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TODAY

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5-18-1988

## TODAY - May 18, 1988

Loma Linda University Health

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MAY 16 1988



The Loma Linda University Overseas Heart Surgery Team, headed by Joan Coggin, MD, associate dean for international programs in the School of Medicine, hosted an appreciation dinner for medical supply and pharmaceutical companies who contributed equipment and supplies to the heart team for use in their missions to Zimbabwe and the People's Republic of China. Forty-four companies contributed thousands of dollars worth of supplies and equipment for the team's recent visit to the southern African country of Zimbabwe. Fifty-four companies contributed to the success of the team's 1987 trip to the People's Republic of China. This year marks the 25th anniversary of the Overseas Heart Surgery Team. The Loma Linda trip made their first overseas trip in May of 1963 to Pakistan, India and Taiwan. Since then, the team has traveled to Greece, South Vietnam, Saudi Arabia, Chile, Hong Kong, Zimbabwe, and the People's Republic of China. The team is scheduled to travel to Kenya in June.

## Norwood Lecture to link 19th century water-cure movement with women's health

"Wash and Be Healed: The Nineteenth Century Water-Cure Movement and Women's Health" will be the topic of discussion for the Tuesday, May 24, William Frederick Norwood Lecture in the History of the Health Sciences.

Presenting the lecture will be

### LLU professors cooperate in White Estate plan for leadership / management book

The Ellen G. White Estate is developing a leadership and management book utilizing the writings of Mrs. White.

Professors from Loma Linda University and Andrews University, Berrien Springs, Michigan, are compiling information for the publication.

Paul R. Cone, PhD, lecturer in strategic management in the School of Business and Management, is coordinating the project.

Other Loma Linda University faculty members participating on the project include Ignatius Yacoub, PhD, dean of the

Susan E. Cayleff, PhD, associate professor of women's studies at San Diego State University.

In Dr. Cayleff's view, 19th century American women were particularly attracted to the water-cure movement and its establishments for its mild therapeutics, gender-conscious leadership, re-

lated social reform activism, and nurturing women's community.

The American Water-Cure Movement emerged as an alternative system of disease management that allowed women to reconceptualize their potential social roles.

For many women, hydropathic ideology legitimized their ills,

labeled social reform activism, and nurturing women's community.

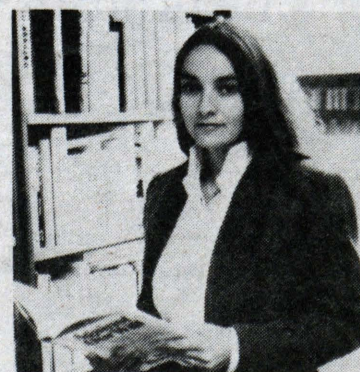
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Dr. Cayleff

urged the abandonment of infirmity and offered in its place personal responsibility for their own health care.

Dr. Cayleff has published numerous scholarly articles and is an experienced public lecturer.

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## LLUMC volunteers honored for service

The Campus Cafeteria was filled with a festive group on Monday evening, May 2, as Loma Linda University Medical

Center volunteers and their guests were honored at the annual volunteers appreciation and awards dinner.

### Crooks birthday gala planned for May 19

Hulda Crooks, affectionately known as "Grandma Whitney," will celebrate her 92nd birthday on Thursday, May 19, at the Maruko Hotel - San Bernardino Convention Center in San Bernardino.

Invited to the May 19 event are numerous leaders in government and business plus sports and entertainment celebrities.

A special invitation to the event is extended to all Loma Linda University and Loma Linda University Medical Center employees and to the local community.

Tickets, which are tax-deductible, are available through the School of Public Health at \$50 per person. All proceeds from the event will benefit the School of Public Health student tuition fund.

Mrs. Crooks became an instant celebrity last year by climbing Japan's highest mountain, 12,388-foot Mt. Fuji, on July 24, at the age of 91. In addition, she has climbed 14,494-foot Mt. Whitney in California 23 times.

Each table was decorated with blue, yellow, and magenta balloons, a pot of flowers, and a teddy bear from the collection of Gayle Valiton, a volunteer, who also played dinner music on the piano.

Guests were welcomed by Wilma Titus, president of the Volunteer Service League, and David B. Hinshaw, Sr., MD, president of LLUMC. Norman J. Woods, PhD, president of Loma Linda University, offered the invocation.

After the buffet dinner, the Loma Linda Flute Ensemble, composed of seven women, played three selections.

A slide program about the proton beam accelerator being built for the treatment of cancer patients at LLUMC was presented by James M. Slater, MD, chairman of the radiation sciences department. Dr. Slater stated that he expected the proton beam accelerator to be in use on Medical Center patients by the first quarter of 1990.

A highlight of the evening was the presentation by Edith Saknit, treasurer of the Volunteer Service League, of a check for \$173,000 to the Medical

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Dean of the School of Allied Health Professions Joyce Hopp, PhD, was named the "Distinguished Faculty Lecturer" by Loma Linda University's Faculty Senate. Dr. Hopp, professor of health promotion and education, has been on the University faculty since 1967, presented her address to a capacity audience at the Campus Cafeteria. The text of her lecture, "Health Education and the Bandwagon Phenomena," begins on page four of TODAY.

## School of Dentistry student profile:

# Senior has completed eight missions to Mexico

Number one in a series of student profiles.

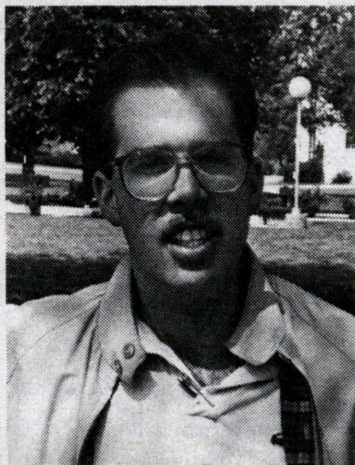
Todd Milledge's freshman year at Loma Linda University — La Sierra campus was his first in a Seventh-day Adventist school. Raised in Bakersfield, California, Todd attended public school most of his life.

