes. "But it didn't last. The doctor just gave me a prescription. There was no counseling or



Sgt. Rob Olson

anything, so it didn't really deal with the underlying issues. But I did get clean for awhile."

Six months into his newfound sobriety, Rob

decided college wasn't for him, so he joined the Marine Corps. "I enjoyed the Marines; I did everything I had to do," he remembers. "I didn't use drugs for a good year. I didn't have any issues with it—no withdrawal symptoms or anything."

Unfortunately, drugs re-asserted their influence through an unexpected and somewhat implausible turn of events.

"In my second year with the Marines, I injured my knee really, really bad playing football," he says with a wince. "It was ironic because I played football on a scholarship in Philadelphia, but here I was playing with guys twice my age, and I fell and hurt myself a lot."

At first, doctors hoped that physical therapy and pain medication would restore function to the torn anterior cruciate ligament and meniscus of the injured knee.

"They gave me lots of narcotics," he shares. "It took them a year to actually put me under the knife. If they could have fixed it with physical therapy they would have, but no luck. I finally

Continued next page

## Tea & Trinkets termed a roaring success ...

Continued from page 8

number of boutiques—including The Carved Horse, Bijoux Luxury Jewelers, Fabulous 50s Stuff, Frugal Frigate Children's Books, Haven Home Essentials, Party Plus, and Viola Faye Jewelry—supported the event.

Throughout the afternoon, the lilting sounds of harpist Susan Irving wafted through the air, adding a dimension of auditory grace to the scene. When it came time for tea, catering co-chairs Leigh Anderson and Sylvia Tuch made sure it was served with a plethora of delicious accoutrements. There were assorted finger sandwiches served—as at all proper teas—with watercress. Artichoke nibbles and little cupfuls of rosemary cashews, giant stuffed olives, strawberry cream scones, miniature cream puffs, chocolate brownies, red velvet cupcakes, fruit gelee squares, assorted teas, and non-alcoholic champagne completed the culinary delights.

One of the highlights of the afternoon was when Julia Mcleod, the "adorable little girl" Ms. Grinnan referred to, shared her story of suddenly experiencing constant pain in her hips and swelling in her joints. Before long, the pain and swelling impeded her ability to walk, kneel, and sit. Following an accurate diagnosis of Ankylosing spondylitis, a form of arthritis, and an effective treatment regimen at Loma Linda University Children's Hospital, Julia is now as active as ever. She still has arthritis, but is able to participate in normal childhood activities and as a member of her school's volleyball team.

The main event of the afternoon was the fall fashion show sponsored by The Carved Horse of San Juan Capistrano. While Jeri Favorite provided live narrative commentary, seven models paraded the latest in fall fashions up and down a multi-tiered runway between the pools and water features.

The models—Darlene Blake, Christi Bulot, Kelly Jackson, Nance LeVesque, Robyn McQueen, Allie Van Geloof, and Nancy Varner—displayed apparel in the season's new colors: bright lime greens, assertive reds leaning toward orange, deep chocolate browns, creamy whites, yellow ochres, moss greens, sky blues,

grays and silvers, eggplant purples, as well as more traditional seasonal favorites such as pumpkin and burnt oranges, blacks, and russets. Patterns and textures this year include bold herringbones, subdued paisleys, and similar designs. Ms. Favorite proclaimed the autumn of 2010 as "the season of the jacket," and predicted that vests will make a big splash this season.

All in all, Ms. Grinnan and the members of the guild's board of directors and planning committee are very, very pleased with the way Tea & Trinkets turned out this year. They are especially grateful for the generosity of Dr. and Mrs. Russell and Tami Seheult in offering their lovely gardens for the affair, and to all the sponsors, attendees, and volunteers for making the event so successful.

