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NURSE

WINTER 2009



INTERNATIONAL NURSING



**LLUSN completes
two MSN programs**

**Remembering
MARILYN CHRISTIAN SMITH GEARING**

**PENNY
MILLER**

**A glimpse
of a life journey**

Dear Alumni,

This school year will mark the one hundredth and third year that students have studied nursing at Loma Linda. From our graduates, nurses have gone all over the world extending the "teaching and healing ministry of Jesus Christ." This year we have more than 650 students studying nursing at Loma Linda in all our programs. What a joy it was earlier this month to see 100 of these students dedicate their lives to the practice of nursing. As one looks at these young individuals, one is led to wonder what they will add to nursing's future.



This last year we have seen some of the faculty members retire while other former leaders have passed to their rest. In this journal we have highlighted some of these beloved colleagues that you will remember as shapers of your lives.

In a few short weeks we will host you, our alumni, at the April 10 and 11, 2009, reunion. It is always a great pleasure to hear what you have done since you left here, and it makes us realize that it is not the institution, but the individuals, who make Loma Linda University great.

Thank you for your prayer and support to our School. I would love to hear from you individually, and it is our hope that in the future we will be able to send you more frequent updates about our School.

Sincerely,

Marilyn M. Herrmann, PhD, RN
Dean, School of Nursing

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School of Nursing completes international master's program with ceremony

The School of Nursing celebrated the final session of its successful international master's program with two recognition ceremonies. The first was held February 4, 2008, in the campus church at Mission College, Thailand. The School has also served as the host for the LLUSN master's degree program.

The second ceremony took place July 27 in the Adventist church on the grounds of Helderberg College, located near Capetown, South Africa. These ceremonies served as the final program for the 42 nurses from several different countries.

Richard Hart, MD, DrPH, president of LLU, gave the address for both ceremonies and shook the hand of each nurse that was recognized.

The off-campus master's degree program has been a project of LLUSN for a number of years. It was designed to

help individuals recommended by their church conferences, unions, divisions, or specific international health care facility, to receive a master's degree from LLU.

Six years ago, Helen King, PhD, RN, former dean of LLUSN; Lois Van Cleve, PhD, RN, FAAN, former associate dean of the graduate program, LLUSN; and Patricia Jones, PhD, RN, FAAN, director of the office of international nursing, LLUSN, developed a program that the School could take out across the world.

"For a number of years, we have had single individuals who want to come to Loma Linda and get their master's degree in nursing, and we have occasionally been able to sponsor some," says Elizabeth Bossert, DNS, RN, associate dean of the graduate program, LLUSN. "However, the requests were becoming more and more frequent, and it was becoming evident that around the world

there were nurses who needed an option for a master's degree that didn't include holding classes on Sabbath.

"Many of these individuals were being asked by their governments to upgrade to a master's degree in nursing, and they simply didn't have a way to do it where they were located."

The program was designed to occur over four years with four sessions of at least a month each at a distant location. Faculty taught two-week sessions at a time to instruct the students.

"We came up with a creative way to bring the program to them," says Dr. Bossert.

Over the following months, the students could complete their coursework and send it via e-mail to the course instructors.

Dr. Jones has spent most of her career in Asia developing nursing schools and feels very connected to the

issue of preparing nurses beyond a bachelor's degree.

"The need for this program has existed for a long time," Dr. Jones says.

"The impact of this program is so great, but perhaps the greatest satisfaction of all is seeing positive changes in the students. Education is empowerment. Seeing all of these graduates empowered for the future—there's hardly any greater reward."

According to Dr. Jones, one of the biggest hurdles the program had in getting off of the ground was finances.

"The need for qualified faculty at many of our international institutions has always been present," says Dr. Jones. "Finances are always an issue, but Loma Linda was presented with this need, and it's a need that we are uniquely qualified to fill."

The Chan Shun Foundation, the Hilde family, Help International, the Nelson-Keller International Scholarship Fund, and other friends of LLUSN soon made it clear that they would support the program financially.

"The opportunity to be a part of this program over the last four years was very unique," says Dr. Bossert. "To meet these students and be able to give them a chance to get a master's in nursing from Loma Linda made everything that we did worthwhile.

"It will make such a difference for each of the students, and for their countries."

Many of the nurses were from Adventist institutions overseas; however, a few nurses were chosen as representatives from their country's government.

Their individual stories are a collection of excitement, danger, and provi-

dence. One student, Sammy Lagatt, found himself in the middle of the recent post-election uprising in Kenya. He played an important role in helping to ease the massive human suffering that took place as a result.

Another student, Lynn Lynn Thet, a nurse from Myanmar, took a competitive exam along with other nurses in her country. Based on her results, she was selected for the opportunity to attend the program.

"When I first arrived," says Ms. Thet, "I found it scary. I didn't know anyone, and everyone seemed so much bigger than me. But everyone here is so kind."

During the recognition ceremonies, it was obvious that the students felt a very deep connection to Loma Linda University. In fact, the class formed the first international chapter of the LLUSN Alumni Association.

"It means a lot to me to be a graduate of Loma Linda University School of Nursing because God made it possible

for me to be a student here," says Jyothi Christian, a nurse from India, who also served as the class president for the Thailand cohort. "He didn't bring me to Loma Linda, but He brought Loma Linda to me."

"I'm very proud of being a graduate student of LLU," says YuQin Pan, a nurse from China, "but I think that tomorrow, LLU will be very proud of us for being their students. We are going to do a lot to contribute to society, the patient, and the people around us."

Dr. Jones hopes that what was taught to each of these nurses is something that will stay with them for the rest of their lives.

"Nursing is all about making a difference in another human being—in their health, their well-being, their empowerment," says Dr. Jones. "The privilege of being in that position is awesome, whether it be as a nurse with a patient, or as a teacher making a difference in a student's life—not just for that day, but for the future." ❁



During the recognition ceremony, the class presented Dr. Hart with a framed photo of each of them to add to the LLUSN alumni wall at West Hall.

Penny Miller

A GLIMPSE OF A LIFE JOURNEY



It has been a challenging, rewarding, interesting journey traveled since when, at 5 years of age, I “helped” my maternal grandmother, Frances La Count, take care of her “Lallies” (ladies), as I called them then. She had a small nursing home on Clay Street, just down the street from the hospital and sanitarium in Hinsdale, Illinois. I remember us making beds, scrapbooks, doll clothes, and quilts, before the invention of “occupational therapy!”

