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Volume 22, Number 3 Monday, February 9, 2009



+ LOMA LINDA UNIVERSITY

- + LOMA LINDA UNIVERSITY MEDICAL CENTER
- + LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL
- + LOMA LINDA UNIVERSITY MEDICAL CENTER-EAST **CAMPUS**
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- + LOMA LINDA UNIVERSITY HEALTH CARE
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- FACULTY MEDICAL GROUP OF LLUSM

LLUMC ranks high in Nursing Professionals magazine's list of top hospitals to work for

By JAMES PONDER

Nursing Professionals magazine ranks Loma Linda University Medical Center (LLUMC) as one of the top 100 hospitals to work for in the United States.

In a survey released January 15, 2009, the magazine places LLUMC at number 33 on the list, outranking such prominent California hospitals as the Ronald Reagan UCLA Medical Center in Los Angeles, Stanford Hospital and Clinics in Palo Alto, and the medical centers of both the University of California at San Diego and the University of California at San Francisco. How did LLUMC score so highly on the list?

"Many things come to mind as to how this high rating is possible," says Liz Dickinson, RN, MPH, CNOR, senior vice president for patient care at LLUMC. "Our current leadership is committed not only to the highest patient care possible, but also to the highest quality of patient caregivers."

Ms. Dickinson points out that the Medical Center employs the Gallup Q12 system to measure employee engagement and satisfaction. The program, which was developed by Gallup Consulting, identifies 12 questions that measure employee engagement and assist organizations using the system to increase productivity, enhance customer engagement, improve employee retention, and reduce onthe-job accidents and health care costs.

Another key element in the Medical Center's quest to maintain high levels of employee satisfaction



Liz Dickinson, RN, MPH, CNOR, senior vice president for patient care at Loma Linda University Medical Center, says the organization's high placement in Nursing Professionals magazine's listing of the "Top 100 Hospitals to Work For" results not only from the Medical Center's commitment to "the highest patient care possible, but also to the highest quality of patient caregivers." LLUMC outranked a number of prominent California hospitals in the survey, including the Ronald Reagan UCLA Medical Center in Los Angeles, Stanford Hospital and Clinics in Palo Alto, and the medical centers of both the University of California at San Diego, and the University of California at San Francisco.

involves the way the organization evaluates potential new employees during the hiring process.

"We identify and select new employees that match our core values," Ms. Dickinson notes. "All of this has taken time, patience, perseverance, and prayer."

As the results of the Nursing Professionals survey seem to indicate, the methodical, evidencebased procedures utilized by the Medical Center are apparently working very well. Other indicators point to the same conclusion.

"The results of these efforts shined through clearly during the 2008 California State survey," Ms. Dickinson reports. While acknowledging that the survey process is fraught with many challenges, she paraphrases the comments of the lead surveyor, who-in essence-corroborated the findings of the Nursing Professionals list by telling LLUMC administration that "it is evident that your employees are satisfied. We survey numerous hospitals, and the moment we entered your institution and meet with your staff, we can tell

Please turn to page 2

LU tobacco control trainees graduate in Cambodia

By Heather Reifsnyder

Loma Linda University School of Public Health has trained 14 students in Laos and Cambodia to be leaders in their nations in the fight against tobacco. The students each received a certificate in tobacco control and leadership last month during a ceremony in Phnom Penh.

The certificate course was possible because of a grant from the National Institutes of Health Fogarty International Center, and it was a joint effort between Loma Linda University, the nongovernment organization Adventist Development and Relief Agency (ADRA), and the ministries of health in Cambodia and Laos.

The trainees are now competent in skills such as conducting surveys, analyzing data, and implementing tobacco control measures. These are needed proficiencies in the two countries, says Synnove Knutsen, MD, PhD, project manager on the grant.

"We have educated some of the leaders in the Ministry of Health in both countries, so we hope that their knowledge can trickle down to others," says Dr. Knutsen. "These are people who sit in important positions that can make policy changes."

During their training, the students were able to accomplish some big steps toward reducing tobacco use.



Thirteen of the graduates from Laos and Cambodia are pictured with Loma Linda University School of Public Health faculty after the Phnom Penh ceremony.

Students from both countries were instrumental in convincing the governments of Laos and Cambodia to ratify the World Health Organization's Framework Convention on Tobacco Control, a measure designed to reduce the global tobacco epidemic.

Furthermore, new tobacco legislation is awaiting approval in Laos and Cambodia. Students who also work for the Ministry of Health in their respective countries were part of the teams that developed and wrote the new laws.

In Cambodia, the students helped create and organize a national prevalence study of tobacco use, which was the first to include all of the nation's 22 provinces. Loma Linda University School of Public Health has a second Fogarty grant to develop a survey Please turn to page 2

Young Redlands entrepreneur's efforts benefit kids at LLUCH

BY NANCY YUEN, MA Apprentice" for clues about succeeding in business. Now he would likely be able to hold his own with "the Donald," discussing terms like marketing, packaging, advertising, and product placement. And he's been interviewed by newspaper reporters and has been featured in the local papers several times. Once his story appeared in a spot any company would covet-front page, above the fold. Wyatt, a sixth-grader, speaks about his work with the confidence of someone with a half-decade's experience running a successful operation.

ago when he was 6 years old. A ered in mistletoe. Wyatt learned Wyatt Caley used to watch "The tree in his neighborhood was cov- that mistletoe is a parasite and that it's also used to make Christmas decorations. As he passed the tree on his way home one day, some-



LOMA LINDA UNIVERSITY

Wyatt's story began several years



Over the last five years, Wyatt Caley has purchased hundreds of dollars in gifts for kids in Children's Hospital. He began earning the money himself, selling mistletoe when he was just 6 years old.

thing clicked and he had the idea for his first business—selling sprigs of mistletoe to earn money to buy presents for his family. It was Wyatt's first venture into operating his own business.

His dad, Dr. James Caley, a dentist, told Wyatt that he could go ahead with his plan and could use his profits to buy Christmas presents if he donated half of the profits to charity.

So with a willing volunteer staff (dad with a ladder and a saw to help gather the product, and Please turn to page 2

LLUMC is among top hospitals... Young entrepreneur's efforts benefit kids...

Continued from page 1 they're a happy team. We could see this within the first 24 hours."

Not surprisingly, Ms. Dickinson says the surveyor's comments were "music to our ears!"