Although it would be beyond the scope of a newspaper article to thank everyone who pitched in to support Tea & Trinkets, the guild would especially like to thank the following individuals and organizations for their generous assistance:

**Big Hearts Sponsors:**

- Anonymous
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- Walmart

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**Tea Hat Sponsor:**

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The guild also wishes to thank the following businesses and individuals:

Adventist Book Center, Loma Linda; Collective Journey, Redlands; World Discovery Store, Redlands; Mozart's Fine Gifts and Collectibles, Redlands; Natural Nails—Toni Mazzolo, Redlands; Palazzo Salon, Redlands; Redlands East Valley Kiwanis Key Club, Redlands; Glean Heath—Artist, Mount Shasta; Fleur de Lis—Bob Luna-Friedieu, Redlands; Kissui Baby & Children, Redlands; and In-N-Out Burger, Redlands.

Ms. Grinnan concluded by noting, "We are extremely pleased with the outcome of this year's Tea & Trinkets. To all our friends and supporters, thank you for helping us support the children of the Inland Empire."

The Big Hearts for Little Hearts Loma Linda Guild was founded in 1999 to raise awareness and support for Loma Linda University Children's Hospital. The hospital provides life-saving care for critically ill or injured children.

More information about the Big Hearts for Little Hearts Guild is available by phone at (909) 558-3154.

## LOMA LINDA 360°

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Continued from previous page  
had surgery in March 2008. They had me on a lot of medication—Percocet 5 almost weekly. Now that I think back, I think getting a prescription for 30 to 45 pills every week is a bit much!

“It went on for months,” he continues, “until they switched me to Vicodin. I started noticing signs of addiction. I took Vicodin for three months.”

When doctors finally took him off medication entirely, Rob suddenly realized he had a problem: “I couldn’t eat, I couldn’t sleep. I didn’t want to use them anymore, but when I quit, I started having all these pains. Vicodin’s a

painkiller, but pain is one of the withdrawal symptoms. Every time I tried to stop using, I went back to it. I was seeking medication from outside sources. I went doctor shopping. I hooked up with an outside dealer.”

In the seductive logic of addiction, Rob thought the outcome would somehow be different this time around.

“It didn’t start out unmanageably,” he observes. “It wasn’t affecting my relationships or my work. But as time went on, my tolerance got higher and I needed stronger drugs.”

The drug dealer scored Rob Percocet 5 and

Oxycontin 80, the drug that led him to rehab the first time around. “Once I started on Oxy 80 again, I immediately knew I was doomed. I was starting to lie to myself and mostly to my wife. The guilt was one of the driving forces behind my addiction. It made me use more.”

At that time, Rob was using 350 milligrams on a daily basis. How did he finance an addiction that was costing \$160 per day? By stealing from Tiara. She—along with others—began to suspect he was using, but Rob denied every allegation.

“The drug creates a feeling of euphoria,” he explains. “You can be having the worst day

of your life, but everything goes away when you take it.”

The day finally came, however, when external and internal pressures conspired to impel Rob to go for help the second time around.

“I was planning to go to my command and tell them ‘Hey, I have a problem.’ Ironically, while I was planning my spiel to them, I popped up on a drug test. By that time, I was up to 500 milligrams per day. I really wanted to get help, but it was unfortunate timing.”

But even after Rob owned his addiction, he still had to convince his superiors that he needed outside help.

“The substance abuse counselor just told me to stop, but he didn’t know how bad the problem was. Only addicts and specialists really understand addicts. But with the help of other key personnel on base, they finally got me here to Loma Linda.”

When Rob entered the BMC recovery program on July 12, 2010, he was full of optimistic ideas; at least one of them was fundamentally misguided.

“You come in here thinking ‘I have a drug problem and they’re gonna fix me,’ he discloses. “But there are a lot of underlying issues and they’ve helped me learn to cope with those. The staff here is really nice; they really helped me a lot! The biggest thing I’ve learned is that you can’t keep lying to yourself.”

“Addiction destroys families and lives,” observes Andrew Wildasinn, a senior chemical dependency counselor at the BMC. “It takes away one’s passions in life and sense of purpose. When someone gets help to stop drinking and/or using drugs, life begins to make a turn. Relationships with loved ones begin to improve, interests in hobbies and other leisure activities are renewed, and one regains a new sense of purpose in life.”