"It probably wouldn't have occurred to me to attend an SDA school if it hadn't been for our church pastor," recalls Todd, now a senior dental student at Loma Linda University. "He had just completed his theology degree at La Sierra, and he encouraged me to investigate La Sierra for myself. Prior to that, I had planned to go to Cal State in Bakersfield. One of my concerns about attending an Adventist college was the cost of education, so I applied for a CAL grant."

The State approved Todd's grant request, and he decided to attend Loma Linda University. For Todd, this decision meant putting himself into a totally new environment. It took awhile for him to become accustomed to room check every night, eating meals in the cafeteria, and attending required dorm worships and chapels. Soon however, he grew to love SDA college life.

In high school, Todd often missed out on social and sports functions since the majority were held during Sabbath hours. When he came to La Sierra, he "really appreciated the special programs and activities planned for Friday nights and Sabbaths." He enjoyed the fellowship of other Seventh-day Adventist Christians, and looked forward to Bible classes.

Todd readily admits that "you



Todd Milledge

can find whatever you're looking for — even in an SDA school." Todd has looked for the "good" in his Christian education. In dental school, he joined two Bible study groups led by students. Dr. Lawrence Day, a dental faculty member, also attended the Bible study. "He [Dr. Day] has helped a lot of us," Todd says.

"In fact, I've gotten to know a lot of faculty members in the school — not just as teachers but as friends. When I leave, they will still be my friends."

After graduating from college and beginning dental school, Todd participated on a short mission trip to Mexico where he, along with other students and faculty, volunteered their time and dental services to help the people of Mexico. That first trip whetted his desire to return. Soon Todd began organizing trips to Mexico so other dental students could be involved.

Over a period of three years, Todd has participated or led out in eight trips. "I think the single most rewarding part of my educational experience has been in leading out in trips to Mexico," he believes.

Naturally shy, Todd has learned to speak in public (something he never relished doing before), and manage people, supplies, and equipment. "I have learned to trust God to help me lead," he says.

Providing a much-needed service to patients was Todd's initial purpose in going to Mexico. "My greatest satisfaction now is derived from organizing trips to provide this experience for others. It is very rewarding to see students work, get into the routine, sacrifice a few 'creature' comforts, put together a clinic, and see changes take place in their lives.

"It is so easy to become self-centered about my [school] program. The trips to Mexico provide a way for me to re-evaluate my purpose in life and how I can best be used in service for others. On the trips the 'real me' comes out. It's easy to see the faults in myself and others. That's where team work comes in — and character building takes place.

"Materially, we [Americans] are very rich," Todd says. "But in other ways we are extremely poor. In Mexico, older people are respected. The family unit is very strong and supportive. Most of the people are happy and well fed. They just don't have all of the extra comforts we take for granted. The children are especially appreciative of what we do for them."

Todd believes his Seventh-day Adventist education has been worth the cost. "I have made lifelong friends and contacts at Loma Linda," he says. "I know people who are willing to help me if I ever need help."

After graduation, Todd hopes to pursue his interest in missions by working in the mission field.



Loma Linda Academy junior student Jennifer Cline, waits to donate blood during a blood drive sponsored by the academy's National Honor Society April 21. Dave Burishkin, mathematics and physics teacher and sponsor of the society, directed the activities. Eighty pints of blood were given during the day by students and faculty members from Loma Linda Academy.

## Thirty children thrive at LS Child Development Center

By Brit Ghelfi

"Children do the cutest things!" mused one sophomore coming from the Micol Lab on La Sierra campus as four preschoolers lined up down the sidewalk for a "race car ride." Another college student, obviously supervising the fun, nodded her head in agreement. Eight bright eyes gleamed as the "driver" towed his vehicle up the hill, each child waiting his turn to zoom down the hill.

This year fewer new children enrolled in the Child Development Center than last year. News reports of the campus' possible unification with the Loma Linda campus have confused some people, explains Pansy Chand, MEd, director of the center. "Parents call me and say, 'I'm surprised you're still open! I thought the center closed with the college.'"

Mrs. Chand urges parents to realize that the center is in full operation. Thirty children between the ages of two and ten play, learn, and rest there five days a week. When Mrs. Chand opens the doors at 7 a.m., Monday through Friday, she is prepared for a busy day. Dedicated to the program for almost 10 years, she works with children, organizes laboratory programs, looks over lesson plans, runs errands, and arranges staff meetings.

What does Pansy Chand enjoy best about her job? As director, she appreciates the opportunity to share God's love with children who otherwise might never get a chance to receive Christian education.

On one occasion, a student teacher drove home with a preschooler to babysit for the evening. Sitting down to dinner with the family, she was offered food before saying the blessing.

The child, accustomed to praying before meals at the center, looked up at his mother and questioned, "Aren't you forgetting something?"

Workers in the center also have the opportunity to broaden their students' creativity, social skills, and self-esteem. The program teaches children responsibility in a structured environment by preparing them for the scheduled atmosphere in elementary school. Activities and playtime keep kids curious about learning and acquiring practical skills, and their afternoon naptime adds to the well-rounded activities.

Parents are positive about the center. As one mother opened the car door for her little blond son, she mentioned, "They tell Bible stories and have scheduled activities for the children." She enjoyed listening to the Thanksgiving and Christmas musicals, as did nearly 100 other parents, family, and friends of the little performers.

During the month of January, children learned about "My Community Friends." Donning firemen hats, they gazed at a flickering fire inside a glass jar. Another day, kids experienced "a day in the life of a chef" by cooking food. Whether becoming construction workers or teachers, doctors or scientists, these preschoolers broaden their horizons with hands-on experiences.

The center offers children plenty of supervision and attention with the many child development majors who organize lesson plans for them. At least two or three students push toddlers on the swings during recess. As part of their practical experience, college students work directly with the children.