To calculate its rankings of employee satisfaction at American hospitals, *Nursing Professionals* polled 25,000 randomly selected hospital nurses throughout the country to measure their levels of job satisfaction.

The survey, which was conducted in early 2008, asked respondents for their perceptions on a number of issues including personal training and development, family-friendliness, flexible working arrangements, equality and diversity, as well as asking for their perception of how strongly the nursing voice is heard within the organization. After the results were received, they were compiled into the Top 100 format.

Ms. Dickinson is quick to point out that the high satisfaction ratings the Medical Center enjoys are the result of a committed team effort. "There are so many individuals," she acknowledges, "who perform vital functions to make this institution what it is, and to bring it to the point of such a high recognition. Each employee should feel very proud."

She acknowledges the role that the Medical Center's commitment to education plays in employee satisfaction. "Another area of major focus is our collaboration with our School of Nursing," Ms. Dickinson continues, "on advanced degree scholarships and evidenced-based research. This commitment to excellence is professionally rewarding, enhances retention, and promotes nursing satisfaction."

In discussing the status of nursing in the United States, Julia Fletcher, senior vice president of marketing and business development for *Nursing Professionals*, says, "It is crucial that we all work together to address the current nursing shortage that we're facing."

But despite the shortage of nurses mentioned in Ms. Fletcher's comments, Liz Dickinson is "confident LLUMC will continue to seek and to implement the very best an employer can offer its employees."

In summarizing what the Medical Center offers its employees, Ms. Dickinson emphasizes the importance of enhancing the life experiences of employees, and encourages professional development.

"Ours is an environment where an individual is free to pray with patients and fellow employees," she notes, "and an environment where there is respect and a listening ear; it is a work environment with flexibility, diversity, and a clear sense of mission and core values. We pray each patient and family member will have had the best possible experience and that each caregiver demonstrated compassion and integrity as well as their expert skills."

Ms. Dickinson concludes her remarks with a note of gratitude. "Thank you, *Nursing Professionals* magazine, for honoring our nursing staff and recognizing our institution in this special way."

Information about *Nursing Professionals* is available online at <www. nursingpromag.com/index.cfm>.

tention, and Continued from page 1

mom, Barbara Caley, decorating the fresh green sprigs with colorful ribbon and packaging), the small crew began its work. Ms. Caley is a parttime office manager for Dr. Caley's dental practice.

Elements of a successful and lasting business were there from the beginning—dedication (volunteer colleagues led by Wyatt's youthful enthusiasm) and strong vision (an inexpensive, fun product that people would want to buy). They worked through pricing (\$1 a bag); packaging; design and writing (the labels read: "Wyatt's old-fashioned original mistletoe—Kisses in every bag;" and

Dressing Up Red set for Sunday, February 15

By JAMES PONDER

Save the date of Sunday, February 15, 2009 for Dressing Up Red, a special tribute to women successfully managing heart disease. Proceeds from the event, which will be held from 1:00 to 4:00 p.m. in the Wong Kerlee International Conference Center on the campus of Loma Linda University, will benefit Loma Linda University Children's Hospital.

According to Eloise Habekost, president of Big Hearts for Little Hearts Guild, the event sponsor, Dressing Up Red provides an opportunity for women of all ages to learn to be "heart healthy."

In addition to a gourmet luncheon, the event will feature presentations by women's heart health expert Vilma Torres, MD, and pediatric cardiologist Michael Kuhn, MD, as well as an inspirational talk by Emily and Chelsey Cornwall, 23year-old identical twins who received heart transplants.

Other highlights of the event will include a 25th anniversary commemoration of infant heart transplantation at LLUCH, and a mini-makeover and photo session for each young guest.

The event is open to women and girls of all ages. The dress code calls for attendees to wear any color they like so long as it is red.

For reservations and information, contact Julie Ward Jones at (909) 821-5236.

Cambodia...

Continued from page 1 instrument for a prevalence study in Laos, as well. Working with the trainees and other partners, the University expects to survey about 6,000 people by sometime in spring 2010. One of the trainees, Chhordaphea Chhea, of Cambodia, says that the certificate program has given her knowledge on research, policy and strategies, and advocacy. "In addition," she says, "the training has built a network among tobacco fighters nationally and internationally, which I believe to be efficient in the short and long run for information sharing and supporting each other."

"Need a kiss? Buy a bag"). And at the final point of sale, a well-traveled street corner near his home, catchy advertising—Wyatt himself dressed in shorts or warm clothes, sometimes sporting trendy sunglasses (depending on the California weather) and always wearing his trademark—a Santa hat, of course. While he plans on six full days of sales, he experienced a small setback this Christmas (rainy weather); he also tried a new site spending an afternoon selling mistletoe at the pier in Newport Beach.

What does he purchase with his proceeds? Wyatt chooses presents for boys—Etch-a-Sketch[®]; LEGOS[®], Hot Wheels[®], and card games. His mom helps choose gifts for the girls (including Bratz[™] dolls). And then the best of all—delivering the toys to Loma Linda University Children's Hospital on Christmas Eve.

Though it's only February, Wyatt is already working on his business plan for Christmas 2009 (expanding inventory to include handmade wreaths possibly, created from pods from neighborhood trees). He also enjoys taking care of the family pets—a parakeet named Fiona; great Danes Barbarosa and Maximillian; Kona, a black lab; and a lizard, Peanut. He has fun gardening and entering competitions in the Los Angeles County Fair. He's taken home ribbons for pumpkins and sunflowers he's grown. And then there's taekwondo—when he earned his black belt in 2008, that story was featured in the newspaper, too.

Wyatt is planning ahead—when he grows up, he wants to be a lawyer. When asked what advice he'd have to other kids who might want to earn money to donate to Children's Hospital, Wyatt has a ready answer. "I'd tell them you don't really need anything special. Anyone can start by picking up cans and bottles," he says. "I recently went on a walk with my family, a short walk—five minutes maybe and we picked up \$3 in recyclables."



Now in the sixth grade, Wyatt is already working on his business plan for Christmas 2009 and is hoping to expand his inventory to include handmade wreaths. Every year, customers find him on a busy street corner near his home in Redlands, enthusiastically selling mistletoe.

LLUAHSC Councilors sponsor Friday evening vespers concert

CONTRIBUTED REPORT

Organist Mark Willey will present a concert on Friday evening, February 27, at 7:00. The vespers concert is sponsored by the Loma Linda University Adventist Health Sciences Center Councilors.

