In Search of the Celestial
Alumni photos, poetry, and stories from the Great American Eclipse

INSIDE: Department Reports: Anesthesiology and Internal Medicine • APC 2018 Preview
Be sure to attend the APC Gala at 6:00 p.m. on March 4 at the Riverside Convention Center to learn more about our honored alumni and discover who is the Alumnus of the Year!

For more information, please call 909-558-4633 or visit apc.llusmaa.org.

Join Us for a Trip of a Lifetime!

ANTARCTICA CRUISE 2019

Awaken your soul to the wonder of Antarctica with one of Silversea’s Antarctic cruises. Revel in the beauty and overwhelming power of nature. Admire the staggering abundance of wildlife. Meet the personal challenge of reaching the earth’s last great wilderness frontier. Together with fellow alumni, you will cruise across seas of glass around the Peninsula, passing giant prisms of ice riding an inky-blue sea. And you’ll share the landscape with bellowing elephant seals and raucous rookeries of penguins, unafraid and unperturbed by your presence. Silversea’s luxury Antarctica cruises offer the highest standards of comfort, safety, and style aboard the Silver Explorer.

SPACE IS LIMITED
BOOK YOUR VOYAGE TODAY

For more details and information please contact Esther Tan at 626-497-3156 or by email at: tans916@yahoo.com

On the Cover: This composite image made of photos taken by GoPro and Nikon DSLR cameras depicts the partial phases of the eclipse and the 360° “sunset” during totality. The image is a joint effort between Allen L. Hwang ’86 and his wife, Valerie. In the bottom right corner is Dr. Hwang’s sister, Bessie L. Hwang ’85.

Features
12 An Experience Rich in History, Beauty, and Fellowship
James J. Edwards ’72-A reports on the 2017 Nordic Cruise with fellow alumni.

14 Department Reports: Anesthesiology and Internal Medicine
Robert D. Martin ’76-A and Douglas R. Hegstad ’80-A, chairs, respectively, highlight their departments and faculty.

22 In Search of the Celestial
A section featuring photos and stories from alumni who viewed the Great American Eclipse in August, including the eclipse adventure of the Jon E.L. Ermshar ’88 family and a poem by James I. McMillan ’86.

32 APC 2018: A Preview
Alumni weekend is approaching. We’ve included what you need to know. Make plans to attend!

Features
14 Department Reports: Anesthesiology and Internal Medicine
Robert D. Martin ’76-A and Douglas R. Hegstad ’80-A, chairs, respectively, highlight their departments and faculty.

32 APC 2018: A Preview
Alumni weekend is approaching. We’ve included what you need to know. Make plans to attend!

Departments
2 From the Editor
5 From the President
8 From the Dean
9 The Student Fund
10 School of Medicine News
39 Letter to AIMS Members
40 Book Review
43 Classified/Placement Ads
44 Alumni News
46 In Memoriam
50 Historical Snapshot
51 What’s Up, Doc?
Featuring Rheeta K. Stecker ’63

Extras
4 Board of Directors and Holding Fund Ballot
6 New and Upgraded Perpetual Memberships

Alumni Association
School of Medicine of Loma Linda University
11245 Anderson St., Suite 200
Loma Linda, CA 92354
Phone: 909-558-4633
Fax: 909-558-4638
Email: llusmaa@llu.edu
Advertising: LLUSMAlumniAds@llu.edu

Find us online:
www.llusmaa.org
Facebook.com/llusmaa
Twitter: @llusmaa
Instagram: @llusmaa
LinkedIn Group: Alumni Association
School of Medicine of Loma Linda University

Note: Cruise subject to meeting a 24 passenger minimum requirement.

Views expressed in the Alumni JOURNAL are those of the respective contributors and are not necessarily shared by the Alumni Association or editorial staff. The Alumni Association is not responsible for the quality of products or services advertised in the JOURNAL, unless the products or services are offered directly by the Association.

Printed by Lynx Group, Inc.
Salem, Oregon
Addiction Epidemic

As I was browsing the web on the topic of the current opioid usage and addiction epidemic, I came across the following comment in an article by Sanjay Gupta, MD, chief medical correspondent at CNN.

We find ourselves in the middle of an opioid epidemic that is the worst drug crisis in American history. It is a self-inflicted wound and one that is predominately made in America, as we consume more than 80% of the world's supply of opioid pain pills, even though we are less than 5% of the world's population. Many of those prescriptions have led to heroin use; three out of four new heroin users started with prescription narcotics.

Pain has been around since the beginning of time: pain from accidental injury, pain from disease (cancer, arthritis, etc.), and pain from deliberate injury (surgery and medical treatment). For just as long, drugs have been used and developed to treat pain and bring comfort. The writer of Proverbs recognized that beer and wine served a useful purpose for those who are dying or have lost all hope (Proverbs 31:6–7). In the 1800s ether, nitrous oxide, and chloroform were shown to be able to relieve pain from deliberate injury (surgery and medical treatment). Surgical and non-surgical pain treatment has evolved over the years with the development and modification of synthetic opioids.

Questions arise such as: Why such a recent and rapid increase in addiction to the drugs which were initially discovered and developed to treat pain and bring comfort to humanity? Is there something in our recent history that has facilitated this epidemic? Consider the following statistics for the United States: Between 2010 and 2015 deaths from prescription opioid drugs were gradually decreasing, but from 2015 to 2017 they have increased. The greatest increase has been seen in adults aged 55–64 (from 4.2 in 1999 to 21.8 in 2015 per 100,000). The age group with the highest death rate in 2015 was slightly younger, 45–54, with 30 deaths per 100,000.

While death rates vary from drug to drug and between prescription and illicit drugs, fentanyl has grabbed attention with a 73 percent increase in fatalities from 2014 to 2015. The death rate for other legal prescription opioids rose at a slower rate (4 percent) over the same period.

Compare the number of deaths from overdoses related to prescription opioids over the course of 17 years (1999–2015)—183,000—with the number of deaths of U.S. service personnel in major military conflicts since World War II:

<table>
<thead>
<tr>
<th>Country</th>
<th>Duration</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Korea</td>
<td>3 years</td>
<td>36,574</td>
</tr>
<tr>
<td>Vietnam</td>
<td>20 years</td>
<td>58,220</td>
</tr>
<tr>
<td>Afghanistan</td>
<td>9 years</td>
<td>2,297</td>
</tr>
<tr>
<td>Iraq</td>
<td>9 years</td>
<td>4,297</td>
</tr>
<tr>
<td>Total</td>
<td>41 years</td>
<td>101,558</td>
</tr>
</tbody>
</table>

Obviously we will continue to have pain and the need to treat it, but can we learn something from our legal and illegal drug consumption history? To that end we have included in this issue a review of “Drug Dealer, MD: How Doctors Were Duped, Patients Got Hooked, and Why It’s So Hard to Stop” by Anna Lembke, MD (see page 40). Physicians who treat pain, acute or chronic, are caught in a very difficult position between a patient’s demands, legal regulations, and the desire to relieve pain. Consider carefully your practice as a “drug dealer.”

Correction

Our apologies for switching the two undergraduate schools of Katherine Phelps ’17 and Matthew Phelps ’17 listed in the September–December 2017 issue. Katherine is a graduate of the University of Idaho. Matthew is a graduate of Pacific Union College.
It's not easy to predict the future. Take for example William Preece, chief engineer of the British Post Office, who stated in the late 19th century that "Edison's electric lamp" was a completely idiotic idea. Preece is also remembered for his statement that "the Americans have need of the telephone, but we do not. We have plenty of messenger boys."*

I recently had the privilege of hosting a number of the past presidents of the Alumni Association at an annual dinner during which the 2018 honored alumni and alumnus/alumna of the year were selected. As a "newbie" to this group, I was impressed to witness how our past impacts our future. We are privileged to share the collective wisdom of these past leaders, and their advice and guidance regarding the future direction of our Association continue to be meaningful.

The Alumni Association needs to have focused programs that attract young new members, including the residents and fellows that are currently training at Loma Linda University Medical Center. We need to strengthen an inclusive leadership that reflects the diversity of our medical students, faculty, and alumni, and we need to consider this same inclusivity when determining our future award winners.

Our executive committee and board of directors now consist of both recent graduates and those from long ago. These members also reflect the gender and cultural distribution of our more than 11,000 alumni. Among your current leaders are Tamara L. Thomas '87, H. Del Schutte '84, Deborah Stottlemyer '86, Jon Kattenhorn '74.

Of course, such endeavors as attracting new members and empowering our leadership need to be carried out in an atmosphere of financial stability. It’s also important to recognize that any future plans must be crafted in ways to maintain the unique spiritual direction of our beloved University and all that makes our medical school a shining light around the world as its graduates follow the motto "To Make Man Whole."

During this past year, I have particularly enjoyed working with Dr. Tammi Thomas, who will be taking the reins as president of the Alumni Association at the upcoming Annual Postgraduate Convention. She has been a steady source of intelligent advice, effective analysis, and loyal support to me and to the executive committee over the past months.

In addition to saying goodbye in this last of my editorial pages, this is my opportunity to welcome Dr. Thomas and look forward to my year as past president.

Blessings to all the alumni, and thank you for the opportunity to lead this great Association.

*Quoted by Mark Jacob, associate managing editor of the Chicago Tribune and author of the popular "Tribune's 10 Things" column.

The Future of the Alumni Association

The Alumni Association needs to have focused programs that attract young new members, including the residents and fellows that are currently training at Loma Linda University Medical Center.
Donna Carlson Steps Down as Associate Editor

On January 10, 2018, I received an email from Donna L. Carlson ’69, associate editor of the Alumni JOURNAL, submitting her resignation. Donna has been associated with the JOURNAL since 1982, serving as an associate editor, and as editor in 2012, during those 26 years. That is the longest period of time commitment for any of the editorial staff since the JOURNAL was first published in 1931.

Donna’s ability to articulate subtle ideas, provide interesting interviews, and accurately express the real issues in our discussions—and then so eloquently put those words to paper—is an art and will be missed. Donna, may your next adventures be as enjoyable to you as your contributions have been to the JOURNAL and its readers.

New Perpetual Members
Perpetual membership dues fund not only member benefits but the Alumni Association endowment, the income from which supports operations and special projects benefiting alumni and students.

January 1–December 31, 2017

Double Diamond
Raymond Herber ’57
Samuel S. Paw ’82

Diamond
Donald E. Adams ’37
Robert Barker ‘78-B
Kelly D. Beans ’87
Paul Y. Chung ’91
Gregory D. Dietrich ’92

Platinum
Andrew C. Chang ’57
Ronald G. Duerrksen ’81
Robert E. Goyne ’81
Robert W. Graham ’87
Milton J. Johnson ’75
Morley R. Kutzner ’76-B
Barbara C. McKinney ’88
Delbe T. Meelhuysen ’87
Samuel A. Silao ’87

Gold
James D. Anholm ’76-B
Ruth S. Annshiser ’75
Michael N. Walter ’73-B
Marlene B. Wang ’86

Silver
Deborah M. Arritt ’86
Kevin R. Clay ’84
Raja Dhalla ’77
Helmut F. Fritz ’73-B
George T. Harding ’53-B
Lance R. Muth ’86
Eric Ngi ’83
Dorothy M. Ray ’57
Leena Mammen ’90

Bronze
William M. Perryman ’74
Paula T. Ardron ’91
James D. Anholm ’87
Delbe T. Meelhuysen ’87
Samuel A. Silao ’87

Donna’s ability to articulate subtle ideas, provide interesting interviews, and accurately express the real issues in our discussions—and then so eloquently put those words to paper—is an art and will be missed. Donna, may your next adventures be as enjoyable to you as your contributions have been to the JOURNAL and its readers.

