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INNOVATIVE APPROACHES

Behavioral Health Institute hosts opening ceremonies

By James Ponder

A standing-room-only crowd filled Loma Linda University’s elegant and spacious new Behavioral Health Institute (BHI) during grand opening ceremonies, held the morning of Thursday, April 8, 2010, at the new facility, located at 1686 Barton Road in Redlands.

The institute will provide comprehensive outpatient behavioral health services at one convenient location while integrating education, research, and clinical practice—the first collaboration of its kind in San Bernardino and Riverside counties.

Officers and employees of Loma Linda University joined mental health professionals and well-wishers from the Inland Empire in packing not only the room where the grand opening ceremonies were held, but also the expansive foyer and large staircase of the new facility.

In his official welcome, Mark Reeves, MD, PhD, vice president for institutes at Loma

Linda University Medical Center, acknowledged the crowded conditions created by the very large turnout for the ceremony. “I’d like to say, come in and find a seat,” Dr. Reeves noted, “but that isn’t going to happen.”

Dr. Reeves acknowledged three local political leaders—Mayor Don Kurth of Rancho Cucamonga, San Bernardino County supervisor Neil Derry, and Floyd Peterson, City Council member from Loma Linda—before observing that the BHI is one of nine institutes at Loma Linda University.

“Because of that,” he said, “it brings together patient care, education, and research—from so many specialties—now because of this building in one place. This synergy will provide top-notch patient care and research in behavioral health. This is a big deal for Loma Linda. It’s been a long time in coming.”

When Ronald Carter, PhD, provost of Loma Linda University, stepped to the podium to offer a dedicatory prayer, he humorously noted



The falling ribbon signifies that Loma Linda University’s new Behavioral Health Institute is now officially open. Grand opening ceremonies for the 4,600-square-foot facility were held on Thursday, April 8, 2010. Taking part in the ribbon-cutting ceremony are (from left) William Murdoch, MD; Richard Hart, MD, DrPH; B. Lyn Behrens, MBBS; Ruthita Fike, MA; Jill Pollock, RN, MFT (partially visible); Mark Reeves, MD; and Beverly Buckles, DSW, LCSW.

that dozens of guests were already on their feet. “Would the rest of you please stand for the prayer of dedication?” he asked.

“Father God,” Dr. Carter began, “Creator of all that is good, we dedicate this place to Your honor and glory. Let the form and function of

this institute bring hope and happiness and healing to all those who enter these walls.” He went on to ask God’s blessings on the three-part mission of the institute—research, education, and clinical services—before praying for “blessings on the integrative mission of professionals from counseling and family sciences, social work, psychology and psychiatry, the BMC; for Your name’s sake, help us perfect a model of inter-professional cooperation and clinical mastery that leads the nation in mental health delivery.”

In articulating the vision of the Behavioral Health Institute, Richard Hart, MD, DrPH, president of Loma Linda University and its entities, said that “all cultures have struggled with what to do with people who don’t fit certain societal norms. Where the difference is visible—the crippled, the deaf, the blind—somehow we explain that and deal with it, but where it may have been mental illness, cultures have generally tended to isolate these people, be embarrassed by them, and have dealt with them in various ways.”

He went on to say that “Loma Linda has always considered mental health as part of its overall mandate to make man whole. We have always wanted to encompass all the expertise we could to bring this together. This building is the latest example of that commitment.”

Dr. Hart recalled the influence of a nun by the name of Sister Mary, who had worked with him in Tanzania at the beginning of his career in public health.

When he recently saw the mission statement for the Maryknoll order of nuns—to which she

MISSION OUTREACH

LLU students travel to the Amazon

By Patricia Thio

It is one of the most captivating destinations on earth. The Amazon jungle represents more

than half of the planet’s remaining rainforests and is home to the largest collection of living plant and animal species on the planet. People also inhabit the area. Approximately 350 indigenous



The Loma Linda mission group lived on this boat for a week while traveling down the Rio Negro of the Amazon rainforest.

and ethnic groups dwell in the Amazon basin, living off of agriculture and wildlife.

“I don’t want to live in the city,” says Antenor Anicassio, a resident of the Amazon community of Sobrado. He has heard stories from the city of 13-year-old boys robbing people and taking drugs. “God forbid that my child be in that situation. That would be very sad,” says the father of seven. “That’s why I’m here. I want to educate them and teach them how to work.”

The Anicassio family lives a simple life, surrounded by mother nature, while growing many different types of agriculture. In addition, Mr. Anicassio is a river guide, leading tour groups through the rainforest.

However, living in this small village can take a toll on the family. Mr. Anicassio has been suffering from stomach pain and a fever for the last few days, making it very difficult to work on his plantation. It’s a two-hour boat ride to the nearest doctor and, even worse, it costs 25 Brazilian reais in diesel. That is equal to about US\$15, more than they can afford unless there is an emergency.

Access to health care for many people living in

STUDENT OUTREACH

LLU School of Pharmacy students provide blood pressure screening and medication consultation during National Patient Safety Week

By Nathan Lang

Mohammed Ghonim, PharmD, director of pharmacy services for LLU Medical Center, recently sent an e-mail to William Hughes, PhD, dean of LLU School of Pharmacy, that began, "I wanted to thank the students for their support."

Thirty-one LLUSP students had volunteered that day, March 9—many of them arriving at 8:00 a.m. and staying all day for the blood pressure screening and medication consultation held in honor of National Patient Safety Week in the LLUMC lobby.

"This really would not have been possible without the exceptional efforts of Blaire Heath," Dr. Ghonim continued in his e-mail.

Ms. Heath, an LLUSP student, is the president of the LLUSP student chapter of the California Society of Health-System Pharmacists (CSHP), and Dr. Ghonim, president of the local CSHP professional chapter Inland Society of Health-System Pharmacists (ISHP), contacted her two weeks before the event about recruiting student volunteers.

However, Ms. Heath points out how she did not even attend the event due to school-related commitments, and she modestly directs most of the recruiting credit to Alison Wong, CSHP student chapter secretary.

"It is not always easy to have a set time to do these screenings each year," notes Dr. Ghonim. "Pharmacy students' availability is dictated by exams and class projects."

