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TODAY

Friday, May 21, 2010

Volume 23, Number 9

COMMENCEMENT 2010

University prepares for 2010 commencement ceremonies

By Larry Kidder

The first of eight commencement ceremonies for Loma Linda University's seven schools will take place on Sunday, May 30, 2010, beginning at 8:30 a.m.

The School of Medicine will start off the 2010 commencement season with ceremonies taking place on the central campus mall between Prince Hall and Loma Linda University Church, and facing Coleman Pavillion.

At 1:30 p.m., the School of Pharmacy will begin its ceremonies, followed by the School of Dentistry at 5:00 p.m. Both of these events will also take place on the campus mall.

Sunday, June 13, will mark commencement ceremonies for the remaining schools, beginning with the School of Science and Technology and

School of Religion at 8:00 a.m. School of Nursing ceremonies will follow at 10:30 a.m.

At 1:00 p.m., the physical therapy program, part of the School of Allied Health Professions, will be held, followed by the rest of the school's programs at 3:30 p.m.

The School of Public Health will close the 2010 commencement season at 6:00 p.m.

Giving the commencement address for the School of Medicine will be Leonard S. Werner, MD, associate dean for medical student education, School of Medicine.

Dr. Werner received his bachelor's and master's degrees from the University of California, Los Angeles, in 1972 and 1974 respectively. In 1978, he graduated with his MD degree from the University of Oklahoma and completed his



Leonard S. Werner, MD
LLUSM commencement

residency in internal medicine at Loma Linda University Medical Center in 1981. That same year, he became a staff physician in general internal medicine at the medical center.

A growing interest in teaching led him to accept



Jeanette J. Norden, PhD
LLUSP and LLUSD commencement

an appointment in 1982 as course director for freshman physical diagnosis and interviewing. The following year, he was asked to develop a new sophomore course titled "Pathophysiology and Applied Physical Diagnosis."

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EMMY-NOMINATED VIDEOS

LLU public relations video team receives three Emmy nominations

By Richard Weismeyer

The National Academy of Television Arts & Sciences, pacific southwest chapter, announced on April 27, 2010, the nomination of three Loma Linda University "Loma Linda 360" documentary segments for Emmy awards.

Maranatha Hay, video production specialist at university relations, is nominated for "Surgeons of Hope" in the category of health/science-program or special. In addition, Patricia Thio, associate director of PR video, university relations, is nominated for two Emmys. In the category of documentary-cultural, "Armed for the Challenge" is recognized, and in the category of human interest, "PossAbilities."

"We are pleased with the Emmy nominations by the video team from the university relations office," says Richard H. Hart, MD, DrPH, president of LLU. "This group has helped enhance Loma Linda's image in the Inland Empire and throughout the Seventh-day Adventist Church through their work."

"Surgeons of Hope" is Ms. Hay's second Emmy nomination. In April of 2009, the Academy announced her nomination for Best On-screen

Talent. In addition to her nominations, Ms. Hay recently won a live storytelling performance competition at the Los Angeles Moth StorySLAM and is curating a collection of short films for Saturation Fest, a music and art festival in Riverside, California, on May 30th.

"While working on this film, I was continually amazed by the internal strength of Holman and his mother," shares Ms. Hay. "I think that's what I love the most about making these films—witnessing people struggling through the darkest time in their lives and then emerging triumphant."

"Armed for the Challenge" and "PossAbilities" are Ms. Thio's first Emmy nominations. She recently won "Best of Show" from the Public Relations Society of America, Inland Empire chapter, for "Armed for the Challenge," and has won six international film festival awards for this documentary.

Kent Allison of ARK Films donated his time by co-directing the project with Ms. Thio, and Stephen Robertson, AV technician of Internet media at LLU, donated his musical talent by writing and performing the theme song, "Possible," for the film.

In addition, the Foo Fighters and their record



The Loma Linda University public relations video team in the office of university relations produces documentaries to create awareness about LLU's mission "to make man whole." The team includes (from left) Cosmin Cosma, MA, and Maranatha Hay, video production specialists; Patricia Thio, associate director of PR video; and Michael Wolcott, MA, video production specialist.

companies generously granted permission to use "My Hero," and the band Dynamite Walls shared their song "Pages" with LLU for this film.

"I would like to thank everyone who was a part of these projects, whether in front of the camera or behind," says Ms. Thio.

"It was such a great experience to be surrounded by those featured in these films. Their perseverance and courage inspires me," she adds.

To watch the documentaries online, visit <www.llu.edu/360>. To obtain a DVD of these films, contact the office of university relations at (909) 558-4526 or ext. 44526. The following are the documentary synopses.

Armed for the Challenge

Willie Stewart is a man of steel ... and, yes, carbon fiber. "One Arm Willie" is set to defy his physical limits while training for the physically Please turn to page 11

WILLED BODY PROGRAM MEMORIAL

Silent teachers honored at the willed body program memorial service

By Nathan Lang

Loma Linda University medical student Rindala Obeid stood in front of a full audience in the sanctuary of Loma Linda University Church on April 22, 2010.

She was reciting a poem she wrote that addressed a paradox about death:

*Then the silence created a conversation
And that's when I listened in fascination.*

Ms. Obeid was just one of 21 students providing a reflection for this year's willed body program memorial service. This annual service remembers with gratitude the lives of those who have donated their bodies to the LLU willed body program, and as Ms. Obeid's lines suggest, students gratefully refer to these anatomy lab donors as their silent teachers.

This memorial service was started in 1995 through the initiative of Bertha Escobar-Poni, MD, associate professor of anatomical sciences, and the support of P.B. Nava, PhD, vice chair of pathology and human anatomy.

Around that time, Dr. Escobar-Poni noticed

various articles published in anatomical and educational journals claiming that human anatomy labs made students insensitive. "My initial reaction was to prove that this was not the case," recalls Dr. Escobar-Poni. "But then I realized that my energy should instead be focused on guaranteeing that our LLU students were the exception to this trend."

Dr. Escobar-Poni thought of the LLU mission "to make man whole" when she proposed her department's project "to make our anatomy student whole." This project sought to make the anatomy lab a site for fostering care, and measures to promote this included clinical anatomy history charts for donors' bodies—similar to hospital charts used for patients—that contained personal information about each donor, excluding their names. Among other interventions, the memorial service also resulted from this project.

Recent memorial services have featured the diverse talents of LLU students as they honor their silent teachers. This year, students provided music and reflective talks before handing out roses to donors' families and friends, and meditating on the donors during a moment of silence.

This year's reflective talks, with 21 presenters, displayed a colorful mosaic of voices and ways in which students valued their silent teachers. Ms. Obeid imagined herself in the place of her body donor and generously declared:

*So here I am. Take me and learn.
Here's my gift for life to earn.*

She next replied as herself to her donor:

*You took the last breath and made a new trend.
You breathed it into a life of knowledge*

A science yet to be acknowledged.

Fellow medical student Brad Schleenbaker traced in his poem his intimate history with his silent teacher. He recalled how:

*Stories were there, layers of clues ...
A liver deformed, a spleen enlarged
Arteries tortuous, cracked, and hard*

He then considered the untold history of his teacher and asked:

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Loma Linda University students hand out roses to families and friends of those who donated their bodies to the LLU willed body program.

CHILDREN'S HOSPITAL

Children's Hospital staffers run for the money (or was it the kids?)

By James Ponder

According to the official explanation, the 14 ladies who ran a 200.6-mile relay race from Ventura to Dana Point to raise money for Loma Linda University Children's Hospital Foundation April 24 and 25, 2010, had a blast.

The unofficial explanation, however, might not be so rosy. Participants may say they had a wonderful time, but some of them—who wish to remain anonymous—admit to sore muscles and sleepless nights.

"It took us 39 hours, two minutes, and eight seconds to complete the race, but we did it!" says Laura Alba, BSN, RN, clinical nurse educator at LLUCH. "It was very exciting!"

Ms. Alba's comments might be considered part of the official explanation. As the guiding spirit behind the Loma Linda group's participation in the event, she's supposed to say they had a great time. And she does: "It was amazing!"

Still, how much fun can it be to run until your feet feel like they're about to explode, then hop aboard a bicycle and ride alongside a colleague whose feet are killing her with every pain-filled, pounding step—on a weekend, no less, when good Americans are supposed to either go to church, work in the yard, or eat potato chips and drink six-packs of soda in front of the television!

"We each took turns after our runs," the unflappable Ms. Alba continues, "and biked with

fellow teammates for moral support and safety."

Moral support? How about a stretcher?

One might imagine such bravery, heroism, and dedication would be rewarded by nights of sumptuous pampering at a fancy spa, but the iron women of Loma Linda would have nothing of it.

"We slept in the middle of a park during the day," Ms. Alba brags.

That sounds really luxurious, especially when she adds that there was a kids' soccer game going on next to the runners' makeshift sleeping bag village. Were the nights any better? Not really—the group slept on Santa Monica Pier. Were they afraid of maybe rolling over in their sleep and falling into the ocean?

Apparently not! They were too busy having fun. "We only got about an hour's worth of sleep, if that," Ms. Alba confesses.

Not all the runners were content to waste their time sleeping. "Some of us ran through downtown Hollywood at night," she goes on. "We had locals cheer us on, and some even ran beside us." Perhaps the locals were merely trying to run the Loma Linda contingent out of town. Either way, Ms. Alba admits that the Hollywooders "only kept up for so long."

Besides Laura Alba, the Loma Linda team members included Salina Van Noy, Mona Marinell, Stefanie Newman, Esther Rodriguez, Sherri Eskew, Kim Falsone, Tita Mezzasalma, Tiffany Cordova, Alisha Alanis-Ayala, Katie Velasco, and Brenna Zung. In addition, Erin Lee and Julie Fluitt went along as drivers.

"During our run, we offered water to runners from other teams," Ms. Alba runs on (technically, one shouldn't use that phrase unless somebody literally ran on, but isn't that exactly what she did?)