I got to have a special “sleepover” at the home of Grandma’s best friend, Miss Jessie Susan Tupper, director of nurses for Hinsdale, complete with bubble baths, hot chocolate from her lovely tea cups, and going along with her to the hospital to see patients and nurses on rounds. She was impressive in crisp white, from head to toe, complete with her cap that had a wide black velvet band clear across the top. She was very important to students, to nurses, to patients, and to doctors, I could tell; they eagerly talked with her about all the activities of the hospital.

When I turned 16 years of age, as promised, she helped me become a “nurse’s aid.” She took me up and introduced me to Mrs. White, the surgical unit’s head nurse, who showed me exactly how to make hospital beds, do bed baths, talk to the patients, give back rubs, and provide bedside care to patient—all essential, in those days! I loved my summers of patient care and hospital work.

My favorite Aunt Joyce (Gustafson Friestad) was also a nurse. She had graduated with a nursing diploma from Hinsdale and had a glamorous job as a nurse for the Santa Fe Railroad, going

on long trips out West.

So, as you can see, choosing nursing as my major in college seemed the only right thing for me to do.

But meeting Don Miller, the love of my life, at Andrews University, Berrien Springs, Michigan, was meant to be. We married in June, before I had graduated from Hinsdale. He had completed his first year of medical school at Wayne State University in Detroit. After our honeymoon, Don took physiology at Columbia University.

Following my November nursing graduation, we drove to Loma Linda, my first trip west, arriving late in the night. Don had gone to an early morning class. I awoke in our duplex on Prospect Street, and I looked out from the small porch across the valley and saw the clear crisp mountain peaks for the first time—to me, an amazing sight! I couldn't believe my eyes. I thought for a moment, I was actually in heaven; they were so gorgeous! Being from the flat horizon lands of the Midwest, I still marvel at their amazing majestic beauty.

Miss Tupper had now become Mrs. Harold Walton, and she lived on the corner of Anderson and Tulip. She had helped Don find our great duplex with a view and was now telling me I

What I will always appreciate about Penny is her clear counsel, unfailing friendship, and deep commitment to God.

—MARILYN HERRMANN



Penny during her graduating year at Hinsdale

needed to go see Miss Atteberry at LLUSN about getting my BS. They had stipends and tuition available. I assured her I was most happy with my shiny new diploma from Hinsdale and needed a job. But at her urging, I ventured forth. I did get my first job in the operating room at Redlands Community Hospital, and went back to school. Don and I both graduated from LLU in the Redlands Bowl in the same very long graduation ceremony.

I went on to receive an MS in public health nursing and was invited to teach in the AS nursing program at La Sierra University, where I began my love affair with teaching and student interactions.

I was then invited to teach community/public health at LLUSN. I received my PhD from the University of California, Riverside, in education, focusing on social systems and organizational theory.

I pay tribute to, and I shall always value, the many colleagues, administrators, and hundreds of students I've



Penny and Don Miller on their wedding day

encountered at this School of Nursing in both graduate and undergraduate programs during the past 35 years.

We are not leaving. We plan to stay in place, doing what we can to support the causes we care about, and also spending more time with grandchildren in Boulder and Redlands. We hope to do more traveling to Wisconsin, and in the United States and elsewhere. We will continue to see you and care about you. I appreciate the presence of each one of you. It is an honor to be associated with so many great people at this University. Thank you all from the bottom of my heart!

Students in my last graduate health policy class gave me the book *40 Days to Your Best Life: A Spiritual Journey to Contentment*. I appreciate this most recent group of students, the millennial generation, for their hope and idealism. They left me with the wish that we all start living the rich meaningful life our Creator intended us to live. I pray that we each will let God's word find a place in our hearts so we can discover and daily live our best life now and in the future. 🌿

Faculty member uses Fulbright Scholarship to assist university in Paraguay

Jan Nick, PhD, RNC, CNE, associate professor of nursing, School of Nursing, had a desire to help nurses internationally.

She submitted a proposal for support from the Fulbright Program, the U.S. government's flagship program in international educational exchange. Her proposal focused on faculty development at the National University of Asuncion (NUA), and partnering with others in conducting a feasibility study for a nursing school at Sanatorio Adventista de Asuncion, Asuncion, Paraguay.

"I really enjoy faculty development, technology, and informatics," says Dr. Nick. "I like helping others learn to ask clinical questions and find up-to-date answers." In today's culture, the standard of accessing evidence-based information is by using the Internet.

The Fulbright Program was impressed with Dr. Nick's proposal and awarded her a scholarship. Excited at the prospect of helping other nurses, Dr. Nick packed her bags.

Starting in July 2008, she spent her time in Paraguay until November. Her time at NUA was spent working with the faculty to change the culture to evidence-based practice and help increase the use of Internet searches and resources.

"Being down there really helped to clarify what my areas of skill are and what I can offer nursing and the world church," says Dr. Nick.

According to Dr. Nick, utilizing the Internet in nursing research is an area

that she has found herself to be most passionate about. "Evidence-based practice is weak in developing countries, and nurses should want to change that.

"There really is so much information now available online and because of the Open Access movement—much of it is without charge," she says. "I helped them identify resources in their own language that they could use to become current in their practice. They were not aware of them. The plan is to return next year to measure the School of Nursing's change in using the Internet to find scientific information to inform teaching and clinical practice."

While there, Dr. Nick and her husband also became involved with the local church, presenting programs, singing in the choir, and even accompanying newfound friends in outreach and

on mission trips.

The Fulbright Program was designed to promote mutual understanding between the people of the United States and the people of other countries of the world.

Fulbright grants are made for a variety of educational activities—primarily university lecturing, advanced research, graduate study, and teaching in elementary and secondary schools. Since the program's inception, approximately 279,500 participants—chosen for their academic merit and leadership potential, with the opportunity to exchange ideas and to contribute to finding solutions to shared issues—have been selected.

The Fulbright Program is sponsored by the United States Department of State Bureau of Educational and Cultural Affairs. 🌿



In the photo above, Jan Nick, PhD, RNC, practices online searches with a faculty member at the National University of Asuncion.

School of Nursing student receives Jeannette Rankin Foundation scholarship

Laura Powell, a Loma Linda University School of Nursing (LLUSN) student, has been selected for a \$2,000 Jeannette Rankin Foundation (JRF) scholarship. This is the fifth time Ms. Powell has been selected to receive the scholarship from JRF.