Ms. Heath and Ms. Wong felt this in the slow responses to their e-mailed volunteer requests; nonetheless, closer to the screening date, more and more students replied, eager to help.

Behind the scenes, Ms. Heath arranged for necessary equipment with Dr. Ghonim, and Ms. Wong allocated supplies and student work shifts.

Regretting her absence at the event, Ms. Heath recalls the last screening she attended. "One specific patient I interacted with was newly diagnosed with diabetes. We had a good discus-

sion," reflects Ms. Heath. "She asked if I was a Christian and told me she could tell as soon as we started talking and wanted to inform me she knew the Lord as well. This interaction encouraged me so much."

In addition to students, the planning for the event involved: Carl Dominguez, PharmD, LLUSP assistant professor, who helped recruit faculty for the screening; Michael Campbell, PharmD, who spent a few hours at the booth; and Dr. Ghonim, who, in addition to overall planning, provided oversight for students throughout the day.

During the event, students walked through the lobby informing patients about the booth's services. While most visitors to the booth were not LLU employees, only one couple came to the booth with previous knowledge of the event from a newspaper ad.

Heine Aguilar, LLUSP student, promoted the booth at the hospital entrance during her shift and noticed a pattern in people's responses to the event. "There were many who refused to get their blood pressure screened because they just received a reading and were either afraid that their blood pressure would be too high or already knew that it was too high. Some wanted to avoid having to seek more serious medical attention."

One out-of-state lady stopped by because her husband was receiving proton treatment, and she told Ms. Aguilar that because she was away from home, she was not able to check her blood pressure, even though she had been taking her blood pressure medications, exercising, and eating healthfully.

Ms. Aguilar found the lady's results to be close to normal, and she applauded the lady for her diligence, telling her, "Most importantly enjoy your life. Do not let your blood pressure problem control your life."

Apart from blood pressure screening, visitors also sought medical consultation. "They know they can bring in their bag of meds," Dr. Ghonim explains, "and we will spend as much time as they need to go over any specific questions they have."

vated torture and its repercussions, and advocating for an end to torture.

SOTI was the only San Diego organization of its kind when founded in 1997, and to this day, it remains flooded with clients whose needs it meets for medical, dental, psychiatric, psychological, and social services, with legal services provided through a nonprofit law firm partnership.

"We treat our clients' physical health, mental health, and social situation as interconnected



School of Pharmacy students provide blood pressure screening and medication consultation during National Patient Safety Week.

Dr. Ghonim notes a key benefit of such consultations, especially when patients receive different prescriptions from different doctors. "Sometimes there is overlap," he notes. "We can catch these overlaps and intervene."

Regarding the cases of visitors at the booth, Dr. Ghonim comments, "There really wasn't anything out of the ordinary, as this is what we do day in and day out."

Erica Lee, LLUSP student, agrees with Dr. Ghonim while she admits, "I was there for only an hour, and the station was really slow." She then excitedly discusses the 16 blankets she and other LLUSP students handmade for an HIV clinic in Riverside.

Yet her fellow LLUSP student, Regie Tayaben, when asked about exciting happenings at the booth, claims, "There were actually two."

Apparently, a man entered around noon with a bag full of medications, and the students who arrived before Mr. Tayaben told him this man had the same medications as a woman who visited earlier.

"What clinched it," Mr. Tayaben recalls, "was when he took out some toothpaste, which the woman also had. What are the odds two people

ask about toothpaste?" Mr. Tayaben then discovered that the man was the previous woman's husband, and they both were participating in a research program for a toothpaste aimed at increasing calcium absorption in seniors.

This had been the sixth screening for Mr. Tayaben this school year, and he shares, "When there are no community events on the calendar, we LLUSP students make our own." Last year, he helped organize the first LLUSP Health Fair, which he hopes to establish as an annual event.

Both Mr. Tayaben and fellow booth attendee Mina Than volunteer for the LLUSP health information booth at Redlands' weekly market night where they provide screenings for hypertension, diabetes, and osteoporosis.

"Some people ask why we're allowed to do osteoporosis screenings," mentions Mr. Tayaben. "I explain to them that we're drug experts for all disease states and can do assessments not just for high blood pressure. It's rewarding when people realize that pharmacists can do all these things."

Ms. Than stresses the blood pressure awareness that the market night booth promotes in the community. At the LLUMC screening, she was struck by the need for this awareness.

A middle-aged, average-weight man asked Ms. Than for a blood pressure screening after not having received a screening for years. The man had hypertension.

"He was so surprised," remembers Ms. Than. "He thought he was doing fine, but hypertension is a silent killer. There are still many people in the community living with it and not visiting a doctor for their checkup."

With these students, Dr. Ghonim senses the need to promote health awareness in the community.

Encouraged by March 9 and the growing relationship between the School of Pharmacy and LLUMC pharmacy services, Dr. Ghonim hopes to provide screenings like this at least each year.

ALUMNI SERVICE

School of Public Health alumnus provides holistic healing for torture survivors in San Diego

By Nathan Lang

School of Public Health alumnus Ramsey Salem, MPH, has worked since 2007 with torture survivors at a nonprofit organization in San Diego.

Mr. Salem serves as medical services coordinator for Survivors of Torture, International (SOTI), an organization dedicated to assisting torture survivors and their families through holistic healing processes, educating the professional and public spheres about politically moti-

and interdependent," explains Mr. Salem.

Mr. Salem belongs to a staff of 12, including three clinical interns—altogether too small relative to clientele demand. As medical services coordinator, he evaluates clients' medical conditions, arranges for appointments with outside health practitioners, and accompanies clients to these appointments.

Some clients' psychological conditions require alternative treatments in addition to counseling
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INTERNATIONAL EXCHANGE

Visiting Japanese students learn about respiratory care

By Heather Reifsnyder

Seventeen young men studying clinical engineering at Osaka Jikei College in Japan came to Loma Linda University February 24–26, 2010, to expand their knowledge as guests of the School of Allied Health Professions' department of cardiopulmonary sciences.

The Japanese students spent their three-day visit learning about respiratory care in the United States. LLU professors taught them the basics of respiratory care, including cardiopulmonary anatomy and physiology, patient assessment and advanced diagnostic techniques, cardiopulmonary pharmacology, mechanical ventilation, and treatments such as aerosol therapy.