Mr. Willey grew up attending the Loma Linda University Church of Seventh-day Adventists. He spent his junior year of high school living in France, where he studied French at Saleve Adventist University at Collonges-sous-Saleve, France, and organ at the Conservatory of Geneva in Switzerland. scholar Hans Davidsson and served as a graduate assistant for technology. He finished his degree in 2005 and continues to work with the organ department at Eastman as a consultant for technology and documentation.

In addition to his activities as a performer and church musician, Mr. Willey is in demand as a recording producer and editor. Recent projects have included organ recordings by Huw Williams, Maxine Thevenot, and Will Headlee, and choral recordings at Saint Joseph Cathedral in Ohio and the National Shrine in Washington, D.C. In October 2008, Mr. Willey returned to Eastman to record the concerts for the inauguration of a new instrument built in the style of the 18th century German builder Gotleib Casparini. The Loma Linda University Adventist Health Sciences Councilors were organized in 1961 to advise the LLUASHC president and serve as ambassadors for the institution.

First Annual Coats 4 Kids Drive

Spread the word!! CAPS invites you, your family, department, and even church to join in giving at least 200 youth seen in the SACHS clinics a chance to keep warm this winter.

When: The *entire* month of February. What: Donate NEW coats, jackets, or sweaters (with tags) to help chidren in San Bernardino have a warm winter (children 18 and under).

Where: Drop off boxes in

- Drayson Center lobby
- Del Webb Memorial Library
- + Student services office
- Nichol Hall rotunda
- School of Pharmacy lobby
- Magan Hall lobby
- + Children's Hospital volunteer services
- CAPS booth following chapel on

Wednesday mornings.

For additional information, contact CAPS at <caps@llu.edu> or call (909) 651-5011.

Dr. Knutsen agrees. "We feel the partnership we have developed is very valuable, and we hope to build on that to do other research and projects in the future." In 1992, Mr. Willey accepted the position of minister of music at the Spencerville Seventh-day Adventist Church in Silver Spring, Maryland, a post he holds to this day.

In 2002, he started a master's degree in organ performance at the Eastman School of Music in Rochester, New York, commuting every week for study and returning to Maryland on the weekends to continue his service as minister of music. While at Eastman, Mr. Willey studied with Swedish organist and

The Friday evening vespers organ concert is free and open to the pubic.



Why are these people smiling? Because moments before the picture was taken, Loma Linda University Children's Hospital was announced as the first children's hospital in the nation to receive the coveted "Baby-Friendly" designation by Baby Friendly USA. The award—which was presented at the 2009 annual key advisory luncheon of the perinatal services network on Friday, January 30, 2009—recognizes hospitals that promote, educate, and advocate for increased awareness of the important health benefits of breastfeeding. Pictured with members of the Children's Hospital staff are (far right) San Bernardino County fourth district supervisor Gary Ovitt and fifth district supervisor Josie Gonzales.

LLUCH becomes nation's first hospital to be awarded 'baby-friendly' designation

By James Ponder

Loma Linda University Children's Hospital became the first children's hospital in the nation to be awarded the coveted "Baby-Friendly" designation from Baby-Friendly USA, the national authority of the Baby-Friendly Health Initiative in the United States.

According to the organization's website, the Baby-Friendly Hospital Initiative (BFHI) is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for lactation. The BFHI assists hospitals in giving breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies, and gives special recognition to hospitals that have done so.

Carol Melcher, RNC, MPH, manager of the perinatal services network at LLUCH, notes that "because children's hospitals have neonatal intensive care units and other departments that require more specialized care, there is additional service that is needed for our physicians and nurses when educating newborn mothers. That is why it is such an honor for Loma Linda University Children's Hospital to be the first of its kind to receive the 'Baby-Friendly' designation."

The award was presented to a large and very enthusiastic delegation of LLUCH staff members—which included Zareh Sarrafian. MBA. States." Along with Mr. Ovitt, fifth district supervisor Josie Gonzales, who chairs First 5 San Bernardino, was recognized as an honored guest. First 5 San Bernardino was created in December 1998 in order to realize the benefits of the California Children and Families First Act. The act created a program for the purpose of promoting, supporting, and improving the early development of children from the prenatal stage to 5 years of age and their families.

In addition to LLUCH and Arrowhead Regional Medical Center, the other "Baby-Friendly" health care providers in the Inland Empire include Barstow Community Hospital, in Barstow; Community Hospital of San Bernardino, in San Bernardino; Corona Regional Medical Center, in Corona; Inland Midwife Services-The Birth Place, in Redlands; Kaiser Permanente Medical Center, in Riverside; Mountains Community Hospital, in Lake Arrowhead; Robert E. Bush Naval Hospital, in Twentynine Palms; San Antonio Community Hospital, in Upland; St. Mary Medical Center, in Apple Valley; and Weed Army Community Hospital, in Fort Irwin.

Larry Gartner, MD, keynote speaker at the luncheon, and a founder of the American Academy of Breastfeeding, told participants that "many studies have demonstrated the advantages of breastfeeding." Then Dr. Gartner looked around the room and re-stated the comment to make the point even more poignant and dramatic: "Many studies," he said the second time around, "have demonstrated the dangers of not breastfeeding." Among those dangers are increased risk of sudden infant death syndrome (SIDS), childhood cancer, and diabetes. According to the Baby-Friendly Health Initiative, "more than one million infants worldwide die every year because they are not breastfed or are given other foods too early. Millions

more live in poor health, contract preventable diseases, and battle malnutrition. Although the magnitude of this death and disease is far greater in the developing world, thousands of infants in the United States suffer the ill effects of an infant formula-feeding culture. A decreased risk of diarrhea, respira-

Loma Linda University

tory and ear infections, and allergic skin disorders are among the many benefits of breastfeeding to infants in the industrialized world."

The group also notes that "in the United States, these benefits could translate into millions of dollars of savings to our health care system through decreased hospitalizations and pediatric clinic visits. For diarrhea alone, approximately 200,000 U.S. children, most of whom are young infants, are hospitalized each year at a cost of more than half a billion dollars. Many of these cases of diarrhea could have been prevented with breastfeeding."



3

administrator, and neonatal physicians, nurses, lactation specialists, and diabetes educators—in attendance at the 2009 annual key advisory luncheon of the perinatal services network on Friday, January 30, 2009. In addition to LLUCH, Arrowhead Regional Medical Center joined the ranks of "Baby-Friendly" hospitals in the Inland Empire.