Rob certainly has. He was released from his recovery program at the BMC on August 9, 2010. Right now, he’s back at the Marine Corps Air Ground Combat Center in Twenty-nine Palms flying unmanned aerial vehicles on practice surveillance missions.

“It can be stressful,” he admits. “We have to know emergency procedures. We’re the eyes in the sky for our ground troops. We save lives by foreshadowing the battle plan, seeing things before they happen.”

“Recovery is going great for me,” he continues. “I’m getting really good at recognizing my post-acute withdrawal symptoms, and dealing with my issues. I go to meetings as much as I can, and I’m taking the 12 steps to heart and trying to extend my hand to anybody that needs it. Staying busy and active has really helped with my sobriety. My wife has been very supportive and a great help. I am really happy!”



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**Next TODAY  
November 17**

## NURSING EDUCATION

## Doctor of nursing practice program experiences rapid growth

By Richard Weismeyer

The doctor of nursing practice (DNP) degree is a new and rapidly growing option for nurses seeking a doctoral degree, according to Susan Lloyd, PhD, RN, CNS, associate professor of nursing and director of the program in the School of Nursing.

"The program is designed for nurses seeking a terminal degree in nursing practice and offers an alternative to the PhD research-focused doctoral programs," says Dr. Lloyd. "The focus of the DNP is to prepare clinical scholars to translate research into evidence-based practice and utilize it to improve patient care, implement

best practices, and provide optimal health care outcomes for patient populations."

The Loma Linda DNP program is designed for advanced practice registered nurses (such as clinical nurse specialists and nurse practitioners and also for nurse administrators) who have already completed a master's degree in nursing. This post-master's entry into the program offers a three-year path to the DNP.

"This is Loma Linda's first year of offering the DNP program," says Elizabeth Bossert, DNS, RN, associate dean for graduate nursing and academic affairs in the School of Nursing. "This program will allow master's-educated registered



Students who are enrolled in the DNP program along with their faculty pose for a photograph in the Centennial Complex. Pictured (all from left) first row, DNP faculty Jan Nick, PhD, RN; Becky Bossert, DNS, RN; Susan Lloyd, PhD, RN; Jan Michaelis, DrPH; Marilyn Herrmann, PhD, RN. Second row, Julietta Quiene, Amuni-Dan Ibrahim, Susan Bussell. Third row, Kimberly Buck, Joseph Hacinas, Jennifer Randles. Fourth row, Jennifer McMahon, Lisa Hendershott, Heather Adams, Katherine O'Donnell-Rose, Vivianne Jakobs, Tamera Tirado. Fifth row, Valerie Malinoski, Deborah Bobst, Jennifer Cook, and Celia Kolbach.

## Japanese exchange program enriches GIS ...

Continued from page 3

Shobugawa says. "Visualization is easily understandable and convincing. It can make people's behavior change."

Based on the knowledge he acquires at LLU, Dr. Shobugawa also hopes to do future work with stemming fatal infectious diseases in developing countries.

Last school year, the exchange with Niigata University went in the other direction. The School of Public Health sent student Theogene Ndatimana to Japan for three months in late 2009. Drawing on his training in GIS, he helped conduct a study on which of two government hospitals in Tokamachi City should be closed due to budget constraints—while causing the least negative impact to residents.

In doing so, Mr. Ndatimana and his Japanese colleagues studied spatial factors such as hospital location, city layout, population distributions, and patient travel routes. They also had

to consider the assets of the two hospitals in terms of size, equipment, hours, and health services offered.

Weighing all the factors, they recommended closure of Matsudai Hospital. Using GIS, they also studied how the other hospital's services could be most efficiently delivered to residents across the city without compromising their health.