The students also learned about the American health care system and the history of respiratory care in this country.

The third day of the students' visit was devoted to observations in the Medical Simulation

Center, clinical engineering, and LLU Medical Center adult patient care as well as liquid oxygen and compressor systems.

"They would ask insightful questions during and after our lectures that showed us they were engaged and curious about our system of health care and the respiratory care profession," says David Lopez, EdD, RRT, chair of the cardiopulmonary sciences department.

"They asked questions regarding why and how we practice our form of health care compared to their system," he continues. "In addition our students also had an opportunity to interact with them and they had an exciting time attempting to communicate different concepts—social, medical, etc."

Another group of students will visit October 26–28, 2010, to also learn about respiratory care. Groups from Osaka Jikei College have previously spent time at the School of Allied Health Professions' physical therapy and speech programs.



One of the visiting students gets some hands-on experience at LLU's Medical Simulation Center alongside technical specialist Diane Schoendienst. The center was just one of the sites where the 17 Japanese students took part in clinical observations.

School of Public Health alumnus provides holistic healing for torture survivors in San Diego ...

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and psychiatric care. Mr. Ramsey notes, "We incorporate Eastern practices such as acupuncture and reiki to some of our clients whose post-traumatic stress disorder symptoms require greater attention and support."

The persistent deluge of clients at SOTI reflects the high torture survivor population of San Diego. As both a border town and a government destination for resettling Iraqi and East African refugees, San Diego is a unique setting for asylum advocacy with a population of 11,000 from the estimated 450,000 torture survivors in the United States.

Since SOTI's 1997 founding, it has served more than 1,000 clients from more than 60 countries. These clients suffer torture either because of their identity—ethnicity, gender, vocation as human rights activists—or merely their residency in an area where the government or opposition groups employ fear tactics.

Despite their tragic stories, SOTI clients demonstrate an inspirational perseverance. "They are a very resilient people," comments Mr. Salem, "and they have a lot to offer our country."

"One of the more traumatic and difficult things is their inability to find work here with the current economy," Mr. Salem continues, "so they come from a situation where they were uprooted from their homes, family members were killed, then they come to the United States with their many medical and mental health needs and limited language skills, during one of the most economically challenging periods in our history. Many people who were doctors or architects in their country are now living in poverty in a foreign country."

The vast majority of SOTI clients are legal immigrants, including clients at detention centers who are following protocol as immigrants declaring credible fear in their home

country. The SOTI clients who are "illegal" comprise only immigrants who have avoided detention centers and applied for asylum through an attorney.

"When they are here in this fashion," remarks Mr. Salem on illegal SOTI clients, "they are ineligible for any benefits or opportunities to work. It is a very precarious existence during the time they await their hearing—some win, some lose."

These difficult times for SOTI clients bring out the heroic nature in their humanity. "They provide me with inspiration on a daily basis," confides Mr. Salem. "I learn a lot from all of our clients, everything from religion to food, and they have incredible stories of faith and perseverance. And now they are starting a new chapter in their lives that I am able to share with them."

When asked for an example of a SOTI client's hardship, Mr. Salem cites an Iraqi client who in one year lost 40 family members.

Another story traces a young girl from Somalia, who following clan violence in her home city of Mogadishu, dug the graves of her father, brother, and sisters, and then fled to Kenya. In Kenya, she was further harassed as an immigrant, and it was through a school teacher that she found a connection in the United States, who then set her up with SOTI.

"I have definitely learned a lot about immigration law since being at SOTI," reflects Mr. Salem, "and it's definitely a complicated process." He invites individuals with questions about immigration to contact SOTI through their website—notorture.org—where, as Mr. Salem was too modest to state, donations are also accepted.

Mr. Salem, of Mexican and Egyptian Muslim

descent, says his inspiration to work in public and global health stemmed from his childhood in San Bernardino. Especially after moving to relatively affluent Redlands, Mr. Salem recognized the economic disparity and extensive poverty across the Inland Empire.

For his master's in public health, Mr. Salem chose Loma Linda University because of its local reputation and its global health emphasis. "I know several other Muslim students who attended LLU and had a great experience there," he recalls. "The global health option had educational travel and international internship components that had a high educational value for my interests."

Regarding the faculty, "all of them were wonderful," affirms Mr. Salem. He then continues to specify the magnanimity of Juan Carlos Belliard, PhD, MPH; the humility of Emmanuel Rudatsikira, MD, DrPH; and the San Diego job connections provided by Jayakaran Job, MD, DrPH.

According to his projected plans, Mr. Salem hopes to return to LLU, even though his wife and kids enjoy San Diego.

He is currently completing a post-baccalaureate program for medical school. He hints, "While medical school is a competitive process, I would be happy to end up back in Loma Linda."

Mr. Salem shares with LLU his identification of health care service as ultimately faith-based.

"In Islam, human service is a very important component of faith," he explains. "Equality and social fairness and justice are integral parts of Islamic personal faith."

Asked about his Arabic, Mr. Salem says his skills are weak, but he still tries them out on some clients.

"I think they find a little comfort in it," he conjectures. "Either comfort or comedy, but I think it helps with the process."



LLU School of Public Health alumnus Ramsey Salem, MPH, has worked since 2007 with torture survivors at a nonprofit organization in San Diego.

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belonged—he said he thought it was “particularly appropriate in this context today. It says Joy, Fervor, Risk. To go where we are needed, but not wanted; to leave when we are wanted, but not needed.”

Dr. Hart concluded by saying, “This Behavioral Health Institute will truly become a beacon for many, both for what happens inside these walls and for the influence that pervades this entire Inland Empire and beyond.”

In describing the journey that culminated in the development of the Behavioral Health Institute, Beverly Buckles, DSW, LCSW, dean of the LLU School of Science and Technology, quoted John F. Kennedy in saying, “We should not let our fears hold us back from pursuing our hopes.”