New Administrative and Communications Assistant

Nancy Yuan joined the Alumni Association staff in October 2017 as administrative and communications assistant. She loves working with the staff and is enjoying interacting with and assisting alumni while strengthening new skills, including APC event planning and working in the small but busy Barbara J. Orr Library in the Alumni Association office.

She has worked in the Loma Linda University office of University relations (now the public relations office) as director of communications for the School of Dentistry and as writer for the LLU Health office of advancement. In 2009, she completed the master of professional writing degree from USC, with an emphasis in screenwriting. As a USC student, the Academy of Motion Picture Arts & Sciences awarded her a scholarship to work with director Irvin Kershner.

Nancy completed 12 half marathons in nine years, enjoys photography, and is writing her first novel. She can be found on Twitter at @120pgs.

2019 Antarctica Cruise

A n Antarctica cruise slated for January 2019 will replace the summer 2018 South America alumni cruise, which has been canceled due to scheduling conflicts. See the ad on the inside front cover for a description of the Antarctic tour. For more information contact Esther Tan at 626-497-3156 or tan918@yahoo.com.

Grateful for Our ‘Readers’

We wish to thank John D. Jacobsen ’70 and his wife, Marly, for their careful attention as “Readers” of the Journal. They recently joined long-time Reader, Mildred A.R. Stilson ’46, in helping to catch copy errors before going to press. It is surprising what additional sets of eyes find, and we are grateful for your assistance. –Eds.

Vegetarian Congress

ICVN International Congress on Vegetarian Nutrition
February 26–28, 2018
VegetarianCongress.org

MANY STRENGTHS. ONE MISSION.
A Seventh-day Adventist Organization

A Seventh-day Adventist Organization
THE EVANGELISTIC MISSION.
Impossible to Remain Anonymous

It is difficult to be anonymous when you are a part of Loma Linda. In November, I attended the annual American Association of Medical Colleges meeting where more than 4,500 medical educators attended the five-day program in Boston. While waiting in the lunch line, I turned to the person behind me and started a conversation with an associate dean from another California school. Upon learning that I was from Loma Linda, she immediately said, “Oh yes! I know all about Loma Linda. Your students consistently score better than the other California schools on the simulated history and physical examination.” She attributed our success on the live-patient exam to the time allocated to preparing the students. I attribute it to the mission-oriented students we preferentially admit to Loma Linda.

A few minutes later, a professor and research director of family medicine from University of North Carolina randomly joined Daniel W. Giang ‘83, LLUH vice president for Graduate Medical Education; Sarah Reddy ‘80-B, associate dean for admissions; and me at our lunch table. Upon learning we were from Loma Linda, he immediately said, “Oh my! Loma Linda? I have made a career studying overseas international medicine, and Loma Linda is always the exception to any conclusion that I make. Your work far exceeds the other academic medical centers in depth and long-term commitment to serve the community.”

Graduating well-trained clinicians and providing overseas mission work opportunities are two attributes for which we are well known. These attributes were part of the original vision of Ellen White, who certainly was aware of the inevitable need for extensive long-term strategic planning. In spite of being surrounded by church-leading men who passionately preached the imminent return of Jesus Christ, the 78-year-old Mrs. White deliberately formulated a 100-year (or more) plan for the still nascent Seventh-day Adventist Church. Few would doubt that the long-range planning and the “return on investment” in medical education spans many years of tedious attention to details. The paradox of Mrs. White’s long-term planning in the context of end-of-time preaching has fueled our passion for mission over the last century.

I am profoundly grateful for the alumni who have been unselﬁshly generous in supporting this passion. In the uncertain and volatile world of health care, the gift of personal resources from its alumni have made it impossible for Loma Linda University School of Medicine to remain anonymous. Thank you for your support—past, present, and future.
Splashdown: LLU Mice Return from International Space Station

On August 14, after three years of careful planning, 20 mice blasted off from Kennedy Space Center to circle Earth at 17,150 mph aboard the International Space Station. Thirty days later, those same mice splashed down 200 miles off the coast of Long Beach, California, and were rushed to Loma Linda University, where 50 investigators from NASA, LLU, and a half-dozen other universities were waiting to study the effects of spaceflight on biological systems.

Dr. Xiao Wen “Vivien” Mao, MD, a principal investigator and the LLU lead for the study, harvested eye tissue from the mice. She is interested in how radiation, microgravity, and drastic changes in fluid distribution in the body affect the eye. She says many astronauts return to Earth with vision problems.

“If I can identify factors and cellular mechanisms that damage the eye, especially in the retinal vasculature, then that will have a helpful impact on treating diseases on Earth that cause vision problems,” Dr. Mao said.

Other investigators on the project will study how microgravity affects blood and lymphatic vessels, muscles, and bones. LLU has a long history of working on spaceflight-related research with NASA. This particular experiment was the fourth spaceflight for the Division of Biomedical Engineering Sciences (BMES) in the School of Medicine and the fifth for the University as a whole.

“We’re still putting out papers from our last flight experiment on Atlantis, which happened to be the final flight of the space shuttle era, STS-135,” said Michael Pecaut, PhD, who has been involved in all five spaceflight studies while at Loma Linda. “We have a reputation that we publish our work.”

Dr. Mao said that hosting the other investigators for two weeks took a tremendous amount of coordination and collaboration and that members of the BMES labs and Animal Care Facility rose to the challenge.

“We can show that Loma Linda is capable of doing these studies, coordinating them, and putting our name on them,” Dr. Mao said. “There’s no reason NASA can’t keep coming here if the space is available.”

LLUH Embraces Telehealth

Jeffrey Kim, MD

“T here’s an app for that” has become a phrase as true as it is corny. With the push of a few buttons you can have a car pick you up or video conference someone a continent away. Technology has changed the way society interacts, and health care by necessity must keep up. Loma Linda University Health (LLUH) has stepped up to the challenge by beginning to offer virtual appointments, known collectively as telehealth.

Jeffrey Kim, MD, a family medicine physician, is one of the pioneers of telehealth at LLUH. He regularly sees patients through secure video visits and e-visits—online questionnaires that ask patients about their symptoms. He said that those who have switched to virtual visits have become repeat patients because of its convenience.

Although there will always be a place for in-person physical diagnoses, LLUH is also exploring ways to implement around-the-clock remote patient monitoring for patients with conditions that have high rates of readmission like heart failure.

“It’s exciting that Loma Linda has decided to pursue telehealth and be proactive,” Dr. Kim said. “I envision this as a way to support missionaries around the world with consultations. These rural areas wouldn’t otherwise be able to access care.”

LLUMC 50th-year Celebration Honors Faculty, Alumni

On August 7, nearly 600 people gathered at Loma Linda University Church to celebrate five decades of medical advancements and transformations at Loma Linda University Medical Center.

The medico center’s iconic cloverleaf towers opened on July 9, 1967, after the board of trustees voted to combine the historic two-year clinical education program in Los Angeles with the two-year basic sciences program in Loma Linda. Since that time, medical advancements in the fields of proton therapy, perinatal research, and infant heart transplant have taken place at LLU Health.

Loma Linda University Medical Center President Richard H. Hart, DrPH, ‘70 recognized those who have contributed to the University’s continued success during the 50th anniversary celebration. Among those acknowledged were clinical faculty who were working when patients were moved from the sanitarium—now Nichol Hall—to the medical center.

AAMC President Praises LLUH Education Model

Barrell G. Kirch, MD, president and CEO of the Association of American Medical Colleges, told Loma Linda University Health leaders he believes there is no other institution better positioned to engage in interprofessional education. Dr. Kirch visited the campus on May 5. He said that the University’s eight health sciences schools make it uniquely equipped to support interprofessional education. He added that the collaborative model is necessary to create a team that effectively and efficiently provides the highest quality care to the whole population.
College savings? Paying off debt? Building a home? Retirement? For more than 40 years, Eddie Ngo, CFP®, has been helping Loma Linda University School of Medicine alumni pursue their goals and dreams through financial planning. Eddie Ngo helps his clients with:

- Strategies to build a diverse financial portfolio
- Advice on pension planning, investment related tax planning and insurance needs
- Financial plans to guide you through every stage of life from birth to retirement

Most of the group of 32 alumni, family, and friends partaking in the Nordic Legends cruise gathered for a group photo aboard the ship, Marina.

On July 9, 2017, a group of Loma Linda University School of Medicine alumni, family, and friends gathered in Stockholm, Sweden, to embark on the Nordic Legends alumni cruise. The itinerary included Russia, Poland, Germany, the Scandinavian countries (excluding Iceland), the two Baltic states of Estonia and Lithuania, and departure for home from London, England. First, we boarded our ship, the Oceania Cruises vessel, Marina. Then we settled into our suites, explored the ship, and met others in the group.

The Alumni Association planned our tour well, and it provided many interesting options at each site. The only “problem” was that we had to choose only a portion of the many great opportunities available. We could select from excellent guided tours or roam on our own.

Our group spent the first night in port and then explored Stockholm the following day. We joined various tours of the city explaining history, architecture, and geography and visited museums, such as the Alfred Nobel Museum or the Vasa Museum and its 17th-century ship. That evening we sailed east from Sweden through lovely channels and islands bathed in the long, golden twilight of nearly 60 degrees north latitude.

By morning we found ourselves across the Baltic Sea in Tallin, the capitol of Estonia. This country became independent from the Soviet Union in 1991 and has made rapid economic progress since then. The tour of the central medieval town was a highlight as well as the Kadriorg Palace, formerly one of Peter the Great’s palaces.

That night we sailed to Russia and spent two days in St. Petersburg. There is so much to see in that city that one becomes almost dazed. I will only mention some: various palaces, such as the Yusupov Palace where Rasputin was murdered, the Summer Palace of Peter the Great, and the Winter Palace; the Church of the Savior on Spilled Blood; and other churches, especially Saints Peter and Paul Cathedral, which has a golden spire towering 404 feet and is where Peter the Great is buried. There were evening options of Russian Ballet or of songs and dance, and the chance to take a boat ride on canals and the Neva River. Of course we went to the State Hermitage Museum, one of the world’s greatest, housing 3 million items. And we could tour the home of Dostoyevsky and other sites of literary interest.

After two days of delightful, though tiring, sensory overload, we rested while sailing overnight to Helsinki, Finland. The next day we strolled the charming medieval village of Porvoo. We went back to Helsinki for a city tour before returning to our ship and sailing southward that night, across the Baltic again to Klaipeda, Lithuania. Highlights there included tours of the medieval Old Town, an ancient church and monastery, the national museum, a clock and watch museum, Zemaitija National Park, and a Soviet missile site from the 1960s, where we descended into the missile silos. This was a fascinating view into the other side of the Cold War. After a full day, we sailed to Gdansk, Poland. There we toured the city and visited the sobering Stutthof Museum and concentration camp from World War II, where more than 85,000 people were executed.

(Continued on page 42)
The department of anesthesiology has grown to 72 faculty members. These faculty members are spread across multiple disciplines, with the largest being the division of pediatric anesthesiology, which includes 19 pediatric anesthesiologists. The department also employs 10 cardiac anesthesiologists and 13 critical care physicians, along with additional subspecialists in the fields of neuro anesthesia, obstetrical anesthesia, and acute pain medicine.

One of the most significant clinical advances for both the care of patients and training of residents has been in the development of the acute pain service led by Mohamed Nour, MD. The acute pain service is responsible for providing pain management for inpatients who are undergoing surgery at Loma Linda University Medical Center and Loma Linda University Children’s Hospital. Patients receive nerve blocks or other adjuvants to enhance their surgical experience by making it as pain-free as possible.