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Several days before the start of the Ventura to Dana Point 200.6-mile relay race they ran the weekend of April 24 and 25, 2010, eight runners from the elite 14-member Running 4 Peds racing team practice their sore-muscle massage skills. The team ran to raise money for the Loma Linda University Children's Hospital Foundation. They are (from left) Salina Van Noy, Katie Velasco, RN; Mona Marinell, MPH, RN; Esther Rodriguez, RN; Alisha Alanis-Ayala, MA-CCLS; Sherri Eskew, MSN, RN; Kim Falsone, RN; and Laura Alba, RN.

SCHOOL OF MEDICINE

Dubious activities cloud LLU School of Medicine event

By James Ponder

Eyewitness testimony offered on condition of anonymity recently confirmed that a gang of dangerous suspects invaded the precincts of Cold Stone Creamery on Thursday, March 4, 2010, ostensibly to raise money for the Loma Linda University School of Medicine.

"I wouldn't go so far as to call their actions outright debauchery," the anonymous observer said, hiding behind her Groucho Marx glasses and fake mustache, "but I CAN tell you it was a time of wild carousing and wanton ice cream slinging. Given LLU's reputation for promoting healthful living, you'd think our medical practitioners and health educators would be up in arms, yet here they were, up to their necks in frozen desserts. It was an outrage, I tell you!"

The obviously traumatized informant—who bore some resemblance to a certain vertically challenged senior executive assistant to the dean of the school—paused for a bite of chocolate ice cream before continuing.

"They raised lots of money for the school," she went on, "and seemed to be having an uproari-

ously good time. It's a scandal of the highest magnitude!"

At this point, the mystery lady began shaking so hard I suggested she take a bite of whipped cream, augmented with fudge sauce and nuts, to calm her nerves. It seemed to do the trick; she calmed sufficiently to finish spilling the beans.

Casting a wary eye around the perimeter to make sure she wasn't being observed, she handed me a folded piece of paper. "Take this and get outta Dodge!" she urged. "Don't let anyone see you read it."

I thanked her, and drove away, taking a circuitous route back to the office. Once inside, I locked the door behind me. "Sure glad to be outta Dodge," I muttered, before realizing my car's a Nissan, not a Chrysler product. I flipped on a flashlight and examined the clandestine document in my trembling hand.

"This IS shameful!" I gasped, as the faces of several of the most notorious outlaws in Inland Empire history came into focus. I whispered their names under my breath:

Willed body program memorial service ...

Continued from page 2

But what about his character? ...

All I saw was a man
lying on his back
without clothes

And what that really, really shows
Humility with dignity
Self-sacrifice

Medical student Christine Tjandra added to

this mosaic a heartfelt laughter through her use of a pink paper heart. "An interesting feature of my silent teacher is the size of his heart," she shared. "You see, a heart is usually the size of a fist. However, his heart is much larger, more like this." She then held up the big paper heart to a chuckling audience.

"Actually, I believe all of our donors have big hearts," she concluded. "I've literally touched and held many of their hearts in my hands, but

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University prepares for 2010 commencement ceremonies ...

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Over the intervening 25 years, Dr. Werner has continued teaching these two courses to nearly 4,000 students. Maintaining high expectations for his students, Dr. Werner has developed a reputation for motivating and mentoring them to perform to their highest potential.

Although he has a reputation as the most challenging professor during the first two years of medical school, his pathophysiology course consistently receives the highest ratings given by graduating seniors as they look back over their medical education.

Dr. Werner has received numerous awards, including the Kaiser Foundation Award for Excellence in Clinical Teaching, and is a frequent nominee and four-time recipient of the School of Medicine Walter E. Macpherson Society Teacher of the Year award—most recently in 2009.

Since making the transition to school administration, Dr. Werner has significantly influenced the reorganization and development of the curricula for the basic and clinical sciences at Loma Linda University School of Medicine.

Delivering the commencement addresses for the

School of Pharmacy and School of Dentistry will be Jeanette J. Norden, PhD, professor of cell and developmental biology in the biomedical research education and training program, University of Vanderbilt Medical Center, Nashville, Tennessee.

For more than 20 years, Dr. Norden has conducted research on nerve regeneration, focusing on GAP-43, a protein involved in nervous system development, regeneration, and plasticity.

Since 1998, she has devoted her time to medical graduate and undergraduate education, emphasizing not only the intellectual, but the personal and interpersonal development of students.

Her emphasis on personal development and her innovative approach to bringing the human element into basic science courses have resulted in recognition not only by Vanderbilt University, but also nationally and internationally.

She has received every award given by medical students at Vanderbilt University, including the Shovel (two times), presented to a faculty member who has had the greatest positive influence on the graduating class during four years of medical education; the Jack Davies



It was chaos at the creamery the evening of March 4, 2010, when ice cream slingers from the Loma Linda University School of Medicine invaded the precincts of Cold Stone Creamery for a fundraising event sponsored by the Basic Sciences Student Council. Security cameras caught this desperate trio scooping and serving with wild abandon—from left) Ben "Most Interesting Man in the World" Nava, Roger "McFly" Hadley, and Kerby "Sonic" Oberg.

Roger "McFly" Hadley, Henry "Lambo" Lambertson, Lawrence "Rasta" Sowers, John "Brainy" Zhang, Ben "Most Interesting Man in the World" Nava, Penelope "Duerksen" Hughes, Kerby "Sonic" Oberg, Jiping "Brainier" Tang, Bertha "Flex" Escobar-Poni, Kenneth "Play" Wright, Nathan "Easy" Wall, and Danilo "Copycat" Boskovic.

"Just think," I thought, "no less a desperate character than McFly himself served ice cream in our hometown! He's wanted for recklessly promulgating urology anecdotes in at least 10 counties and some Third World nations. It's a wonder this didn't get more out of hand than it did!"

That's when I saw it. Written in bold letters across the bottom of the page was one final, weighty admonition:

"Never underestimate a dean with an ice cream scoop in his hand!"



Alice "Big Bad Boba Girl" Wongworawat, Roger "McFly" Hadley, and Lorely "Queen of the Big-Time Scoopers" Sanchez pose outside the premises of Cold Stone Creamery in Loma Linda the evening of March 2.

For a number of years, she has taught popular courses in neuroscience as part of the Retirement Learning Program offered by Vanderbilt University.

Included in her diverse resume of scholarly activities are extensive national and international travel as a featured speaker and workshop presenter, teacher at a medical school in Nepal, delegate to AIDS clinics in rural South Africa as part of a cross-cultural humanitarian and education program in palliative care, and external reviewer for a Keck Foundation grant to revise undergraduate science education in 16 colleges in the South.

In 2007, she completed a 36-lecture series on DVD, titled "Understanding the Brain"—part of the Great Courses series for The Teaching Company—designed to help inform the public about the brain and common neurological disorders.

Dr. Norden's innovative approaches to teaching and her skills in developing students' ongoing abilities to incorporate data in the cognitive process of hypothesis formation have been widely recognized. She has been cited in the professional literature as one of the most effective teachers in America and was the focus of a documentary made by the Korean Public Broadcasting Network on teaching excellence in America.

Award (six times) for teaching excellence in the basic sciences; and the Outstanding Teacher of the Year award (four times). She was also awarded the Chair of Teaching Excellence at Vanderbilt University, and was the first recipient of the Gender Equity Award of the American Medical Women's Association.

In 2000, Dr. Norden received the Robert J. Glaser Award, a national teaching award presented by Alpha Omega Alpha Honor Society of the American Medical Association. In recognition of her devotion to helping medical students develop into caring, compassionate physicians, she was given the 2009 Professional Award from the Compassionate Friends, an international support group for bereaved parents.

In 2010, she received the John Chapman Award for Transformative Innovations in Medical Education.

Dr. Norden takes part in a number of outreach programs in Nashville and the surrounding communities, sharing with students and lay audiences her professional expertise in the areas of psychoactive drugs, the aging brain, and other topics related to neuroscience.

SOROPTOMIST AWARD

School of Dentistry alumna and faculty member receives Golden Key Award

By Douglas Hackleman

Carla Lidner Baum, DDS, MS, assistant professor of dental educational services, is the 2010 recipient of Soroptimist International of Riverside's most prestigious honor, the Gold Key Award.

Soroptimist International is a worldwide organization for women in management and professions, with more than 90,000 members in 3,000-plus clubs in 124 countries/territories,

that works through service projects to advance human rights and the status of women.

The Gold Key Award recognizes community volunteer accomplishments and community service to the city of Riverside. More specifically, its annual recipient is a woman who has, for at least a decade, volunteered her services in a way that has had a significant impact on the lives of women and girls in the Riverside area.

Upon graduating from the Loma Linda Univer-

sity School of Dentistry in 1990, Dr. Lidner Baum volunteered her new profession with the State Health Department of Arizona, and for seven years developed programs there for HIV, cancer, and low-income patients.

She returned to Loma Linda in 1997 to develop a dental oncology service at the School of Dentistry for cancer patients who were out of money but were left with a profound need for oral restoration.

Later Dr. Lidner Baum successfully applied for a \$900,000 grant to cover the dental treatment for low-income children in San Bernardino County—a grant she still administers and that has grown to \$3.7 million, the largest dental grant in the United States for that purpose.

Dr. Lidner Baum considers the many awards she has received as “earned credit” she uses to gather continued support from city and county officials, mental health departments, and child advocacy groups to make much-needed changes for the benefit of underserved children—especially foster kids—who are dearest to her heart.



Carla Lidner Baum, DDS, MS

HCE COLLEGE BOWL

MBA students successfully compete in annual HCE bowl

Contributed report

A team of four MBA students from Loma Linda University School of Public Health took second place April 30 in the annual college bowl presented by Healthcare Executives of Southern California (HCE). The competition was also hosted this year by Loma Linda University's MBA program in health care administration.

The bowl attracted teams of health administration students from across Southern California: California State San Bernardino, California State Northridge, University of California Los Angeles, and California State Long Beach. The LLU team comprised first- and second-year MBA students Anthony Innabi, Komal Badar, Anurag Aurora, and Angeline Gunawan.

“Our students are consummate professionals. I

was highly impressed, but not surprised by the way that they networked not only with their peers from other programs but also with the HCE board members who were in attendance at the event,” says MBA program director Steve Serrao, MBBS, MPH. “They certainly stood out from the crowd.”