Dr. Buckles observed that as she and her colleagues in the School of Science and Technology “practiced pursuing our deep hope, we matured and we continue to mature.” She thanked Dr. Hart and the executive leadership of LLU for supporting the development of the new home for the Behavioral Health Institute. She recognized the contributions of a number of individuals from various entities of Loma Linda University before singling out her colleagues from the departments of counseling and family sciences, social work and social ecology, and psychology “for their hard work and their dedication to realizing this dream.” She concluded by thanking “all of you—faculty, colleagues, and staff—for your dedication to our community, to bring wholeness, mental health, and healing.”

After talking about the journey that culminated in the creation of the Behavioral Health Institute, William Murdoch, MD, chair of the department of psychiatry at LLU, elicited an outburst of giggles from the crowd when he said, “I really welcome the other disciplines to share my space; this is the home of the department of psychiatry!”

Once the laughter subsided, Dr. Murdoch recalled the language of Dr. Hart in clarifying that “this is really the home of Loma Linda’s Behavioral Health Institute, which will be a beacon in our community for patient care, teaching, and research.” Dr. Murdoch thanked B. Lyn Behrens, MBBS, former president of LLU, for her commitment to providing a forum where all of the mental health disciplines at Loma Linda could work together in a unified front.

In his conclusion, Dr. Murdoch made the crowd laugh one more time by pointing out that

the two people behind him—Dr. Buckles and Jill Pollock—“probably are both my best friends and my worst enemies sometimes. But we have actually developed a wonderful collaborative effort working together. This building really is a reflection not of the three of us, but of our faculty, our students, all of the Loma Linda system that has put money, dedicated resources, to mental health. Thank you!”

For her part, Jill Pollock, RN, MFT, administrator of the LLU Behavioral Medicine Center (BMC), pointed out that she and Drs. Buckles and Murdoch “definitely are still talking and are good friends.”

Ms. Pollock went on to say that, “One of the most difficult things that our staff have to do is to turn away people on a daily basis. They have to tell them either, ‘There is no room,’ or ‘There is not a program available for you.’ This building will solve that problem as we are able to send from the BMC some of our outpatients over here to this facility as well as be able to have our patients access clinics that were not accessible before.”

She mentioned recent cutbacks in the number of beds available for mental health services, and pointed to financial weakness in the State of California as examples of the fact that LLU is very fortunate in being able to offer mental health and chemical dependency services at this time.

Ms. Pollock concluded by honoring Dr. Behrens and several others—including God, George Harding, MD, Dr. Hart, and members of the BHI executive team—for holding to the vision of offering the highest quality of mental health services to the people of the Inland Empire. “I would like to thank Dr. Behrens for having the tenacity to never lose that vision,” she said. “You never gave up, you never strayed; you stayed the course.”

Next, H. Roger Hadley, MD, executive vice president for medical affairs at LLU, stepped to the microphone to announce the winner of the first annual Champion of Mental Health Award.

“It is to honor a person,” Dr. Hadley asserted, “who has devoted great energy and effort toward championing mental health issues. This person has used their influence and voice to help decrease the stigma for those who are suffering and paved the way for opportunities such as developing the BHI. This year, the first year, the award so happily goes to Dr. Lyn Behrens.”

In her expressive response, Dr. Behrens thanked Dr. Hadley, and said the BHI is “a

dream come true.” She acknowledged that “Many people have taken the vision and run with it, and what you see today is that result. I’m very honored, Roger, to receive this award. I’ve thought about how our life, at times, throws us a curve, and we can’t understand why.”

“That happened to us in 1977,” she disclosed, “when our son was diagnosed with schizophrenia. It was a difficult journey, but I can tell you it spurred me to make sure there would be a place that incorporated the spiritual care as well as the physical, emotional, and mental health, and this is a wonderful outcome.”

“So if life throws you a curve,” Dr. Behrens concluded, “rather than resist it—as we did initially—just wait and see what God wants you to do through these difficult circumstances. God bless all of you as you deliver health care and make a huge difference in the lives of people. I’m grateful for the opportunity of working with all of you. Thank you!”

Dr. Buckles introduced three guests—a representative of Assemblyman Bill Emmerson; Don Kurth, PhD, mayor of Rancho Cucamonga; and Carolyn Tillman, special assistant to Gary Thomas, EdD, San Bernardino County superintendent of schools—who presented awards and commemorative certificates to Dr. Hart.

The final three speeches were from Alan Rawland, MSW, director of the San Bernardino County Department of Mental Health; Jerry Weingard, MSW, LCSW, director of the Riverside County Department of Mental Health; and Ruthita J. Fike, MA, CEO of LLUMC and LLUBMC.

Mr. Rawland opened his remarks with a vocal and enthusiastic “Wow! This is incredible! I really have to say bravo to you and to LLU for establishing this facility.” He invoked President John F. Kennedy’s 1963 speech on the importance of providing community-based care, and thanked Drs. Hart and Behrens for their commitment for providing that to the Inland Empire.

He also recognized a number of individuals including Supervisor Josie Gonzalez from district 5; Neil Derry of district 3; May Farr, a member of the San Bernardino County Mental Health Commission; and Dr. Ralph Ortiz, who is planning to retire from community mental health.

However, Mr. Rawland drew guffaws from the crowd when he said, “Somebody has to sign off on that last form. We’ll see!”

He continued by acknowledging John Ryan, former mental health director of Riverside

County, and noted that Dr. Buckles and Mr. Ryan were instrumental in establishing mental health competency testing statewide. Lastly, he saluted Ken Paxton, special assistant to Mayor Pat Morris of San Bernardino.

“Thank you very much,” Mr. Rawland concluded. “I appreciate the partnership, and one of the themes in behavioral health is, ‘We are family!’”

Mr. Weingard recalled the July 16, 2008, groundbreaking services for the BHI in noting that “The last time I was here, we were in a tent. We had those little white chairs that fall down, and I must have said the right thing because I got invited back.”

“I want to say just a couple of things,” he continued. “First, we have a great partnership with Loma Linda at Riverside County Mental Health. We have used Loma Linda quite a bit. You have a lot of guts to open a new BHI when the economic world is falling, as we think it is right now. I’ve built centers twice and I know how much persuasion and back room politics have to happen.”

Mr. Weingard pointed out that two particular changes in recent health care legislation—health insurance parity, and the integration of health care and mental health services—bode well for the future.