Ihab Dorotta, MB ChB, has been named director for Patient Safety and Quality for LLU Health. This is an important position appointed by the board of LLUH. Dr. Dorotta is responsible for tracking quality management and making recommendations to the chief medical officer, H. Roger Hadley ’74, on how to improve both quality and safety for patients receiving their care at LLUMC.

There have been recent important developments regarding resident and medical student education. The department of anesthesiology is a national leader in the field of perioperative ultrasound education for anesthesiologists. Davinder Ramsingh, MD, a previous chief resident in 2012, has been recruited to LLUSM faculty to be the director of Ultrasound Education. Dr. Ramsingh is also the director of Anesthesiology Clinical Research.

The department of anesthesiology is a national leader in the field of perioperative ultrasound education for anesthesiologists. In September 2011, the department hosted a meeting jointly with the UCLA Department of Anesthesiology at Huntington Beach, California, on point-of-care ultrasound. This year was the second year the meeting was held, and it is now an annual meeting to provide clinicians with up-to-date information in the field of perioperative ultrasound.

The department is proud that since its inception four of its resident graduates have become academic department chairs. Most recently, Richard Applegate, MD, was named chair of the department of anesthesiology and pain medicine at the University of California, Davis. He is the second faculty member from LLUSM to be named a department chair of any medical specialty at the University of California. Linda J. Mason ’74 was elected by the American Society of Anesthesiologists as president-elect in October 2017. She will be the third woman to serve as president of the society.

The department of anesthesiology continues to be active in clinical and basic science research. In the last year the department has published 51 papers and abstracts by clinical faculty. In addition, 44 papers and abstracts were published by the department-affiliated Zhang Neuroscience Research Laboratories under the direction of John H. Zhang, MD, PhD. This laboratory has received significant NIH funding and Dr. Zhang continues to be a leader on campus in basic science research. The departments of anesthesiology and neurosurgery recently co-hosted a meeting entitled, “The 14th International Conference on Acute Neurovascular Event After Subarachnoid Hemorrhage—Vasospasm 2017, Scientific Program.” This meeting had 175 basic scientists and clinician attendees from 15 different countries. These clinicians were from various specialties including neurosurgery, neurology, critical care medicine, and anesthesiology.

The department offers various educational opportunities for medical students. One is a LLUSM required one-week rotation in anesthesiology. Elective rotations include an optional freshman preceptorship, which introduces medical students early in their career to the possibility of anesthesiology as a career choice. Other clinical electives are offered during the senior year and there are also basic science research elective opportunities available.

The residency program has grown to 64 residents, spread over a four-year continuum. In addition, the department has accredited fellowships in pediatric anesthesiology, cardiothoracic anesthesiology, and critical care medicine.

The department is proud that since its inception four of its resident graduates have become academic department chairs.
Anesthesiology Faculty Spotlight: Davinder Ramsingh, MD

Dr. Ramsingh was a graduate of the Medical College of Georgia in 2006. He first came to Loma Linda University when he matched into the anesthesiology residency and was quickly identified as an outstanding resident. From 2009 to 2010, Dr. Ramsingh served as the chief resident. In 2010–2011, he completed a cardiothoracic anesthesiology fellowship at UCLA. He joined the faculty of UC Irvine from 2011 to 2016, becoming director of the cardiac division and of perioperative ultrasound. While at UC Irvine, Dr. Ramsingh was named resident advocate of the year and twice voted faculty teacher of the year. In 2010–2011, he completed a cardiothoracic anesthesiology fellowship at UCLA. He joined the faculty of UC Irvine from 2011 to 2016, becoming director of the cardiac division and of perioperative ultrasound. While at UC Irvine, Dr. Ramsingh was named resident advocate of the year and twice voted faculty teacher of the year. In 2012, he won a Foundation for Anesthesiology Research in Education (FARE) Grant and contributed to several quality improvement initiatives that were supported by the Board of Regents of the University of California.

In 2016, Dr. Ramsingh was recruited back to LLU School of Medicine, where he was named director of both clinical research and perioperative ultrasound and appointed associate professor of anesthesiology. His research interests include the use of ultrasound and technology to improve perioperative care. He is known as an outstanding teacher and mentor.

One of Dr. Ramsingh’s areas of research is the field of point-of-care ultrasound as it applies to the education of anesthesiologists. He has authored numerous journal articles and textbook chapters and contributed editorials published in both Anesthesia & Analgesia and Anesthesiology regarding his work. His article “Impact Assessment of Perioperative Point-of-Care Ultrasound Training on Anesthesiology Residents” was the cover feature of Anesthesiology in September 2015. Dr. Ramsingh is also a reviewer for many high-impact factor journals and is an editorial board member for Anesthesia & Analgesia.

Dr. Ramsingh is known as an outstanding teacher and mentor.

Dr. Ramsingh has developed the website www.foresightultrasound.com, which is a free, open-source, educational resource for physicians wanting to learn point-of-care ultrasound. This teaching program has been adopted by numerous academic centers to assist in resident education. Dr. Ramsingh recently hosted for the second year a joint meeting with UCLA faculty on point-of-care ultrasound. It is an educational workshop designed for all acute care providers and an example of the innovative educational style that Dr. Ramsingh brings to education for students and residents at LLUMC. Anyone interested can learn more about next year’s meeting entitled, “Perioperative and Acute Care Ultrasound Workshop” by visiting www.pocuseducation.com.

Anesthesiology Faculty Spotlight: Linda J. Mason ’74

Dr. Mason completed an anesthesiology residency at Loma Linda University in 1978 and a pediatric anesthesiology fellowship at Children’s Hospital of Philadelphia in 1979. She then joined the faculty of the LLU School of Medicine Department of Anesthesiology.

Dr. Mason was instrumental in starting the pediatric intensive care unit at LLU Medical Center along with B. Lynn Behrens ‘63-ff in 1980–1981. She has devoted her career to the subspecialty of pediatric anesthesiology. At LLU she has served as director of the anesthesiology residency program and as director and long-time chair of the pediatric anesthesiology fellowship program. She was promoted to professor of anesthesiology and pediatrics in 1996.

Dr. Mason has also held many important administrative roles at LLUMC. She was medical staff president from 1997 to 1999. She currently serves as vice president for LLU Medical Center and Children’s Hospital for Medical Staff Services.

During her career, Dr. Mason has served in significant roles with various professional organizations. In 2004–2005, she served as the president of the California Society of Anesthesiologists. From 2008 to 2010, she served as chair of the Association of Anesthesiologists Subspecialty Program Directors, and from 2010 to 2016, she was a review committee member of the Accreditation Council for Graduate Medical Education Committee for Anesthesiology.

The department of anesthesiology is proud of Dr. Mason’s many professional accomplishments, but the most significant one is her service with the American Society of Anesthesiologists (ASA). Dr. Mason was a long-time delegate to the ASA and became assistant secretary from 2009 to 2012 and secretary from 2012 to 2016. In 2016, she was elected as first vice president. In October of 2017 Dr. Mason was named president-elect of the American Society of Anesthesiologists. She will serve as president for the 2018–2019 term, becoming only the third woman and first board certified pediatric anesthesiologist to hold the position.
Department Report: Internal Medicine

By Douglas R. Hegstad '80-A  
Chair, Department of Internal Medicine, LLUMC

in grant funding over the last eight years. At the SAC Health System (SACHS) clinic in San Bernardino, Harvey Elder teaches residents and students to listen to their HIV patients before crafting a care plan. Ray Herber continues to provide guidance of department endowments that sum to nearly $30 million and contribute to renewal and innovation. Glen Foster, who recruited a generation of faculty at the Loma Linda VA, offers friendly advice following Grand Rounds.

Roy V. Jutzy '52, Stewart W. Shankel '58, Joan Coggin '53-A, Donald L. John '42, Varner J. Johns '45, John E. Peterson '39, Robert E. Soderblom '63, Edwin H. Krick '51, Robert D. Mitchell '47, James J. Cooperus '67, Philip J. Roos '75, and others have laid the foundation and set ideals of service and planning that continue to shape the department.

The chair's task upon his arrival in 2009 was to grow the faculty—in numbers and capabilities—to meet needs. New revenue sources from hospital, Medicare expansion, and entrepreneurial outreach have enabled recruitment and growth. Active department of medicine faculty now number 472. A half-century later, a new generation is reinventing the language and operations of a new generation of multicultural faculty working under a new set of rules in a rapidly changing landscape.

Clinical Practice
In the early 1960s, a small group of young visionaries from Glendale, Los Angeles, and various fellowships came to work in Loma Linda as LLUMC emerged from the orange groves. A modern Gideon's army, they were small in number but large in vision, commitment, and talent, developing the new clinical site in Loma Linda.

Active department of medicine faculty now number 472. On a more granular level, the LLUMC-based department added 41 new faculty members in 2017.

A half-century later, a new generation is reinforcing and reinvigorating the faculty. When hospitalist David H.T. Kim '93 arrived on campus in 2011, he set to work recruiting. Now the 40-plus physician hospitalist division meets weekly to align practice with metrics in real time. They modulate practice based on length of stay, patient satisfaction, catheter infection readmission rates, census load, etc.

From the first day of her career, internist Shivani Scharf, DO, committed to practicing as a hospitalist and as a primary care physician. Some physicians, burned out with routines or pressures in their environment, wondered how she could do it. Yet an increasing cadre of young internists has caught the vision of a “hybrid practice.” “It’s hard work,” acknowledges Dr. Scharf, “but the variety and stimulation keep me energized and motivated.” Dr. Scharf now heads the division of general internal medicine that staffs clinics at the San Bernardino SACHS campus and in the Faculty Medical Office (FMO).

Post inpatient discharge, post emergency department visits, procedure clinics, and area of interest clinics, such as obesity medicine, complement traditional internal medicine primary care services. Hybrid and clinic-based general internists are finding an identity that contributes to the growing LUH primary care enterprise.

Gastroenterologist Neil Mann, MD, MPH, has added double balloon enteroscopy (passing an endoscope throughout the 26 feet of the small bowel) at the Medical Center. With the leadership of gastroenterology and hepatology division head Michael Volk, gastroenterologists have opened clinics in Newport Beach, Beaumont, Las Vegas, and elsewhere. They have expanded services at RUMC and Arrowhead Regional Medical Center (ARMC) and purchased a stake in a community-based endoscopy center.

Loma Linda’s 26 cardiologists have introduced new advanced services at LLUMC, including transaortic valve replacement (TAVR) and mitral valvuloplasty.

Rheumatologists have grown service in the FMO, at RUMC, and at SACHS. At LLUMC, faculty nephrologists have added apheresis service to their consultative and dialysis services. They provide medical directorship at a nearby commercial dialysis center.

Loma Linda’s 26 cardiologists have introduced new advanced services at LLUMC, including transaortic valve replacement (TAVR) and mitral valvuloplasty. At the same time, they have added services to include ARMC and RUMC. Cardiologist Anthony A. Hillard ’02 was recently recruited as chief operating officer of the 1,000-plus physician Faculty Practice Group (LLUFMG). Pulmonologists/interstitialists continue to improve services in the Medical Center’s medical intensive care unit, but they have added wound care, hyperbaric medicine, and interventional pulmonary services guided by endoscopic ultrasound probes. They offer clinics prioritizing patients with severe asthma and patients with pulmonary hypertension. The medical interstitials have teamed up with colleagues at LIVAH and RUMC and have completed their first multicenter study. The division has begun work with the LLUH Business Development Team to develop an Advanced Lung Disease Center to provide quaternary-level care.