The competition was broken into two rounds, each seven minutes long, during which teams were awarded or penalized five or ten points for correct and incorrect answers. Practitioners in the field of health care administration developed the questions.

The LLU team fought the competition from regional teams in the first and second round, winning by comfortable point margins despite stiff competition, says Dr. Serrao.

The final showdown between UCLA and LLU ended with the LLU MBA program securing second position.

“Today, our team took the silver. What was really outstanding is the fact that our students exhibited immense grit and zeal for excellence, in keeping with the high standards of Loma Linda University. We are very proud of

them,” says Dr. Serrao, who also extends gratitude to all those who came out and supported the team and worked hard to make this event a success.

HCE is the independent local Southern California chapter of the American College of Healthcare Executives (ACHE).

LEADERSHIP

Interviews for Orientation for Leadership taking place in May

Contributed report

The leadership program at Loma Linda University helps professionals and students explore and develop leadership skills and understanding.

A trilogy of courses titled “Orientation for Leadership” invites participants to rethink the nature of leadership, identify personal leadership strengths, and focus on the leadership needs of the future. The series may be taken for professional development or as the first step toward a doctorate in public health (DrPH) in health policy and leadership.

The courses will be offered in a series, one per quarter, starting in fall quarter 2010. In order to participate, and since enrollment is limited, potential participants must interview with the leadership faculty during the month of May.

The thirty-minute interviews may be scheduled by contacting Susan Beaman at <sbeaman@llu.edu>. Minimum requirements include at least a master's degree and four years of work experience.

Kirk Campbell, MEd, and Michael Lum, both directors at Loma Linda University and LLU Medical Center respectively, are two of about ten who are completing the series this school year.

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The LLU team members (in black, from left), Anurag Arora, Komal Badar, Angeline Gunawan, and Anthony Innabi celebrate with HCE president Mickey Goldman (center).

Willed body program memorial service . . .

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they are the ones who have left a lasting impression in my heart.”

Ms. Tjandra, following the service, notes: “I gave my pink paper heart to a donor's family, and they seemed to appreciate it.”

In a further reflection, medical student Ryan Eggers pictured himself in the future:

When that attending surgeon is trying to squeeze some knowledge out of me . . .

*I know I will pause,
and give a respectful nod of appreciation
to the memory of my teaching body
for the invaluable assistance provided.*

At this year's service, 166 donors were

commemorated. Ninety-five of them were female, 71 male, and 37 veterans of the United States Armed Forces. They all died throughout the year 2009 and included a musician, a firefighter, a physicist, a waitress, and a theology professor among many more.

Reflecting on past memorial services, Dr. Escobar-Poni recalls a moment that particularly moved her. “This has happened more than once,” she states. “Right after the memorial service, students approached me asking how they could sign up to be donors to LLU.

“These students worked on the bodies in our laboratory, so it meant a lot to me,” she continues. “I immediately saw in these students not only the respect and caring attitude that we were looking for, but that these students, moreover, practice and have internalized these quali-

ties in their professional training.”

Dr. Escobar-Poni shares further, “The donors become a part of each professional-in-training. Interaction, through dissection of these donors, allows the student to see, touch, feel, and smell sickness, its consequences, and death.

“Personally, I learn from each of these ‘teachers’ that I might never see the extent and the final product of my acts in this life,” she confides, “like the widow of the gospels who gave quietly all that she had.”

This constant giving, even after the silence of death, refers again to Ms. Obeid's poem in her concluding lines:

*Then I left with silence around
Yet that time it had a sound
A sound of gratitude—an attitude of living.*

LAUGHTER RESEARCH

Laughter may boost appetite, Loma Linda University researchers find

Contributed report

A new study suggests that people suffering from appetite loss may be helped by laughter in a similar way as exercise, according to researchers Lee Berk, DrPH, director of the molecular research lab and associate professor of physical therapy in LLU's School of Allied Health Professions; Jerrold Petrofsky, PhD, professor of physical therapy, School of Allied Health Professions; and Stanley Tan, MD, PhD, of OakCrest Health Research Institute.

They presented their research at the 2010 Experimental Biology conference, held April 24–28 in Anaheim, and it has since been reported on by global news outlets such as the CNN, WebMD, *Time*, the *Los Angeles Times*, the *Telegraph* (Great Britain), and the *Sydney Morning-Herald*. Additionally, Dr. Berk was a guest on National Public Radio's "Science Friday" program on April 30.

"The pieces of the puzzle are coming together in that there's substantial parallelism between moderate exercise and repetitive use of laughter—a term I like to use is called *laughercise*," Dr. Berk said on the program.

The findings are based on a study of 14 healthy individuals who volunteered to help examine the effects that eustress (mirthful laughter) and distress have on modulating the key hormones that are involved in controlling appetite homeostasis and balance.

During the study, each subject was required to watch one 20-minute video at random that was either upsetting (distress) or humorous (eustress) in nature.

The study was a cross-over design, meaning that the volunteers waited one week after

watching the first video to eliminate its effect, then watched the opposite genre of video.

For a distressing video clip, the researchers had the volunteer subjects watch the tense first 20 minutes of the movie "Saving Private Ryan." This highly emotional video clip is known to distress viewers substantially and equally.

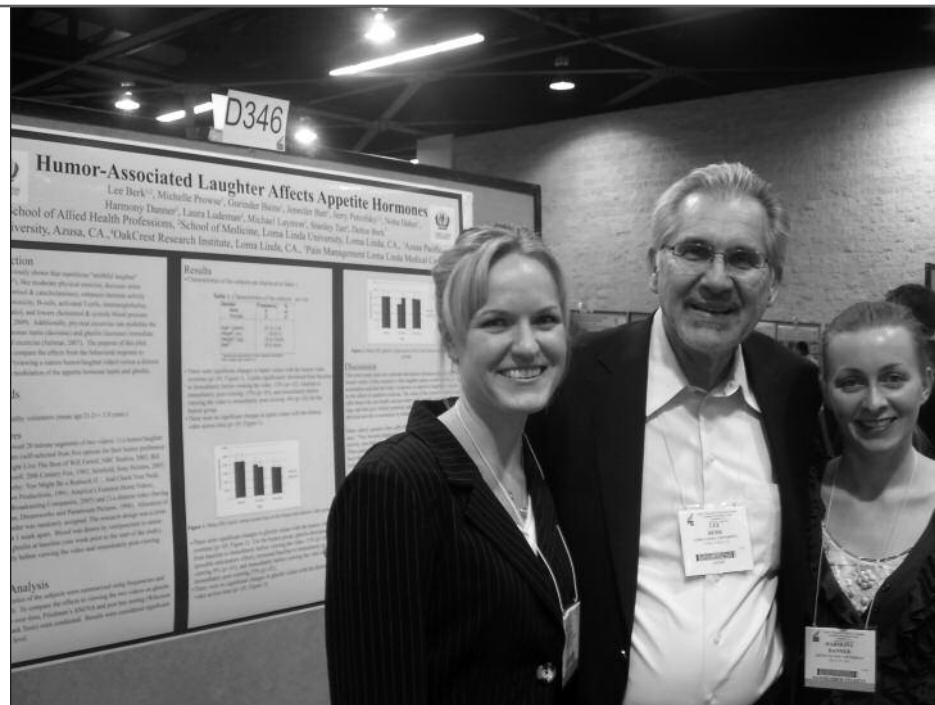
For the eustress video, the researchers had each volunteer choose a 20-minute video clip from a variety of humorous options including stand-up comedians and movie comedies. Allowing the volunteers to "self-select" the eustress that most appealed to them guaranteed their maximum humor response.

During the study, the researchers measured each subject's blood pressure and took blood samples immediately before and after watching the respective videos. Each blood sample was separated out into its components and the liquid serum was examined for the levels of two hormones involved in appetite—leptin and ghrelin—for each time point used in the study.

When the researchers compared the hormone levels pre- and post-viewing, they found that the volunteers who watched the distressing video showed no statistically significant change in their appetite hormone levels during the 20-minutes they spent watching the video.

In contrast, the subjects who watched the humorous video had changes in blood pressure and also changes in the leptin and ghrelin levels. Specifically, the level of leptin decreased as the level of ghrelin increased, much like the acute effect of moderate physical exercise that is often associated with increased appetite.

"The ultimate reality of this research is that laughter causes a wide variety of modulation



LLU researcher Lee Berk, DrPH, and two student collaborators from Azusa Pacific University, Laura Ludeman (left) and Harmony Danner, presented their research poster on laughter at Experimental Biology 2010.

and that the body's response to repetitive laughter is similar to the effect of repetitive exercise," says Dr. Berk.

"The value of the research," he continues, "is that it may provide those who are health care providers with new insights and understandings, and thus further potential options for patients who cannot use physical activity to normalize or enhance their appetite."

Since the 1980s, Drs. Berk and Tan have been studying the human body's response to mirthful laughter and have found that laughter helps optimize many of the functions of various body systems. Dr. Berk and his colleagues, with funding from Norman Cousins, were the first to establish that laughter helps optimize the hormones in the

endocrine system, including decreasing the levels of cortisol and epinephrine, which lead to stress reduction.

They have also shown that laughter has a positive effect on modulating components of the immune system, including increased production of antibodies and activation of the body's protective cells, including T-cells' and especially natural killer cells' killing activity of tumor cells.

Their studies have shown that repetitious mirthful laughter causes the body to respond in a way similar to moderate physical exercise. It enhances mood, decreases stress hormones, enhances immune activity, lowers bad cholesterol and systolic blood pressure, and raises good cholesterol (HDL).

SCHOOL OF RELIGION

School of Religion hosts first annual Benefactors' Banquet

By Dustin R. Jones and James Ponder

The School of Religion hosted its first annual Benefactors' Banquet on April 18 to present the first Gayle Saxby Scholarship Award. The event, held in the new Chen Fong Conference Center in the Centennial Complex, served as a special "thank you" to all of the donors that have contributed to the School of Religion.

During the banquet, several friends of Gayle Saxby told memories of her and how she encouraged and led in inspiring women in ministry.