Kris Hartley, a senior, works

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## Barstow Community Hospital physician honored by Soroptimists for work in women's healthcare

Soroptimist International of the High Desert, a philanthropic women's organization, honored Marion F. Fink, MD, a general practitioner at Barstow Community Hospital (BCH), at its awards luncheon on Wednesday, April 27, at Ruby's Restaurant in Barstow.

The organization honored Dr. Fink for his contributions in the field of health care for the women of the Barstow community.

In a letter to Dr. Fink telling him of the honor, Jean K. Blackwell, chairman of the "Making a Difference for Women" program of the organization, wrote:

"Your professional dedication and personal sacrifice over a

period of more than 30 years in Barstow truly makes it an honor for us to recognize you as our 1987-88 'Making a Difference for Women' honoree.

"The Soroptimist 'Making a Difference for Women' program seeks to honor those who through their profession have demonstrated exemplary character and integrity, demonstrated leadership, and promoted through their work one of the program areas of Soroptimist International.

"Each year, at the club and regional level, Training Awards are given to selected nominees to assist with their educational aims and their struggle to reenter the job market at career level to support themselves and their

children. A contribution of \$100 will be made to the Soroptimist Foundations, toward these scholarships, in your honor."

Dr. Fink, a general practitioner, was one of the original physicians at Barstow Community Hospital; he has been there since 1956.

He has been chief of staff at the hospital six different times. Currently, he is an alternate representative to the California Medical Association for District 1 of the San Bernardino County Medical Society, and is a representative to the American Medical Association.

Barstow Community Hospital is leased by Adventist Health System / Loma Linda.



The School of Public Health spring retreat, held April 22-24 at Pine Springs Ranch, provided a time for students and faculty to get better acquainted around the fireplace in the new lodge (above). Highlights of the weekend included a talk by Charles Teel, PhD, professor of religion, entitled "Public health, Adventism, and social ethics," vocal and instrumental music, hiking, volleyball, ping pong, and group discussions.



Lois McKee, EdD, (left) is offered congratulations on a job well done by Iris Landa, assistant dean of students in the College of Arts and Sciences, at Dr. McKee's retirement party.

## Dr. McKee feted for 40 years of service to Adventist education

The department of office management in the College of Arts and Sciences recently gave a retirement party for Lois McKee, EdD, who celebrated 40 years of service to Adventist education on April 28.

During her senior year and the year after graduation from La Sierra College, Dr. McKee was secretary to the business administrator.

The next year, Dr. McKee began what would eventually become more than 40 years of service to Adventist education by accepting the position of dean of women at La Sierra. While serving in this capacity for eight years, she taught part-time in the secretarial department.

In 1968, after five years of teaching business at Hawaiian Mission Academy, five years of teaching in the secretarial science department at Union College, Lincoln, Nebraska, she again joined Loma Linda University on the La Sierra campus. She has taught in the secretarial / office management department ever since with ten years as chairman of the department.

An endowed scholarship has been set up by her family in her honor to be awarded to secretarial, office management, and business education majors who have proven their potential, need and dedication to the profession.

## Church involvement in community to be studied

The School of Public Health Research Forum will discuss "Patterns of Church Involvement in Community Social Problems," on Wednesday, May 18, in room 1610 in Nichol Hall.

All interested individuals are invited to attend. An optional lunch may be purchased for \$1.50. Telephone extension 3728 for lunch reservations.

## Pathfinders conduct fair May 15 at La Sierra

Fifteen hundred uniformed Pathfinders from Southeastern California paraded through La Sierra on Sunday, May 15, then conducted a fair with exhibits, food booths, and athletic activities.

The parade included floats, clowns, equestrian units, drill teams, and the Rubidoux High School marching band.

## Child Development . . .

*Continued from page 2*

almost full-time in the center. The internship gives her experience before attending graduate school next year. She loves working with the kids, but nap-time is her least favorite, as she must remind energetic children to calm down for one hour! As the only full-time student teacher, she creates musical programs, activities, and lesson plans.

The LLU La Sierra Child Development and Learning Center continues to serve the children of the Inland Empire, offering preschoolers the chance to grow and learn in a Christian atmosphere. For more information on the program, call Pansy Chand at 785-2248.



Ben and Margie White

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# The Distinguished Faculty Lecture, 1988:

The following speech was given by Joyce Hopp, PhD, dean, School of Allied Health Professions, on May 10 as part of the Distinguished Faculty Lecture Series.

The goal of health education is health behavior change. When I began my teaching career at Loma Linda University 20 years ago, health educators were known as "change agents." Health educators strive to achieve behavior change, not mere acquisition of knowledge, on the part of their target populations. Health education evaluates its accomplishments in terms of immediate and longterm behavioral outcomes.

"If health behaviors change, yet fail to produce the desired changes in morbidity and mortality," say health education scholars, "it is the lack of an adequate epidemiological base." For example, individuals may lower their serum cholesterol, increase physical fitness by daily aerobic exercise, drop their resting pulse rate to 60, achieve ideal body weight — and still suffer fatal heart attacks. Education, with its consequent behavior change, was not at fault. Perhaps the educators were up against overwhelming genetic predispositions. And an incomplete knowledge of the causative factors of coronary heart disease. Education changed the behaviors — but may not have changed the ultimate outcome.

Health education is part of the practice of all health professionals. It is one of the five basic disciplines required for accreditation by all schools of public health. Schools of medicine, dentistry, nursing, veterinary medicine, optometry, allied health — all include an emphasis on health education for the professionals they prepare.

Physicians estimate that patients comply with the medication or treatments prescribed 70 percent of the time. Yet studies show the actual rate of compliance to be as low as 20 percent, rarely higher than 40 percent.<sup>1</sup>

The question I have been asked more often than any other by practicing health professionals is, "How do I motivate my patients?" This same question, at one time or other, is also the cry of every faculty member. "How do I motivate my students?"

Most of us would like to install a magic button at the back of a student's, or patient's, head that we could flip on, much as we do a computer, to produce eagerness to learn. Motivation, however, comes from within. It is not something we can produce in another individual. The best we can do is to create the environment in which learning may occur. In education, there are no guaranteed outcomes, no magic formulas, no sure-fire answers. Yet we continue to place extremely high expectations on education. Perhaps too high.