"This offered me an opportunity to apply the knowledge I have acquired at Loma Linda University to real-life cases that may, in the future, improve people's lives," says Mr. Ndatimana, who has since graduated in June 2010 with an MPH in environmental and occupational health.

The health geoinformatics program at LLU began in 1996 when the School of Public Health taught the first graduate-level GIS course offered by a U.S. school of public health. Today, the program offers a GIS certificate and several master's-level tracks of study.

nurses to earn a clinical doctorate that will prepare them to assume roles in systems leadership, quality improvement, and evidence-based outcomes in health care systems."

The DNP program at Loma Linda is a three-year, 63 quarter unit (equivalent to 42 semester units) program. The program uses a technology-mediated format.

During the first two years, the students and faculty meet one week every quarter face-to-face on campus in an intensive seminar format. This is preceded and followed by online discussion and submission of course requirements. The third year focuses on the DNP project, usually based at the students' place of employment. The Loma Linda program is built on the DNP essentials as articulated by the American Association of Colleges of Nursing.

Enrolled in the first cohort of the Loma Linda program are 16 students from a variety of nursing roles, including clinicians, administrators, and educators. The technology-mediated intensive session format works well for their schedules as they live in various areas of California, as well as more distant areas such as San Antonio and Guam.

"Loma Linda is the only Seventh-day Adventist university currently offering the DNP program," Dr. Bossert says. Loma Linda University is one of five schools in California offering the new DNP program. Other California schools offering the DNP program include two in Southern and two in Northern California.

There are currently 120 DNP programs in the United States and an additional 161 programs are in the planning stages. DNP programs are available in 36 states, as well as the District of Columbia.

Individuals interested in knowing more about the program may contact the School of Nursing, Loma Linda University, by e-mail at <nursing@llu.edu>, phone (800) 422-4558 (general admissions) or (909) 558-8061 (graduate nursing), or write to or visit West Hall, 11262 Campus Street, Loma Linda, California 92350.

Deadline for applications for next year's program is February 1, 2011. Loma Linda also offers a doctor of philosophy degree in nursing and a master of science degree as a nurse practitioner, clinical nurse specialist, nurse administrator, or nurse educator.

## NEW RESEARCH

## Adults needed as subjects for an avocado research study

Contributed report

The department of nutrition at Loma Linda University School of Public Health is conducting a research study to evaluate the effect of avocados on health. Participants must be between 25 and 54 years old and overweight, but with a stable weight for the last six months.

Participants should have low levels of regular activity and not be involved in sports. Participants must be non-smokers and not be dependent on caffeine (occasional coffee, tea, and soda is fine).

Overweight is defined as a body mass index (BMI) between 25 and 30. To calculate BMI, multiply your weight in pounds by 703. Then divide that answer by your height in inches (5'5" = 65"). Then divide the second answer by your height in inches again. If the final answer is below 25 or above 30, you are not eligible to apply.

Applicants who qualify and who live or work near Loma Linda will be invited to attend a group information meeting where a senior investigator will explain the purpose of the

study and provide details of what is expected of the participants. Information meetings are by invitation only and will be held the week of October 24 and November 7, 2010. Study clinics will begin on January 12, 2011, and be completed by February 11, 2011.

Persons interested in participating in the study and who meet the criteria are encouraged to submit an application. Please visit <www.llu.edu/public-health/nutrition> for application instructions. For those without Internet access, an application can be mailed to you. Please call the study message phone at (909) 558-4300 extension 47170 and provide your name, address, and phone number. All study participants will receive free study-related exams, meals, and modest monetary compensation.

Faculty at Loma Linda University's department of nutrition have been conducting studies on the health benefits of nut consumption since the early 1990s. In 1993, the *New England Journal of Medicine* published the university's groundbreaking study establishing the link between nut consumption and favorable outcomes for heart health. This new study will be the department's first research on the health benefits of avocados.

## YOUNG ADVENTISTS AND THE CHURCH

## School of Religion hosts roundtable discussion on young Adventists

Contributed report

The topic "Young Adventists' Mindset and the Church" will be approached during a panel discussion sponsored by the School of Religion.