"Gayle Saxby's short life was an enormous inspiration to everyone who knew her, especially to women aspiring to a career in ministry," Olivia

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Angela Li is presented with the first Gayle Saxby Scholarship by Gerald Winslow, PhD, vice president for mission and culture, Loma Linda University Medical Center, during the Benefactors' Banquet.

Interviews for Orientation for Leadership taking place in May ...

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"I knew in my heart that I needed to improve my leadership skills," says Mr. Lum, who is executive director for several service lines in the Medical Center.

Having worked with some great leaders in the past, he wanted to develop the skills to become such a person himself.

"Each class was an enlightenment and really drove home how much I have yet to learn," Mr. Lum says. "Our professors are incredibly knowledgeable and skilled in guiding us to discover new concepts and ideas."

"We are challenged and placed in uncomfortable situations to force us to step outside our comfort zone. I have learned that just having to do that challenges and stretches our minds beyond our current self-imposed box. Going beyond our comfort zone stimulates personal and professional growth."

Mr. Campbell, too, says the courses have given him a firm foundation for the future. He is director of educational support services at LLU and is pursuing the doctoral degree in health policy and leadership.

"The doctorate gives me a unique opportunity to blend health care, technology, and leadership," he says. "This will give me the tools I need in a changing world to keep Loma Linda University and LLU Medical Center in the forefront—not only keeping up but forging ahead creating the standard for universities worldwide."

Mr. Campbell says the courses helped him to gain a better understanding of himself and the important role of personality.

"As we build departments, organizations, and even relationships, we need to be able to bring people together from all walks of life who can work toward the same goal," he says. "Leadership is building and preparing others to be better than you."

Both men say the Orientation in Leadership program has brought home to them the importance of being intentional about continual learning.

"An interesting point in leadership learning is that it is a continual lifelong journey. Each generation is different and leaders also have to change to remain effective," Mr. Lum says.

SCHOOL OF NURSING ALUMNI

Graduate memories recalled at School of Nursing alumni weekend

By Dustin R. Jones

School of Nursing alumni from across the nation were on campus April 8–10, 2010, to attend the school’s annual alumni weekend.

The weekend began with a research conference sponsored by the LLUSN class of 1955. “Global Health: Providing Quality Care with Evidence-Based Nursing Practice” was the topic of the conference featuring Bernadette Melnyk, PhD, RN, FAAN, as the keynote speaker. Dr. Melnyk is dean and distinguished foundation professor in nursing at the College of Nursing and Health Innovation, Arizona State University, Phoenix.

Events on Friday included tours of West Hall and the new Centennial Complex. Sabbath morning church service was presented by the golden anniversary class of 1960, with Sabbath school presented by the silver anniversary class of 1985. After the alumni luncheon in West Hall, hosted by the School of Nursing, guests attended the alumni banquet that evening.

“It was very exciting to see the largest turnout we have ever had for our alumni reunion weekend,” says Carrie Bryner, MBA, director of development for the School of Nursing. “Both the lunch and the evening banquet on Sabbath were full of returning nurses and their families.

“It is particularly special for me to meet everyone face to face after phone and written correspondence. The School of Nursing is pleased to see how the Lord has blessed our alumni since the day everyone left this institution. You are welcome back anytime—we love to have you here,” Ms. Bryner told the group.

Zelne Zamora, MSN, assistant professor of nursing, presented a special vespers service for alumni, highlighting each class with pictures and stories.

Marilyn Herrmann, PhD, dean of the School of Nursing, presented a recognition video of Anabelle Mills Hills, MS, longtime instructor of the nursing skills lab and emeritus associate professor of nursing. Ms. Hills passed away in February at the age of 93.

“This evening we have chosen to recognize a

number of your former teachers who are emeriti faculty,” said Dr. Herrmann during the presentation. “We are saddened that one, who for so many years was the main attraction at this banquet, is no longer with us, and I know you share the emptiness we feel with the loss of Anabelle Mills Hills. Before she passed away, a scholarship was started in her honor and I am happy to report that it now has more than \$165,000. This year we were able to award the first scholarships from this gift.”

Special recognition of the emeriti faculty went to Vaneta M. Condon, PhD, emeritus associate professor (years of service: 1983–2010); Jeanette R. Earnhardt, EdD, emeritus associate professor (years of service: 1965–1996); Patricia Foster, PhD, emeritus professor (years of service: 1968–1991); Katty Joy French, PhD, emeritus associate professor (years of service: 1966–1973, 1980–1982, 1989–2010); Helen E. King, PhD, emeritus dean/emertus professor (years of service: 1966–1974, 1981–2006); L. Lucile Lewis, MS, emeritus professor (years of service: 1957–1986); Eva J. Miller, DNSc, emeritus associate professor (years of service: 1967–1968, 1975–2007); F. Penelope Miller, PhD, emeritus associate professor (years of service: 1972–2008); Lois H. Van Cleve, PhD, emeritus professor (years of service: 1964–1966, 1976–2006); Ruth S.



Bernadette Melnyk, PhD, RN, FAAN, dean and distinguished foundation professor in nursing, Arizona State University, Phoenix, helped to kick off the alumni weekend by keynoting the nursing research conference on evidence-based practice.



School of Nursing emeriti faculty are recognized during the alumni banquet. Pictured, from left, are Helen King, PhD; Vaneta Condon, PhD; Katty Joy French, PhD; Eva Miller, DNSc; and F. Penny Miller, PhD. Dr. Condon, LLUSN class of 1960, was also the recipient of the Alumna of the Year award.



Verah Mthombeni, LLUSN class of 1985 (right), is presented the School of Nursing alumni association Alumna of the Year award from Christine Romero (left). Ms. Mthombeni’s granddaughter accompanies her.

Weber, EdD, emeritus associate professor (years of service: 1975–2000); and Clarice J. Woodward, MS, emeritus professor (years of service: 1962–1993).

Two awards of appreciation were presented to Mark Schultz and Joni Jones. Mr. Schultz had provided years of accounting service to the alumni association, while Joni Jones has provided leadership at the House of Thrift for many years.

In addition, two Alumni of the Year awards were presented during the alumni banquet. Verah Mthombeni, class of 1985, and Vaneta Condon, class of 1960, were the recipients of

the coveted awards presented by the LLUSN alumni association.

Ms. Mthombeni was born in Johannesburg, South Africa. Her family, which included her parents and three brothers, moved to a smaller town when she was 11 years old in order to avoid the gangs and congestion of the larger city. When she was 16 years old, Ms. Mthombeni attended Bethel Adventist College for her secondary education.

Ms. Mthombeni taught high school at Bethel Adventist College for 10 years while earning her bachelor of arts degree in psychology and

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Medical • Simulation • Center



Grand Opening!

May 27, 2010

4th floor of the new Centennial Complex • 24760 Stewart Street • Loma Linda
Food & refreshments will be served

10:00 a.m. – 12:30 p.m.
Survivor Sim
Three entertaining simulation sessions with health care teams will be critiqued and judged American-Idol-style, and the winning health care team will ultimately be chosen by the audience.

12:30 – 1:00 p.m.
Keynote speaker: Dale Ann Micalizzi
Ms. Micalizzi speaks nationally on what has been learned from the devastating death of her son following the incision and drainage of a septic ankle.

1:00 – 4:00 p.m.
Guided tours
Tour the 8,000-square-foot simulated hospital with a pre-hospital setting, emergency department, two operating rooms, PACU/ICU/PICU, NICU, debriefing and skills training rooms, and a state-of-the-art control room.



LOMA LINDA UNIVERSITY

Medical Simulation Center

Graduate memories recalled at School of Nursing alumni weekend ...

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geography from the University of South Africa in 1970. Later she taught in a teachers training college.

In 1978, she came to the United States, where she studied nursing at Loma Linda University. She graduated with her bachelor's of science in degree 1985. After graduation, Ms. Mthombeni gained experience in various clinical areas including oncology, postpartum and nursery, and labor and delivery.

In 1994, Ms. Mthombeni and her husband, Dr. Jonathon Mthombeni, started a pediatric clinic, and in 1997, a family planning and prenatal/postpartum clinic at Loma Linda Child and Adolescent Medical Clinic near Redlands, California.

In 2003, she completed a nurse practitioner certificate course at Harbor-UCLA. She has done many administrative nursing duties which

include training workers in various service roles such as front desk, billing, human resources, and payroll. Along with all this, she did some "patient care to keep up my skills."

Over the years, Ms. Mthombeni and her husband have been involved in starting churches in Africa as well as sending medical supplies to clinics. They retired in May 2010 and plan to participate in medical relief mission trips to Africa.

"We are proud to honor Verah who, while becoming a leader in health services, never lost her trust in God or her nurse's touch," says Linda Levisen, MSN, RN, president of LLUSN alumni association.

Also receiving the Alumna of the Year Award was Vaneta Condon. Growing up near the Adventist hospital Resthaven in British Columbia, Canada, Vaneta Mabley knew that she wanted a career in health care. After two

years of study at Canadian Union College, she continued her nursing education at Loma Linda University School of Nursing. Upon graduation with the bachelor of science degree in 1960, Vaneta received the Dean's Award for outstanding academic achievement.

She began her nursing career working nights at White Memorial Hospital in Los Angeles. She gained experience caring for patients in the developing field of heart surgery. Later she worked in the outpatient clinic in Los Angeles.

About this time she became acquainted with a new resident named Stanley Condon, MD. Vaneta was impressed by both his knowledge and his Christian character. They were married in 1963. By 1964, she had earned her master's of science degree at Loma Linda with an emphasis on teaching in nursing.

In 1965, Vaneta and Stan, along with their little daughter, Lori, responded to a call to mission

service at Manila Sanitarium and Hospital in the Philippines, where they lived until 1972. Over the next few years two sons, Brian and David, joined the family. During those years, Vaneta was busy home-schooling her children and assisted in the development of the nursing program at Mountain View College.

The Condons returned to Loma Linda in 1981. Vaneta worked in several medical-surgical nursing units at the University Medical Center for a short time. She was then asked to join the faculty of the School of Nursing. In this position she began applying for a number of grants to assist students of many backgrounds to be successful in becoming well-qualified nurses.