Ms. Powell is attending LLUSN for her bachelor's degree in nursing while raising her children. Her career goal is to practice nursing in the intensive care unit of a local hospital with adult and elderly patients. Ms. Powell will also continue volunteering her skills for the House of Ruth and

other domestic violence awareness organizations.

Ms. Powell is one of 80 women chosen from 600 national applicants to receive the Jeannette Rankin Foundation scholarship. The foundation honors the legacy of the first woman elected to U.S. Congress by awarding college scholarships to low-income women age 35 and older. Since 1978, JRF has awarded more than \$1 million in scholarships to 500 low-income women across the United States.

"Looking back over the past four and a half years, I am amazed at what I

have accomplished," says Ms. Powell.

"The emotional impact of receiving this award has increased my confidence in my abilities as a student.

"And the benefits for my family, as a result of my college education, are already obvious in that my two eldest sons are both currently pursuing bachelor's degrees," she continues. "I have no doubt my younger children, too, will find their way and enjoy success."

If you would like more information about the Jeannette Rankin Foundation, its work, or scholars in your area, please contact JRF at <info@rankinfoundation.org>. 🌿

Anabelle Mills Hills endowment update

The School of Nursing is honored to have Anabelle Mills Hills in its history. It was always her desire to build strong, exceptional, compassionate, and Christ-like nurses. Her love and support for the School of Nursing for more than 31 years made many former students the nurses they are today.

In May 2008, an endowment was set up in her name. In October 2008, 4,800 DVDs portraying Ms. Hills' life (and including interviews with her and a few alumni) were sent to all School of Nursing graduates inviting them to add to the named scholarship

fund. Currently, this endowment contains more than \$140,000 and is still growing! It is the School's goal to grow the fund to at least \$250,000. Also, it is amazing to note that more than 450 individuals have given to this fund.

Anabelle Mills Hills truly exemplifies philanthropy at its best—the love of mankind. By building on her tremendous legacy, we hope to make a difference to a large number of students who rely heavily on scholarship funds.

If you did not receive a DVD or would like more information about the endowment, please contact Karin Bryner at <kbryner@llu.edu>. 🌿



Development coordinator joins the School of Nursing

Karin “Carrie” Bryner, MBA, joined the advancement team at Loma Linda University as a development coordinator last year.

Ms. Bryner is working with the fundraising and campaign organization for the School of Nursing.

Ms. Bryner was born in Yreka, California, and quickly became familiar with Loma Linda University, as several of her family members are alumni.

In 1994, Ms. Bryner traveled to China with her family, where her father developed the surgery department at Sir Run Run Shaw Hospital, in Hangzhou. She lived there for two years.

Ms. Bryner attended Pacific Union College, Angwin, California, and received her undergraduate degree in international communications and Spanish.

After getting her undergraduate degree, she studied for one year in Spain.

During the summer of 2004, Ms. Bryner served as an intern at the Public Affairs and Religious Liberty Department for the General Conference of Seventh-day Adventists in Washington, D.C. While there she worked to try and pass the Workplace Religious Freedom Act.

From there, Ms. Bryner attended La Sierra University (LSU), Riverside, California.

At LSU, she was a member of Students in Free Enterprise (SIFE), a student-led nonprofit organization that



Karin “Carrie” Bryner, MBA

operates in roughly 2,000 universities and colleges around the world. Students are encouraged to create, implement, and monitor projects locally, nationally, and internationally that promote making a difference in the community.

Ms. Bryner was a presenter for the 2007 La Sierra University SIFE team at national competitions, and she went on to present at the global competitions. Her team won the World Cup in October 2007.

The presentations were judged by

CEOs and other representatives of major multinational corporations.

After graduating from LSU with her master’s degree in business administration, with an emphasis in marketing, Ms. Bryner was married in 2008 to Isidro Valdes Jr., whom she met during her senior year at Pacific Union College.

Mr. Valdes is a pilot and plans to work in law enforcement or emergency services.

“I enjoy meeting people, reading, sewing and crafts, skiing, hiking, playing or singing in musical groups, and traveling,” Ms. Bryner says.

She has dual Swiss and American citizenship and has traveled extensively in Europe and Asia after living in China and Spain.

“I am so happy to have built relationships with several alumni already, and look forward to trying to make a difference in the School of Nursing,” Ms. Bryner says.

Ms. Bryner is looking forward to meeting SN alumni. She can be contacted at (909) 651-5023 or <kbryner@llu.edu>. 🌿

Homecoming weekend

Don't forget to join us for homecoming weekend at Loma Linda University School of Nursing

April 10 & 11

Meeting needs with planned giving

We are constantly reminded of the desperate need for nurses nationally. The nursing shortage does not seem critical unless one is hospitalized.

Loma Linda School of Nursing has been training nurses for more than a hundred years, and these nurses have been supportive. Year after year appeals have been made and nurses always respond, allowing the School to carry on.

The needs never lessen, and challenges, present and future, are met by commitment and planning. One way of meeting needs is through planned giving or deferred giving.

Different from present or current giving, which is often met from one's budget, planned giving is usually funded by one's assets, such as stocks, bonds, lands, retirement funds, IRAs, life insurance, government savings bonds, and even farms, homes, and vacation homes. Thus they are usually considerably larger.

The timing is different, too. These gifts are deferred to the future, often at the end of life. The most common deferred method is the will. A bequest to the School of Nursing by will of a specific amount, a certain percentage of the estate, or the remainder after specific gifts are made, is an age-old method of philanthropy.

Another rather ancient method is the revocable trust, which is also known as a living trust or family trust.

This document, used by many rather than a will, is private, does not go to probate, and can be distributed quickly to family and charity. Greatly personalized, it can be easily amended as time passes and, like a will, can be revoked at any time. A trustee can assist the trustor if problems arise. Other long-lasting documents can be created within the revocable trust.

Another approach utilizes contracts and trusts that actually provide income to the trustor for life or a set period of time. These often appeal to those who have had an asset for a long time that has appreciated in value. If sold, a capital gains tax is usually due. If gifted to charity in whole or in part through a trust, the capital gains tax is generally bypassed, and a charitable income tax deduction secured as well for the amount, eventually maturing to the charity after a lifetime of income to the donor.