The present AIDS epidemic is a good example. While researchers hunt for drugs with which to treat AIDS patients, and for a sensitive, reliable and cost-effective means of testing for infection by the HIV virus, Surgeon-General Koop emphasizes that the only weapon the world has against the spreading pandemic is education. Education for homosexuals, bisexuals and prostitutes to change their high-risk behaviors. Education for the teen and

college age population to practice so-called "safe sex," to decrease their sexual promiscuity. Education to entice intravenous drug abusers to stop sharing needles and syringes.

Thus far, such education has had limited success. Homosexual men, according to some studies, have changed their high-risk behaviors — but only after 50 percent of the gay community is infected with the HIV virus.<sup>2</sup> And the behavior change shows signs of marked weakening after six months.<sup>3</sup> As one gay male in a San Francisco study is reported to have said, "There is nothing left to do but sit around and watch television!"

The sexual revolution which has, not coincidentally I think, preceded the AIDS epidemic, is not dead; it is just that the troops are dying.

Society in this century has placed high expectations on education. And educators have eagerly responded, often without foundation or evidence of successful past performance. Educators have been so eager for professional acceptance and acknowledgement that they have welcomed any opportunity to perform. Yet in so doing, they have often set themselves up for failure.

Brandt, writing in the latest issue of the *American Journal of Public Health* (April 1988), points out lessons we should have learned from the history of the sexually transmitted diseases: Education will not control the AIDS epidemic. Quoting a physician during World War I ["The sexual instinct is imperative and will only listen to fear"], Brandt states that "despite their threatening quality, these educational programs did not have the desired effect of reducing the rates of infection. And indeed, sexual mores in the twentieth century have responded to a number of social and cultural forces more powerful than the fear of disease."<sup>4</sup>

During World War II, the military initiated a massive educational effort against the sexually transmitted diseases. But unlike prior efforts, it reminded soldiers that disease could be prevented through the use of condoms, which were widely distributed. Behaviors are more likely to be modified than to be eliminated. As one medical officer explained, "It is difficult to make the sex act unpopular."<sup>5</sup>

*Behaviors are more likely to be modified than to be eliminated.*

The epidemic of drug abuse, beginning in the early 60s, provided educators a bandwagon upon which they readily climbed. Money to sponsor school drug abuse education programs flowed freely from federal and state governments. The flashing lights, explosive music, and dramatic scenes of the educational movies, the law enforcement officers with their displays of drug equipment and sample drugs, all combined to increase the abuse of drugs. The drug education of the 60s was actually counterproductive — in many instances it excited the curiosity

of the teenage target population and substance abuse became an entrenched norm.

The teenage pregnancy rate is a source of never-ending concern among legislators, educators and public health workers in this country. The latest measure in a series of attempts to control it is the school-based clinic. Educators, government leaders and parents continue to debate the appropriateness of dispensing free birth control measures to school children. The message seems to be, "If you can't lick 'em, join 'em." Educators appear to realize that they have lost the battle to change teenage sexual promiscuity. Many parents, out of touch with their teens' behavior, think that if they withhold the means of birth control, their teens will avoid sexual activity.

Sexually transmitted diseases in the 40s, drug abuse in the 60s, teenage pregnancy in the 70s, and now AIDS in the 80s. Education has its place, but it won't solve all of society's ills. Should we as educators throw in the towel?

No. We have had some marked successes. Take the changes in deaths from heart attacks. Better medical care has reduced the fatality rate, while behavioral change has reduced the number of high risk individuals. We have become a nation of exercise fiends, or at least so it would appear. Few wish to admit to being couch potatoes today! We have even exported the joys of jogging. In 1974, when I was teaching for several months in the Philippines, I was surprised to find the streets full of joggers at 4 a.m. Filipinos are smart — they beat the heat by jogging before sunrise!

The standard American diet is changing to one of lower fat, lower cholesterol, less salt and higher fiber. I do not know whether to credit these changes to the federal government's 1990 Objectives for the Nation or to Madison Avenue! Certainly the cereal food companies and the margarine producers caught the spirit. Even jars of peanut butter are labeled, "no cholesterol," as if there ever was any cholesterol in a nut product!

Cigarette smoking has declined from 40 percent of American males in 1964 to 27 percent in 1987. Let us not mention females, of course, who now equal males at 27 percent!<sup>6</sup> We tend to place confidence today in the scientific study, yet it has taken more than 30 years of scientific evidence to persuade the American public of the effects of smoking. And it takes years to marshal epidemiologic evidence.

I well recall the year (1955) that the first epidemiological study came out linking cigarette smoking to lung cancer. Both Hammond and Horn lectured to us as students at the Harvard School of Public Health. They were sharply questioned by my physician classmates, 80 percent of whom smoked pipes or cigarettes. The presentations provoked many tempers but little behavior change!

I could not help but think of the years in which Seventh-day Adventists, acting on the counsel provided for this church that "tobacco is a slow, insidious, but most malignant poison,"<sup>7</sup> were derided in their attempts to educate away from its use. Recall that the Five-Day Plan did not become famous until a decade after the

release of the first epidemiological studies, although the components of the Plan were available to the church for the previous 60 years.

Dr. Mervyn Hardinge's statement, "If we wait until all the scientific evidence is available before we act on the Spirit of Prophecy counsel on health, we could be dead by then," is apropos.