During the awards ceremony, San Bernardino County district supervisor Gary Ovitt, who chairs the San Bernardino County Board of Supervisors, noted that the Inland Empire is now officially "the 'Baby-Friendliest' region of the United



Broadway as Christine Daee

School of Pharmacy undertakes initiative to help campus go green

By Jim Pinder, MBA

Loma Linda University School of Pharmacy has undertaken an initiative to provide transportation to faculty and staff that uses fewer fossil fuels and encourages exercise.

Billy Hughes, PhD, dean of the School of Pharmacy, notes, "Transportation is a potential bottleneck to productivity. By providing green alternatives to this challenge, we can facilitate efficiency while doing what is right for our planet."

A 2009 Nissan Altima Hybrid was purchased in April primarily for the use of the experiential education faculty and staff. They frequently travel across California to evaluate and assess clinical rotation sites for pharmacy students.

The most-recognizable Columbia electric cart on campus was purchased in June. Its bright red color, shiny wheels, and low-profile tires are easy to spot. It is available to all pharmacy faculty and staff to get around campus. This street-legal vehicle is DMV-registered and may be driven on any road with a posted speed limit up to 35 miles per hour.

Rounding out the green transportation initiative are two bicycles and two tricycles. The Trek[™] Lime and Trek[™] Lime Lite bicycles were donated by Cyclery USA, Redlands. They are unique in that they have automatic three-speed transmissions.

Ramon Gonzalez, store manager at Cyclery USA, Redlands, presents Billy Hughes, PhD, dean of the School of Pharmacy, with two Trek bicycles. The automatic transmission three-speed bicycles complement the transportation options for School of Pharmacy faculty and staff.



The fire engine-red Columbia electric cart provides on-campus transportation for School of Pharmacy faculty and staff. The electric car can safely travel on roads with posted speed limits of less than 35 miles per hour.

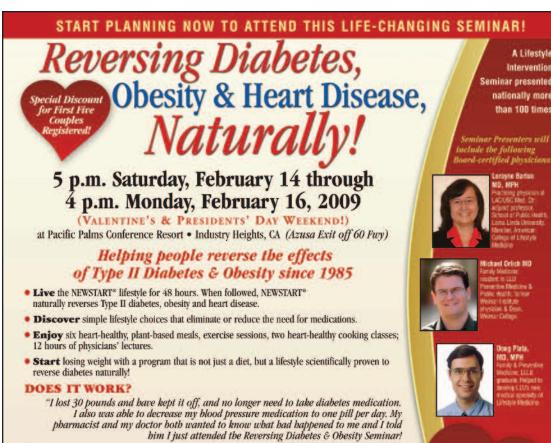
The bicycle monitors speed and pedal pressure to determine which gear is best. This gift was made possible by Cyclery USA, Redlands owner Craig Kundig, store manager Ramon Gonzalez, and Trek Bicycles regional manager, Greg Johnson.

Walmart donated two tricycles, complete with behind the seat baskets for hauling items. This donation was made possible by Todd Williams, former pharmacy district manager. In addition to the bicycles and tricycles, helmets were also provided.

Dr. Hughes says, "I'm delighted that our corporate partners have stepped up to the plate and assisted our efforts to advance this green initiative. Together we can improve our workflow while doing something to benefit our environment."



Billy Hughes, PhD, dean of the School of Pharmacy, accepts two tricycles from Walmart as part of the School of Pharmacy's initiative to provide eco-friendly transportation for faculty and staff. Pictured with Dr. Hughes are Walmart representatives Day Gooch, PharmD, MBA, regional talent specialist, and Todd Williams, former pharmacy district manager.



A Lifestyle Intervention nar presented ationally more

Discover bow to live a her lij in a life-changing 48 hours

289 101 mins. The seminar was th appenea to me since I was diagnosed in May 2000. With the education that I obtained, following the diet along with some moderate exercise, I have been able to control my fasting blood sugar, which was lowered to under 140.' HELP! - '08 Participant Lillian Tartt



- '08 Participant Glen Christensen

Sponsored by the Southern California Conference of Seventh-day Adventists with Giendale Adventist, Loma Linda University and White Memorial Medical centers, and Simi Valley Hospital and Weimar Institute.



School of Pharmacy faculty and staff have access to a 2009 Nissan Altima Hybrid for business use. Primarily used by the experiential education team for travelling to student clinical rotation sites, the hybrid vehicle provides an eco-friendly alternative to using one's own transportation.

Prayer breakfast commemorates presidential inauguration

By Leslie N. Pollard, PhD, DMin & James Ponder

Tuesday morning, January 20, 2009, found the president and officers of Loma Linda University Adventist Health Sciences Center in Wong Kerlee International Conference Center establishing a new spiritual tradition at Loma Linda University.

An open invitation to the first LLU presidential inauguration prayer breakfast engaged approximately 400 LLUAHSC employees, students, faculty, and administrators in viewing the wide-screen broadcast of the ceremonies.

The event began with a breakfast arranged and hosted by Miyet Bathan, executive assistant in the office of community partnerships and diversity.

Richard Hart, MD, DrPH, president, Loma Linda University Adventist Health Sciences Center, and Leslie N. Pollard, PhD, DMin, MBA, vice president for community partnerships, welcomed a global audience to the live event broadcasted on Loma Linda Broadcasting Network.

Roy Branson, PhD, associate dean of religion in the School of Religion, and J.C. Belliard, PhD, assistant vice president for community partnerships and diversity, made presentations on what democracy, power, and citizenship means in America.

At several points during President Obama's 18-minute inaugural address, the crowd in Wong Kerlee broke into applause. Some cheered the president's promise to discontinue what he termed "the worn-out dogmas of the past"; others affirmed his pledge to develop solar, wind, and other forms of alternative energy. Mr. Obama's wish that the government will apply technological innovation to improving the quality of health care and reducing its costs elicited a vigorous response from many in the crowd, as did his vow to create new jobs and improve the nation's roads, bridges, and digital networks.

Given the cosmopolitan demographics of the LLU student body and faculty, members of the audience seemed understandably responsive to the president's statements concerning foreign policy. Mr. Obama's declaration that under his administration, America will seek a new relationship with other countries—and specifically with the Muslim world—based on "mutual interest and mutual respect" elicited a hearty, passionate outburst from the crowd.

"To those leaders around the

blessing and consecration. "Creator of all that is good, Our Father," Dr. Winslow began, "You have asked us to offer prayers of intercession and thanksgiving for the leaders of our government, and so we do.