Congress has formulated laws to encourage philanthropy so that often a person is ahead by making a gift, saving taxes, and receiving an income long-term. Income can even continue after the passing of the trustor, paying out to family members for up to 20 more years—a good inheritance idea.

Assets funding these trusts or annuities are usually sold and the proceeds invested to provide return which is, in turn, paid out to the donor by some formulae agreed upon. There are a variety of approaches tailored to meet various needs.

For example, a charitable gift annuity pays a fixed amount regularly for life, no matter what the economy does. The pay-out is based on one's age at plan inception. Another of several charitable remainder trusts pays a variable amount based on investment success, providing a chance for growth to meet inflation.

All of the different philanthropic vehicles eventually mature to the charity. These funds provide for scholarships, new or expanded programs, equipment, and buildings. All of our new buildings have a large charitable component, without which little progress would be made.

Our "not-for-profit" status means much of the service we provide is free to those who cannot pay. This, of course, limits amounts for capital improvement.

Charitable gifts, present and deferred, make a real difference in what we are able to accomplish. They are truly our life blood.

The planned giving department provides information, computer analysis, and no-obligation consultation. The trust department and legal office provide free documentation and management. We are happy to work with one's own financial advisors as well to bring about programs that are beneficial to donors and recipient organizations.

For further information please contact Ron Watson or Gary Oliver in the planned giving department at (800) 558-6298 or (909) 558-4553. Check out our website at <www.llu.edu/plannedgiving>. E-mail us at <goliver@llu.edu> or <rwatson@llu.edu>. 🌿

Kathryn Jensen Nelson Society Brunch honors School of Nursing friends

During the Kathryn Jensen Nelson (KJN) Society brunch held Sunday, April 6, in the Campus Cafeteria, special recognition was given to supporters of the School of Nursing during the past year. Each year the KJN brunch is held during homecoming weekend to honor those who give \$250 or more to the School of Nursing during the previous year.

The KJN brunch capped an entire weekend of special events that were held for alumni and friends of the School.

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

Dynnette E. Hart, DrPH, RN, associate dean of the undergraduate program, offered prayer, and the guests were dismissed for brunch.

Following the meal, Dr. Herrmann gave a report of how the School has performed over the past year. This included international activities and enrollment at the School.

Johana Martinez and Blasius Manullang then provided the special music with "Go Light Your World" by Kathy Troccoli.

The focus of the morning was clearly on the School's work in the mission field.

Nancy Kofoed, DNSc, assistant professor of nursing, shared with the group the story of the recently completely BS program in Japan.



Marilyn Herrmann, PhD, RN (left), welcomes Pearl McDonald (center) and Arlene Klooster to the KJN brunch.

Elizabeth Bossert, DNS, RN, associate dean of the graduate program, revealed the exciting news that the master's program in Thailand was completed, and the second program in Africa would be completed in late July 2008.

Following Dr. Bossert's video presentation, Dolores Wright, DNSc, RN, associate professor of nursing, told the group in attendance of a recent mission trip to Africa that she took with a group of nursing students. This was followed by a report of a mission trip by the School of Nursing to Nicaragua in conjunction with the School of Dentistry. Kathie Ingram, MSN, RN, associate professor of nursing, and Anne Berit Petersen, MSN, MPH, RN, assistant professor of nursing, showed a photo slideshow with accom-

panying music for the work they did in Nicaragua.

Finally, Patricia S. Jones, PhD, RN, FAAN, director of the office of international nursing, presented a report on the School's recent activities overseas. One major part of this activity has been through the Global Partnerships in Nursing program.

Dr. Jones thanked the Ralph and Carolyn Thompson Charitable Foundation for its continued and active support of the program. This was followed by a slideshow of how the program has changed the lives of many nurses throughout the world.

For information on how to become a member of the Kathryn Jensen Nelson Society, please contact Karin Bryner at (909) 651-5023 or <kbryner@llu.edu>. 🌿

School of Nursing celebrates alumni and friends with homecoming weekend

In celebration of its alumni, the School of Nursing hosted its annual alumni weekend April 4 and 5, 2008.

The weekend celebration, titled "Nursing: Mission Service Far and Near," began with a vespers on Friday.

Zelne Zamora, MSN, RN, assistant professor of nursing, presented a slideshow featuring the highlights of each of the honored years.

On Sabbath, the golden anniversary class of 1958A hosted first service at University Church, with the class of 1983 hosting Sabbath school, and the golden anniversary class of 1958B hosting second service. This was followed by a luncheon at the Campus Cafeteria.

Saturday evening was the Alumni Banquet held at Wong Kerlee International Conference Center.

Receiving merit scholarships for 2008 were Ned Cabaluna, Michelle Meert, Ji Kwan Park, Rebecca Estanque, RN, and Joyce Volsch, MS, RN.

The merit scholarship is conferred annually to a minimum of one undergraduate student, one graduate student, and one doctoral student who best demonstrate excellence in their respective programs. The award criteria are based on the purposes of Sigma Theta Tau International, the honor society of nursing. Undergraduate nominees for the award must have completed 45 units, and graduate and doctoral nominees must have completed 20 units in residence of their respective programs; have achieved a GPA of 3.7 or higher;



Guests of the School of Nursing alumni banquet visit prior to the opening welcome.

be committed to completing their respective programs; and be able to meet the award criteria. These criteria are intended to identify students who demonstrate excellence in their academic professional preparation.

A missions report was also presented during the banquet highlighting the mission work that was supported by the alumni during 2007 and 2008.

This year the mission committee decided to make Adventist nursing schools in Third World countries the recipients of most of the \$6,500 in available funds. Examples include tuition assistance for a future nursing student in Guyana, audio-visual supplies for our nursing school in Mexico, nursing jour-

nals for our nursing school in the Caribbean, and financial assistance for our nursing school in Maluti, Africa. We have also provided financial assistance to our own nursing students for short-term mission service.

Following the missions report was the House of Thrift report. During the past fiscal year, the association received \$20,000 from House of Thrift profits. These funds were used for Alumni Association projects. In addition, clothes, bedding, food, and other items exceeding \$900,000 were donated to several organizations including: ADRA; Banning Community Services; House of Mercy, Mexico; Loma Linda Romanian Church; and the Banning School District. ❁

Honored classes celebrate during alumni homecoming



Members of the class of 1948 pose for a picture during homecoming weekend. Pictured (back row, from left) are Joyce (Wilson) Hopp, Doris (Donaldson) Siemsen, Eleanor (Matterand) Clayton, Eileen (Nary) Mills, Joyce (Taylor) Adams, Edith (Stoehr) Burden, (front row, from left) Eileen (Hockin) Mellor, Beverly (Bunnell) Larson, Ellamae (Watts) Skahen, Shirley (Lee) Edwards, and Margaret (Thompson) Peterson.