“Our most seriously mentally ill people are very sick people,” he went on. “Sometimes the meds they take cause sugar diabetes, and then you get all kinds of complications.” He said the time has come to join the fields of medical and mental health care. “We’re very busy working on how to do that. We’ve been so separated for so long that we often talk different languages, but in five years, things will be changed tremendously in California. You’re way out ahead of that by being Loma Linda. Thank you for inviting me back. I’m very happy to be here. I’m glad you invited me from faraway Riverside County.”

In beginning the final speech of the grand opening ceremonies, Ms. Fike noted that “Probably like all of you, I just love new babies. This is Loma Linda’s newest baby!”

She thanked Drs. Behrens, Hart, Hadley, Reeves, Murdoch, and Buckles and Ms. Pollock, and said that, “it takes a great deal to have an idea and then actually make that idea turn into a reality. The facility that you see today is evidence that if a group of people come together in a common vision, that there is still tremendous power in vision and commitment, and that’s what you are experiencing today.”

Ms. Fike concluded by reading a blessing for the BHI written by Michael Knecht, MDiv, who recently joined the office of mission and culture at LLUMC to help lead community benefit programs.

“God’s blessing rest upon this facility and all who serve within. May all who enter be blessed with healing and love. Enrich this place with joy and peace, compassion and care. May the comfort of God’s presence rest on all who enter here.”

At the conclusion of the service, guests were directed downstairs for the ribbon-cutting ceremony. Following that, the crowd was dismissed to tour the beautiful new facility, and enjoy a delicious assortment of hors d’oeuvres.



William Murdoch, MD
Chair, department of psychiatry
(Jill Pollock, RN, MFT, looks on)



Beverly Buckles, DSW, LCSW
Dean, School of Science and
Technology



Alan Rawland, MSW
Director, San Bernardino County
Department of Mental Health

ACADEMIC EXCELLENCE

LLU students receive scholarships during the 26th BALL Scholarship Banquet



Richard Hart, MD, MPH, president of Loma Linda University, welcomes guests to the 26th BALL Scholarship Banquet, and thanks members of the Black Alumni of Loma Linda and La Sierra Universities for their long-standing tradition of supporting young people through mentoring and scholarships.



Abiala Gill (left) and Sherian Waite (center) receive \$3,500 scholarships from Victoria Jackson, MSW, assistant professor, social work and social ecology, School of Science and Technology, during the BALL Scholarship Banquet held at the Los Angeles Marriott on Saturday evening, February 20, 2010.



C. Garland Dulan, PhD, MA (left), receives the Distinguished Service Award from Craig Jackson, MSW, JD (right), dean, School of Allied Health Professions. Dr. Dulan was honored for service to Loma Linda University and for his commitment to higher education during his 37 years of Seventh-day Adventist denominational service. His wife, Jeannette Rogers Dulan, PhD (center), joined him to accept the award.



David R. Williams, PhD, professor of public health, Harvard School of Public Health and professor of African and African American Studies, sociology department, Harvard University, was the guest speaker for the evening. Dr. Williams spoke about trends and determinants of socioeconomic and racial disparities in health.

WHOLISTIC MEDICINE

Pediatric Wholistic Medicine Clinic to hold open house in new location

By Heather Reifsnyder

Loma Linda University's Pediatric Wholistic Medicine Clinic is now open as a part of the Center for Health Promotion in Evans Hall. On April 29, the wholistic medical staff invites guests from campus and the general public to attend the clinic's open

house from 3:00–7:00 p.m.

Since it opened in 2007, the Pediatric Wholistic Medicine Clinic has been helping children heal by evaluating and treating the whole person rather than focusing on the specific symptoms of an illness. As an example, a child with asthma will not only be given an

inhaler. The medical team evaluates how factors such as stress or inadequate diet can contribute to the condition. The clinic staff spends one hour at the initial visit to understand the full picture causing the illness. As such, the clinic spells holistic with a "W" to emphasize the whole-person care provided.

"There are ways to actually reverse chronic diseases," says clinic director Pejman Katiraei, DO. "People don't necessarily have to live with asthma, diabetes, or chronic abdominal pain. The things they do and eat can ultimately help them get better or make them more sick."

The staff teaches patients and their parents the power they have to influence the course of the disease and regain health through simple things such as food, supplements, and lifestyle.

What makes the Pediatric Wholistic Medicine Clinic different from other holistic clinics is the training of the staff. "All our staff have had conventional Western medical training before going into the realm of wholistic medicine," says Dr. Katiraei. "Knowing both sides, we offer a balanced perspective that draws on conventional medicine as well as traditional treatments that

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DEDICATED SERVICE

Vaneta Condon: A 52-year journey dedicated to the success of students

By Dustin Jones and Vaneta Condon

Vaneta Mabley Condon was born on April 1, 1939, to Orlo William Mabley and Florence Thompson Mabley in Calgary, Alberta, Canada.

Vaneta took two years of college at Canadian Union College at Lacombe, Alberta, studying both pre-med and pre-nursing courses. She planned to work as an RN for several years and save some money to study medicine at Loma Linda later.

In 1957, Vaneta and five other Canadian friends started nursing school at the College of Medical Evangelists in Loma Linda, California. The nursing class of 1960 included women from all over the United States, as well as Canada and Haiti. It was an independently minded group that challenged the administration and faculty at every turn. They wanted the old "starch and stripes" instead of the new dacron uniform, black instead of blue stripes on their caps ("we are not maids"), later check-in times at the dorm, more leaves per month, and not needing permission to get married during the school year.

"We were labeled as the worst nursing class in recent memory," says Vaneta.

However, in the process of defending their classmates, they became like sisters. The class still has frequent class letters and is planning its 50th year reunion in 2010.

"The junior year at White Memorial was exciting!" remembers Vaneta. "The deans in the dorms were relaxed and understanding. There were lots of things to do and places to go."

Senior students were given a lot of responsibility as team leaders and public health nurses in community agencies and affiliations at the LA County Hospital, and at Barlow's TB Sanitorium.

Finally it was time for graduation and taking state board exams. The class passed the boards with some of the highest scores in the nation. At that time, it took at least three days to write separate medical, surgical, OB, peds, and psych exams, and it was necessary to pass every exam before becoming an RN.