The discussion is scheduled for Sabbath, November 13, at 2:30 p.m. in the Small Amphitheater, ground level of the Centennial

Complex, Loma Linda University campus.

Current LLU student Kim Paulien; Ryan Bell, pastor of the Hollywood Adventist church; and Tim Gillespie, Loma Linda University Church pastor for young adult ministries, will take part in the discussion. Jim Walters, PhD, professor of Christian ethics, School of Religion will serve as moderator. For more information call Raelene Brower at (909) 651-5952.

SCHOOL OF PHARMACY

Pharmacy student network organized



Three members of the Loma Linda University School of Pharmacy class of 2013 recently organized a new student-driven initiative to facilitate peer mentorship and camaraderie among members of the different classes at the school. According to Dave Weldon, PhD (back row, center), faculty advisor for the group, the pharmacy student network will provide opportunities for academic, social, career, and spiritual mentorship for students. With Dr. Weldon are (left to right) Shady Mansy, Jonathan Nguyen, and Stephen Hom.

Contributed report

As the 2010 school year begins, the School of Pharmacy is busy with activity. The new year begins with the largest incoming class ever—85 students, along with new faculty and staff. Also, welcoming the class of 2014 is a new student-driven initiative to introduce a new experience—the pharmacy student network, or PSN.

PSN began development last spring when three class of 2013 students—Shady Mansy, Stephen Hom, and Jonathan Nguyen—realized their interactions with the classes before them were almost non-existent. “We really took a step back and came to the conclusion that we did not know a lot of the upperclassmen in the school, and we wanted to change that,” states Mr. Mansy. The goal of the organization is to create

BEHAVIORAL SCIENCES

Family ministries department leaders visit Loma Linda University

Willie Oliver, PhD (left), director of the General Conference of Seventh-day Adventists department of family ministries, and his wife, Elaine Oliver, MA, associate director, speak to faculty, staff, and students from the LLU School of Science and Technology’s social work and marital and family therapy programs, as well as individuals from a handful of other areas. The Olivers spoke about their vision for the department during the next five years. Their mission, they shared, is to “Prepare families for the kingdom of God to help hasten the coming of Jesus Christ” by reaching up through worship, Bible study, prayer, and studying the writings of Ellen G. White; by reaching out through family-to-family evangelism; and by reaching across to help nurture families and future families through marriage enrichment and education, and equipping parents through workshops.



a long-lasting social network for the school’s current and future students and graduates.

opportunity for students and their professional career,” adds Mr. Nguyen.

Through the efforts of PSN, and with the advisement of faculty member David Weldon, PhD, the organization expects to provide student support over topics such as academia, social experiences, career networking, and spiritual companionship. The program, for the first time, will create a peer mentorship experience for the students of the School of Pharmacy.

The enthusiasm shared by their fellow classmates for PSN has been a pleasant surprise, with more than 50 other students from the class of 2010 signing up to serve as a mentor to the incoming class. “Since day one here at Loma Linda, we’ve been told by many of our fellow peers and professors that the pharmacy profession is such a small world—that the relationships and connections we build while in school are an integral part of maximizing one’s career as a health care provider,” adds Mr. Hom.

“We feel like having an experienced student serve as a mentor, along with a social network after graduation, will provide an invaluable

COMMUNITY OUTREACH

Pharmacy students participate in drug drop-off program at two events

By Richard Weismeyer

The fair was free to attendees.

Students from the Loma Linda University School of Pharmacy participated in a drug drop-off program in cooperation with the Home Instead Senior Care and the San Bernardino County Sheriff’s Department on Wednesday, October 20, 2010.

Although the fair was targeted to individuals 55 or over, the entire community was welcome to the event coordinated by Romy Niblack, senior wellness coordinator at Drayson Center.

A similar event was held at LLU Drayson Center as part of the annual Senior Health and Fitness Fair, held on Wednesday, October 27.