The White Memorial class of 1948 members pose for a picture. They are (back row, from left) Arlene (Madsen) Klooster, Bernice (Blower) Gunderson, Quo Vadis (Davis) East, Reatha (Venden) Ekvall, (front row, from left) Helen (Babienco) Haynal, Esther (Nozaki) Hashimoto, and Mary Jean (Graham) Thompson.



Members of the class of 1958A pose for a picture during homecoming weekend. Pictured are (back row, from left) Darlene (Morton) Williams, Sue (Findley) McCarthy, Vicki (Miller) Wahlen, Hilda Bloomquist, Amy (Konya) Kondo, (front row, from left) Jackie (Jacobs) Heidinger, Gerda (Frederickson) Fish, and Eunice (Dahl) Galleher.



The class of 1958B gathers for a photo prior to dinner in Wong Kerlee International Conference Center. Pictured are (back row, from left) Carrol (McBroom) Grady, Janet (Weaver) Guthrie, Joan (Ekroth) Anderson, Mary Lou (Williams) Jacobs, Bonnie (Smith) King, Melba (Kindsvater) Zimmermann, Joann (Haskell) Haven, Beverly (Waddell) Tarr, Norma (Brown) Johnston, (front row, from left) Eva (Goodlett) Miller, Jean Lejnicks, Betty (Segreto) McAllister, and Thelma (Goldsmith) Dayes.

Dear Alumni,

Over the past year our School has seen a significant expansion in student enrollment, both locally and abroad. We are so thankful for Dean Herrmann and her commitment to nursing excellence. We can be very proud of our School!



A significant part of the School's mission is to encourage and support nursing students who wish to serve abroad. Many have been held back from mission appointments because of their educational debts. Through collaborative effort with the deferred mission appointee program, nursing students will now be able to receive financial assistance through the Global Service Scholarship fund that will cover their educational loan payments up to \$1,000 per month. This is truly exciting because it will enable our young graduates to experience the thrill of service in other countries and cultures.

During this past year we lost three beloved nursing leaders. Marilyn Christian, dean emeritus; Lavaun Ward Sutton, chief nurse of the first LLU overseas heart team; and L. Frances Pride, professor emeritus and director of the graduate program (1974–1985). Although we miss these great nursing leaders, it is wonderful to see new nurse graduates with the passion and commitment to carry on the legacy of excellence in nursing education and practice.

Though retired from active employment, I am not retired from nursing! My education at Loma Linda equipped me for much more than a degree and a job. It prepared me for a life of service, dedicated to God and my community, for which I am very grateful. God has richly blessed our School and multiplied the efforts and influence of the thousands of alumni throughout the world.

May God bless each of you as you continue to practice Christ-centered caring in your individual sphere of service.

Cordially,

Linda L. Levisen BS'65, MS'72
President, Alumni Association



Members of the class of 1968 during homecoming weekend. Pictured are (front row, from left) Lydia (Ho) Hsu, Carolyn (Davis) Sellow, Carol (Mead) Rudy, Cheryl (Gettys) Kershner, Sharon (Beck) Stewart, (center row, from left) Tamra (Blackburn) West, Carol Kettner, Janene (Thomas) Jenkins, Marlene (Slack) Bresee, Shirley Marchus, Heather (Parkinson) Guttschuss, Diane (Rosenquist) Rice, Bonnie (Palmer) Thiel, (back row, from left) Marianne (Hlad) Martinez, Carol (Jesse) Follett, Charlene (Seitz) Petersen, Patricia (Pressler) Garot, Marilyn (Carey) Petersen, Linda (Henry) Taylor, Lucie (Staples) Trepanier, and Larenne (Ebel) Lacy.



Members of the class of 1983 pause for a picture. From left are Wendy (Dirksen) Cox, Brenda Porco-Smith, Louise (Corner) McCann, Tami Elloway-Song, and Kelli (Konstanzer) Longo.

School of Nursing names Alumni of the Year

Several awards were presented during the banquet, including two Alumna of the Year Awards to **Hilda Bloomquist, MPH, MS, RN, class of 1958A**; and **Marilyn Bennett Justesen, MPH, MS, RN, class of 1983**.

Hilda Bloomquist was born and raised in Missoula, Montana. Her work in health care started at a young age when she went to work at St. Patrick's Hospital as a secretary and switchboard operator following her high school graduation. Later, Ms. Bloomquist earned a degree in business administration from the University of Montana. Following that, she taught and was registrar at Adelphian Academy. Eventually, it was back to health care for Hilda. She applied and was accepted at Loma

Linda University School of Nursing. She was thought of as a "mature" student when she came to Loma Linda for a "second career," compared with other students who were beginning nursing with no previous career track. Ms. Bloomquist graduated with her bachelor's degree from Loma Linda University School of Nursing in 1958.

During her years as a nurse, Ms. Bloomquist worked as a charge nurse, director of nursing, and also a health educator in various states, including California, Maine, and New York.

She also worked for a short time as a nurse at Hultafors Adventist Hospital in Sweden.

At Columbia University, Ms. Bloomquist received a master of science in nursing education. During her time in Brunswick, Maine, in addition

to teaching community classes for four years, she conducted a daily radio program titled "Focus on Health." While in Loma Linda, she took courses in public health.

Upon retirement, Ms. Bloomquist began a career as a writer and wrote for local newspapers. She has also worked as coordinator for the Coronary Health Improvement Project (CHIP). In 2006, Ms. Bloomquist began what she refers to as her "second retirement career" as a health lecturer on cruise ships. She has also been a health lecturer for her local church.

Ms. Bloomquist describes herself as blessed with a life that has afforded her opportunities to honor the Lord in many arenas of service.

Marilyn Bennett Justesen was born in Orlando, Florida, in 1944. Before she was 1 year old, she moved with her parents and older brother to Africa. She grew up there in various mission locations where she learned to speak five different languages. When she was 14, the family returned to the United States.

Ms. Justesen attended Takoma Academy and later finished her secondary education and the beginning of college at Southwestern Adventist Junior College in Texas. She received her bachelor of science in nursing at Loma Linda University in 1967.