Vaneta worked nights on 300B at "the White," the unit where the open heart surgery patients were cared for. Ellsworth Wareham, MD, and his team did a lot of heart surgeries. This was a new and exciting place to work.

After a while, Vaneta began feeling like an owl because she had worked nights for so long. She applied to the general medicine clinic and began working Monday to Friday, 8:00 a.m. to 5:00 p.m., with all weekends off. She soon became acquainted with one of the new residents, Stan Condon. He had recently finished a two-year army tour in Germany. Vaneta was impressed with his knowledge as well as his Christian character. His handwriting, however, was less impressive.

"He wrote faithfully all summer but I couldn't read a lot of what he wrote!" laughs Vaneta. However, since the letters kept coming, she hoped all was well and wrote back. On Valentine's Day, 1963, they became engaged and were married on May 19, 1963, in Glendale, California.

Immediately after their honeymoon, Vaneta started a fellowship for graduate work at LLU to qualify for a master's degree in teaching nursing. Classes were divided between the Loma Linda and the White Memorial campuses.

After graduation, Vaneta taught for one year for the Glendale Adventist nursing program, which was transitioning to become the Pacific Union College nursing program.

Stan and Vaneta had accepted a call to the



Vaneta Mabley Condon during her senior year at CME in 1960.

mission field and were soon sent to Manila Sanitarium and Hospital, Philippines, in July 1965. Stan was director of the resident and intern training program as well as being in charge of internal medicine.

The Condon family had now grown to include three children, and Vaneta found she was very busy homeschooling the kids and typing some of Stan's medical records in English.

"His writing was still hard to read and I was able to understand his dictation better than anyone else," she remembers.

In 1972, Stan decided that it was time to get some further training in the United States. Upon their return, Stan worked as an instructor for the School of Medicine on the Loma Linda campus. Vaneta decided it was time to go back to nursing.

After updating her nursing skills by working on the LLUMC medical surgical floors, Vaneta was invited to work at the School of Nursing. Her first position was working on a grant to assist nursing students in their learning process.

"It was so gratifying to help students and faculty increase in skills leading to academic success," says Vaneta.

One of the most important outcomes of her work was the development of the exam analysis method, a procedure for increasing success on examinations. The method has been presented at numerous nursing conferences and workshops. It has also been shared in nursing publications and is being studied in nursing education research. A statistically significant difference has been identified with improved exam performance following participation in the exam analysis.

Vaneta's dissertation for a PhD in higher education focused on comparing factors that lead to academic success and retention, or barriers that block success in culturally diverse BS nursing students. She compared both the success factors and barriers for African American, Asian American, Native American, Hispanic, and Caucasian nursing students. Her dissertation committee strongly suggested choosing just one group to study. Vaneta was adamant about wanting to know the similarities and differences among these cultural groups. One committee member responded by saying "If you don't mind taking 10 years to finish your research then go right ahead!" However, Vaneta set out to prove the committee wrong. She was able to complete



Vaneta and Stan Condon

the research, which involved 788 randomly selected nursing students from all the BS schools of nursing in California, in two years. She finally graduated in January 1996 having taken only one quarter off for traveling to the 24 schools to collect data. She now has one piece of advice for all nurses doing doctoral study: "Be careful what topic you choose for your dissertation as it may well drive the rest of your nursing career."

In 1998, she collaborated with her colleague, Dr. Charlie Jo Morgan, to write a grant proposal to fund a program that focused on giving opportunities to disadvantaged students and students from underrepresented ethnic backgrounds. The Division of Nursing Health Resources Administration funded the Success in Learning Individualized Pathways Project (SLIPP) for more than \$800,000. Seventy-nine students were accepted into the program between 1999 and 2003. The outcomes of this project are currently being evaluated. However, the findings include the fact that more than 80 percent of the SLIPP students have graduated from nursing and are now practicing RNs. Several have graduated with master's degrees and several others are currently enrolled in graduate nursing programs.

In 2003, Drs. Morgan and Condon wrote another grant proposal expanding the SLIPP program. This new program, Pipeline to Registered Nursing: Increasing Diversity Project (PRN), was funded for almost \$1 million. The last students were accepted into the program on June 30, 2007. These students will graduate in 2010 or 2011, and the PRN program will be evaluated at that time.

Vaneta, Charlie Jo Morgan, and some of their colleagues are considering writing another grant proposal. This would focus on starting a retention program that would be proactive in preventing attrition for all LLUSN nursing students regardless of ethnic background and economic or educational status.

Vaneta retired from full-time teaching and directing the student learning program at LLUSN in June 2009. She is still working half time doing research in order to share successful methods with other nursing educators.

Vaneta states that it has been both rewarding and fun to teach and mentor hundreds of nursing students over the years. "Nothing makes me happier than to see students that we have been able to help become successful as nurses, who are able to serve God and people who need their help."

Pediatric Wholistic Medicine Clinic to hold open house in new location ...

Continued from page 5
have been working for hundreds or thousands of years."

Patients who come to the clinic have access to providers trained in Western medicine as well as treatments including mind-body medicine, wholistic nutrition, massage therapy, herbals, medical acupuncture, and homeopathy.

The Pediatric Wholistic Medicine Clinic primarily treats children, but adults are also

welcome to contact the clinic to find out whether its services may also be appropriate for them. The clinic staff treats conditions ranging from acne and autism to lupus and rheumatoid arthritis.

Please access the website for further information: <www.wholistickids.org>.

The clinic is located in Evans Hall, Suite 111, 24785 Stewart Street. To reach the staff, call (909) 558-4993 or e-mail <wholistickids@llu.edu>.

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BOARD OF TRUSTEES

Board of Trustees reports

Loma Linda University Adventist Health Sciences Center

Trustees participate in special Board education session

The Boards of Trustees participated in a special Board education session on Sunday, February 21, in the Chen Fong Conference Center. Featured speakers were Duane Dauner, president of the California Hospital Association, and Rebecca Patchin, MD, chair of the board, American Medical Association. Mr. Dauner's topic was "Health Care: Where We Stand in Washington, D.C., and Sacramento." Dr. Patchin provided "An Update on Health System Reform." Following dinner, the Trustees reviewed the results of their recent Board self-evaluation.