The division of hematology and oncology has just reactivated the Adult Bone Marrow Transplant Program. Its 12 faculty increasingly focus their expertise on specific tumors. The division provides oncology services at LLUMC, LLU-Beaumont/Banning, RUMC, and the LIVAH. The division continues to support the strategy for National Cancer Institute-designation of the LLU Cancer Center.

Education
Amy C. Hayton ’04 heads the department of medicine’s student education program. Teaching students to “reflect deeply,” she has coached them to explore and discover meaning at the death of a patient or in a situation where they have little power. As commencement speaker for the Class of 2017, she reminded graduates that they were designed for their work. Among nearly 40 students in this year’s graduating class who have chosen internal medicine for their future specialty, many cite Dr. Hayton’s influence and example.

Sonny Lee, MD, has headed the internal medicine residency program since May of 2016. Employing student consistency, expertise, and a unique model, that has assembled a first-rate office team. He has overseen a reshaping of the inpatient internal medicine experience at Loma Linda to dovetail with the week-on week-off model of modern hospitalist practice. Residents work seven days on the inpatient service, followed by alternating weeks filled with clinics and educational seminars. This year a record-breaking number of Loma Linda medical students have applied to the residency program.

Six fellowships—cardiology, pulmonary/critical care, gastroenterology, rheumatology, nephrology, and hematology/oncology—attract high-caliber trainees and have contributed key faculty to the department. Lawrence Loo ’84-res, vice chair for Education and Faculty Development, continues to develop educational programs within the department while serving as associate dean for Educational Quality and Outcomes.

Research
Bryant Nguyen, MD, vice chair for research and head of the division of pulmonary/critical care medicine, has nurtured a growing culture and production of scholarly work. Architect for the department Research Innovations Grant (RIG). A department of medicine and endowment-funded intramural grant that mirrors NIH R-01 processes), Nguyen has overseen funding awards to junior faculty. Further, in the last 18 months, he and members of his division have had 11 peer-reviewed publications.
Huyun Cao, MD, division of oncology/hematology, won the 2017 American Society of Clinical Oncology Young Investigator Award and recently obtained a California Institute for Regenerative Medicine grant and department RIG award.

Cardiology faculty have produced just over 20 peer-reviewed publications during the most recent period. Dr. Hilliard serves as chair of the Early Career Section of the American College of Cardiology and is a member of five of its committees. Purvi Parwani, MBBS, is a member of the editorial board for the American College of Cardiology.

Gary E. Fraser ’69 continues research focused on the Adventist Health Study-2, a cohort of 96,000 Seventh-day Adventists from all over North America, now running for 40 years. Dr. Fraser has published about 100 articles reporting on this population.

The division of gastroenterology/hepatology has produced just over 20 peer-reviewed papers during the most recent period with key contributors being Michael Volk, MD, MSc, and Christian Jackson, MD. Dr. Baylink heads the division of regenerative medicine and the department of medicine’s basic science research. His team continues translational collaboration with clinical divisions. Discoveries of molecular mechanisms in sepsis and inflammatory bowel disease complement basic work and more than 700 career publications.

The Center for Advanced Statistics in Education, headed by Michael Kashner, PhD, continues to be a hotbed of research and publication in the medical education literature. Its current extramural funding exceeds $2 million.

Summary
In clinical practice, scholarly activity, and education—and in manpower, capability, and youthful vitality—the department of internal medicine has moved forward to support the LLUH mission. Its faculty members are advancing through the challenges of a changing health care topography and a growing regional population. They are inspiring and training Loma Linda students, residents, and fellows to continue the healing and teaching ministry of Jesus Christ. ■

Internal Medicine Faculty Spotlight: Karina Torralba, MD

In early 2013, Karina Torralba, MD, MACM (Master of Academic Medicine), at that time the associate director for the rheumatology fellowship program for the University of Southern California, agreed to join the Loma Linda division of rheumatology.

Arriving in May 2013, she initially served as co-director of the Loma Linda University Rheumatology Fellowship Program. Within months, a series of faculty departures and realignments left her as the solo full-time rheumatologist at Loma Linda. She saw need and possibility, and she dug in. She set about recruiting a team. In January 2015, she was appointed to the key American College of Rheumatology Committee on Workforce and Education literature. Its current extramural funding exceeds $2 million.

In March 2017, Dr. Torralba was appointed as a panel member for the Fracture Liaison Service Certification Course of the National Osteoporosis Foundation.

With the growing rheumatology faculty, Dr. Torralba has begun to assign administrative roles. Dr. Christina Downey, MD, serves as Faculty Medical Offices rheumatology medical director. Mehrnaz Hojjati, MD, oversees rheumatology clinical trials. Vanett Sandhu, MD, oversees the expanding rheumatology practice at Riverside University Medical Center (RUMC). Dr. Torralba has overseen the expansion of rheumatology clinical services at RUMC, the SAC Health System clinic, and FMO.

Widely published and recognized as an expert in rheumatologic ultrasound, Dr. Torralba has introduced ultrasound to clinical practice and to the fellowship training program. In 2017, she contributed two book chapters, her ninth and tenth. She has had seven peer-reviewed publications since arriving at Loma Linda, with a sum now approaching 30. This year the rheumatology division as a whole presented 24 abstracts at professional meetings.

Dr. Torralba has been appointed to the key American College of Rheumatology Committee on Workforce and Training that sets fellowship training standards and sets rheumatology curriculum requirements for medical students and residents. She also serves on the Outcomes Measures in Research group on lung ultrasound and vasculitis ultrasound. This international body develops outcome measures and scoring systems for clinical trials in rheumatology ■

Michael L. Volk, MD, joined the Loma Linda faculty January 1, 2015. Not yet 40, he took on two administrative tasks: medical director for transplant hepatology and head of the division of gastroenterology and hepatology.

Recently, Dr. Volk commented, “My vision for the future is that patients and referring physicians in the Inland Empire and nationally will view Loma Linda as not only a place to receive the latest cutting-edge care but a place where every aspect of the care is warm, well coordinated, and focused on the whole person.” Soft-spoken, direct, and respectful, Dr. Volk has not sought recognition for his pedigree: his vision has guided action.

Dr. Volk recognized transplant hepatology, increasing patient referrals to more than 100 per month. The Transplant Surgical Team, headed by Michael de Vera, MD, kept up by adding two new surgeons. Transplanted livers have increased from a base of 24 per year to 40 in 2015, then 48 in 2016, and so far in 2017 at the time of this writing.

As head of the division of gastroenterology and hepatology, Dr. Volk has presided over an integration of the clinical services that led one hospitalist physician to observe, “GI is the most responsive service in the hospital.” Dr. Volk has retained nine GI faculty members and recruited seven more since joining the department.

Through the recruitment of Neel Mann, MD, MPhil, and new institutional equipment purchases, he has brought double balloon enteroscopy (endoscopy of the entire bowel) to Loma Linda. Dr. Volk negotiated equity purchase of Mountain View Endoscopy Center, creating space for continued growth of the GI division and providing the surgery service and Loma Linda University Medical Center with increased downstream referrals. He expanded GI services at Riverside University Medical Center, an outstanding teaching location that targets care to underserved populations. He and Tejinder Kalra, MD, developed the nonprofit Inland Empire Gastroenterology Society, which now brings together gastroenterologists from the region for collegiality and education.

Since his arrival in Loma Linda, Dr. Volk has authored 21 peer-reviewed papers, bringing his total to 90. His two main areas of research focus are decision making about organ offers in liver transplantation and management of cirrhosis. Dr. Volk participated in the steering committee for a multicenter Patient-Centered Outcomes Research Institute grant funded at $14 million, with $1 million allocated to the Loma Linda site.

Dr. Volk graduated from Kalamazoo College in 1997 and the University of Rochester School of Medicine and Dentistry in 2001. He completed internal medicine residency at the University of Virginia Hospital in Charlottesville and gastroenterology and hepatology fellowship in 2007 at the University of Michigan (U-M) Hospital. He earned a Master of Science from U-M in 2007 and was a Robert Wood Johnson Scholar there in 2008. Between 2010 and 2014, he was co-instructor of U-M’s Robert Wood Johnson Leadership Course. ■
Praise him, sun and moon;
praise him, all you shining stars.
Praise him, you highest heavens and you waters above the skies.
Let them praise the name of the Lord, for at his command they were created,
and he established them for ever and ever—
he issued a decree that will never pass away.

Psalm 148:3–6 (NIV)
Mike Case ‘93
From San Juan, California

Oct 21, 2017

Miguel Claro traveled to Prineville, Oregon (60 miles west of Bend, Oregon) and I traveled to Huntington right on the Snake River. We were right on the center line of the eclipse and there was a large amount of cloud cover, but we were able to capture images of the partial phases. D750 camera with a 500mm zoom telephoto.

Dana D. Buore ‘86 and family
From Yakima, Utah

Right. Eagle

To view the eclipse, Dana took her wife and kids to camp at Knapsack Campground in Idaho. Right just three days after viewing a partial eclipse cross-country road trip stepping in Portland, Maine. He was able to know and a classmate I hadn’t seen in years.

Anita Hynes ‘77
From Irvine, California

Now, folks, I was awed by the perfect order and precision of the solar system. I have minimally understood, French, and Italian. I can express my views in a typical exuberant Italian way.

Jonathan Ross (son-in-law of Bill Smith ‘67)
From Portland, Tennessee

Steve Anderson ‘91
From Canonsburg, Pennsylvania

Douglas, Wyoming

I was drawn from Kansas City, Missouri. I have a few laptop projects for which I photograph old movie theaters, one per state plus other ways to think about the eclipse. Now hallowed plain began to disperse as soon beginning. In the joy, there was barely hidden relief shining high above us.

"The total eclipse looked wonderful!" So Douglas’s favorite part was the complete annihilation of the sun. She is10

Raper Hudson ‘74
From Lenora, Kansas

"We saw eclipses by the perfect order and precision of the solar system. I can minimally understand, French, and Italian. I can express my views in a typical exuberant Italian way.

Jonathan Ross (son-in-law of Bill Smith ‘67)
From Portland, Tennessee

Steve Anderson ‘91
From Canonsburg, Pennsylvania

Douglas, Wyoming

I was drawn from Kansas City, Missouri. I have a few laptop projects for which I photograph old movie theaters, one per state plus other ways to think about the eclipse. Now hallowed plain began to disperse as soon beginning. In the joy, there was barely hidden relief shining high above us.

"The total eclipse looked wonderful!" So Douglas’s favorite part was the complete annihilation of the sun. She is

Raper Hudson ‘74
From Lenora, Kansas

"We saw eclipses by the perfect order and precision of the solar system. I can minimally understand, French, and Italian. I can express my views in a typical exuberant Italian way.

Jonathan Ross (son-in-law of Bill Smith ‘67)
From Portland, Tennessee

Steve Anderson ‘91
From Canonsburg, Pennsylvania

Douglas, Wyoming

I was drawn from Kansas City, Missouri. I have a few laptop projects for which I photograph old movie theaters, one per state plus other ways to think about the eclipse. Now hallowed plain began to disperse as soon beginning. In the joy, there was barely hidden relief shining high above us.

"The total eclipse looked wonderful!" So Douglas’s favorite part was the complete annihilation of the sun. She is
Solar Eclipse Facts
• The August 21 eclipse was called the Great American Eclipse because it was visible by every state in the lower 48.
• The last total solar eclipse visible from anywhere in the United States was nearly 100 years ago on June 8, 1918.
• Solar eclipses occur around the world about two to four times per year, but the pathway of totality often does not cover much ground or is in an inconvenient location for viewing.
• The best total solar eclipse visible from anywhere in the lower-48 states took place on March 20, 1918.
• The total solar eclipse of August 21, 2017 is the first observed across the United States since 1979.
• About 20 million people traveled to another location to view the eclipse.