Then, in 1968, Ms. Justesen was called to Saigon Adventist Hospital in Vietnam for the purpose of starting a school of nursing. Such a task would



Hilda Bloomquist, MPH, MS, RN (right), class of 1958A, is congratulated for receiving the Alumna of the Year Award presented by Kathie Ingram, MSN, RN, associate professor of nursing.

be a challenge in the best of circumstances, but this was wartime. She is the only American to have started a school of nursing during the war. Ms. Justesen has described her experiences in a book titled *Help! What Do I Do Now: The Adventures of a Young Missionary in War-torn Vietnam*. After her sojourn in Vietnam, Ms. Justesen was not quite ready to return to America.

Ms. Justesen continued her travels through several Asian, Middle Eastern, and North African countries. While visiting Nepal, she helped in the Adventist hospital there. The missionaries there paid her for her services by hiring a Sherpa guide and a team to accompany her on a trek to the foot of Mt. Everest. She was the first Caucasian woman to have her own expedition to this famous mountain.

When Ms. Justesen returned to the United States, she taught briefly at what is now Southern Adventist University in Tennessee. She received her master's in public health in 1975 from Loma Linda University, where she also taught during that time in the School of Nursing.

Ms. Justesen's next assignment took her to Tanzania, serving as nurse advisor in the development of an infrastructure for the Maternal Child Health Department for Tanzania. While there she climbed the legendary 19,000-foot Mt. Kilimanjaro.

In 1983 Ms. Justesen completed



Marilyn Bennett Justesen (right), MPH, MS, RN, class of 1983, receives the Alumna of the Year Award from Katty Joy French, PhD, RN, associate professor of nursing, School of Nursing.

her master of nursing degree at Loma Linda. Following that she returned to Africa. She was assistant director of the Maluti Mission Hospital School of Nursing in Lesotho. Later she worked as a nurse consultant on two foreign aid health-related projects in Sudan and Madagascar.

Not long after returning to the United States, Ms. Justesen met her husband, Jerry Justesen, a widower pastor with two teenage boys. She and Jerry were married in 1984.

Since then she has held several nursing positions in New York and North Carolina. She has also done significant fundraising work for vari-

ous church projects. She returned to teaching for state-sponsored universities in North Carolina. She was the only Adventist on a large campus where she received several awards for excellence in teaching.

Ms. Justesen now lives in Florida, where she continues her active role as a teacher of the children in her church. She even manages to include a little health teaching there along with her role as a certified parish nurse.

Receiving the Distinguished Leadership Award posthumously was **Marilyn Christian Smith Gearing, EdD, MSN, FAAN**, former dean of the School of Nursing. 🌿

Former dean Marilyn Christian Smith Gearing remembered for leadership

Marilyn Christian Smith Gearing, PhD, RN, FAAN, professor emeritus and dean emeritus of LLUSN, passed away February 12, 2008, following a six-year illness with lymphoma.

Dr. Gearing served as dean of the School of Nursing from 1969 to 1981.

“Marilyn Christian Smith Gearing left a profound legacy in the School of Nursing,” says Marilyn Herrmann, PhD, RN, dean of the School.

“Her example of involvement locally, nationally, and internationally moved the School to true University status. When asked about her leadership, she said her role was to set ‘the climate in which teachers, students, and nurses can perform at the optimal level of their abilities’, and this she did extremely well. She will be deeply missed by those of us whose lives she helped mold.”

Dr. Gearing was born in 1933 into a family dedicated to health care. Her father was a minister and her mother was a public health nurse. Inspired by the opportunities that nursing afforded, she enrolled in the nursing program at Columbia Union College in Takoma Park, Maryland, where she received her baccalaureate degree in nursing in 1954. Dr. Gearing decided to continue her education in the Washington, D.C., area at Catholic University of America and earned her MSN degree in nursing administration and community health in 1957.

In July of 1963, Dr. Gearing started her career at Loma Linda University as

assistant professor and acting chair of community health nursing in the School of Nursing. In 1968, she was selected as dean-elect and continued as professor of community health nursing until her appointment as dean and professor in 1969. During her 12-year tenure as dean, Dr. Gearing served in a variety of professional organizations and national taskforces on federal health legislation. She was elected national president of the American Association of Seventh-day Adventist Nurses from 1972 to 1975. Her international experiences included working with the maternal health care needs in Tanzania and serving as speaker at a nursing workshop at Beijing Medical University in China.

In between her very busy schedule of administration, as well as national and international efforts, she obtained an EdD degree in higher education from the University of Southern California in 1974. She was also named a fellow of the American Academy of Nursing in 1979—one of the highest distinctions a nursing professional can be awarded.

Though greatly committed to her profession, Dr. Gearing did find time for family life. On Valentine’s Day, 1980, she married Maurice Eugene Smith. Together they enjoyed many years of traveling and sharing God’s love through various church ministries. In 1990, she returned to teaching and was active in many community organizations. Dr. Gearing worked very closely with the Loma Linda University



Marilyn Christian Smith Gearing, PhD, RN, FAAN

Church to create a parish nursing program as part of the community health experience for senior nursing students. This program continues to be offered through ACTS (Adventist Community Team Services).

Dr. Gearing retired from LLUSN in 1998 but continued to serve the School in various assignments. On May 21, 2001, three years following the death of her husband, Maurice Smith, Dr. Gearing married Walter LaVerne Gearing, a neighbor and volunteer at the Loma Linda University Church. They lived in Loma Linda and continued to volunteer in various Christian outreach activities. Dr. Gearing leaves a legacy of excellence in nursing education and practice. 🌿

In memory of those who have passed

L. Frances Pride, PhD, MS, RN, professor emeritus and former associate dean of the graduate program in nursing, LLUSN, died March 9, 2008, in Greeneville, Tennessee. Dr. Pride came to LLU in 1974 and was the first nurse to hold two PhD degrees. She was the associate dean for the graduate program in nursing until 1985 and was successful in helping to bring federal funding to the School. As a part of her major research, she developed and tested an adrenal stress index as a criterion measure for nursing. This was the first known biochemical criterion measure of the effectiveness of nursing on patients. She also did several other research studies related to the practice of Bowen theory. She was a member of seven professional societies and held offices in five of them. She left an enduring stamp on the School when she introduced the concept of family systems and how an understanding of this framework could change lives and shape nursing practice. She is remembered as an outstanding teacher by those who sat in her classes.