In 1996, Vaneta earned her PhD from Claremont Graduate University. For her dissertation research she was able to develop skills and knowledge that she has applied to teaching her colleagues how to improve the educational process for individual student learners.

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School of Religion hosts first annual banquet ...

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Scheult, MPP, MA, observes. "She was an assistant professor in religion at LLU at the time she was killed in a motor vehicle accident in 1995."

Ms. Scheult came across the forgotten fund while looking through some financial paperwork, and recalled Ms. Saxby's commitment to sharing the Gospel of Jesus. Once the fund reached the requisite level of \$25,000 in January of 2009, it became the School of Religion's first endowed scholarship.

Established after Gayle Saxby's death in 1995, the fund has grown from about \$7,100 in December of 2008, to its present balance of more than \$80,000.

The Gayle Saxby Endowed Scholarship Fund, which provides assistance to women interested in dedicating their lives to ministry, was presented to Angela Li.


Ms. Li was born in Hong Kong into a Seventh-day Adventist family. She credits her mother with instilling in her compassion for all people, regardless of their status in life—especially those in vulnerable situations.

In 1990, she immigrated to the United States with her family. She has earned a bachelor's degree in international business, as well as a master's degree in business administration.

Ms. Li married her soulmate, Ken, in the summer of 1995. He has been very supportive and encouraging in whatever she does. They are blessed with two children; Ryan, 8, and Megan, 6. Ms. Li chose to leave her career as an accountant and become a full-time parent when Ryan was born.

Ms. Li has always enjoyed outreach ministries to retirement homes and hospitals; women's ministries is another passion of hers, and she has been very active in her church for more than 10 years.

Besides spending time with her family, Ms. Li loves to read, watch ballet, and go to orchestra
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SUMMER 2010

Camps are for boys and girls ages 7-16. Campers will be separated by gender, age, and ability whenever possible.

\$160 per camper

Note: Girls and boys will be separate, when possible, during basketball sessions and play.

Loma Linda University
Drayson Center
 25040 Stewart Street
 Loma Linda, CA 92354
July 19-23, 2010
9:00-12:00 noon



LOMA LINDA UNIVERSITY
Drayson Center

Camp Schedule

- Thought of the day/Warm-up
- Skill Development Stations: Ball Handling, Passing, Shooting, Defense, and Rebounding
- Daily Contest: Hot Shot, Free Throws, X-out Lay-Ups, and Knock Out
- Lunch (players need to bring their own)
- Games: 3 on 3 and 5 on 5



Camp Highlights

- 5 days of great instruction, games, contests and fun!
- Clippers t-shirt, basketball, headband
- Clippers 2010-2011 game ticket
- Discount tickets for family and friends
- Money Ball at the end of each day

Clippers' players are not guaranteed/expected to appear.

Typical Activities		
Thought of the Day	Shooting	Free Throws
Warm Up	Defense	X-out, Lay Ups, and Knock Out
Skills Development Stations	Rebounding	Lunch (Bring your own)
Ball Handling	Daily Contest	Games 3 on 3 and 5 on 5
Passing	Hot Shot	

Sibling Discounts \$10 off Each Camper

CLIPPERS 2010 BASKETBALL CAMPS REGISTRATION FORM

www.thebasketballacademy.com to register online / Call 213.763.7924 for more information.

Sibling Discounts \$10 off Each Camper

Day Camps (please check box)

Loma Linda University **July 19-23, 2010**

Loma Linda University
 Drayson Center
 25040 Stewart Street
 Loma Linda, CA 92354

9:00am-12:00 noon

CAMP CAN BE PAID FOR IN FULL - OR - A \$100 NON-REFUNDABLE DEPOSIT CAN BE MADE WITH REMAINING BALANCE TO BE PAID TWO WEEKS BEFORE CAMP BEGINS. (Spot is not guaranteed if remaining balance not paid 2 weeks prior.)

Please complete this registration form, including parent or guardian signature, and send to: The National Basketball Academy, 23400 Mercantile Rd. Suite 5, Beachwood, OH 44122

Make all checks payable to: The National Basketball Academy


*Please note: all credit cards will be subject to an additional service charge of 3% of the total dollar transaction.

Camper's Name _____

Parent or Guardian Name _____

Address _____

City/State/Zip _____

Home Phone _____ Parent's Work Phone _____

Parent's Cell Phone _____ Camper D.O.B. (MM/DD/YY) _____ Grade _____

E-mail _____ T-Shirt Size YM YL S M L XL XXL

Credit Card # _____ Exp. Date _____ 3-Digit Security# _____ (on back of card)

Amt. charged to card \$ _____

The SIGNER grants permission to The National Basketball Academy, the Los Angeles Clippers, the NBA (and its designees and agents) to utilize the Signer's child's image, likeness, actions and statements in any live or recorded audio, video, or photographic display or other transmission, exhibition, publication or reproduction made of, or at, the Event in any medium or context without further authorization or compensation.

We, the undersigned, do hereby consent to our child's participation in the Los Angeles Clippers camp. Our child is in good health and can participate in all activities. Therefore, in consideration for the services to be performed by the National Basketball Academy and the Los Angeles Clippers, I/we do further release their agents and employees and any others associated with the camps from any and all claim or liability to us or our child for any damages or injuries which may be sustained by our child in connection with the Los Angeles Clippers camps.

In the event that reasonable attempts to reach parents/guardians at phone numbers listed have been unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary by: _____ (preferred physician and phone) or by another licensed physician or the transfer of child to nearest appropriate hospital or emergency facility. This authorization does not cover major surgery unless the medical opinions of two licensed physicians or dentists, concurring in the necessity for surgery, are obtained prior to performance of surgery.

Parent or Guardian Signature _____

Parent or Guardian Signature _____

IDN00000

Revised 2009-03-18

SCHOOL OF NURSING ALUMNI

Celebration held for School of Nursing friends and supporters

By Dustin R. Jones

Those dedicated to continuing the mission of the School of Nursing are celebrated each year with a special recognition brunch. This year friends and supporters of LLUSN were invited to the Kathryn Jensen Nelson (KJN) Society Brunch held April 11, 2010.

"The KJN Brunch was a wonderful way to close the School of Nursing weekend," says Carrie Bryner, MBA, director of development, School of Nursing.

The KJN Brunch, named after one of the School of Nursing founders, honors those who give \$250 or more to the School of Nursing during the previous year.

It is held annually on the Sunday following the LLUSN alumni weekend.

"We were blessed to see firsthand how the support of our alumni and friends make an unimaginable difference in the lives of our students," adds Ms. Bryner.

The morning brunch began with a welcome from Marilyn Herrmann, PhD, RN, dean of the School of Nursing.

Ms. Bryner offered prayer, and the guests were dismissed for brunch.

Following the meal, Dr. Herrmann reported how the school has performed over the past year.

Mana Manoukian and Jessica Rice, both School of Nursing students, then presented a musical piece for the audience.

Dynnette Hart, DrPH, RN, associate dean of the undergraduate program, invited LLUSN student Jishiel Argueta on stage. Ms. Argueta spoke about her personal history growing up with leukemia.

After going into remission, Ms. Argueta made a promise to herself that she would study nursing and help others the way that she was helped.

Elizabeth Bossert, DNS, RN, associate dean of the graduate program, interviewed a graduate student, Sandra Letts.

To close the program, a video presentation was shown featuring the work of LLUSN students in Botswana.

While there, students repainted the children's nursery and helped care for an unadopted infant. The video was produced by the office of university relations as part of "Loma Linda 360°."

"Thank you to all those who could make it—we enjoyed having you here and were pleased to honor those who help support our School of Nursing projects," said Ms. Bryner.

For information on how to become a member of the Kathryn Jensen Nelson Society, please contact Carrie Bryner at (909) 651-5032 or <kbryner@llu.edu>.



Linda Levisen (left), president of the LLUSN alumni association, marvels at Barbara (Caldwell) Dawson, class of 1970, who arrived at the KJN brunch wearing her original nursing student uniform from 40 years ago.



School of Nursing student Jishiel Argueta (left) tells her personal story to the audience as Dynnette Hart, DrPH, RN, looks on.

BIOETHICS ROUNDTABLE

Center for Christian Bioethics to host roundtable on Adventist advocates

Contributed report

Many Adventists are working to change the world through peaceful advocacy. The Center for Christian Bioethics is hosting "Adventist Advocates in the Public Square,"

featuring activist human rights attorneys, government officials, and health educators.

These individuals will be sharing their personal stories of how they are changing local, state, and national communities concerning topics such as

the death penalty, nutrition of the poor, Christian-Muslim violence in Africa, and clean air in one of California's most polluted cities—San Bernardino.

The roundtable discussion will be held on Saturday, May 22, at 2:30 p.m. in the Damazo Amphitheater, located in the Centennial Complex on the campus of Loma Linda University.

Participants in the discussion include Nathan

Blake, JD, MA, special assistant to the undersecretary, United States Department of Agriculture; Eric Guttschuss, JD, staff attorney, Human Rights Watch; Susanne Montgomery, PhD, director, Center for Health Research, LLU School of Public Health; and Roy Branson, PhD, interim director, LLU Center for Christian Bioethics.

For more information, please contact Dawn Gordon at the Center for Christian Bioethics at (909) 558-4956.

RESEARCH ON NUTS

LLU researchers produce best data yet on how nuts improve blood lipids

By Heather Reifsnyder

School of Public Health researchers have amassed the best statistics yet on the positive effects of eating nuts on blood lipids.

By pooling the data from 25 individual nut consumption studies conducted in seven countries with more than 500 subjects, investigators determined the most informative numbers to date on how nuts lower cholesterol and triglyceride levels. The results were published in the journal *Archives of Internal Medicine* on May 10, 2010.

Eating an average of 2.3 ounces of nuts daily (67 g, about 1/3 cup) produced the following healthful reductions: blood total cholesterol was lower by 5.1 percent; LDL (bad) cholesterol by 7.4 percent; the LDL/HDL cholesterol ratio by

8.3 percent; and the total cholesterol/HDL ratio by 5.6 percent. In people with higher than normal blood triglycerides—greater than 150 milligrams per deciliter—nut consumption reduced triglyceride levels by 10.2 percent.