At the same time as America is sponsoring antismoking education and legislation, we are exporting both the growing and smoking of tobacco in the Third World. The World Health Organization is strong in its condemnation of the hucksterism of tobacco in developing nations.<sup>8</sup> Yet the American tobacco industry is rapidly expanding its market overseas, taking land out of production for food crops as it plants tobacco, then marketing cigarettes to individuals as status symbols. Nor do the warnings which appear on cigarette packages in the U.S. appear on cigarettes for international sale. Japan is actively seeking the same warnings as a protection for its youth.<sup>9</sup>

*Health educators have always demonstrated a remarkable proclivity for climbing on bandwagons.*

We have not successfully reached all segments of the U.S. population. Cigarette smoking is rapidly increasing among Hispanic males. A UCLA study revealed that 8.1 percent of Hispanic fifth- and sixth-grade males were smoking as compared with 0.8 percent of white males — and virtually all used one brand, Marlboro.<sup>10</sup> Nurses continue to smoke at a higher rate than do other females, with the initiation of smoking coming during their years as students of nursing.<sup>11</sup> Since most smokers who successfully stop have done so on their own, smoking cessation programs now are dealing with increasingly difficult clients — those who have tried and failed repeatedly — a real challenge to health education.

Stanley Schacter, giving the New York University Honors Program Lecture, spoke of his research in reasons for smoking thus:

It has been widely reported that smoking increases with stress and that smoking is calming. The experimental facts are peculiarly at variance with this interpretation. Smoking does increase with stress but smoking smokers are no more or less calm than a control group of nonsmokers. [Our research indicates] that smoking is not anxiety reducing, but not smoking or insufficient nicotine is anxiety-increasing. In effect, the smoker smokes more during stress because of budding withdrawal symptoms and not because of any psychological property of nicotine or of the act of smoking... The smoker

# Health education and the bandwagon phenomena

smokes in order to keep nicotine at some constant level, and there is something about the state of stress that depletes the body's supply of nicotine. A variety of studies indicate that, via the effects of urinary pH on the rate of nicotine excretion, suggest a biochemical mechanism that could account for this set of facts.

Though this elegant juxtaposition of facts makes almost irresistible the conclusion that the smoker's mind is in the bladder, obviously we are hardly yet in a position to rule out psychological explanations of smoking.<sup>12</sup>

Are smokers the only ones whose behaviors are controlled by their bladders?

Public health educators, nurses and physicians have achieved a high level of immunizations against such diseases as diphtheria, pertussis, rebecca, rubeola, and mumps. Worldwide, the greatest achievement of the World Health Organization has been the eradication of smallpox through a massive immunization campaign. The plague so feared in Elizabethan England ceased to exist a decade ago.

The rate of fatal and non-fatal strokes in the United States is lower as a result of the successful efforts to identify and control hypertension. The Office of Health Information and Health Promotion reported in 1987 that the nation had surpassed the objectives set for hypertension control. A strong factor assisting in the control of hypertension among blacks, an at-risk population, has been the black church, especially in the South.

## Some Change, Others Do Not

Why do some health education efforts succeed, and others fail? Why do some people change their behaviors in response to health education, and others do not?

We know knowledge alone is not sufficient to produce behavior change. Each of us can cite areas in which we know more than we are willing to act on. Facts do, however, form the basis for behavior change. Abraham Maslow stated,

Facts don't just lie there like oatmeal in a bowl; they do all sorts of things. . . . Facts create *oughts*. The more clearly a thing is perceived, the more "oughty" it becomes. Sure knowledge means sure ethical decisions.<sup>13</sup>

Health educators have tried to answer the question of behavior change through research. They have leaned heavily on psychological research, learning theories and theoretical models. They have been eclectic in their use of learning theories, rarely purists. They have had to apply these theories in the cauldron of community practice, not in the safe sterility of the laboratory. And they have usually lagged five to ten years behind the theoretical research. [This permits the cognitive and social psychologists opportunity to work the kinks out of the theories!]

A good learning theory should:

1) give an adequate explanation of

observed behavior,

2) allow one to predict human behavior,

3) provide a means to control or change human behavior, and

4) generate a lot of interest and research.

Health education is replete with application of learning theories.

Educators have always demonstrated a remarkable proclivity for climbing on bandwagons. The open classroom. Year-round schooling. [Yes, even the early semester!] Health educators have been no exception. The bandwagon phenomena is probably best illustrated by the learning theories health educators have chosen in each decade.

Kurt Lewin's field theory of the 1930s, and his subsequent work with group dynamics, constituted a key theoretical underpinning of health education.<sup>14</sup> In the 1940s, Rosenstock proposed the Health Belief Model to predict the likelihood of taking preventive actions.<sup>15</sup> Behavior modification, a la Skinner, became popular in the 1950s. Humanism, backed by proponents such as Carl Rogers and Louis Raths, strongly influenced the 60s. By the 1970s, we had Albert Bandura's Social Learning Theory with its emphasis on modeling and expectancies.<sup>16</sup> Ajzen and Fishbein introduced the Theory of Reasoned Action in the late 70s in time to influence the 80s.<sup>17</sup> And now its back to Bandura — and self-efficacy.<sup>18</sup> Virtually every article in health education research today uses self-efficacy as the theoretical base.

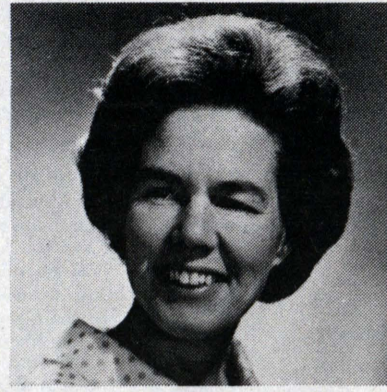
Climbing on the theoretical bandwagons has not meant, however, that health educators have abandoned previous theories. Rather, the earlier theories are refined and research replicated. The Health Belief Model, for example, serves well today to explain the low perceptions of risk for AIDS on the part of college students, with the consequent lack of behavior change in number of casual sexual partners or the use of any protective measures. Smoking cessation and weight management programs, primarily based on behavior modification techniques, have changed little in three decades.

Each of these meets the criteria for a good learning theory. Each theory has been able to explain and predict behavior, to generate a lot of research. But individual clients, patients and students persist in not acting predictably, in not changing behaviors which are obviously health destroying. Our dilemma lies in the fact that while we wish others to act predictably, and to change when we educate them to do so, we wish to reserve the right to exercise our own rights to do as we choose — without being predictable or manipulated.