Haiti update provided to Trustees

The Boards of Trustees received an update on what Loma Linda is currently doing in Haiti. The Adventist hospital in Haiti was built in 1978 and is now managed by Adventist Health International Services. Involvement from Loma Linda has included an initial surgical team, behavioral trauma team assessment, Center for Public Health Preparedness, and students from the School of Medicine class of 2010 on rotations. The class of 2010 adopted the hospital three years ago, and has a long-standing commitment to partner with it. The Global Health Institute is coordinating volunteers as well as working with the coordination of supplies and equipment. In addition, Loma Linda is providing

some in-country relief coordination. Partners with Loma Linda in these efforts include approximately 200 volunteers, the Inter-American Division of Seventh-day Adventists, ADRA, Florida Hospital, Park Ridge Hospital in North Carolina, Maranatha, and CURE International. Funds continue to be raised on the Loma Linda website for direct support of the hospital.

Research strategic plan approved

The Board of Trustees approved the research strategic plan presented by Sam Achilefu, PhD. The plan includes the vision of Loma Linda becoming a nationally recognized entity for research excellence. Goals for 2010-2015 include:

- Triple the number of active principal investigators;
- Double the number of clinical trials; and
- Double the amount of extramural competitive grant income.

The strategic plan outlines strategies to achieve these goals. The entire plan may be reviewed by contacting Dr. Achilefu in research affairs.

Risk management update presented

An update on the risk management program at Loma Linda was given by Mark Hubbard. His report included the risk management budgets, insurance and self-insurance expenses, reasons for self-insurance, Loma Linda risk management strategies, and examples of metrics tracked.

Loma Linda University

Faculty processing executive summary

- Gary D. Botimer, MD; chair, department of orthopaedic surgery, School of Medicine; effective 2/1/10.
- Kendal C. Boyd, PhD; promotion from assistant professor to associate professor, department of psychology, School of Science and Technology, effective 7/1/09; granting of tenure, effective 2/23/10.
- Rafael A. Canizales, PhD, associate dean for administrative affairs, Faculty of Graduate Studies; effective 7/1/09.
- Vaneta M. Condon, PhD; emeritus associate professor of nursing, School of Nursing; effective 6/30/10.
- Miriam E. Domingo, MBA; associate dean for finance, School of Science and Technology; effective 1/1/10.
- Kendra Fisher, MD; program director, quality improvement, department of radiology, School of Medicine; effective 6/1/09.
- Katty Joy French, PhD; emeritus associate professor of nursing, School of Nursing; effective 6/30/10.
- Wolff M. Kirsch, MD; director, Center for Research, Training, and Education, School of Medicine; effective 9/1/98.
- Edelweiss R. Ramal, PhD; promotion from assistant professor to associate professor of nursing, School of Nursing; effective 2/23/10.
- Susan A. Walters, MA; associate dean for academic affairs, School of Science and Technology; effective 1/1/10.

Academic items presented

- A new associate in science in dental hygiene program will be taught off-campus in Palm Desert.
- Program name change from "Family Psychiatric Mental Health Nurse Practitioner" to "Psychiatric Nurse Practitioner," School of Nursing.
- Program name change from "Cardiac Electrophysiology" to "Cardiac Electrophysiology Technology," School of Allied Health Professions.
- Program name change from "MA in Biomedical and Clinical Ethics" to "MA in Bioethics," School of Religion; and several curricular and programmatic changes.
- Multiple changes to School of Public Health academic offerings relative primarily to nomenclature and reorganization of programs, majors, and concentrations. These changes were recommended by the accrediting agency Council on Education for Public Health.
- Closure of occupational therapy assistant program, School of Allied Health Professions.
- Two new divisions established in School of Medicine: "Division of Regenerative Medicine" within the department of medicine; and "Division of Surgical Oncology" within the department of general and trauma surgery.
- Administration was tasked to work with the deans to accomplish 100 percent compliance with policy on late grades.

Financial highlights presented

An update on the following was received by the Board:

- Financial Statement – December 2009
- Approval to purchase furniture and equipment for space in the Behavioral Health Institute to be occupied by the School of Science and Technology.

Loma Linda University Medical Center

Strategic plan review and update presented

The video "Journey from Good to Great, Loma Linda University Medical Center's Strategic Plan Retrospective: 2005–2009" presented the Trustees with an overview of the accomplishments of the 2005-2009 strategic plan for health care ministries.

In addition, the Board received an update on the health care ministries strategic plan 2010. The update included strategic planning phases, specific site plans, and supporting goal examples with targets from each of the five strategic planning "pillars" of world class distinction, quality and service excellence, teamwork and synergy, partnerships, and leadership & stewardship.

Business development initiatives updated

The Board received an update on business development initiatives. Further reports and discussion will take place in May.

Board receives update on human resources

The Board received an update on human resources titled "Living Our Values in 2009." The report included employee contacts and training, internship program, HRM dashboard, performance appraisal, the 2009 diversity plan, and the retention program. Additionally, there were four projects implemented in 2009, which were the onboarding project-phase II, CarePix-phase II, PeopleSoft-phase I, and API-payroll. In 2009 LLUMC had a total of 7,660 employees. The presentation concluded with discussion of the employee wellness program.

Patient and employee satisfaction report presented

The most recent "Employee Engagement and Patient Satisfaction Survey Results" were presented. The report included Gallup Q12 engagement grand mean data for 2005-2009, employee engagement strategic plans for 2010, and patient loyalty survey data for the fourth quarter of 2009. Bushan Shelat, executive director for environmental services, was introduced, and appreciation was expressed for his exemplary work.

Financial update given to Trustees

The December 2009 financials resulted in an increase in net assets of \$20 million with a census of 526 compared to a budget of 591. A number of reasons for the results of operations exceeding budget were given to the Board. The Medical Center continues to experience a concerning trend in reduced inpatient volumes, and management will continue to challenge its cost of operations during this period of lower than budgeted volumes. Loma Linda University Medical Center closed the year with an increase in net assets compared to budget.