"Results of this study provide the best evidence yet that eating nuts reduces LDL cholesterol and improves the blood lipids profile," says Joan Sabaté, MD, DrPH, of the School of Public Health, lead researcher on this study and one of the pioneers in nut research. "The findings from this analysis support those from epidemiological studies which have consistently shown that habitual nut consumption reduces the risk of heart disease.

"Thus, a simple change of eating nuts regularly can make a big difference in people's health," he

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School of Religion hosts first annual banquet ...

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concerts. She enjoys classical and jazz music.

Three years ago, she started thinking about a second career. Shortly after looking into the marital and family therapy program at Loma Linda University, she felt impressed to be a chaplain, and joined the clinical ministry program in 2007. She stated that she has experienced much spiritual and personal growth. She is grateful to God for calling and empowering her to ministry.

She has just completed the clinical ministry degree requirements, and plans to earn additional CPE units to become a board-certified chaplain. Her goal is to serve God by providing spiritual care to patients and their families. Ms. Li feels honored to be selected for this scholarship.

The scholarship's namesake, Gayle Lucille Saxby, was born in Sacramento, California, on

January 12, 1964. She moved with her family to Bozeman, Montana, when she was 5, and graduated from Mt. Ellis Academy at Bozeman in 1982. Ms. Saxby earned a bachelor's degree in English from Walla Walla College in 1986—known today as Walla Walla University—and a master of divinity degree from Andrews University in 1989.

From 1988 to 1991, she taught English, biblical literature, and communication at Loma Linda Academy.

She joined the faculty at the LLU School of Religion in 1991, where she developed a reputation for making Jesus utterly real to students.

Individuals interested in contributing to the Gayle Saxby Endowed Scholarship Fund may contact Ms. Seheult by e-mail at <oseheult@llu.edu> or by phone at (909) 558-3152, or extension 33152.

NEW CLINIC OPENS

Large crowd celebrates grand opening of pediatric wholistic medicine clinic

By James Ponder

A standing-room-only crowd packed the halls and treatment areas of the Loma Linda University Center for Health Promotion's pediatric wholistic medicine clinic during grand opening ceremonies the afternoon of Thursday, April 29, 2010. The Clinic is located at 24785 Stewart Street, in suite 111 of Evans Hall, in Loma Linda.

According to Pejman Katiraei, DO, founder/director of the clinic, the crowd was estimated at between 200 and 300 people. The clinic was so crowded that it was difficult to navigate the hallways throughout the gala event. Dr. K, as his youthful patients call him, was delighted at the turnout.

In naming the clinic, Dr. Katiraei differentiates 'wholistic' from the more commonly used 'holistic,' to emphasize the whole-person care the clinic strives to provide.

Not only does the unique spelling of the clinic's name resonate with Loma Linda University's official motto, "to make man whole," it also harmonizes with the founding principles of Loma Linda University. Dr. Katiraei points out that Ellen G. White, a driving force behind the establishment of the university, wrote extensively on the importance of the mind-body connection, and advocated the use of natural remedies such as pure air, sunlight, avoiding harmful stimulants, rest, exercise, fresh water, and trust in divine power.

At the grand opening, Dr. Katiraei welcomed his guests and dignitaries—which included Scott Soren, manager of Clark's Nutrition in Loma Linda; Nick Calero, field representative for Neal Derry, 3rd district supervisor for San

Bernardino County; Robert Ziprick, Loma Linda city council member; Dan Anderson, president and CEO of the Riverside Community Health Foundation (RCHF), Allison Hoggard, development assistant, RCHF; Richard Rajaratnam, MD, board member, RCHF; and Chas Kelley, San Bernardino City Council Member—and pointed out that you don't have to be a child to be a patient at the clinic. "Adults are welcome, too," he said.

The clinic offers a wide range of treatment options, which include diet, supplements, herbs, and other holistic treatments. "Holistic medicine is about bringing a different perspective to chronic disease," he observed. "Western treatments and medications are very useful, but they are not the only ways to treat a chronic condition. Sometimes we find new answers by looking in different places. Unfortunately, right now, we believe that all the answers are within our field of view within the Western medical model. Holistic medicine is nothing more than a looking outside of the areas we are currently looking in."

Nevertheless, the clinic doesn't exclude Western medicine from its practice. Dr. Katiraei observes that conventional diagnostic and treatment modalities—such as X-rays, laboratory tests, antibiotics, and medications—are utilized by the clinic whenever those options afford the best opportunities for healing.

Some of the holistic practices offered at the clinic include acupuncture, biofeedback, herbal medicine, massage therapy, nutrition, and osteopathy. He cites irritable bowel syndrome (IBS), a disease commonly reported, as an example of how Eastern medicine can sometimes address conditions not always successfully treated with Western procedures.



Pejman Katiraei, DO, (center) founder/director of the Pediatric Wholistic Medicine Clinic, beams as a crowd of well-wishers and supporters join him on Thursday, April 29, 2010, to celebrate the clinic's grand opening at its elegant new location inside Loma Linda University's Center for Health Promotion. The gentleman to the right of Dr. Katiraei is Dan Anderson, president and CEO of the Riverside Community Health Foundation (RCHF); the gentleman to his right is Richard Rajaratnam, MD, a member of the RCHF board. The RCHF provided the Clinic with a \$221,725 grant that enabled the expansion and renovation of the clinic and helps fund the treatment of low-income patients primarily from Riverside County.

"With irritable bowel syndrome, the current consensus is that there is 'nothing wrong,'" he reports. "And certainly, when we use standard endoscopy and histology (using a microscope to look at the tissue in the gut), we do not see anything."

He equates the failure of standard diagnostic procedures in finding the causes of IBS to previously widely held practices that have subsequently been questioned. "This is similar to our concept of germs before the invention and common use of the microscope. Many years ago, surgeons and gynecologists could not imagine why there was any need to wash their hands before surgery because they could not see any germs or filth on their hands. Now

we know that bacteria and germs are very real, and can be a very significant cause of infections and death.

"Along the same lines," he continues, "it turns out that when you use electron microscopy," which he defines as the use of extremely powerful microscopes that can show the most minute cells, "to see the same tissue in patients with IBS, all of a sudden, you find many inflammatory cells."

Dr. Katiraei notes that the inflammatory cells are probably a type of mast cells, which can release a chemical called trypsin that is very irritating to the nerves that transmit

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OCCUPATIONAL THERAPY

Occupational therapy department raises domestic violence awareness

By Heather Reifsnyder

Two master's students and an associate professor from the department of occupational therapy sciences, School of Allied Health Professions, offered a three-hour domestic violence workshop April 11, 2010, to colleagues at the spring fling meeting of the Occupational Therapy Association of California.

Ipu Eliapo, Amy Hedgecock, and Heather Javaherian, OTD, presented on the role of occupational therapy in helping survivors of domestic violence get their lives back.

"This is a fairly new area of practice for the profession, and so it was nice to be a part of the resource information for those who wish to continue in this area," says Ms. Eliapo. "Helping women and children regain some degree of independence is rewarding in itself, and it's what we as OTs were meant to do as professionals."

As part of their studies, both Ms. Eliapo and Ms. Hedgecock spent 12 weeks in fieldwork at a domestic violence shelter running groups aimed to help the residents build full and balanced lives.

The experience made them both interested in doing more outreach in this realm.

"I would like to increase the awareness of an occupational therapist's role within the area of domestic violence and within other areas of community practice," says Ms. Hedgecock.

"I believe occupational therapists are and can be doing great things within the community setting," she continues. "Occupational therapists are well equipped to serve this underserved area with our unique holistic therapeutic approach."

Ms. Eliapo is from American Samoa, and when she returns there after graduation, she plans to pursue helping women and children affected by domestic violence.

"I hope to transition my knowledge and practice from what I learned here in LLU to the islands and design it to fit our cultural expectations while still upholding health and wholeness," she says. "I believe I was given the chance to learn in this area of practice because it is needed in American Samoa, and so I have no choice but to use it when I return home."



(From left) Heather Javaherian, OTD, Amy Hedgecock, and Ipu Eliapo educated their peers about domestic violence during a meeting of the Occupational Therapy Association of California.

Women and children who've faced domestic violence experience challenges in their daily occupations and routines at home, work, and in social settings. They may have difficulty with skills such as money management, problem-solving, stress management, and coping.

During their presentation at the conference, Dr. Javaherian, Ms. Hedgecock, and Ms. Eliapo described the role and scope of practice

for occupational therapists working in domestic violence shelters, as well as how to enter that practice arena. They also offered examples of programs that can be used and discussed case studies.

"I hope our presentation eased the worries of therapists interested in community practice and pushed them to make their aspirations a reality," says Ms. Hedgecock.

BETTER HEARING AND SPEECH MONTH

'Miracle patient' accentuates Better Hearing and Speech Month

By James Ponder

In case you missed the giant banner fluttering over Loma Linda's Anderson Street overpass, May is Better Hearing and Speech Month.

"This year the theme is 'Helping People Communicate,'" says Melissa Backstrom, MC-CCC, clinical manager of rehabilitation at Loma Linda University Medical Center. "The purpose is to raise awareness of the gifts of hearing and speech, and highlight the contributions of health care professionals who dedicate their lives to working with people with hearing or speech impairments."

Gary Lucas, MS-CCC, senior speech pathologist, says audiologists and speech-language pathologists deal with a variety of issues. "There's more than meets the eye," he observes. "We assist patients with swallowing difficulties, balance, stuttering, delayed language, vocalization, and other communication disorders."

Speech-language pathologist Barbara Murad, MS-CCCSLP, says sometimes the team gets to participate in interventions that are truly extraordinary. She points to Rosario Miranda—"our miracle patient!"—as an example.

Ms. Miranda was admitted to the Medical Center in October 2009 complaining of breathing difficulty. Since she has a history of asthma, she and her husband, Manuel, suspected that might be the problem. But after two visits to the emergency department, doctors thought it might be pneumonia.