Present at the fair were students from the School of Pharmacy offering advice about medications in addition to making sure about proper disposal of unused or outdated pharmaceuticals.

ENVIRONMENTAL JUSTICE

Center for Christian Bioethics hosts roundtable on environmental justice

Contributed report

According to recent state analysis, the San Bernardino rail yards threaten the greatest cancer risk to nearby residents of any rail yard in the State of California. Join the Center for Christian Bioethics as it hosts a lively debate concerning the moral, health, and public policy aspects of an immediate environmental hazard.

Featured panelists include Patrick J. Morris, mayor of San Bernardino; Tom Dolan, PhD, executive director, Inland Congregations United for Change; Lena Kent, public affairs manager for BNSF Railway; Susanne Montgomery, PhD, director, Center for Health Research, School of Public Health; and Samuel Soret, PhD, chair, environmental and occupational health, School of Public Health.

The topic “Is San Bernardino going up in smoke? A case study in environmental justice” will be discussed Saturday, November 6, 3:00 p.m. to 4:30 p.m., in the Small Amphitheater, Centennial Complex, Loma Linda University.

Roy Branson, PhD, director of the Center for Christian Bioethics will serve as moderator.

For more information call the center at (909) 558-4956 or e-mail bioethics@llu.edu.



INNERWEAVE: *The Wholeness Story*

By Wil Alexander, PhD  
Professor of family medicine, School of Medicine

After a rather lengthy sabbatical from writing this column, I am back, after celebrating the 89th anniversary of my first year of life. I am what I think of as now “olderly.” I offer for those who are also maturing at a too fast rate, the following prayer:

Lord, Thou knowest that I am growing older. Keep me from becoming too talkative, and particularly keep me from falling into the tiresome habit of expressing an opinion on every subject.

Release me from craving to straighten out everybody’s affairs. Keep my mind from the recital of endless details. Give me wings to get to the point.

Give me grace, dear Lord, to listen to others describe their aches and pains. Help me endure the boredom with patience and keep my lips sealed, for my own aches and pains are increasing in number and intensity, and the pleasure of discussing them is becoming sweeter as the years go by.

Teach me the glorious lesson that occasionally, I might be mistaken. Keep me reasonably sweet. I do not wish to be a saint (saints are so hard to live with), but a sour old person is the work of the devil.

Make me thoughtful, but not moody; helpful, but not pushy; independent, yet able to accept with graciousness favors that others wish to bestow on me.

Free me of the notion that simply because I have lived a long time, I am wiser than those who have not lived so long.

If I do not approve of some of the changes that have taken place in recent years, give me the wisdom to keep my mouth shut.

Lord knows that when the end comes, I would like to have a friend or two left.

Author Unknown



CHILDREN'S HOSPITAL

Tea & Trinkets described as roaring success

By James Ponder

By all accounts, Tea & Trinkets, the fall fundraising spectacular sponsored by Big Hearts for Little Hearts Loma Linda Guild to benefit Loma Linda University Children's Hospital, was a roaring success. The event, which was billed as an afternoon of high tea and high fashion, took place amid the spacious and lavishly waterscaped grounds of the Scheult Estate Gardens in Redlands on Sunday, October 10, 2010.

"Where to begin!" notes Catherine Grinnan, guild president. "Imagine a crowd of 250—mostly ladies and girls, but also a handful of men—dressed in their finest, enjoying tea, sandwiches, and tasty desserts. Throw in melodious, live harp music, an informative presentation on juvenile arthritis from an adorable little girl, and a fabulous fall fashion show. Place it in a sumptuous outdoor setting with pools of dancing

water and extravagant greenery. Toss in a gentle breeze and raise \$25,000 to support Loma Linda University Children's Hospital, and what do you call an event like that? I'd say it was a roaring success—absolutely splendid!"

Dixie Watkins and Eloise Habekost, founding members and former presidents of the guild, echo Ms. Grinnan's evaluation of the afternoon and add some observations of their own.