Where, then should we turn for the ultimate agent of behavior change that can guide us in right actions?

I submit that the Christian educator, by contrast to secular health educators, has recourse to the ultimate agent of behavior change — the power of the Holy Spirit. Ellen White refers to this resource in the book *Prophets and Kings* (page 169):

Not by eloquence or logic are men's hearts reached, but by the



Joyce W. Hopp, PhD, distinguished faculty lecturer for 1988, has been dean of the School of Allied Health Professions since July, 1986. She also serves as professor of health promotion and education in the School of Public Health.

Dr. Hopp has served the Seventh-day Adventist church as a teacher, writer, and speaker for more than 35 years. Among the many "firsts" credited to Dr. Hopp are establishing the first instructor training program for nutrition education in the

Seventh-day Adventist church, initiating health and welfare training programs for union conferences, and preparing for the church's first unit on AIDS for students in grades 5 through 12.

Dr. Hopp was honored as one of three outstanding Adventist women to receive the Association of Adventist Women's "Women of the Year" award in 1987. In addition, she is a member of numerous professional organizations and serves on many boards — from national and international health organizations to her local public school board on family life education and the General Conference health-science textbook committee.

sweet influence of the Holy Spirit, which operates quietly yet surely in transforming and

we have to allow the Holy Spirit to use us. Our task is to keep the instrument sharp, the channel clear. Then we will marvel at the behavior change the Holy Spirit can accomplish, both in us and in those whom we seek to educate.

*Our dilemma lies in the fact that while we wish others to act predictably, and to change when we educate them to do so, we wish to reserve the right to exercise our own rights to do as we choose — without being predictable or manipulated.*

developing character. It is the still small voice of the Spirit of God that has power to change the heart.

The learning theories upon which we have relied are helpful, but they are limited. Each one can be improved by divine counsel.

Dr. Jack Provonsa emphasized this point several years ago when commenting on the rediscovery of behavior modification techniques. He said that within this theory, we needed a normative individual against whom we measured our behavior — the strongest argument for the life of Jesus Christ on this earth.

An educator's daily prayer should echo that of David as he asked,

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Psalms 51:10.

We do not use the power of the Holy Spirit in our work of education. Rather,

<sup>1</sup> Morris, LA and Halperin, JA "Effects of Written Drug Information on Patient Knowledge and Compliance: A Literature Review," *American Journal of Public Health*, January 1979, 69(1):47-52

<sup>2</sup> Becker, MH and Joseph, JG "AIDS and Behavioral Change to Reduce Risk: A Review," *Amer J of Public Health*, April 1988, 78(4):394-409

<sup>3</sup> Becker, *Ibid*

<sup>4</sup> Brandt, AM "AIDS in Historical Perspective: Four Lessons from the History of Sexually Transmitted Diseases," *Amer J of Public Health*, April 1988, 78(4):367-371

<sup>5</sup> Brandt, *Ibid*

<sup>6</sup> American Association of Respiratory Therapy *Times*, May 1988, 12(5):9

<sup>7</sup> White, EG, *Ministry of Healing* Pacific Press:Idaho, 1905, 327

<sup>8</sup> *World Health*, Jan/Feb 1988, 30

<sup>9</sup> *Ibid*

<sup>10</sup> Wheeler, Channing, Preliminary Report of Know Your Body Curriculum in Los Angeles Schools, 1985

<sup>11</sup> Rausch, JC, Hopp, JW, and White, R "Determinants of Smoking Behavior Among Nurses," *J of Drug Education*, 1987, 17(4):365-377

<sup>12</sup> Schacter, S "Pharmacological and Psychological Determinants of Smoking," *Annals of Internal Medicine*, 88:104-114, 1978

<sup>13</sup> Maslow, Abraham, "Fusion of Facts and Values," *American J of Psychoanalysis*, 23:117-131, 1963

<sup>14</sup> Minkler, M "Unfreezing Lewin: The Case for Alternative Change Strategies in Health Education," *International Quarterly of Community Health Education*, 1980-81, 2(1):169-182

<sup>15</sup> Becker, MH *The Health Belief Model and Personal Health Behavior*, Thorofare, NJ:Slack Publishers, 1974

<sup>16</sup> Parcel, GS and Baranowski, T "Social Learning Theory and Health Education," *Health Education*, May/June, 1981, 14-18

<sup>17</sup> Ajzen, I and Fishbein, M *Understanding Attitudes and Predicting Social Behavior*, Englewood Cliffs, NJ:Prentice-Hall, 1980

<sup>18</sup> Desmond, SM and Price, JH "Self-Efficacy and Weight Control," *Health Education*, Feb/Mar 1988:12-18



# LLUMC volunteers honored...

*Continued from page 1*  
Center. Dr. Hinshaw, who accepted the check on behalf of Loma Linda University Medical Center, expressed appreciation for the gift. "Money," he said, "isn't the most important thing — although it's important — the time, thought, and love that you all spent in producing this is."

Each year, the Volunteer Service League presents a check to the Medical Center. A total of \$1,602,894.80 has been given since 1960. The money is designated for specific projects or equipment, chosen from proposals presented by various Medical Center departments or physicians. This year's gift was the largest ever given by the league.

Of the \$173,000, \$130,000

was allotted for a Fischer Traumex radiology unit to be installed in the emergency department, and \$43,000 for an indirect calorimeter for the nutritional services department.

The Traumex radiology unit, which is specifically designed for use with trauma patients, will allow radiography to be performed with minimal movement of the patient. This enhances patient comfort while providing the utmost in patient safety. Efficiency will be improved, allowing patients' examinations to be completed in a shorter period of time, a critical factor with the severely ill and injured.

The indirect calorimeter will provide a means to identify more exactly the caloric needs of patients. This will help to prevent

or treat malnutrition, thus hastening recovery. With the calorimeter, overfeeding also can be avoided, thus saving needless expense as well as the complications of overfeeding.

Lysle Williams, MD, acting director of the emergency department, expressed appreciation for the allocation of money to that department; and Bert Connell, PhD, director of nutritional services, thanked the league for the gift to his department.