"At first, they weren't sure what was going on," explains Manuel. "But after a few days, the nurse said they were almost positive it was H1N1. Turns out, that's what it was."

The next few months were a series of nightmares for Rosario and Manuel. "They put her in isolation," he says, "and had me sign all these authorization forms. If she went into respiratory failure, did I want them to resuscitate her? Of course!

"She was intubated and put on life support," he continues. "The third night she was in isolation, they said she might not make it through the

night. I called the members of the family, and everyone came to say goodbye. I asked my wife for forgiveness for anything I've done wrong, and told her I love her. I promised to do the best I can to raise Zoe, our 5-year-old daughter. It was very difficult!

"I kept asking the nurses for more information," Manuel reports. "I asked, 'What are the possibilities that she's going to make it?' They didn't want to give false hope, so all they said was, 'She's just very sick.'"

"I kept trying to breath, but wasn't getting any air," Rosario says. "I fell asleep, and that's when things got really bad." She was transferred to unit 9100 where additional life support equipment was pressed into service to save her life.

"Ryan Price was one of her nurses on 9100," Manuel recalls. "He's one of the nicest guys I've ever met. He calmed me down and gave me all the information he could. He said, 'She's very sick, and she's going to get sicker. Hopefully, she won't get to the point where we can't do any more for her.'"

"After several days in a deep coma, they gave her something to help her breath better," Manuel goes on, "but her body rejected it and she actually stopped breathing." At that point, he couldn't handle the stress any longer. "Everybody asks what happened, but I was so upset, I drew a blank!" he shares. "Zoe saw the adults crying, and asked, 'What's wrong with mama? Is she going to die?'"

For a while, that seemed likely. "Rosario's body swelled like a sumo wrestler," Manuel continues. "She was so swollen, they had to do surgery to place a tracheotomy tube in her."

Regardless of how bad his wife's condition became, Manuel and other members of Rosario's family never stopped praying. Several staff members joined them, and against almost impossible odds, Rosario began to show signs of slight improvement. But would it be a case of too little too late?

After two months in a coma, Rosario woke up. "They say I woke up a few times, but I just remember one," she recalls. "I remember the phone rang and the nurse picked it up. I heard



Manuel and Rosario Miranda are grateful to the nurses, doctors, and staff members of Loma Linda University Medical Center for all their help and support during Rosario's four-month hospitalization with H1N1. "In my heart," Manuel shares, "I honestly feel they were my wife's guardian angels!"

her say Manuel's name, then I fell back to sleep."

"I first met Rosario in December 2009 when I was sent to evaluate her for swallowing," Barbara Murad recalls. "She was too sick; there were too many concerns, so we couldn't do the evaluation for a long time. They also wanted a speaking evaluation, but her paralyzed diaphragm prevented that."

Over the course of the next few months, Barbara Murad went to evaluate Rosario four or five times. But each time, the prognosis was the same. Each time, that is, until February 9, 2010. "We got a ventilator," Ms. Murad remembers, "a respiratory therapist, a critical care transport nurse, and my colleague Lisa, and we took Rosario to radiology. Nobody had even seen her sit up in four months, so as we wheeled her down the hall, everyone was coming out of the rooms and waving to her."

"The test we did is called a swallow study with video," Ms. Murad continues. "To our amazement, she just did beautifully! Her first swallow

was perfect! We gave her more and more and everything was fine. She was in tears; in fact, there were tears all over the room.

"I told her, 'Guess what? You get to eat!'" Barbara goes on. "She got a large smile on her face. I asked what she wanted to eat, and she said, 'Pizza.' A secretary on the unit got her a Coke—that's the other thing she wanted—a Coke and pizza from Papa John's. Fortunately, we had an in-service on the unit that day, and there were stacks of Papa John's, so I got her a slice. You couldn't have sandblasted the smile off her face!"

Barbara admits to feeling uneasy when Rosario's doctor walked in. "I said, 'I'm sorry, I know this isn't very good nutrition!' but the doctor said, 'Let her have whatever she wants.'"

Altogether, Rosario was hospitalized a little longer than four months at LLU Medical Center. She spent another two months and two weeks in a rehab facility, but today her life has

Please turn to page 11

LLU researchers produce best data yet on how nuts improve blood lipids ...

Continued from page 8 concludes.

Those eating greater quantities of nuts experienced higher lipid reductions; however, people should not consume more than three ounces of nuts daily due to their high calorie-density.

The study looked at different types of nuts (walnuts, almonds, macadamias, peanuts, pecans, hazelnuts, and pistachios) and observed similar effects among them.

Lipid reductions were greater in individuals with high LDL cholesterol, low body mass index scores (lean people), and those consuming a Western diet.

The publication is authored by Dr. Sabaté, chair of the department of nutrition at Loma Linda University School of Public Health; Keiji Oda, MA, MPH, a biostatistician at the School of Public Health; and Emilio Ros, MD, PhD, a researcher in Spain.

The department of nutrition has conducted many controlled studies on the health effects of nut consumption since the early 1990s. In 1993, the *New England Journal of Medicine* published Loma Linda University's groundbreaking study establishing for the first time the link between nut consumption and favorable blood lipid changes. For more information about the department's current and previous studies on nuts visit <www.nutstudies.org>.

Large crowd celebrates grand opening of Pediatric Wholistic Medicine Clinic ...

Continued from page 9 signals from the gut to the brain.

"We think that in IBS," he explains, "that stress actually stimulates these mast cells to release trypsin, which then irritates the nerves and causes the brain to feel pain."

Fortunately for the millions of individuals who suffer the symptoms of IBS—recurrent bouts of cramping, abdominal pain, bloating gas, diarrhea, and constipation—holistic medicine may be able to offer relief.

"This is holistic medicine in action!" Dr. Katiraei exclaims. "Once we understand how things work, then we just find the best tools to fix what's wrong. For us in the pediatric wholistic medicine clinic, we have found that probiotics and certain herbs are a great way to calm down these mast cells and ultimately help heal IBS. Of course, the whole person is addressed, and we try to understand how the mind can influence the body, and try to address all other parts of the person to help bring about their healing."

"In the case of people with IBS," he goes on, "we teach them how stress can contribute to their disease, and how they can learn to control their stress. Too often, Western medicine is so focused on the physical and chemical effects of disease that it doesn't give enough credit to the mind and its role."

In addition to IBS, the clinic also treats a variety of other conditions including stress and anxiety, depression, insomnia, chronic fatigue syndrome, weak immune system, digestive problems, back and neck pain, arthritis, tendonitis and bursitis, repetitive strain injuries, fibromyalgia, muscle strains, and pelvic pain.

Dr. Katiraei concluded by thanking officials of the Riverside Community Health Foundation for a \$221,725 grant that enabled the expansion and renovation of the clinic and helps fund the treatment of low-income patients primarily from Riverside County. He also thanked Warren Peters, MD, medical director of the Center for Health Promotion, for the center's generous help in providing the clinic a home, and furnishing and renovating it so beautifully.

'Miracle patient' accentuates month ...

Continued from page 10

returned to normal. She, Manuel, and Zoe couldn't be happier. Neither could Barbara and other members of the staff. In fact, they felt like doing cartwheels when Rosario returned to visit on May 5, 2010.

"I was absolutely ecstatic!" Barbara reveals. "I gave her a big hug; she gave me a big hug. It was wonderful to see her doing so well! She spent six months in bed, and for her to be up walking—that alone is pretty remarkable!"

For their part, the Miranda family is very

grateful for the care and support Rosario received at Loma Linda University Medical Center. "We want to give thanks to all the nurses and doctors who hold a special place in our hearts," Manuel offers. "In my heart, I honestly feel that they were my wife's guardian angels. Love like that for a patient is not a job! God will reward them for what they've done!"

Ms. Murad reflects on the irony of this fairy tale ending occurring during Better Hearing and Speech Month.

"This is incredible," she beams. "We see so many sad stories, and situations that don't turn out very well, but for her to be alive and doing so many things is unbelievable!"

Memories recalled at nursing alumni weekend ...

Continued from page 7

She has developed methods for teaching test-taking skills to numerous students who, otherwise, may not have been able to fulfill their dreams of becoming nurses.

"We honor Vaneta for her many years of service that have improved nursing education and her

commitment to helping people from many backgrounds to learn successfully," says Ms. Levisen.

It was also announced during the alumni banquet that the LLUSN alumni association board voted to officially close the House of Thrift (HOT store) on January 31, 2010. In recent years, the HOT store expenses exceeded

revenues, causing the association to have less money for scholarships. According to Ms. Levisen, it was a very difficult decision to make, but the board felt it was imperative to keep endowment funds for student scholarships and mission projects.

"The board wants to thank Joni Jones, manager, for her many years of service and commitment

to HOT," adds Ms. Levisen.

During the years of profit, HOT provided scholarships for many students and helped mission projects all over the world. There is no exact figure as to how much the House of Thrift donated to mission projects and nursing scholarships, but the estimate is in the neighborhood of \$400,000.

Retreat brings together officers of three Big Hearts for Little Hearts Guild chapters ...

Continued from page 12

Venturi in partnership with the Desert Guild.

"The part that really told me the guild is making a difference," Ms. Weil shared, "was the humility and gratitude of the staff. They were so happy that it will now be possible for the children to get the medications they need right away." Ms. Weill also observed that, "We're working to educate more grandmothers about the work of LLU Children's Hospital; we'd love to have more young people join, too."

Catherine Grinnan, president of the Loma Linda Guild, fought back tears as she recalled how the life of her daughter, Hannah, was jeopardized by a congenital heart defect, yet ultimately saved by a heart transplant at LLUCH.

"Ten years later, I feel it's a great honor to be a member of the guild board," Ms. Grinnan shared. "I'm really happy to be president this year, the 10th anniversary of the guild, and the 25th anniversary of infant heart transplantation. It means a lot to my family and me!"