Dorothy Arntson Reiswig ('28) passed away December 23, 2007, in Fullerton, California. She was just a month shy of her 102nd birthday.

Katherine Erville (Smith) Allen ('41) passed away on November 19, 2006. She was born February 3, 1919, in Lucknow, India. She completed nursing in 1941 at White Memorial Hospital



L. Frances Pride, PhD, MS, RN

School of Nursing. There she met and married George White Allen, who was a medical student at the College of Medical Evangelists. While he completed his studies, she finished a bachelor's degree in nursing from Pacific Union College, Angwin, California, in 1942. Together they provided medical care for miners in the forested hills of Stearns, Kentucky, in preparation for mission service. In 1944, they opened Ile-Ife Mission Hospital in Nigeria. At the hospital, she started a school of nursing. At the age of 52, she completed a master's degree in nursing at UC San Francisco, and joined the faculty of LLUSN in 1972, teaching obstetrics. She published a book in 2003, *Daddy Always Wanted To Be A Doctor*, describing her family's missionary life in India.

Carol Bunnell Mohr ('41) passed away October 8, 2008, in Loma Linda, California. Born November 27, 1918,

in Farmington, Washington, Carol graduated from Laurelwood Academy, Gaston, Oregon, in 1936. She completed her nursing education at LLUSN, graduating from the three-year diploma program in 1941. After completing her bachelor's degree in nursing at Walla Walla College, College Place, Washington, she married Floyd Mohr. After she worked as a nurse at the Fresno VA Hospital, Carol returned to school to obtain her public health and school nurse credentials, and then worked as a school nurse for 12 years in the farming area of Patterson, California.

Dorothy Carolyn Lukens Miller ('42) died July 31, 2007. Dorothy was born in Auckland, New Zealand. After traveling to the United States with her family at age 2, she attended elementary school in Vancouver, British Columbia, Canada. While in nursing school at LLUSN, she met a young medical student by the name of Arthur Miller, and they were soon married. Dorothy worked as a school nurse at Milo Academy, as a staff nurse at Douglas Community Hospital, and at Mercy Medical Center, where she specialized in coronary care. She was very involved in church work at Canyonville Adventist Church and was the church clerk there for 17 years.

Judy Hall Hamilton ('54) passed away after a long illness on November 25, 2006.

Lavaun Ward Sutton ('57B, MS'65), a veteran nurse of more than 40 years, 32 of which were at Loma Linda University Medical Center, succumbed to a lengthy illness at her home in Loma Linda, California on May 29, 2008. Ms. Sutton was born in Glendale, California, on March 17, 1935. With a focus on cardiac surgery and intensive care nursing, her career spanned 40 years, with seven years at White Memorial Medical Center, Los Angeles, and 32 years at Loma Linda University Medical Center. As a member of the original LLU Overseas Heart Surgery Team from 1963 to 1979, she worked in Greece, the Kingdom of Saudi Arabia, Pakistan, Taiwan, Thailand, and Vietnam. This team was recognized by Vice President Lyndon Johnson and President Richard Nixon. She also held an LLUSN faculty appointment as an associate clinical professor of nursing. In 2003, she received the Woman of the Year Award representing the 63rd district from the State of California Legislature, "In recognition of outstanding service and dedication to the people of the State of California." The memorial service in celebration of her life was held at Loma Linda University Church of Seventh-day Adventists on June 8, 2008.

F. Yvonne Miller (MS'68) passed away October 5, 2007, in San Diego.

Rosalie E. "Robbie" Skovgard ('68) passed away at her home in Portola, California, on February 1, 2007. Robbie was a native of St. Paul, Minnesota, and was born Nov. 8, 1925, to Bert and Rose Robideaux. She was the oldest of five girls. Following her high school graduation, the entire family relocated to Los



Dorothy Carolyn Lukens Miller ('42) passed away July 31, 2007. In the photo above, she poses for a picture with (from left) **T. John Lukens, MD (SM'45)**; **Robert Lukens, MD (SM'42)**; and **Richard Lukens, MD (SM'73A)**.

Angeles, where she began her medical career as an assistant in a medical office. It was there that she met her husband, Fred. They enjoyed a wonderful courtship, frequently accompanied by her younger sisters. Fred and Robbie were married on Flag Day, June 14, 1947. She was a loving mother to Steve and Kristine. As her children grew, she continued her medical education, first with an associate's degree in nursing from San Bernardino Valley College, followed by a bachelor's in public health nursing from Loma Linda University. She worked as a public health nurse for San Bernardino County for more than 20 years.

Marion (Corinne) Hamilton Wales (MS'91) passed away on November 29, 2008. Born on September 11, 1925, in Schenectady, New York, she married Michael Collins Wales on June 30, 1953. Growing up in West Sand Lake, New York, Marion graduated from Emma Willard School in Troy, New York, in the class of 1943, and from the New York Medical College School of Nursing in 1946. From 1943 to 1946, she was a member

of the United States Cadet Nurse Corps. She received her bachelor's degree in nursing from Columbia University in 1952 and served as a staff nurse at Leonard Hospital and Flower-Fifth Avenue Hospital and as an assistant head nurse at Cornell Medical Center. A registered professional nurse in New York, Indiana, and California, she attained her first master's degree in educational counseling and guidance from Indiana University in 1983, and her second master's degree in nursing from Loma Linda University in 1991. Throughout her career, she thrived in her multifaceted role as counselor, nurse, and teacher, working as a clinical professor and psychiatric nurse at Samaritan School of Nursing, St. Mary's College at Notre Dame, Indiana University, Memorial Hospital School of Nursing in South Bend, Indiana, and the College of the Desert, Palm Springs, California. She retired in 2004 as an assistant professor of nursing at Loma Linda University's School of Nursing, where she taught community mental health and psychiatric nursing.

Near and Far

Hilda M. Tonn-Staff ('28) turned 102 years old on June 29, 2008. She lives at a Davis, California, nursing home/assisted care facility near Sacramento.

Ruth Anspach Kuester ('45) and her husband, Evert (SM'58), are enjoying retirement and being involved in their local church. They have two children, Elaine Kuester Fleming (SPH'75) and Bill, and two grandchildren.

Virginia Bentz Butler ('50) is being cared for by her husband, Maurice (SM'52), and her daughter, Lorraine Humes. She has ALS and cannot talk, chew, or swallow. She enjoys having the *LL Nurse* read to her, especially the personal histories. Virginia and Maurice have three other children: Lucy, Daniel, and Sylvia.