Capturing the Great American Eclipse

The Ermshar Family’s Oregon Adventure

By Nancy Yuen, MPH

On August 21, 2017, the moon orbited into direct alignment between the earth and the sun. The moon, 400 times smaller than the sun, blocked out almost all of the sun’s light, a feat made possible because the moon is 400 times closer to Earth.

On their way to Oregon, the Ermshar family traveled from their home’s generator was crucial. But when they tested it, it would not start. Heads spinning, they began to make contingency plans. “Not having the generator created anxiety and became a matter of prayer, “ Dr. Ermshar says.

Challenges and Blessings
Their research preparations took care of the Ermshars loaded up the motor home that Anna’s parents had loaned them for the trip. Anticipating three hours of totality time and needing to charge power numerous batteries and other pieces of equipment, the motor home was crucial. But when they tested it, it would not start. Heads spinning, they began to make contingency plans. “Not having the generator created anxiety and became a matter of prayer, “ Dr. Ermshar says.

For someone operating a telescope and hoping to photograph the eclipse, steady power was important. A moment’s lapse could derail the motor home that Anna’s parents had loaned them for the trip. Anticipating three hours of totality time and needing to charge power numerous batteries and other pieces of equipment, the motor home was crucial. But when they tested it, it would not start. Heads spinning, they began to make contingency plans. “Not having the generator created anxiety and became a matter of prayer, “ Dr. Ermshar says.

The resulting 60- to 70-mile patch of darkness traveled across the Pacific Ocean, reaching the Oregon coast at 10:16 a.m. Just eight minutes later it enshrouded the small farm outside Prarie City, where Alson Wong, MD, a pediatrician and amateur astronomer. The image combines short and long exposure sequences and video of the sun near sunset and sunrise.

Preparation
Dr. Ermshar, who has been immersed in astronomy for years, purchased a Mask 12/16 Schmidt-Cassegrain telescope in 2006. “I’ve enjoyed using it to search for stars, planets, and meteorites, “ he says. He has seen significant celestial events before—an aurora eclipse and a transit of Venus, both in 2012, for example. But, “When I learned of the Great American Eclipse, knowing we were in for a very special event, “ he says. Determined to capture the eclipse both in still images and video, Dr. Ermshar and Stephen intensively researched their trip in June, when Stephen, who is studying computer engineering at Walla Walla University, returned home for the summer.

In the days leading up to the eclipse, father and son searched for places to photograph the eclipse. They chose the small town of Prairie City, Oregon, a rural community in the pathway of totality which was not likely to be overrun with eclipse day crowds. To reach their destination, the family would be traveling more than 200 miles northeast from their home in Grants Pass, Oregon. Dr. Ermshar—the eighth Ermshar to graduate from Loma Linda University School of Medicine—has practiced medicine for 27 years. For 17 of those years, he has cared for patients in the Associate health system, which serves communities in southern Oregon and northern California. Dr. Ermshar practices all aspects of pediatrics, adults, and geriatric medicine. “I have always admired as a Teil spectrum family physician, “ he says. A member of a pediatric and OB group, he delivers as many as 15 babies each year and sees many infants and children in his community.

He recently moved his practice into a new 6,000-square-foot medical office building and is looking for another energetic family physician partner. Someone, he says, “who wants to assume the reins of one of the premier practices in Oregon someday. “

To view the eclipse, the Ermshar family comprised of a motor home on a local farmer’s land outside Prairie City, Oregon. The day of the eclipse showed bright and clear weather with a few small wisps of clouds.
Early Sunday morning, August 20, the family left Grants Pass. Dr. Ermshar remembers the sky being clear and the roads uncongested. They drove all day. The sun was getting low as they turned east on Highway 26 to Prairie City.

They needed to set up the telescope before dark but were unable to find somewhere to stay in Prairie City. They left, hoping to locate a place in a nearby national forest. Just outside of town they noticed about 40 campers gathered on a grass-covered hillside near a home and barn. “It was as if a local farmer had invited friends over for an eclipse party,” Dr. Ermshar recalls. “We decided to drive in like we knew them and ask for a place to set up.”

A camper introduced them to the property owner, who offered them a site by the barn on a level, sandy area—for just $50 a night. “Compared to inflated prices everywhere else we felt blessed,” Dr. Ermshar says. “I believe this connection was a heaven-sent promise of success.”

While getting the generator to work still eluded Dr. Ermshar, he decided against asking anyone to share power because he didn’t want to risk losing it at a critical time. He and Stephen shut down for the night after testing their camera equipment, still “uneasy about the generator/power issue.”

The morning of the eclipse, the Ermshars went into action as they had trained. They placed fresh batteries in their camera and telescope equipment and then tried to start the generator one last time before turning on the telescope.

“Stephen and I put our heads together; while we thought the generator was fueled by diesel like the motor home, this was not the case,” Dr. Ermshar says. “They decided to try something new—switching on the propane supply before turning on the generator, and it worked!”

“The wonderful sound of a purring propane motor and bright lights in the motor home greeted us,” he says. “It was another promise from on high.”

“Capturing the Great American Eclipse would be a great challenge,” he says. As the moon began to travel across the rim of the sun during the partial eclipse phase, father and son began taking time-lapse images, capturing exposures every 30 seconds.

“Totality was to be at 10:24 a.m.,” explains Dr. Ermshar. “Just before totality, we switched to video after a few test segments, including recording of Baily’s heads. At totality we began recording video and removed the white glass filter for the totality exposure.”

With their thorough preparations and a little help from providence, they were finally photographing the event. They even managed to inadvertently capture a plane flying past the eclipsed disc of the sun. More importantly, perhaps, they were “capturing the moment” themselves.

Dr. Ermshar describes the scene: “At the time of totality it was definitely cooler, as during night. A twilight appearance descended over the farm. Birds flew back to roost on their tree surprised, I suppose, by the shortness of the day. Cows lowed again as if they were angry at the interruption of their digestion. After the initial exclamations at seeing the eclipse, the local crowd grew quiet, reveling in the beauty of the totality.

“We witnessed the color of the unusual night: purple sky, stars and planets never seen during the day. The silence of the hundreds of onlookers was curious. … Although duration was only 2.4 minutes, time seemed to stand still. Anna was so touched she was in tears with awe and joy.”

“Might be easier to see why some people go all over the planet to view as many eclipses as possible. To have this one in our back yard was a lifetime gift.”

Singular Event (Or Is It?)
The experience had special meaning for Dr. Ermshar. “I would love to do it again,” he says.

“Understanding that nowhere else in our solar system or universe do we know of a planetary satellite that eclipses its star to this perfect totality as ours tells us of the Creator’s special care in designing our solar system and our privileged biosphere we call Earth,” he says. “The eclipse was as much a promise of God’s design and presence in our universe as the rainbow was to Noah so long ago. We felt closer to Him. I feel we were meant to be there at that spot at that time to witness the singular event.”

The next prominent eclipse to pass through the United States, crossing between Texas and New England, will take place in 2024. Is Dr. Ermshar interested in traveling to see it? “It would be great to see another eclipse,” he says. “I would love to do it again.”

Second Morning
Your pow’r surpasses everything in space
No one on earth your equal;
Benevolent you are, your warming grace
A welcome daily sequel.

Yet in this place today you let yourself
Be covered by another;
And cold it grows, without your warming wealth
Now hidden by your brother.

While there behind the ancient stone you lay,
Around your head a crown;
Ringed brilliant jewels and curling thorns display
As dark the earth grows round.

Unnatural night, a harbinger of doom
While sister shines her warning;
Then suddenly you burst forth from your tomb
In joyous second morning.

Jim McMillan ’86
August 21, 2017

Nancy Yuen is the administrative and communications assistant at the Alumni Association. She has a master’s in professional writing from USC with an emphasis in screenwriting.

Photo of the diamond ring effect by Jonathan Ross.
In just a few weeks, the 86th Annual Postgraduate Convention will take place in Loma Linda. This will be the second year that APC is being held in conjunction with One Loma Linda University Homecoming, a campus-wide weekend gathering to which alumni from all the University’s schools are invited for fellowship, spiritual renewal, continuing education lectures, and special events together. If you’re not already registered, consider joining us in Loma Linda for APC and Homecoming!

The usual APC offerings hosted by the Alumni Association will be available: medical lectures, technical exhibits, the scientific poster session, the APC Gala, class reunions, the alumni luncheon, the AIMS Mission Symposium, and more. Homecoming events organized by the University include the spiritual programming, a Saturday night program, and a number of Sunday activities like a golf tournament and 5k race. More information for the weekend’s happenings can be found in the following pages.

The kick-off for APC begins on Friday morning at 7:45 a.m. with a devotional by Carla Gober Park, PhD. Following will be a full day of CME plenary sessions presented by outstanding guests and LLU faculty. Friday features the Jack W. Provonsha Lectureship with Farr Curlin, MD, and a hands-on workshop on the basics of dermoscopy.

Sunday’s APC activities continue with more plenary sessions, a simulation workshop on global health, and specialty symposiums in orthopaedic surgery, otolaryngology, plastic surgery, and surgery. A packed day of CME lectures will also be offered on Monday. On Sunday and Monday, be sure to visit the technical exhibits and the scientific poster session featuring the latest medical research by LLU students, residents, and faculty.

For School of Medicine alumni, registration for both APC and Homecoming events is available online at apc.llusmaa.org or by contacting the Alumni Association. (For other LLU alumni, registration for Homecoming can be done at homecoming.llu.edu. Of course, APC lectures may be relevant to non-physicians, and they can be registered for through the Homecoming website.)

Preparations for APC are in full swing. Make plans now to attend! We hope to see you there.
Weekend Events

Events not organized by or in affiliation with the Alumni Association appear in italics. Times and locations are listed to the best of our knowledge and are subject to change.

Saturday, March 3
Prayer Walk
7:00 a.m.
Meet at the Mission Globe

Worship Service
9:00 a.m.
Drayson Center

Homecoming Vespers
7:30 p.m.
Loma Linda University Church

Sunday, March 4
5K Run
8:00 a.m.
Drayson Center

AIMS Meeting & Mission Symposium
12:45 p.m.
Drayson Center

Awards Ceremony
10:00 a.m.
Level 4, Centennial Complex

Medical Auxiliary Vespers
4:30 p.m.
Loma Linda University Church

Class Reunions
Various times and locations. See page 38 for more details.

Saturday Evening Program
7:00 p.m.
Drayson Center

Sunday Evening Program
7:00 p.m.
Drayson Center

APC Plenary Sessions
8:00 a.m.
Drayson Center

Golf Tournament
9:00 a.m.
Tukwet Canyon Golf (Legends Course)
$125 to play. Cash prizes.

Technical Exhibits
10:00 a.m.—3:00 p.m.
Level 4, Centennial Complex
Take time during your visit to campus to see what the exhibits offer. The exhibit hall is an excellent chance to learn about other health care institutions, career opportunities, Christian ministries, and more—or to simply see what you can glean for free from the booths. Come by and say hello.

Note: Technical exhibits are returning this year to Level 4 of the Centennial Complex.

Free Exhibit Hall Lunch
11:30 a.m.—1:15 p.m.
Level 4, Centennial Complex
This complimentary lunch is available to LLU students and APC attendees who visit the technical exhibit hall. Those receiving lunches are encouraged to visit the exhibit booths. As a little incentive, $250 Visa gift cards will be awarded to one faculty member and one student in a prize drawing the next day. Those who collect signatures from the exhibitors will be eligible for the gift cards.