"For our new president, his wife, and his daughters, we pray for much.

"May they be protected by your careful hand; may they provide our country an example of hope and family love; may our president, and those who lead with him, have the vision to set a new course for our country, the courage to lead, the humility to admit mistakes, the wisdom to restore broken relationships. We pray that your will be done on earth as it is in Heaven.

"We also pray for our nation. May all those who live in this land be given new hope ..."

The prayer concluded with a confession of the sins of the American people—which Dr. Winslow listed as racism, and not protecting the rights of the poor and vulnerable—and a request for divine forgiveness.

To gain a better understanding of how President Obama's comments were received in Loma Linda, an informal survey, which consisted of stopping people at a variety of locations throughout the LLUAHSC campus and asking for their thoughts, as well as e-mailing a request for comments to 100 names randomly selected from the campus email directory, was conducted. Here are a few of the responses:

"As a former McCain supporter, I was surprised by how much I enjoyed President Obama's speech," says Taylor Baker, a pre-nursing student at California State University San Bernardino, who works in the Green Bean Conscious Coffee concession inside the Del E. Webb Memorial Library on the LLU campus. "I am looking forward to his plans for changing the economy and turning America around."

Ann Bradshaw, office manager for the Center for Health Disparities at Loma Linda University, listened to the inaugural address with what she calls "an informed and inquiring ear. Needless to say, I wasn't disappointed."

As a member of the John F. Kennedy youth movement of the 1960s, Ms. Bradshaw was a foot soldier in the struggle for civil rights in this country. "I saw a very dignified, intelligent and humble man," she recalls, "speak to his fellow Americans and the world in a self-assured, selfconfident manner, and invite them to join him in reclaiming the American Dream, and uplifting and supporting our fellow human beings across the globe to reach their collective dreams and objectives." recovery," Mr. Mahoney states.

He disagrees with the president on one point, however. When President Obama notes that "the question we ask today is not whether our government is too big or too small, but whether it works-whether it helps families find jobs at a decent wage, care they can afford, a retirement that is dignified," Mr. Mahoney feels the role of government is not to help the people find jobs at a decent wage but to "provide national security, and develop economic policies that will then allow the private sector to develop decent jobs at decent wages." Even so, he says the president's inaugural address was, "overall, a great speech," and notes that, "I look forward to seeing where we are headed as a nation."

Terry Kramer, data coordinator for the California Diabetes and Pregnancy Program at Mt. View Plaza, says she was really impressed with the president's speech. "I thought it was concise and to the point," she shares, "in regards to the dire situation that is not only before the president, but also the people of this great nation. I was inspired to be a better American, and hopeful that we will overcome the obstacles before us to once again be the land of opportunity."

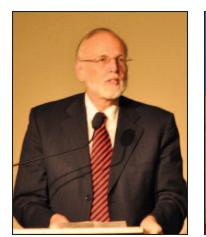
As Richard Hart, MD, DrPH, LLUAHSC president and CEO observes, "it is clearly a time of hope and transition in our country. Many of President Obama's objectives are in sync with our own commitments to service and equity. As a University, we are committed to addressing many of the issues of health disparities, in particular, through our research and service activities."

The planning team for the January 20 event was Leslie Pollard, PhD, DMin, MBA; Gerald Winslow, PhD; J.C. Belliard, PhD; Roy Branson, PhD; University chaplain Terry Swenson, MDiv; and associate chaplain Dilys Brooks, MDiv.

Loma Linda Broadcasting Network carried the inaugural ceremonies by live downlink from Washington, D.C., and broadcast the LLU event to the 150 countries served by its broadcast ministry. Ganim Hanna and Marlon Paley coordinated the LLBN broadcast.



Barack Obama, the 44th person to hold the title of president of the United States, delivers his January 20, 2009, inaugural address from Washington, D.C. The president's remarks drew loud applause not only from the almost two million individuals who gathered on the National Mall, but also from an estimated 400 individuals who watched the event on the giant screens inside Wong Kerlee International Conference Center in Loma Linda.



Offering a prayer of consecration is Gerald R. Winslow, PhD, vice president for mission and culture, LLU Medical Center.



Hosting the first inaugural breakfast are Leslie N. Pollard, PhD, DMin, Loma Linda University vice president for community partnerships & diversity (left), and Richard H. Hart, MD, DrPH, president and CEO, Loma Linda University.

globe who seek to sow conflict, or blame their society's ills on the West," the President declared, "know that your people will judge you on what you can build, not what you destroy. To those who cling to power through corruption and deceit and the silencing of dissent, know that you are on the wrong side of history; but that we will extend a hand if you are willing to unclench your fist."

At the conclusion of Mr. Obama's remarks, Gerald R. Winslow, PhD, vice president for mission and culture at Loma Linda University Medical Center, led the Wong Kerlee audience in a prayer of Mike Mahoney, executive director of operations at LLU Health Care, says our new president is "a great speaker, and has the ability to inspire the nation."

Mr. Mahoney found two of the president's statements particularly interesting. "It is ultimately the faith and determination of the American people upon which this nation relies.' I think he is right on with this. If we remember this, we will move forward toward a



An estimated audience of 400 individuals listen to President Obama deliver his inauguration speech on January 20, 2009.

Death Valley National Park makes for nice weekend trip

By JAMES PONDER

Ever been to Death Valley? If you have, or even if you haven't, today's your lucky day. You and I are going there right now. So grab your camera, a good pair of hiking shoes, and your spirit of adventure. All aboard!

OK, we're here now. You fell asleep the far side of Victorville and slept like a baby the whole ride. It took four and-a-half hours from Loma Linda, and you missed some awesome scenery. Have you been staying up late worrying about the economy? Don't worry, we'll help it recover by having a good time, spending some cash, and recharging our optimism batteries all weekend long.

See that funky looking mansion up ahead? That's Scotty's Castle. It's not really a castle, and it never belonged to Scotty, but it's a wonderful place to get a taste for the kitschy side of Death Valley. Did you ever watch "Death Valley Days" on TV? If so, you may have seen Scotty's Castle on the tube. It's much better in person.

Death Valley Scotty, also known as Walter Scott, was a good ol' boy/con man who swindled Chicago millionaire Albert Johnson into investing in a fraudulent gold mine back in the early 1900s. Instead of hanging Scotty, Mr. Johnson befriended the swindler. Bessie Johnson, Albert's wife, convinced him to build this improbably ornate Spanish villa here in Grapevine Canyon. She thought it would be a great winter home.