"It was a grand success!" notes Ms. Watkins. "With the Scheult estate gardens as our setting, warm but pleasant weather, an elegant high tea, beautiful clothes and models PLUS so many loyal supporters of Children's Hospital attending, what more could we ask for? The event committee is quite pleased."

"What a wonderful way to enjoy the afternoon and raise money for the children of Loma Linda University Children's Hospital," Ms. Habekost



(From left) Gail Watkins, Brenda Olson, Eloise Habekost, Amy Curti, Michelle Kavanaugh, Jeanette Curti, Karen Grozak, and Kathy Ferguson were among the estimated 250 individuals who turned out for Tea & Trinkets at the Scheult Estate Gardens in Redlands on Sunday, October 10, 2010.

adds. "I'm especially happy that so many sponsors, vendors, guild ladies, and guests felt that this was a worthy cause to attend and donate to the hospital."

The event officially got underway at 4:00 p.m., but most guests arrived early to browse the gardens and explore colorful items for sale. A  
Please turn to page 4

COMMUNICATION EXCELLENCE

Loma Linda entities take home six awards at annual PRSA award ceremony

By Dustin R. Jones

Employees of Loma Linda University and its entities received six awards during the 45th annual banquet for the Public Relations Society of America—California Inland Empire Chapter (PRSA—CIEC).

Held October 13 at the historic Mission Inn Hotel and Spa in Riverside, the event was emceed by Allan Borgen, food critic for Feed Me 411 and Let's Dine Out, as well as radio host.

"It was fantastic to see so many gather to celebrate the tradition and legacy of public relations in the Inland Empire," said Karen Bergh, 2010 PRSA—CIEC president. "In today's economic climate, it's refreshing and inspiring to see the many entries from the Inland Empire public relations community."

Inland Empire's public relations professionals submitted entries in more than 20 different categories, ranging from community outreach and media relations to collateral development

and social media programs. The submissions were reviewed by judges from the PRSA Bluegrass Chapter in Kentucky.

Two categories of recognition are awarded to submissions that meet the strict requirements—the Polaris Award for first-place submissions and the Capella Award for second-place submissions.

Melissa Bassham, events specialist, Loma Linda University Children's Hospital Foundation, received the Polaris Award for her work in organizing the Children's Hospital Foundation gala.

Dustin Jones, MA, associate director of public relations, office of university relations, won the Polaris Award for his work as editor and designer for *Loma Linda Nurse*, an alumni publication for the School of Nursing. Marilyn Herrmann, PhD, RN, dean of the school, serves as executive editor for the publication.

Mr. Jones also won a Polaris Award for his work as editor and designer on the Adventist

Health International *Annual Report*. Richard Hart, MD, DrPH, president of Loma Linda University, serves as executive editor for the publication.

James Ponder, publications editor, office of university relations, was recognized with a Capella Award for his article "Loma Linda University researchers discover source for 250 additional transplant hearts."

Mr. Ponder also received the Capella Award for his article "How becoming a guild lady made me a better man."

Richard Weismeyer, MA, executive director of university relations, was awarded the Capella Award for his work in planning and implementing the Loma Linda University exhibit at the 59th General Conference

Session for the Adventist Church.

O'Reilly Public Relations took home the most awards with a total of seven awards—five Polaris and two Capella Awards. Loma Linda University came in second place with six awards—three Polaris and three Capella Awards.

The awards banquet is an annual celebration of public relations in the Inland Empire and encourages professionals to increase quality and accountability in their work. This year's competition featured public relations professionals from the private sector, government agencies, educational institutions, health care institutions, and PR agencies.

A complete list of Polaris Award winners can be found at <www.prsaie.org>.



Loma Linda employees show off their awards with Karen Bergh, 2010 Public Relations Society of America—California Inland Empire Chapter president. Pictured are (from left) Richard Weismeyer, MA; James Ponder; Ms. Bergh; Dustin Jones, MA; and Melissa Bassham.



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