Ms. Grinnan said she and Hannah enjoy Dressing Up Red, an annual fundraiser of the Loma Linda guild. The event, which allows girls whose lives have been spared by LLUCH surgeons to meet other members of their sisterhood, coincides with Valentine's Day. "It's not knocking down the door with money right now," she said, "but I think we can grow it. To see these little girls interacting with each other in a non-clinical manner, showing each other their scars—it's wonderful!"

At the conclusion of the president's updates, members of the guild boards met in the lobby for photos, then returned to the conference room for lunch. After the meal, Barbara Robinson opened the floor for a vigorous dialogue about the future of the Guild and its service to LLUCH. Numerous ideas were presented.

Ms. Robinson evaluated the retreat in positive terms. "As a new guild," she noted, "I thought the retreat was perfect for us. Zareh did a wonderful job updating us on what is going on at the hospital, and describing the challenges he and the team are addressing.

"The Riverside guild is really just getting its feet on the ground," Ms. Robinson continued. "We are off to a great start with our membership efforts, and now are in the process of setting our vision for the remainder of 2010. This retreat provided us with a wonderful opportunity to learn from the other guilds and to discuss how to raise friends and funds for Children's Hospital. I learned a lot and left very encouraged."

Lainie Weil was similarly enthusiastic. "The well-planned and well-attended retreat was a useful combination of news about what's happening at LLUCH and idea-sharing among the three guilds," she noted.

"The Desert Guild," Ms. Weil observed, "will continue to plan cooking demonstrations at some of the finest restaurants in the valley. They seem to be happy to do a special job for the Children's Hospital. Imagine dining and watching famous chefs teach while raising money for our kids. We have included an LLUCH update at these events. Our annual boutique and luncheon will be held on Wednesday, February 2, 2011. We continue to create awareness and promote education about our treasure at Loma Linda, 50 miles away. During the retreat, there was a contagious enthusiasm for what we are all doing. I love

being part of the Loma Linda family."

"I felt it was a good meeting," Cathy Grinnan concurs. "We were able to come away with a more focused strategic plan. Children are our most precious resource. By investing in their health and wellbeing, we impact the quality of their future in the most positive and direct way.

"Projects like our Spring Read, Luke the Lion's Birthday, and Gingerbread Village give the children in the hospital an opportunity to travel outside of their rooms and away from the monitors to interact with each other," Ms. Grinnan continued. "The smile it brings to their faces is reward enough, and keeps the members of the guild focused on our mission, 'To raise awareness and support for the Loma Linda University Children's Hospital, which provides life-saving care for critically ill or injured children.'

"For that reason," she concludes, "the Big Hearts for Little Hearts Guild is making every effort to advance the level of care for the children of the Inland Empire."

She adds, "I am very humbled and honored to be a part of such a dynamic group of individuals whose sole passion is the needs of children."

LLU public relations video team receives three Emmy nominations ...

Continued from page 1

challenged triathlon USA championships. Determined to help others with disabilities as director of the PossAbilities outreach program, this world-class athlete demonstrates that anything is possible. "Armed for the Challenge" takes you on a ride through humor and passion, proving that disability doesn't mean inability.

PossAbilities

Meet four PossAbilities members and learn

their take on life after their injuries. From "normal" good lives to broken dreams, they discovered that despite how people treat them, they can still achieve their goals—they just have to do it differently.

Surgeons of Hope

For many, the difference between life and death may depend on the country where they were born. "Surgeons of Hope" tells the story of Holman Velasquez, a 14-year-old boy born

with congenital heart disease in Nicaragua.

In order to survive to adulthood, Holman must undergo open heart surgery in the country he calls home. With no money to explore foreign options, Holman and his mother must undergo a test of faith that nearly shatters their deep strength of spirit.

Doctors from Loma Linda partner with Surgeons of Hope, a foundation devoted to bringing surgical care to indigent children in

developing countries. But perhaps what is most important is the training that is left behind.

The 36th Annual Pacific Southwest Emmy Awards will be held on Saturday, June 26, 2010, at the Hard Rock Hotel in San Diego.

"Loma Linda 360" is a broadcast show that takes viewers straight to the action of Loma Linda University and LLU Medical Center. It airs on the PBS affiliate KVCR, Loma Linda Broadcasting Network, and Hope Channel. The show can also be viewed on its website <llu.edu/360> and YouTube.

Children's Hospital staffers run for the money (or was it the kids?) ...

Continued from page 12

"The official slogan for the race is 'Run, Eat, Sleep? Repeat,'" she reports. "I slept like a baby the night after it was over! Woke up ready to take on the world the next morning and keep running.

"Except," she confesses, "when I jumped out of bed, my defiant legs almost landed me on the floor. My calves were so tight they'd literally forgotten how to walk. Every time I sat down and

got up again, it was the same story. I finally gave up and just walked around the rest of the day."

There it is—the unvarnished, limping truth! The race may, as Ms. Alba insists, have had its moments of ecstasy and adrenaline, but thanks to Ms. Marinel, we now know it was also about pain and suffering. Unfortunately, Ms. Marinel doesn't appear to have learned her lesson. "It was an amazing group of 14 ladies focused on a mission, and on having fun, and we succeeded!" she

concludes. "We're all ready to race another day."

Altogether, the Loma Linda brigade raised at least \$2,853 for the Children's Hospital Foundation one blister at a time (they're still tallying the take). What's more, they did it all with love and devotion for the children of the Inland Empire.

With an ending that good, we might as well let Ms. Alba have the last word. "The event," she enthuses, "brought everyone closer together—

individuals who never really worked together very much before the race. It also increased our morale and excitement to bring community awareness to health, and to the possibility of accomplishing the impossible."

She observes, "It was nice to finish the race and have our loved ones at the finish line waiting for us. Because of this exciting journey, we have many individuals interested in running this race next year, and we're forming a group to run the Las Vegas Ragnar Relay this October." How long is that race? "195 miles," Ms. Alba replies.

PHILANTHROPY FOR CHILDREN

Retreat brings together officers of three Big Hearts for Little Hearts Guild chapters

By James Ponder

Board members from all three chapters of the Big Hearts for Little Hearts Guild turned their annual retreat into a far-reaching discussion of how the guild can increase its support for Loma Linda University Children's Hospital (LLUCH). The retreat was held on Friday, April 30, 2010, at the Victoria Club in Riverside.

To begin the event, Zareh Sarraffian, MBA, LLUCH administrator, presented updates on philanthropic activities of the Loma Linda, Desert and newly formed Riverside Guild chapters, shared stories of the healing work of LLUCH, discussed ways the guild supports pediatric care at the hospital, and answered questions on a broad range of topics.

"On a daily basis," Mr. Sarraffian observed, "we provide the utmost in advanced care for our children. I can't thank you guys enough for everything you do to support us in that effort! We are committed to staying connected to the guild."

After Mr. Sarraffian concluded with prayer, Kelly Jackson, director of marketing and events for LLU Children's Hospital, asked members of the board to identify themselves by name, title, and guild chapter they represent. Since there were 28 people in attendance, the exercise took awhile.

Afterward, Janel Isaef, RN, MA, chief patient care director, told a moving story of one patient's family touched by the care their child

received at the hospital. Ms. Isaef also expressed appreciation to the guild for its support of LLUCH.

During the president's updates, Barbara Robinson reported that Leonard L. Bailey, MD,



Board members from all three chapters of the Big Hearts for Little Hearts Guild assembled in the grand entry hall of the Victoria Club in Riverside for their 2010 annual retreat on Friday, April 30, 2010. The guild's mission—"to raise awareness and support for the Loma Linda University Children's Hospital, which provides life-saving care for critically ill or injured children"—guides members of the Loma Linda, Desert, and Riverside chapters in planning a variety of educational and social events for patients of the hospital as well as annual fundraising programs designed to call attention to the compassionate care LLUCH offers to the children of the Inland Empire and Desert communities.

the surgeon who pioneered infant heart transplantation worldwide, delivered the keynote address for the Riverside guild's first luncheon. She proudly announced that the event attracted 130 guests.

"We're really encouraged," Ms. Robinson noted. "Our collective goal is to get people involved; to let them know about the work of Loma Linda University Children's Hospital. We were really pleased with the turnout. We wanted a small,

signature event for our first fundraiser—something we can build on. We have a great heart, and a great spirit."

In discussing her soon-to-expire two-year term as president of the Desert Guild, Lainie Weil recounted something she observed during dedication ceremonies for an in-house pharmacy at LLUCH, which was made possible by a gift from Ken and Kathleen Please turn to page 11

Children's Hospital staffers run for the money (or was it the kids?) ...

Continued from page 2

"The teamwork among everyone was great," she continues. "Everyone cheered for each other, and people kept asking us who we were, and where we were from. We informed them we were the running group 'Running 4 Peds,' and we were raising money for Loma Linda University Children's Hospital Foundation."

Just when we feared we weren't going to be

able to penetrate the hype of the official explanation, one of our anonymous sources bravely decided to break her silence. Mona Marinel, MPH, RN, an educator for the RN residency in pediatrics program, agreed to give us an insider's perspective minus the fluff. Way to go, Mona! Spill the beans.

"It was an absolutely amazing experience," Ms. Marinel says. "You push yourself to what you

think is your max, and then you find a little more ... a little more energy to keep running, and a little more energy to stay awake loudly cheering your teammates—and all the runners—on."

In case you're starting to think Ms. Marinel is content to shamelessly parrot the official explanation, rest assured she knows how to dish the dirt. Please turn to page 11



With their spiffy 80s costumes and "We did it!" expressions, the Running 4 Peds team exemplifies volunteerism in the 21st century. The ladies celebrate completing a 200.6-mile relay race to raise money for Loma Linda University Children's Hospital with a bonfire on the beach in Dana Point. The race started on a beach in Ventura. They are (from left) Alisha Alanis-Ayala, MA-CCLS; Mona Marinel, MPH, RN; Tita Mezzasalma, RN; Tiffany Cordova, RN; Brenna Zung, CCLS; Esther Rodriguez, RN; Laura Alba, RN. Julie Fluitt, RN; Kim Falsone, RN; Stefanie Newman, RN; Salina Van Noy; Sherri Eskew, MSN, RN; Katie Velasco, RN; and Erin Lee, CNS.



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