Naomi Kono Yamashiro ('51) lives in Kailua, Hawaii, with her husband, Charles. Three of her children are graduates of LLU: Duane (SD'84), Elaine (SM'78), and Vernon (SM'84). "I really enjoyed the article in the last *LL Nurse* about Eva Guthrie Miller," she writes.

Beatrice (Bee) Wagner-Biggs-Jarrell ('51) and her husband, Kenneth, sold their home and now travel in their RV with their pets. They winter in Baja, Mexico. Her book, *Malawi Moonsmoke*, tells the exciting stories of two years in child survival work in Malawi, Africa. They have seven children, 14 grandchildren, and five great-grandchildren.

Frances Nelson Foster ('57B) has two daughters who also graduated from the SN: **Beth Foster Boram ('63)** and **Ruth Foster Mundall ('65)**. Frances lives with her husband, Ray, in Hermosa, South Dakota.

Carol Rittenhouse Cruise ('62) is currently working as a public health nurse for Mendocino County, California. She and her husband, James (SM'69), live in Redwood Valley, California. They have three children: Cheryl, Deanna, and Robert (SAHP'96).

Helen Sprengel ('63) is officially retired but still serves in various capacities as a volunteer. After serving more than 18 years in Thailand, she was named vice president emeritus for Mission College, which she helped establish. Helen, who has her PhD,

authored two books, *God's Miracle—Lest We Forget How God Has Led Us*, based on her experience in developing and building the college, and *Fleeing The Spirits*, a book about spirit worship in Thailand.

Del (Delphia) Ladner Baybarz (MS'65) retired in June 1997 after 30 years of full-time and part-time PHN and school nursing. Currently, Del is taking care of her husband, Myron, who has Parkinson's/Shy Draeger Syndrome. They have two children, Daryl and Shauna (SD/DH'97), and one grandchild.

Carolyn Wells Hammonds ('69) retired after 18 years as head nurse in a cardiac rehab department. She and her husband, Max, moved to Kenneth City, Florida, to be near their grandson. They have him 10 hours a day, 5 days a week, and absolutely



Hilda M. Tonn-Staff ('28) celebrates her 100th birthday in June 2006 with her son, Sam Catalano, in Davis, California.



Naomi Kono Yamashiro ('51) poses for a picture with her husband, Charles, and four of her 11 grandchildren.

love what they are doing. They like to travel and participate in evangelistic campaigns.

Robyn Nelson ('70) is serving as dean, College of Health and Human Services, Touro University, Nevada. She was awarded the Best Practice in Education Award from the Association of California Nurse Leaders.

Linda Gregory Williams ('71) recently moved to Loma Linda with her husband, Rick, after 17 years on the East Coast. Rick is the vice president for student affairs at LLU, and Linda is director of student affairs for the School of Pharmacy. Linda and Rick have two children: Shane (SM'02) and Tava; and four grandchildren.

Linda Willey-Engberg (AS'72) lives in Hanford, California, with her husband, Daniel, and their three children, Lars, Erik, and Katy. She now works for a dentist/anesthesiologist.

Carol Moll Frembling (MS'72) is working part time in south Fort Worth,

Texas. She keeps busy volunteering at a free medical/dental clinic conducted at her church in Cleburne. Her husband, Curt (SAHP'67), is enjoying his retirement from physical therapy. They have been able to travel as short-term missionaries to several countries.

Heidi Hertzog Stokke ('76) celebrated 30 years of marriage and ministry together with her husband, Mike, in 2007. Mike is a pastor at St. Paul's Presbyterian Church in Orlando, Florida. Heidi helps him in ministry and also works at the Audubon Center, taking care of raptors. They have two children, Hans and Anna-Kate.

Beverly Reynolds O'Keeffe ('78) owns a Mrs. Fields/TCBY franchise with her husband, Arthur. They have three children, Matthew, Torie, and Hayley, and live in Chino Hills. Beverly has taught at Cal State LA for the past three years.

Lorraine C. Williams ('80) is recovering from a pulmonary embolism earlier this

year. She says: "Praise God for saving my life!" She is retired from private practice and lives in San Antonio with her son, Andrew. She would love to hear from classmates.

Jenny Erickson Welsh (AS'83, MS'88) lives in Anacortes, Washington, with her husband, Kevin, and their two children, Christian and Eric. She is actively involved in volunteer community organizations as well as musical groups.

Sharon Hutaaruk Lumban-Gaol ('90) played in a praise band at Celebration Center for nine years. She went on to play in a Top 40 band for five years. In 2000, Sharon married Robert Lumban-Gaol and they now have two children, Liona and Matthew. Running is her passion, and she has run 19 marathons. She has worked on unit 3700 at LLUMC for the past 14 years.

Jung Kim Jin ('94) lives in Campbell, California, with her husband, Frank, and two children, Wesley and Elliott. She works at Kaiser Santa Clara in interventional cardiology. She enjoys her job tremendously, and hopes to increase her knowledge and skills to help patients achieve a better lifestyle.

Leesa Krueger Asher ('96) is living in Highlands Ranch, Colorado, with her husband, Jeff. They have two daughters, Emma and Lily (adopted from China in 2005). She is currently a stay-at-home mom.

Patricia Frist Avila ('96) published an article, "The Effects of a Comprehensive Exercise Program on Physical Function, Fatigue, and Mood in Patients with Various Types of Cancer," in *Oncology Nursing Forum*. It was the result of 11 years of research.



Contact Us | Loma Linda

Nurse is interested in hearing about your life after graduation from the School of Nursing. Here are some of the things we would like to use in our alumni news section. We would like to know about your professional achievements, research, awards, graduations, interesting stories, what is happening in your career or family life, travel, moves, marriages, and births or deaths. If you have a current picture of yourself, we'd appreciate receiving that too. We look forward to hearing from you!

Just send or e-mail information to us, and we will write it up for you. If you have been featured in local newspapers, send us a copy of the clipping. Your story may even become the basis for a feature article.

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First name | Last name (including maiden name if applicable)

Year(s) of LLU graduation | degree(s) received

Address

City | State | Zip | Country

Home phone | E-mail

Spouse's name (including maiden name if applicable)

Children's names, birthdates, and connection to LLU (if any)

Here's the latest (attach a separate sheet, if necessary)



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