Riverside Convention Center
7:00 p.m. (6:00 p.m. Social Hour)

Alumni Luncheon
11:30 a.m.
Wong Kerlee Conference Center
Hosted by the Holding Fund, the Walter E. Macpherson Society (WEMS), and the Alumni Association, this luncheon provides an opportunity for APC attendees to learn more about the current activities and future plans of the Association, the School of Medicine, and WEMS.

Global Health Simulation Workshop
2:00 p.m.—4:00 p.m.
Level 4, Centennial Complex

APC Gala
7:00 p.m. (6:00 p.m. Social Hour)
Riverside Convention Center
See page 38 for more details.

Stay Tuned!
Find the latest details and information online:
• APC: apc.llusmaa.org
• LLU Homecoming: homecoming.llu.edu

Send us your favorite reunion and APC photos.
We may use them on our website or in the Alumni JOURNAL.
Email them, with caption information, to llusmaa@llu.edu

For complete schedule, lecture titles, speaker bios, and more: apc.llusmaa.org

Monday, March 5
APC Plenary Sessions
8:00 a.m.—5:40 p.m.
Centennial Complex

Scientific Poster Sessions & Technical Exhibits
10:00 a.m.—2:00 p.m.
Level 4, Centennial Complex
See descriptions under Sunday’s listings.

Free Exhibit Hall Lunch
11:30 a.m.—1:15 p.m.
Level 4, Centennial Complex
This complimentary lunch is available to LLU students and APC attendees who visit the technical exhibit hall. Those receiving lunches are encouraged to visit the exhibit booths. As a little incentive, $250 Visa gift cards will be awarded to one faculty member and one student in a prize drawing the next day. Those who collect signatures from the exhibitors will be eligible for the gift cards.

Send us your favorite reunion and APC photos.
We may use them on our website or in the Alumni JOURNAL.
Email them, with caption information, to llusmaa@llu.edu

For complete schedule, lecture titles, speaker bios, and more: apc.llusmaa.org

APC Registration: Level 1, Centennial Complex
Registration will be located in the Level 1 lobby of the Centennial Complex near the elevator and restrooms. The exhibit hall and poster sessions will be located on Level 4. The Damazo Amphitheater lecture hall entrance will be on the second floor.
Scientific Program

A total of 22 AMA PRA Category 1 Credits™ are available this year, and specialty symposiums are scheduled for orthopaedic surgery, otolaryngology, surgery, and plastic surgery. Some of the guest speakers are introduced below. Visit apc.llusmaa.org for more information or to register for the plenary sessions or specialty symposiums.

Plenary Session Featured Guests

James L Gulley, PhD, ’95
Chief, Gastrointestinal Malignancies Branch, NIH
“Immunotherapy for Prostate Cancer: Challenges and Opportunities”

Carrie Graves ’12
Pediatric Endocrinology, Rady’s Children’s Hospital
“Identification and Management of Type 2 Diabetes in Children and Adolescents”

Mark Gordon, MD
Medical Director, Millennium Health Centers, Inc.
“Traumatic Brain Injury and Neurosteroid Dysruption Syndrome”

Timothy Fong, MD
Clinical Professor of Psychiatry at UCLA and Director of UCLA Addiction Medicine Clinic
“Effective Practices to Address the Opioids Epidemic”

Mark Hyman, MD
Associate Clinical Professor of Medicine, UCLA
“Treatments We Missed in School: Bio-identical Hormones and Other Approaches”

Raffy Mirzayan, MD
Co-director of Sports Medicine and Director of Cartilage Repair, Kaiser Permanente
“Rotator Cuff Repairs—Superior Capsule Reconstruction for Massive Tears and Biologic Augmentation of Rotator Cuff Repairs”

Michael Shepard, MD
Sports Medicine Orthopaedic Surgeon at Orthopaedic Specialty Institute of Orange County
“Posterior Lateral Corner Injuries of the Knee—Surgical Techniques and Pearls”

Eric Kezirian, MD, MPH
Professor of Clinical Otolaryngology – Head and Neck Surgery, USC
“Surgical Evaluation and Treatment of Obstructive Sleep Apnea”

Steven Cohen, MD
Medical Director, FACES+ Clinical Professor, Plastic Surgery, UCSD
“Advances in Regenerative Plastic Surgery”

Plenary Session Presenters

D. Duane Baldwin ’91
Stephanie Bolton ’03
Kevin A. Codomín ’05
Barbara Couston Hernandez, PhD
Ihah Donutta, MB ChB
N. Margaretzi Ezirwa, MD, MPH
Linda Ferry, MPH, ’79
H. Roger Hadley ’74
Kevin M. Kinback ’92
Lawrence Loo ’84-res
Courtney Martin, DDS
William D. Murdoch ’73
Grace De’i ’04
Richard Rice, PhD
Darcy Trenkle ’11

Dermoscopy Workshop

Conroy Chow, MD
James Quertermous, MD
The workshop will review dermoscopic features of common skin tumors and contain a lecture and a hands-on practice session.

Global Health Simulation Workshop

Mind J. Gugnill ’06
Jason L. Lohr ’01
Jukes P. Nam ’05
Chad J. Vercio ’05
Wonha Kim, MD
Clinicians will be separated by specialty and perform a relevant simulation that could occur in a global or low-resource setting.

Specialty Symposium Presenters

Surgery

Aarthi Kannapann, MD
Fabrizio Luca, MD
Kauhish Mullerjensen, MD, MBA
Jeffrey Quigley, DO
Keith Scharf, DO
Daniel P. Srikureja ’10
Esther Yang, MD

Plastic Surgery

Steven Cohen, MD
Subhas Gupta, MD, PhD, FACS
Michael Hill, MD, PhD, FACS
Hahn Kim, MD

Otolaryngology

Kerry Chan, MD
Melissa Foote, DPT, PT
Eric Kezirian, MD, MPH
Ashley Page, AuD
Jayin Thakker, DDS, MD, FACS
Sally Ward, MD
Mark Welch, DO

Jack W. Provonscha Lectureship

“What Does Health Care Have to Do with the Healing Ministry of Jesus Christ?”

Presented by Farr Curlin, MD
Friday, 10:15 a.m. | Damazo Amphitheater

Dr. Curlin, a palliative care physician and theologian, is the Josiah C. Trent Professor of Medical Humanities at Duke University and holds joint appointments in Duke’s School of Medicine and Divinity School. His work in ethics addresses questions regarding religious commitments and the degree to which they should or should not shape clinical practices in a multicultural democracy. Dr. Curlin is especially concerned with the moral and spiritual dimensions of medical practice and the physician-patient relationship.

Dr. Curlin seeks to address the central mission of Loma Linda University, “to continue the teaching and healing ministry of Jesus Christ.” In his lecture, he will argue that, perhaps paradoxically, the desire to care for the “whole person” leads many clinicians and educators to misconstrue the purposes and limits of medicine, and, thereby, to contribute unwittingly to the very dynamics that make it hard to practice medicine faithfully in today’s health care environment. The lecture will describe rival accounts of health, wholeness, and healing and explain the difference it makes for physicians to pursue health as an objective bodily norm versus pursuing well-being as a subjective vision of wholeness. Following the lecture, three LLU scholars—a physician, a psychologist, and a theologian—will respond.

Named for Jack W. Provonscha ’53-A, distinguished physician and professor of religion at LLU, the annual lecture was inaugurated in 1988 and has since featured many major scholars. We are eager to welcome alumni of LLU as a way of deepening our understanding of the heritage of whole person care and strengthening our commitment to carry this tradition forward.

For complete schedule, lecture titles, speaker bios, and more: apc.llusmaa.org
Dear AIMS Members,

I have been an honor serving as your president these past four years. The 2018 Annual Postgraduate Convention (APC) will mark the close of my term.

During this time, you have provided matching dollars to support hospitals in Haiti and Zambia. Students have benefited from your donations toward educational stipends for their Global Health and Tropical Medicine courses. Children have designed and carried out their own community health programs because of your help.

Our medical students have appreciated getting to meet many of you at APC. Thank you so much.

Over the past 12 months the Association of International Medical Services (AIMS) Board has been considering ways to keep this association thriving. Like most non-profit organizations, AIMS is facing the reality that people are donating and becoming involved less now than ever before. This is especially true of the younger generations. Lower funds and less involvement has left AIMS with budget and volunteer shortages, requiring serious evaluation of our options moving forward.

To consider how AIMS might adapt to these realities, our board has held several meetings with the Alumni Association, School of Medicine of Loma Linda University. Together we have developed an arrangement that will legally merge AIMS into the Alumni Association while allowing us to carry on the mission of AIMS as a council of the Alumni Association. This new council will have a chair and council members similar to the structure of the current AIMS president and board of directors. Any AIMS life member who is not already an alumni of the LLU School of Medicine would become an honorary member of the Alumni Association.

As a board we feel this arrangement is the best way for AIMS to adapt and remain a vibrant and relevant entity. However, we understand the collective wisdom among our members, and we welcome any questions and comments before we meet to vote on approval of the arrangement. To communicate with us please use the contact page on the AIMS website: www.aims.llusmaa.org/contact. We look forward to your responses.

Again, thank you for all you have done and what you will do. I look forward to receiving your feedback.

Gratefully,

Ingrid K. Blymquist ’81
President of AIMS

AIMS MISSION SYMPOSIUM
Saturday, March 3, 12:45 p.m.
Drayson Center, Loma Linda University

Honoring Our 2018 Global Service Award Recipients
Rollin Bland ’88
Joseph Nozaki ’57

This arrangement is currently being drawn up by our lawyers before it can come to an official vote. We anticipate this vote to be placed before our AIMS members by this APC. Operating under the umbrella of the Alumni Association will provide AIMS with several benefits including:

• Reduced expenses.
• Greater access and exposure to the Loma Linda University School of Medicine alumni.
• Increased support from the Alumni Association staff members.
• Access to the Alumni Association database for help recruiting volunteers for short-term missions.
• Perpetual Bronze memberships for any AIMS life members who are not already perpetual members of the Alumni Association.

Like most non-profit organizations, AIMS is facing the reality that people are donating and becoming involved less now than ever before. This is especially true of the younger generations. Lower funds and less involvement has left AIMS with budget and volunteer shortages, requiring serious evaluation of our options moving forward.

To consider how AIMS might adapt to these realities, our board has held several meetings with the Alumni Association, School of Medicine of Loma Linda University. Together we have developed an arrangement that will legally merge AIMS into the Alumni Association while allowing us to carry on the mission of AIMS as a council of the Alumni Association. This new council will have a chair and council members similar to the structure of the current AIMS president and board of directors. Any AIMS life member who is not already an alumni of the LLU School of Medicine would become an honorary member of the Alumni Association.

As a board we feel this arrangement is the best way for AIMS to adapt and remain a vibrant and relevant entity. However, we understand the collective wisdom among our members, and we welcome any questions and comments before we meet to vote on approval of the arrangement. To communicate with us please use the contact page on the AIMS website: www.aims.llusmaa.org/contact. We look forward to your responses.

Again, thank you for all you have done and what you will do. I look forward to receiving your feedback.

Gratefully,

Ingrid K. Blymquist ’81
President of AIMS

AIMS MISSION SYMPOSIUM
Saturday, March 3, 12:45 p.m.
Drayson Center, Loma Linda University

Honoring Our 2018 Global Service Award Recipients
Rollin Bland ’88
Joseph Nozaki ’57

This arrangement is currently being drawn up by our lawyers before it can come to an official vote. We anticipate this vote to be placed before our AIMS members by this APC. Operating under the umbrella of the Alumni Association will provide AIMS with several benefits including:

• Reduced expenses.
• Greater access and exposure to the Loma Linda University School of Medicine alumni.
• Increased support from the Alumni Association staff members.
• Access to the Alumni Association database for help recruiting volunteers for short-term missions.
• Perpetual Bronze memberships for any AIMS life members who are not already perpetual members of the Alumni Association.