Medical staff report presented

The medical staff report included information about the physician code of conduct that has been implemented. This will provide clear accountability and clearer checks and balances. It was also reported that each medical staff member's credentials will be reviewed every eight months due to a change in Joint Commission requirements.

ENVIRONMENTAL CONCERN

School of Public Health dean changes diet for the environment

By Heather Reifsnyder

David Dyjack, DrPH, dean of Loma Linda University School of Public Health, is going local. For the month of April, he is attempting to live as a locavore—eating only foods produced within a 100-mile radius of Loma Linda. He is blogging about this challenge at <www.willhemakeit.org>.

An average person's meals in one day might contain—to name a few—bananas from Guatemala, rice from Thailand, beef from Canada, and tomatoes from Mexico. Dr. Dyjack is hoping to make people more aware of where their food comes from. The average bite of food travels 1,500 miles before reaching your mouth, he was shocked to learn last year at a food safety conference the school co-sponsored.

"Every food calorie we eat usually comes at the expense of scores or even hundreds of fossil fuel calories consumed in milling, processing, packing, and transportation," says Dr. Dyjack. "My aim is to raise awareness around this issue, and to become a more responsible global citizen in the process."

Dr. Dyjack organizes his annual Dean's Challenge during the early months of each year. The challenge for winter 2009 was to get people to

use their feet more often. About 200 people at LLU participated in the month-long undertaking, together walking a combined 25,271,962 steps. In 2008, the challenge's first year, Dr. Dyjack and about 50 others attempted to eat a vegetarian diet for a month. Because of the time and expense involved in being a locavore, Dr. Dyjack is doing this year's challenge as a solo venture.

The School of Public Health is also starting its own kitchen garden growing only non-genetically modified organisms (GMOs).



David Dyjack, DrPH, eats at a restaurant that serves locally farmed food.

RESEARCH EXCELLENCE

Neurosurgery student researchers honored at BSS and APC

By James Ponder

According to Wolff Kirsch, MD, director of the Neurosurgery Center for Research, Training, and Education at the Loma Linda University School of Medicine (LLUSM), the center is justifiably proud of the accomplishments of four of its students.

The four winners—Grant Auley, PhD, Matthew Schrag, Arshad Jiffry, and Shino Magaki, PdD—were recently honored by several organizations for their research contributions.

Dr. Auley won first prize in the student research contest at the 2009 Basic Science Symposium (BSS), sponsored by the Loma Linda University School of Medicine and held during the school’s 2010 Alumni Postgraduate Convention (APC), in March 2010.

Mr. Schrag, who is currently working towards his MD and PhD degrees at LLU, won second place at the 2009 APC.

Mr. Jiffry, also a medical student at LLUSM, won third prize at the 2009 BSS and at the 2010 APC, as well as second prize for an oral presentation at the 38th annual Western Student Medical Research Forum in Carmel, California, this past January.

Dr. Magaki, who was not present when the photo was taken, won a student research publication award from the Walter E. Macpherson Society in 2010, and the McGraw-Hill/Lange Award in 2008.

The Neurosurgery Center for Research, Training, and Education was founded in 1998, and is located in the School of Medicine offices in Coleman Pavilion.



Dr. Kirsch (far right) displays that proud papa look because four students from the Neurosurgery Center for Research, Training, and Education have recently been honored for excellence in research. The three honorees pictured are (from left) Grant Auley, PhD, Matthew Schrag, and Arshad Jiffry. Not pictured is Shino Magaki, PhD.

LLU students travel to the Amazon ...

Continued from page 1
the Amazon is a challenge.

“It’s easy to sit back and say sorry,” says Fabio Maia, director of LLU Student Activities, who helps plan the Amazon mission trips. “But when you see that you can actually make a difference, it’s impossible to just sit back and not do something. That’s why we’re here. To try to make a difference in their lives.”

Loma Linda University ventures the waters of the Amazon on a regular basis, about two times a year. During the trip, the LLU team lives on a boat, traveling down the river as they stop at a different village every day to set up a health clinic. For many people living in these small communities, it’s the only time they see a doctor.

“The project developed by Loma Linda University is particularly dear to me,” states Consul General José Alfredo Graca Lima of Brazil. “It is directed to a part of the country that is in need. People there are still living in difficult situations without necessary resources. In many cases, the public authorities are not in a position to help, so this help from abroad is very impor-

tant and crucial to these communities.”

Fortunately for the Anicassio family, LLU visited Sobrado to set up a health clinic. It had been a year since a “health boat” last visited this community. The LLU physician gave Mr. Anicassio health advice along with medication—tums and ibuprofen.

“It’s easy to take our local pharmacy for granted,” says Priscilla Tall, DDS, MA, a dentist on the mission trip and graduate of LLU. “In these small communities, people don’t have access to basic pain meds because there aren’t any drugstores like there are back home.”

In the evenings, the LLU team will often present a health program to the villages.

“What we really specified was the importance of cleanliness and hygiene,” shares Sharlene Gozaliens, a public health student, “to reduce the number of infectious diseases or risk factors that will cause bigger problems in the end.”

On this last trip, LLU focused their public health efforts by building an eco-friendly latrine in Igarape Acu. Through the heat, rain, and

mud, the students worked hard to make the project a success for the community.

“I’d like to thank Loma Linda for everything,” says Francisco da Silva, the community president at Igarape Acu. “We are very excited about the new latrine and look forward to building more here.”

Beyond health care, the mission group also held children’s programs where they told Bible stories, played games, had face painting, and a number of other activities.

“I like to go on mission trips to learn about another culture and to help as much as I can,” says Larissa Tetzler, a nursing student. “Not necessarily in a physical way, but more in an

emotional way, just to let them know that we care for them.”

A few days after LLU visited Sobrado where they treated Mr. Anicassio, they were able to follow up and see how he was doing. Apparently the tums and ibuprofen were all he needed.

“For us to see a doctor, it’s very difficult,” explains Mr. Anicassio. “So for us, it’s really good that you’re here. It’s God who sent you here for us.”

For more information about how to become part of the Amazon mission trips, visit <www.lluglobal.com> or contact the student activities office at ext. 44979.



Three-year-old Fabresco da Silva will be able to use the latrine that the LLU team helped build.



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