Du Ann Kinzer, director of the volunteer services department, thanked the volunteers for their many hours of labor, their energy, their positive attitudes, and their compassion. She also expressed appreciation to Denise Cavanaugh and Alice Soder-

blom, her office staff, which she characterized as "tiny but mighty."

Service pins were presented to the volunteers, and each one who had volunteered more than 1,000 hours also received a rose.

Robert J. Loder, administrative director of clinical services, installed the new Volunteer Service League board of directors, who were each given two roses. They then presented one of their roses to Elizabeth Lethbridge, the new president. Committee chairwomen also received a rose.

During 1987, approximately 400 volunteers contributed 44,048 hours of time in 45 different areas of the Medical Center.

## Cinco de Mayo celebrated on La Sierra campus

In celebration of Cinco de Mayo, the La Sierra campus Ole Club sponsored the May 3 student assembly.

Tonantzin, a Los Angeles folk group that specializes in traditional Aztec folk music, was one of the featured performers.

Broadcaster Pete Maraga, a news commentator on KCBS-TV in Los Angeles, addressed the students on "As Hispanics Approach the 21st Century."

## Clinic set for dog licenses and rabies vaccinations

The city of Loma Linda will sponsor licensing and rabies vaccination clinics on May 26 and June 29, from 5:30 to 7 p.m. at the Loma Linda Community Park located at Van Leuven and Orange Grove in Loma Linda.

Individuals owning dogs are required to license and have current vaccination documents.

Further information and schedule of fees may be obtained by telephoning 796-0191 during regular work hours.

## Class set for May 22 in computer competency

A computer competency class on Macintosh and IBM compatibles will be offered on the La Sierra campus, Sunday, May 22.

The cost is \$50 for the session. Advanced reservations are required. Further information may be obtained by calling (714) 785-2333.

## Allied Health students named to Dean's List

The following students in medical technology and respiratory therapy, School of Allied Health Professions, have been named to the Dean's List for maintaining a GPA of 3.5 or better while taking a minimum class load of 10 quarter units during winter quarter.

Med-tech: Leh Chang, Angela Decker, J. Scott Ewert, Monique Kinsey, Grace Kumamoto, Nhan-hau Ngo, David Nichols, Michelle Schlunt, Thomas Tseng, and Clayton Yamada.

Resp-therapy: Maurice Carretta, Eric Chan, Brian Cooper, Rogenia Dunn, Milan Patel, and Prasong Vasantachart.

## Norwood Lecture...

*Continued from page 1*

She has most recently begun work on a biography of "Babe" Didrikson Zaharias. Temple University Press released her *Wash and Be Healed: The Water-Cure Movement and Women's Health* in 1987.

The lecture will be held in the Faculty Reading Room of the Del E. Webb Memorial Library on the Loma Linda campus of the University at 7:30 p.m. The lecture is free and open to the public.



Edith Saknit, treasurer of the Volunteer Service League, presents a check for \$173,000 to David B. Hinshaw, Sr., MD, to be used for equipment for the radiation sciences department and the nutritional services department.



Lysle Williams, MD, acting director of the emergency department, expresses appreciation for the gift to his department of \$130,000, to be used for a Fischer Traumex radiology unit.



Gayle Valiton, a volunteer, plays dinner music for the guests. She also provided a teddy bear from her collection to decorate each table.



Volunteers and guests enjoy the annual volunteers appreciation and awards dinner. Each table was decorated with balloons, a pot of flowers, and a teddy bear from the collection of Gayle Valiton, a volunteer.



Robert Loder, administrative director of clinical services, speaks to the new Volunteer Service League officers, whom he installed. Du Ann Kinzer, director of the volunteer services department, smiles in approval.



Wilma Titus, president of the Volunteer Service League, welcomes the volunteers and other guests.



Bert Connell, PhD, director of the nutritional services department, thanks the Volunteer Service League for the \$43,000 given to his department for purchase of an indirect calorimeter.



## FACULTY NOTES

• Associate professor of preventive medicine in the School of Medicine, **William Jarvis, PhD**, was a visiting professor of nutrition at the University of Kentucky College of Dentistry, Lexington, on April 27. As visiting professor, Dr. Jarvis presented three lectures — "Dubious Dentistry," "Nutrition Fraud and Quackery," and "Food Faddism, Cultism and Quackery."

The following day, Dr. Jarvis was the keynote speaker at the annual meeting of the Kentucky Dietetic Association in Lexington. His address was entitled "How to Combat Nutrition Quackery." On April 29, Dr. Jarvis presented "Food Fadism: What To Do About It" at the Texas Dietetic Association annual meeting in Houston, Texas.

• **Richard Rice, PhD**, professor of theology in the School of Religion, presented a paper at the annual meeting of the American Academy of Religion, Western Region, at California State University, San Jose, on March 25. Entitled "Divine Foreknowledge and the Arminian View of God," Dr. Rice's paper analyzed various attempts to reconcile divine foreknowledge and human freedom and proposed a dynamic concept of God's experience as the most adequate solution to the problem.

• Associate professor of periodontics **J. Steve Garrett, DDS**, presented an abstract entitled "Long Term Effects of Plaque Control and Root Debridement in Molar Teeth; a 42-Month Study," at the International Association of Dental Research meeting held in Montreal, Canada, March 10-13. At the same meeting, School of Dentistry faculty member **Soren Jepson, DDS**, presented his abstract entitled "Microbiological Reproduceability From Progressive and Arrested Periodontitis Sites."

• School of Dentistry faculty member **Ulf Wikesjo, DDS**, presented a two-hour lecture entitled "Regeneration of Furcation Defects" at a United States Navy Dental Corps Officer continuing education program held at the Naval Dental Clinic in San Diego earlier this year.

• Dean of the School of Medicine **Lyn Behrens, MB, BS** has been awarded \$13,753 from the National Institute of Arthritis and Musculoskeletal and Skin Disease for a project entitled "Small Instrumentation Grant Program."