Let's go check out the spiral staircase, the opulent furnishings, the expansive vistas, and the gift shop.

The castle cost between \$1.5 and \$2 million to build in 1922. It's pretty swanky. They call it Scotty's Castle because after Albert Johnson invited Scotty to move in, Scotty told visitors this was his castle. When Mr. Johnson died, his will stipulated that Scotty should live here, in the lavish style to which he had become accustomed, for the rest of his life. Scotty died in 1954 and was buried on the hill overlooking "his" castle.

I love breakfast, and here at the world famous 49'er Café, they serve it up good! I'm going to indulge in the Swiss cheese omelet with their great hash browns on the side. Cholesterol schmolesterol-we're on vacation! OK, it's only a mini-vacation.

Anyway, how'd you sleep last night? Was your room as comfortable as mine? Furnace Creek Ranch may not be as upscale as the Inn, but research shows that most people sleep with their eyes closed anyway, so why pay more? Besides, my room opened onto the golf course, so this is hardly roughing it.

After breakfast, we're going to see this majestic, expansive desert up close and personal. We'll start at Zabriskie Point. The colorful badlands are best viewed at sunrise, but since we slept in until 5:30 this morning, we should get there around 8:15. It looks great any time of day. If you like convoluted hills-sculpted into weather-beaten patterns like brain coral on steroidsyou'll love Zabriskie.

After that, we'll drive out to the ruins of Harmony Borax Works. It's got the coolest old borax smelter; it operated here from 1883 to 1888. We can even see an abandoned wagon from the famous 20 mule teams that hauled the white powder to market. Borax is used in cosmetics and soap, and in making fiberglass.

We'll take the trip to new lows at Badwater. At 282 feet below sea level, Badwater's the lowest point in North America. The Dead Sea beats it at 1,371 feet below the level, but this is as low as you can go on this side of the world. It always lifts my spirits to breathe the cool air, and see the reflection of Telescope Peak in Badwater Pool. Don't come here in summer: it reaches 130 Fahrenheit. It's nice this time of year.

We'll pass the Devil's Golf Course a few miles after we leave Badwater. The surface of Lucifer's fairway is composed of spiky salt crystals that stick up like millions of tiny skyscrapers. Visualize finding your ball in a maze of hypodermic needles standing on end.

The past lives on at Rhyolite. The rusting hulk of a thriving mining town that was founded here after

the discovery of gold in 1904, Rhyolite today is one of the most peaceful places on earth. The ruins of the old train station and downtown businesses echo with memories of hardy pioneers like Mary Elizabeth Madison, otherwise known as Panamint Annie.

Panamint Annie was a hardscrabble prospector who roamed the Bullfrog Hills looking for gold. She found some, but more often she only found rabbits and rattlesnakes. Desert life suited Annie just fine-when times got tough, she was known to make rattlesnake stew to feed herself and her kids. Born back east in 1910 or 1912, Annie spent most of her adult life in the hills around Rhyolite long after the town went bust in 1919. For a while, she lived out of the back of her truck, then spent time with an itinerant group of miners, and finally relocated to nearby Beatty, Nevada, in the 1950s or 1960s. She died of cancer in 1979 and was buried in Rhyolite Cemetery.

It's a beautiful afternoon in

Rhyolite. The sky is blue, the breeze is gentle, and it feels good to roam these silent streets, lost in the ghostly beauty of a boomtown gone bust. It's kind of surreal to wander through banks, mercantiles, and schools open to the wind. In another hour, we'll stop in for a sandwich in Beatty then catch the sunset at Mesquite Dunes. In the meantime, it's good to see you having such a good time; you don't see sights like these every day.

Tomorrow we'll visit Titus Canyon for its unearthly landscapes and prehistoric Native American petroglyphs. Oh, and we dare not forget Artist's Drive. You won't believe the colors of that place-rocks and soils of red, pink, yellow, green, and purple. It looks like somebody draped rainbows all over the hills. Then we'll grab lunch at Stovepipe Wells, and reluctantly start for home.

I don't know about you, but I think this whole area is wonderful beyond words. Death Valley is one life-affirming destination.



Days in the sun and nights beneath cold stars have scarcely diminished the integrity of these original 1880s-vintage wagons from Death Valley's colorful past. The area begs exploration for its colorful history, astonishing geologic diversity, and peaceful serenity.



Celebrating the 77th Annual Postgraduate Convention of the Alumni Association of Loma Linda University School of Medicine



Jon Paulien, PhD

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Graduate student seeks rattlesnakes for study

Why is this snake sticking its tongue out? Perhaps it's because you haven't called. The reason you haven't, of course, is that the wrong phone number was listed for the Loma Linda rattlesnake study in our January 29, 2009, edition. Should you see a rattlesnake anywhere in the Loma Linda area, call Aaron Corbit at (909) 800-1601. Mr. Corbit will catch the snake and enroll it in his study on human and rattlesnake interactions, and since he's a graduate student in Dr. Bill Hayes' biology of rattlesnakes program at Loma Linda University, he won't charge a thing for his expertise. So help take a bite out of rattlesnake encounters by following the study's motto—see a snake? Call Aaron!

Loma Linda University makes efforts to go green

By JAMES PONDER

In a world of dwindling natural resources, can Loma Linda University Adventist Health Sciences Center (LLUAHSC) exemplify environmental stewardship in a way that actually makes a difference to our embattled planet?

The question has been asked often recently, and some of the answersand the people implementing themare both innovative and encouraging.

+ + +

When Ken Breyer, MA, assistant vice president for construction at LLUAHSC, talks about making the campus responsive to environmental concerns, he means business. Mr. Breyer's crew salvaged every usable scrap of concrete, drywall, asphalt, metal, cardboard, and paper when Gentry Gym was torn down to make room for the new Centennial Complex. By wasting nothing—even the geodesic dome found new life as the roof of a local church—the team recycled 6,507,640 pounds of construction materials in 2007. That translates to 542,303 pounds of natural resources that won't have to be harvested from earth's dwindling supplies per month that year! Mr. Breyer got so excited that he wrote recycling clauses into the contracts of all outside contractors working with LLUAHSC.