As a board we feel this arrangement is the best way for AIMS to adapt and remain a vibrant and relevant entity. However, we understand the collective wisdom among our members, and we welcome any questions and comments before we meet to vote on approval of the arrangement. To communicate with us please use the contact page on the AIMS website: www.aims.llusmaa.org/contact. We look forward to your responses.

Again, thank you for all you have done and what you will do. I look forward to receiving your feedback.

Gratefully,

Ingrid K. Blymquist ’81
President of AIMS

AIMS MISSION SYMPOSIUM
Saturday, March 3, 12:45 p.m.
Drayson Center, Loma Linda University

Honoring Our 2018 Global Service Award Recipients
Rollin Bland ’88
Joseph Nozaki ’57

This arrangement is currently being drawn up by our lawyers before it can come to an official vote. We anticipate this vote to be placed before our AIMS members by this APC. Operating under the umbrella of the Alumni Association will provide AIMS with several benefits including:

• Reduced expenses.
• Greater access and exposure to the Loma Linda University School of Medicine alumni.
• Increased support from the Alumni Association staff members.
• Access to the Alumni Association database for help recruiting volunteers for short-term missions.
• Perpetual Bronze memberships for any AIMS life members who are not already perpetual members of the Alumni Association.

As a board we feel this arrangement is the best way for AIMS to adapt and remain a vibrant and relevant entity. However, we understand the collective wisdom among our members, and we welcome any questions and comments before we meet to vote on approval of the arrangement. To communicate with us please use the contact page on the AIMS website: www.aims.llusmaa.org/contact. We look forward to your responses.

Again, thank you for all you have done and what you will do. I look forward to receiving your feedback.

Gratefully,

Ingrid K. Blymquist ’81
President of AIMS

AIMS MISSION SYMPOSIUM
Saturday, March 3, 12:45 p.m.
Drayson Center, Loma Linda University

Honoring Our 2018 Global Service Award Recipients
Rollin Bland ’88
Joseph Nozaki ’57

This arrangement is currently being drawn up by our lawyers before it can come to an official vote. We anticipate this vote to be placed before our AIMS members by this APC. Operating under the umbrella of the Alumni Association will provide AIMS with several benefits including:

• Reduced expenses.
• Greater access and exposure to the Loma Linda University School of Medicine alumni.
• Increased support from the Alumni Association staff members.
• Access to the Alumni Association database for help recruiting volunteers for short-term missions.
• Perpetual Bronze memberships for any AIMS life members who are not already perpetual members of the Alumni Association.

As a board we feel this arrangement is the best way for AIMS to adapt and remain a vibrant and relevant entity. However, we understand the collective wisdom among our members, and we welcome any questions and comments before we meet to vote on approval of the arrangement. To communicate with us please use the contact page on the AIMS website: www.aims.llusmaa.org/contact. We look forward to your responses.

Again, thank you for all you have done and what you will do. I look forward to receiving your feedback.

Gratefully,
Addiction by Prescription

By Greg Sergienko

The 2016 book by professor Anna Lembke, MD, “Drug Dealer, MD,” describes how we got into the pill-painkiller addiction mess and why it’s hard to escape. Dr. Lembke is an associate professor in the department of psychiatry and behavioral sciences at Stanford School of Medicine, with a courtesy appointment in pain/anesthesia.

Dr. Lembke came by her interest in addiction naturally, albeit indirectly. Having received little education in the subject in medical school, she at first declined to accept patients who appeared addicted. She then became, as she describes it, determined out of necessity to learn how to treat addiction and began her own re-education.

Taking Advantage of the Situation
As Dr. Lembke witnessed in her own education, medical schools often inadequately cover addiction. This lack in education for Dr. Lembke and her peers made it easier for drug companies to persuade physicians to accept the false claim that the risk of addiction to prescribed opioid painkillers is low.

The drug companies obtained support for these claims from seemingly objective academic physicians, who often received vast sums from the companies their advice was supporting. This was coupled with demands that pain receive priority in treatment, with subjective pain conditions such as fibromyalgia and chronic fatigue being a lower priority.

Likewise, those claiming stress—or perhaps being affected by too much Adderall—can obtain benzodiazepine drugs to relax. This has created yet another, relatively ignored, wave of addiction.

Although these “addiction epidemics” describe the “what” of the crisis, finding a solution to the problem will require an understanding of the “why.” People and companies act because they perceive their actions to be in their own best interest; to undo the epidemic of addiction, they must be persuaded that their actions may perpetuate such consequences, and/or the incentives must be altered so they have reason to change their actions.

Incentives for Addictive Drugs
The central challenge is that addictive drugs are immensely profitable because of their potential for continued use. When insurers or the government are paying for the drugs, the non-functional addict can nonetheless continue to receive the drug and profit the company. Dr. Lembke describes the misrepresentations by manufacturers and their executives and agents in getting approval, and recent government reports suggest that these efforts continue.

Although changes in the licensing process have already occurred, it is difficult to believe that these will prevent future epidemics, much less stop this one.

The rewards manufacturers receive for pushing—to no other word is adequate—addictive drugs burden the rest of the system, but these are not the only perverse incentives. Some patients benefit financially from being prescribed drugs because their drug prescriptions justify their status as disabled, which approves them for disability payments. Although changes in the licensing process have already occurred, it is difficult to believe that these will avoid future epidemics, much less stop this one.

The rewards manufacturers receive for pushing—to no other word is adequate—addictive drugs burden the rest of the system, but these are not the only perverse incentives. Some patients benefit financially from being prescribed drugs because their drug prescriptions justify their status as disabled, which approves them for disability payments. Although changes in the licensing process have already occurred, it is difficult to believe that these will avoid future epidemics, much less stop this one.

Other patients, those unexposed to opioids and just seeking pain relief, will have little stake in getting opiates. Because the cynosure is the opioid crisis, the public has neglected other drugs. Not Dr. Lembke. She calls attention to the problem that there are other non-narcotic addictive drugs that can create similar issues. For example, students (and adults) with difficulty concentrating can easily get a prescription for Adderall. Dr. Lembke describes the situation of “Karen,” who started on a single prescription for Adderall and ended up with multiple prescriptions, leading her to stealing and other issues.

Evaluating Patients and Physicians
Persuading patients of the disadvantages of non-opioid drugs is an unappreciated challenge. As Dr. Lembke reports in her discussion of “Karen,” many students are taking Adderall. Although Adderall may inhibit creativity, for admission to all but the most elite colleges, high stan-

dardized test scores are more important than creativity. So, students who are taking drugs in an attempt to pump up their test scores may be helping themselves only in a short-term valued goal.

In addition, the availability of illegal drugs as a substit-

tute for prescription drugs leaves doctors relatively little leverage to change behavior. As Dr. Lembke observes, Adderall and meth are close substitutes. One student explained that he tested positive for meth because he took it as a cheaper alternative to a prescribed ADHD drug.

As Dr. Lembke shows, physicians are squeezed by manufacturers, insurers, and employers. Quickly labeling patients as disabled can be financially lucrative for medical practices, even if it yields bad outcomes for patients. Even for patients not seeking disability status, physicians are rewarded for the quick act of prescribing drugs. Insurance companies (largely) won’t pay for treating addiction. Physicians might help themselves by moving to physician-controlled practices, but Dr. Lembke describes the burdens that have pushed physicians in the opposite direction.

One suggestion the reviewer would offer is that physi-
cians get independent advice. One episode from the book illustrates how important this could be. Dr. Lembke’s patient told her, “I know I’m addicted, Doc, but if you don’t get me the pills I want, I’ll sue you for leaving me in pain.” Doctor Lembke concluded, “We were unable to deny this obviously addicted patient more opioid pain-killers, even when we were well aware of the harm these medications were causing her.”

A full explanation would exceed the space for this review, but the belief that medical providers were “unable to deny this obviously addicted patient more opioid pain-killers” misreads the legal situation. Neither malpractice standards nor federal regulations required anyone to give the patient more opioids, and the risk of malpractice was likely greater from prescribing more opioids than not.

(Continued on page 44)
Alumni Cruise (Continued from page 13)

We sailed from Poland to Warnemunde, Germany, where group members either took a train to Berlin for the day or toured the village of Warnemunde and the surrounding region. Those that went to Berlin experienced a full day of sites, such as the Reichstag, the Berlin Wall, and the Brandenburg Gate, and had an excellent and informative tour guide. Those that stayed nearer the ship took a tour of the delightful seaside town, saw the local beach and lighthouse, and visited a retired German couple in their private home. In the afternoon they went to the 13th-century St. Mary’s Church, distinctively constructed of red brick. Then they took the Molli, a narrow-gauge, steam-powered train through the historic Mecklenburg countryside to the village of Kuhlungsborn, a seaside resort town. There they had refreshments and walked the beach and town before returning to the Marina.

The next day took the entire group to Copenhagen, Denmark, where we saw the famous Amalienborg, Queen’s Palace, and had several other touring opportunities, including castles tours and the Tivoli Gardens and canal cruise. That night we again crossed the Baltic Sea north to Oslo, Norway. There the sites included the Royal Palace, Holmenkollen Ski Museum & Tower, and several especially impressive museums. The Viking Ship Museum has amazingly preserved 1,200-year-old ships and other artifacts. The Kon-Tiki Museum has both Kon-Tiki and Ra ship exhibits from Thor Heyerdahl’s voyages. And the Fram Museum has the ship by that name built for Fridtjof Nansen and used for both Arctic and Antarctic exploration. We were able to walk through the ship itself. That night, after touring Oslo, we began about 36 hours sailing southwest across the North Sea to London, where we made it to Heathrow Airport and took our flight back home on Friday, July 21.

In November, Douglas A. Mack, MPH, ‘67 was one of two recipients of the 2017 Bernard P. Harrison Award of Merit, the highest award presented by the National Commission on Correctional Health Care (NCCHC). The award goes to “an individual or group that has demonstrated excellence and service that has advanced the correctional health care field.”

Dr. Mack has had a long public health career, including more than 30 years as a county director of public health, where he worked to make his community a safer, healthier place and advocated for incarcerated individuals. He joined the NCCHC Board of Directors in 1987 and was a member of the organization for almost 30 years. He is the only member to be selected by peers to serve twice as chair of the board. In 1994, he was integral in convincing the Centers for Disease Control and Prevention to designate a specialist to help coordinate its involvement with correctional health care issues. In 2008, he was honored by the New York City Department of Health and Mental Hygiene as one of its first honor awardees. He was the recipient of the Distinguished Service Award from the National Association of County and City Health Officials in 2012.

1960s

David G. Small ’62 informs us that he retired in July from 47 years with the Kettering Health Network and his surgical practice in Dayton, Ohio. He spent the last four years serving as chief medical officer of the Soin and Green campuses of the network. He reports that he will continue association with the medical education program at Kettering. That’s a long career, Dr. Small, particularly in dedication to one community. Congratulations on your retirement.

2010s

As reported by Spectrum magazine, Michael H. Walter ’73 was behind the new Upper Columbia Vietnam (War) Era Servicemen Monument, recently dedicated on the academy’s campus. The monument interprets the War Era’s impetus for and significance of the monument, which is “dedicated to 124 boys from Upper Columbia Academy who later served in the US military during the Vietnam era.” Dr. Walter said the monument was a way to express thankfulness to the UCA alumni who served in the military “during a difficult time in our history” and to bring attention to current students about their honorable service. Some $50,000 was raised, mostly by alumni of the academy, to erect the monument and create a video. About 50 veterans whose names are on the monument attended the September 29 ceremony. Read the full interview with Dr. Walter at www.spectrummagazine.org.