• **Gordon G. Power, MD**, professor of physiology and gynecology and obstetrics in the School of Medicine, has been awarded \$112,781 from the National Institutes of Health for a project entitled "Fetal Heat Production and Temperature Regulation." This is a continuation of an award that began in 1982.

• **Walter P. Ordelheide, MD**, chairman and professor of family medicine, has been awarded \$105,000 from the Department of Health and Human Services for a project "Grant for Graduate Training in Family Medicine."

• **Pedro B. Nava, PhD**, associate professor of anatomy, attended a special conference on Nutrition and the Chemical Senses in Aging, April 24-27, in Sarasota, Florida. He presented a paper entitled, "The Effects of Age and Diabetes on the Ultrastructure of

Murine Vallate Taste Buds," in which he discussed results which suggest that aging and hyperglycemia yield ultrastructural changes that may play an important role in modifying peripheral taste mechanisms. A paper based on this presentation is to be published in the Annals of the New York Academy of Sciences.

• **Ian Chand, PhD**, professor of sociology and family studies in the College of Arts and Sciences, will initiate the off-campus summer program at Avondale College in Australia. Dr. Chand will teach "Family Life Education" and "Sociology of the Family" for two weeks starting July 4. One week after the first seminar is completed, **Antonius D. Brandon, PhD**, chairman of the department of marriage and family therapy in the College of Arts and Sciences, will teach a seminar of "Family Communications" and "Crisis in the Family." Thirty-five students are enrolled in the Avondale off-campus program.

• **Susan Davis Patt**, associate professor of art in the College of Arts and Sciences, was recently appointed chairman of the department of art. She takes over the duties of chairman from **Roger Churches**, professor of art, who has served as department chairman for the past 17 years. Mrs. Patt joined the department in 1979.

• **Jeffrey Kaatz**, assistant professor of music, was recently appointed chairman of the department of music in the College of Arts and Sciences. Mr. Kaatz began teaching in the department as a contract teacher in 1978. He replaces **Donald Thurber, PhD**, professor of music. Dr. Thurber came to the University in 1975 and has been department chairman for seven years. He is the director of the University Singers and the University Male Chorus.

• **Earl W. Lathrop, PhD**, professor of biology in the College of Arts and Sciences, will travel to Izmir, Turkey, this August to present a research paper and chair a session at the International Symposium on Plants and Pollutants in Developed and Developing Countries. Dr. Lathrop will report on an endangered species of California oak, which, due to environmental impacts, including pollutants, has an almost 100 percent fatality rate in first year seedlings.

His research indicates that there may be a natural mechanism, through regeneration of seedlings rootstocks, which may offset the severe impact on first year seedlings. Dr. Lathrop is the recipient of a five-year, \$150,000 research grant.

• **Enoch Hwang** became the associate director of academic computing at Loma Linda University on March 1. Mr. Hwang is responsible for all the computers on the La Sierra campus used by students. Responsibilities include the computer laboratory quarter, Mr. Hwang will teach one computer quarter, Mr. Hwang will teach one computer class. A native of Hong Kong, Mr. Hwang received his graduate education in British Columbia, Canada.

• **Ann Ratcliff, PhD**, department of speech-language pathology and audiology, attended meetings of the California Speech-Language and Hearing Association in San Francisco, April 7 to 10.

## Public Health offers low-cost blood cholesterol testing service

The School of Public Health is sponsoring a low-cost blood cholesterol testing service for the public on Thursday, May 19, from 1:00 p.m. to 6:30 p.m. at the Loma Linda Market, corner of Anderson and Mound Streets in Loma Linda.

"Knowing your blood cholesterol level is one of the first steps you can take in reducing your risk of heart disease," says Robert Lee, a registered dietitian and a doctor of health science graduate student. "Research has demonstrated that lowering elevated blood cholesterol levels can decrease the risk of heart disease."

### Allied Health schedules a beach party for May 25

The School of Allied Health Professions is having a "Beach Party" for all SAHP students, faculty, and employees on Wednesday, May 25, at 5 p.m. in front of the cottages.

Instant pictures with a beach backdrop, and competitions in paddleball, limbo and rootbeer guzzling will be part of the fun. Supper will include hotdogs, potato salad, chips, soft drinks, watermelon, and cookies.

Wear your favorite beach attire and join in the fun. Sign-up sheets are located in each department.

### Olympians train for annual acrobatics championships

*Friends Around the World* was the theme of the annual performance of the Loma Linda University sports acrobatics team, the Olympians.

Ranging in age from grade school to college graduate, the team's 30 members celebrated the differences and similarities of countries around the world through music and style of their performances.

Some members performed to music with an Oriental flavor, while others mimicked Spanish bullfighters.

The team is now preparing for the 13th annual United States Sports Acrobatics National Championships, scheduled to be held at La Sierra June 21 to 23.

This event is not only significant for its national scope, but also because sports acrobatics has recently been accepted as an Olympic event. The 1992 Olympics will see sports acrobatics as a demonstration sport and, in 1996, as an official competition sport.

The winners of June's national competition will go to the World Cup in Sports Acrobatics in Antwerp, Belgium, later this year.

The testing date, May 19, also happens to be the birthday of Hulda Crooks, who will turn 92. A Loma Linda resident for more than 40 years, Mrs. Crooks is recognized internationally for her mountain-climbing feats and her lifestyle which includes proper diet, adequate rest, exercise, and trust in God.

Maintaining a low cholesterol is the result of positive lifestyle habits such as those followed by Mrs. Crooks. The National Cholesterol Education Program recommends that the cholesterol level of every adult 20 years of age and older be measured at least once every five years, and more frequently if elevated.

Thursday's testing will employ a recently developed blood analysis technique which provides test results in just three minutes. A registered dietitian will be available to explain test results and provide diet and lifestyle counseling.

Offered by the health science department, the cost of the test is \$5. Fasting is not required and appointments are not necessary. For additional information, contact Robert Lee at 824-4994.

## TODAY

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Richard Weismeyer

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