Ken Breyer is similarly enthused when he talks about three utility conservation programs on campus. The first project, known as Delta T, has already achieved a four-fold savings in units of electricity required to operate the chilled water network on campus. That's big news considering the cost of utilities these days. Chilled water is pumped through an underground network of pipes to cool everything from classrooms and operating rooms to electronic equipment and medical technology.

"When we increase a slight temperature difference," Mr. Breyer explains, "we decrease the amount of energy used to pump the water. It's like taking the electrical system as an analogy and increasing the voltage, and reducing the amperage, and still getting the same wattage."

Before Delta T was implemented, the measured difference between the chilled water going out and coming back was approximately 4 to 6 degrees Fahrenheit. Now that the first phase is complete-the one expected to produce the greatest results-the temperature increase is between 10 to 12 degrees Farhenheit. Mr. Brever expects the project to produce even higher temperature increases and achieve even greater savings in electricity and dollars when fully completed. The second project—which also

concerns chilled water-involves replacing several steam-driven absorbers and one centrifugal chiller, adding an extracentrifugal chiller, and re-circuiting the operation to allow the absorbers and chillers to operate in series. The lower water temperatures and increased temperature differences will yield further savings of electrical and financial resources.

Mr. Breyer's third innovation involves the construction of a very large tower to store chilled water on campus. To demonstrate just how large the behemoth structure will be, he points to two huge water towers overlooking Loma Linda and the San Bernardino Valley. Each boasts a capacity of 1.4 million gallons.

"That's nothing," he insists, "compared to the new thermal energy storage tank we're building beside the Anderson Street overpass. It will hold six million gallons and allow us to generate chilled water at night when the air is cool."

The savings will be considerable: by operating at night, the plant will consume far less electricity, and the power costs less per unit at nocturnal off-peak rates. Since the water can be re-circulated an infinite number of times, no additional water will have to come out of the ground once the tank is filled.

Taken together, these projects will spell needed relief for the Colorado River, the Inland Empire aquifer, and the LLUAHSC budget.

Bhushan Shelat, MBA, executive director of support services at LLU Medical Center, plans to save this corner of the planet from refuse inundation, but his program is likely to spread to other hospitals as well.

"Loma Linda University Medical Center is a very large and complex operation," he notes. "The amount of waste we generate is substantial. Any time we can reduce that is great." Mr. Shelat points with pride to a fleet of new recycling bins he designed, yet says the recycling program he envisions at Loma Linda goes far beyond similar efforts at countless other organizations these days.

"Loma Linda is a very popular brand in our community," he says. "People look to us for leadership in health, and because of our commitment to make man whole, they look to us to lead the way in stewardship of natural resources as well." He intends to extend recycling into a whole new frontier and open the way for thousands of other hospitals worldwide to follow. The potential impact on global eco-systems could be enormous.

explains. "We will probably be the first hospital in America to have recycling containers for clinical supplies in the operating room."

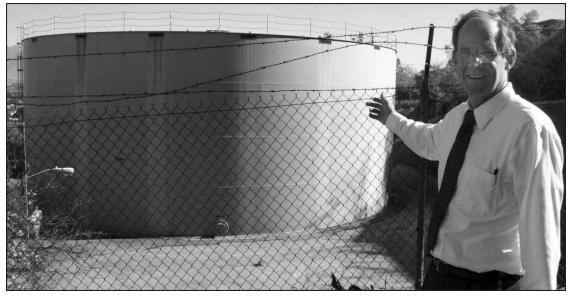
Another way Mr. Shelat helps the environment is to insist that all cleaning products the Medical Center uses are certified by the Carpet and Rug Institute or Green Seal organization to ensure compliance with the highest environmental standards. Ecofriendly products aren't always easy to find, but he won't use anything else.

Mr. Shelat is also applying for certification from Practice Greenhealth -a watchdog organization formerly known as Hospitals for a Healthy Environment. The group encourages and recognizes environmental accountability in health care institutions. When Mr. Shelat was recently asked about financial returns on investment for environmental stewardship, he had to admit he didn't have the requisite statistics to answer the question immediately. Fortunately, however, he found a way to elevate the issue beyond the bottom line.

"If you take a stand for the environment," he insisted, "Mother Nature is going to tell your kids, 'Hey, your parents did a good job!""

Ken Breyer and Bhushan Shelat exemplify the practical face of environmental activism these days. Like other champions of the earth, they seek to integrate Sierra Club philosopher David Brower's important admonition to "think globally, act locally" into the fabric of policy and practice in Loma Linda.

They aren't alone, of course. In the next edition of TODAY, we'll examine other adaptations that showcase LLUAHSC's innovative responses to the considerable ecological challenges of the 21st century.



Ken Breyer, MA, assistant vice president for construction at LLUAHSC, points to one of two 1.4 million-gallon water towers on a hillside above Loma Linda. Despite the fact that Mr. Breyer is standing on a hillside at a location approximately three stories above ground level for the giant structure, its large dimension can be clearly seen. Even so, the new chilled water tower under construction on campus will be more than four times larger.

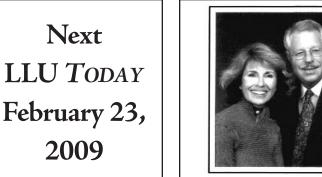


Bhushan Shelat, MBA, executive director of support services at Loma Linda University Medical Center, displays one of the new recycling bins for cans and bottles he and his department recently developed to collect recyclable trash commodities. The bins will soon be strategically located at dozens of locations throughout the Medical Center. Another program support services is implementing at both entities of the Medical Center-University

"Everybody does commercial recycling of glass, paper, cardboard, plastic, and aluminum," Mr. Shelat

International cooperation recognized...

Hospital and Children's Hospital-will break new ground and potentially revolutionize the way hospitals around the world think about recycling. "Everybody does commercial recycling of glass, paper, cardboard, plastic, and aluminum," Mr. Shelat explains. "We will probably be the first hospital in America to have recycling containers for clinical supplies in the operating room."



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Continued from page 8 program—which was started in January 2005—was conducted at two sites outside the United States: one in Asia, the other in Africa.

"A total of 42 students enrolled from 24 different countries," reports Elizabeth Bossert, DNS, RN, associate dean, School of Nursing. "Faculty and students came together on these

two sites for four weeks, once a year, for four years. Students were prepared to become nurse educators in their respective countries. One hundred percent of the graduates are employed in nursing education and leadership positions in their home countries." Funding for the project was provided by the Chan Shun Foundation and friends of the School of Nursing.

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A. Dean Sherzai, MD, former deputy minister of health for Afghanistan, and currently director of the memory disorders clinic at Loma Linda University, discusses "Compassionate Empowerment: Lessons from Afghanistan" in a January 27, 2009, lecture in Randall Visitors Center.

Afghanistan lessons recounted by former deputy minister of health

By JAMES PONDER

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A. Dean Sherzai, MD, MAS, the former deputy minister of health for Aghanistan, discussed "Compassionate Empowerment: Lessons from Afghanistan" in an informative installment of the compassion in action lecture series offered by the Global Health Institute of Loma Linda University. Dr. Sherzai's presentation was made on Tuesday, January 27, 2009, in the Randall Visitors Center on the University campus.

In his extemporaneous address, Dr. Sherzai-who currently directs the memory disorders clinic at Loma Linda University Medical Center asked "what can we do in a country like Afghanistan?"

He then shared first-hand observations from his experiences assisting Afghani president Hamid Karzai in rebuilding a health care infrastructure in an environment where corruption frequently diverts most international aid monies into individual pockets rather than benefiting the health of its poorest citizens. "The first lesson we learned," he said, "is not to preach.

"Loma Linda University has done more work in Afghanistan than some of the great global health organizations," he noted. He said the Taliban has more respect for LLU than any other of the international relief groups operating in the country, and he said that one of the benefits of LLU's involvement in training Afghani women to serve as midwives, nurse practitioners, and physicians has been a subsequent elevation of the status of women in the nation.

Even so, he urged that much more work needs to be done to rebuild the health of the embattled land where one in every four children die before the age of 5 years, and a woman dies of pregnancy-related complications every 10 minutes.

At the conclusion of his remarks, Dr. Sherzai entertained questions from the audience including an inquiry as to how the people of Afghanistan perceive American president Barack Obama. The answer? Very, very well.

"They like the fact that the president talks to them," Dr. Sherzai observed. "The Obama administration has an opportunity to rebuild a lot of countries and change the social/political situation of the world."

International cooperation recognized at annual meeting of the American Academy of Nursing

By JAMES PONDER

International nursing outreach programs of the Loma Linda University School of Nursing and the Loma Linda University Medical Center recently received recognition in two poster presentations at the 35th annual meeting of the American Academy of Nursing, held November 6-8, 2008, in Scottsdale, Arizona.

The poster, titled "Impacting Healthcare in China Through Long-Term Hospital Collaboration," and "Loma Linda University School of Nursing: International Off-campus Master's Degree Program," depicted and explained the two LLUAHSC entities' international involvement, including the long-term affiliation with Sir Run Run Shaw Hospital, located in the city of Hangzhou in the People's Republic of China, and the off-campus master's degree program involving 24 different countries.

According to Jan Zumwalt, RN, MS, MBA, executive director of international affairs for LLUMC, the poster presentations afforded the Loma Linda team "a wonderful opportunity to share our unique long-term international partnerships and achievements. The focus of the conference—'Health as a Bridge for Global Peace'-seemed tailor-made to showcase our international nursing work." Ms. Zumwalt points with pride to the fact that there were no similar projects represented at the conference.

Patricia S. Jones, PhD, RN, FAAN, director of the office of international nursing at the LLU School of Nursing, notes that the international nursing projects "are making a difference in nursing education and practice around the world. Loma

Linda University nurse leaders have pioneered innovative international projects, which were reported at this conference." Dr. Jones says that the off-campus master of science degree Please turn to page 7



Representatives from two LLUAHSC entities-Loma Linda University and Loma Linda University Medical Center-and Sir Run Run Shaw Hospital in Hangzhao, China, portrayed the success of their international collaborative program in nursing administration and patient care at the 35th annual American Academy of Nursing meeting in Scottsdale, Arizona. From left are Jan Zumwalt, RN, MS, MBA, executive director of international affairs for LLUMC; Patricia Jones, PhD, RN, director of the office of international nursing at the School of Nursing; Ye Zhihong, PhD, RN, vice president for nursing at Sir Run Run Shaw Hospital; and Kerrie Kimbrow, RN, MS, who served for five years as administrative nursing consultant at Sir Run Run Shaw Hospital.



Representatives of Loma Linda University School of Nursing's innovative off-campus master of science degree program proudly display their poster at the 35th annual meeting of the American Academy of Nursing. From left are Elizabeth Bossert, DNS, RN, associate dean of the LLU School of Nursing; Lois Van Cleve, PhD, RN, emerita associate dean; and Patricia Jones, PhD, RN, director of the office of international nursing.

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Governor of Maryland screens PossAbilities film

By Patricia Thio

Governor Martin O'Malley of Maryland hosted a screening of the PossAbilities documentary "Armed for the Challenge" while celebrating the passage of the Fitness and Athletic Equity Act this past summer.

"In Maryland, we are deeply committed to the principles of the Americans with Disabilities Act and ensuring that each individual has the opportunity to make a positive difference in this world," says Governor O'Malley. "The Maryland Fitness and Athletic Equity Act will letic activities in Maryland schools.

With the passage of the legislation, the Maryland Department of Disabilities and the Maryland State Department of Education will work with local school jurisdictions to improve policies and implement the new statute and improvements to adaptive physical education and interscholastic athletic participation.

"Armed for the Challenge," a documentary short film, features a week in the life of "One Arm Willie" while training for the physically challenged triathlon USA championships. ensure that all students have the Determined to help others with dis-

abilities, this world-class athlete takes you on a ride through humor and passion, proving that disability doesn't mean inability.

The winner of five international film festival awards in 2008, the film was made by the office of University relations to bring awareness to disabilities and the PossAbilities program.

For more information about the documentary film, visit <www. armedforthechallenge.com>.

To learn more about the PossAbilities program at LLUMC East Campus, go to <www.possabilities.

same right to access athletic opportunities at our schools."

Honored as the keynote speaker for the event, Willie Stewart, director of PossAbilities, says, "I watch disabled athletes do amazing things and if they can't get on the field, we all miss the chance to be inspired. This bill makes us stronger as a community."

The Maryland Fitness and Athletic Equity Act for Students with Disabilities, passed in the 2008 legislative session and signed into law by Governor O'Malley, ensures that students with disabilities are provided equal opportunities to participate in physical education programs and ath-



Willie Stewart (center), director of PossAbilities, celebrates the passage of the disabilities bill with Governor Martin O'Malley of Maryland (left) and Michael Enright, chief of staff.

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