1980s

An interview with Clement K. Chan ‘80-A about a recent study of his (C3F8; (Octofluoropropane) gas for the treatment of vitreomacular traction was published by the RETINA Roundup team at www.retinaroundup.com. It can be found in the October 20, 2017, post entitled, “Pneumatic Vitreolysis: The Little Bubble that Could.” Dr. Chan explains how he first got the idea to attempt pneumatic vitreolysis, his technique, and more.

Dr. Chan’s study was published in the October issue of Retina. His first reported use of C3F8 more than 20 years ago was at that time controversial. The series of treatments in his recent study demonstrated slightly better results than those from his first series of patients.

Dr. Chan's study was published in the October issue of Retina. His first reported use of C3F8 more than 20 years ago was at that time controversial. The series of treatments in his recent study demonstrated slightly better results than those from his first series of patients.

In November, Douglas A. Mack, MPH, ’67 was one of two recipients of the 2017 Bernard P. Harrison Award of Merit, the highest award presented by the National Commission on Correctional Health Care (NCCHC). The award goes to “an individual or group that has demonstrated excellence and service that has advanced the correctional health care field.”

Dr. Mack has had a long public health career, including more than 30 years as a county director of public health, where he worked to make his community a safer, healthier place and advocated for incarcerated individuals. He joined the NCCHC Board of Directors in 1987 and was a member of the organization for almost 30 years. He is the only member to be selected by peers to serve twice as chair of the board. In 1994, he was integral in convincing the Centers for Disease Control and Prevention to designate a specialist to help coordinate its involvement with correctional health care issues.
Book Review
(Continued from page 41)

Reviewer’s Final Thoughts

In my opinion, physicians wanting independent advice should consult with an attorney—preferably, in advance of a crisis phone call so that the physician can establish credibility with the attorney. Contrary to what a physician might think, a hospital’s or insurer’s attorney can’t provide independent advice because these attorneys’ duties to their employers are paramount. So, before physicians do something that they view as unethical or unwise in the belief that it’s legally required, consulting with an attorney—preferably, in advance of a crisis—is wise. Physicians and employers selecting insurance for their companies generally lack the sophistication to select insurers based on their willingness to pursue long-term solutions. Because insurers compete in winning customers based on price in one-year contracts, they push for treatment decisions that minimize short-term costs.

How can we change this? Insurers and insured have a joint interest in better results, and a voluntary move to multi-year contracts, while requiring a longer commitment from both sides, would have many attractions. Perhaps the higher addiction rates in the United States than in Western Europe result from the greater role for patient choice in the U.S. It would be interesting to discover if treatment in the military and other organizations that limit patient choice have better results with addiction. And, perhaps health maintenance organizations, with their focus on continuity of treatment, likewise could do better. Perhaps it is not coincidence that the innovative program that Dr. Lembcke praises, which describes how to deal with an addictive patient, was started by an HMO.

We should be grateful for Dr. Lembcke’s efforts in describing how the medical-pharmaceutical-insurance complex fosters our addiction problem. A comprehensive discussion might include the perverse role of the criminal justice system in fostering addiction, but by focusing on her own areas, Dr. Lembcke has given us a thoughtful and concise volume for which we owe her much thanks.

Endnotes

Rates for placement and classified ads:
$50 up to 50 words, then $1.50/word up to 100 words total. Extras: $25/each for a bold border, color screen, or logo. Call 909-558-4633. More information and current rates can be found at www.llusmaa.org/ajadvertising.

Classifieds
WEB DESIGN—
We help business owners who are losing business to their competitors because of their website. Adventist agency. View portfolio and reviews at DiscoverPeppermint.com and call Kama at 541-903-1180.

Classmate (photo above, from left)
Jonathan R. Freed ’90, Thomas I. Kanomata ’90, Sheralene H. Ng ’90, Wilfred W. Shiu ’90, and Timothy J. Arnott ’90 spent some of their time over the Christmas season volunteering at the Pathway to Health free clinic held in Phoenix, December 25–27. Dr. Shiu says that the Class of 1990 has always been well represented at Pathway clinics (well done, Class of ’90). In fact, many of those in the photo have participated in the clinics before, but it has been difficult to capture a group photo because the special ties were far apart within the convention centers. This year, with their work areas closer together, they managed to capture the shot at the end of the second day. It appears they enjoyed seeing each other and serving the citizens of Phoenix.

(Continued from page 41)

(Continued from page 41)

Dr. Lembcke’s analysis provides so much that it’s probably unfair to ask for more from her, but looking at the prescribing behavior, one is curious about what would happen if the medical-pharmaceutical-insurance complex were not so powerful. The story of Dr. Lembcke’s modest initiative—she used the drug Peppermint to cut down the number of patients on opioids—shows the potential for a pharmacological approach to addiction that is more promising than our current system of treatment.

In addition, the availability of illegal drugs as a substitute for prescription drugs leaves doctors relatively little leverage to change behavior.


Rates for placement and classified ads:
$50 up to 50 words, then $1.50/word up to 100 words total. Extras: $25/each for a bold border, color screen, or logo. Call 909-558-4633. More information and current rates can be found at www.llusmaa.org/ajadvertising.

Classifieds
WEB DESIGN—
We help business owners who are losing business to their competitors because of their website. Adventist agency. View portfolio and reviews at DiscoverPeppermint.com and call Kama at 541-903-1180.

Classmate (photo above, from left)
Jonathan R. Freed ’90, Thomas I. Kanomata ’90, Sheralene H. Ng ’90, Wilfred W. Shiu ’90, and Timothy J. Arnott ’90 spent some of their time over the Christmas season volunteering at the Pathway to Health free clinic held in Phoenix, December 25–27. Dr. Shiu says that the Class of 1990 has always been well represented at Pathway clinics (well done, Class of ’90). In fact, many of those in the photo have participated in the clinics before, but it has been difficult to capture a group photo because the special ties were far apart within the convention centers. This year, with their work areas closer together, they managed to capture the shot at the end of the second day. It appears they enjoyed seeing each other and serving the citizens of Phoenix.

(Continued from page 41)

Dr. Lembcke’s analysis provides so much that it’s probably unfair to ask for more from her, but looking at the prescribing behavior, one is curious about what would happen if the medical-pharmaceutical-insurance complex were not so powerful. The story of Dr. Lembcke’s modest initiative—she used the drug Peppermint to cut down the number of patients on opioids—shows the potential for a pharmacological approach to addiction that is more promising than our current system of treatment.

In addition, the availability of illegal drugs as a substitute for prescription drugs leaves doctors relatively little leverage to change behavior.


Rates for placement and classified ads:
$50 up to 50 words, then $1.50/word up to 100 words total. Extras: $25/each for a bold border, color screen, or logo. Call 909-558-4633. More information and current rates can be found at www.llusmaa.org/ajadvertising.

Classifieds
WEB DESIGN—
We help business owners who are losing business to their competitors because of their website. Adventist agency. View portfolio and reviews at DiscoverPeppermint.com and call Kama at 541-903-1180.

Classmate (photo above, from left)
Jonathan R. Freed ’90, Thomas I. Kanomata ’90, Sheralene H. Ng ’90, Wilfred W. Shiu ’90, and Timothy J. Arnott ’90 spent some of their time over the Christmas season volunteering at the Pathway to Health free clinic held in Phoenix, December 25–27. Dr. Shiu says that the Class of 1990 has always been well represented at Pathway clinics (well done, Class of ’90). In fact, many of those in the photo have participated in the clinics before, but it has been difficult to capture a group photo because the special ties were far apart within the convention centers. This year, with their work areas closer together, they managed to capture the shot at the end of the second day. It appears they enjoyed seeing each other and serving the citizens of Phoenix.

(Continued from page 41)
Dr. Mills practiced general medicine in Memphis for more than 40 years, delivering more than 3,000 babies. Early in his career, he spent three years in the U.S. Navy at Millington Naval Air Base. Active in the SDA church, he served in many capacities, including participating in a church plant in Monroe, where his son was lay pastor for many years. Dr. Mills is survived by his wife of almost 70 years, Fay, whom he met while she was in nursing school at Loma Linda; his four children, George Jr., Joan, Robert, and Carolyn; seven grandchildren; and two great-grandchildren.

William C. Swatek ’49 was born on January 10, 1920, in St. Louis, Missouri, and died October 13, 2017. In 1940, after two years at Madison College, Dr. Swatek became an elementary school teacher in the Kentucky-Tennessee Conference of Seventh-day Adventists. During World War II, he worked in an Army hospital clinical laboratory and was later transferred to Stanford University, where he completed his premedical requirements. He completed medical school and a pathology residency at the College of Medical Evangelists (now LLU), before moving to the East Coast. For more than 30 years he worked in Washington, D.C., New England, Michigan, and Mississippi. In 1964, the U.S. Surgeon General published his report linking smoking to lung cancer. Dr. Swatek also helped to establish two schools of medical technology in Maryland and Michigan. In 1988, he returned to Loma Linda, practicing for seven more years before retirement. He and his wife, Rose, contributed toward the construction of the Centennial Complex where the Swatek Anatomy Center bears their name. They also helped to fund several other campus projects and scholarship endowments. In 2003, the University honored the Swateks with the University Distinguished Humanitarian Award. Dr. Swatek was a generous supporter of the Alumni Association.

During the summers, he enjoyed carpentry and cement work on his summer property in Maine. He was predeceased by his wife, Rose, and his son, Claude. He is survived by his daughter, Pam, and four grandchildren.

William A. Jacobson ’57 was born July 2, 1931, in Hagerman, New Mexico. He died October 26, 2017, at home in Apple Valley, California, his family by his side.

Dr. Jacobson graduated from Modesto Adventist Academy in 1949 and Pacific Union College in 1953. After medical school, he served in the U.S. Navy for 10 years, becoming a lieutenant commander. In 1967, he began 18 years of private practice in Lancaster, Massachusetts, followed by eight years at a back rehabilitation clinic in Worcester, Massachusetts, and then 24 years of practice in Redlands, then Victorville, California. He was an active member of the Lions and Rotary clubs and the local orchestra.

In October 2016, Dr. Jacobson retired from his practice in Victorville. In July 2017, he helped set up a new clinic just across from Victor Valley Global Medical Center in Victorville. He also became the medical director of the Home Health Care Services and Hospice Services. He was an old-school doctor who loved his patients and whose patients loved him. He served them with his whole heart until his heart stopped beating, during his goal of a 60-year medical career.

Dr. Jacobson’s wife, Linda, died in 2014. He leaves behind his former wife, Marilyn, four children and their spouses, Arthur (Donna), Bradford (Cheryl Tan-Jacobson ’85), Carlton (Karen), and Dawn (Doug); two stepchildren, Melissa and Amy, 12 grandchildren; eight great-grandchildren; and a sister-in-law.

James A. Sadyoyama ’57 was born December 28, 1930, and died in Walla Walla, Washington on November 2, 2017.

Walter Shaw Sutherland ’57, age 89, died September 28, 2017, in Lawrenceburg, Tennessee. A native of Madison, Tennessee, “Doc,” as some of his neighbors called him, served in the U.S. Army as a medical technician in 1946 at the 49th General Hospital in Japan. In 1950, he was a laboratory and X-ray technologist at Madison College and Hospital. In 1952, he received his bachelor’s degree from Southern Missionary College (now Southern Adventist University). After receiving his medical degree, he interned at Orange County General Hospital.

Sutherland moved to Lawrenceburg in December 1959, where he was associated with the old Lawrenceburg Sanitarium and Hospital that his grandfather helped found in 1911. He served there as chief of staff and administrator. He also served as chief of staff and on various committees for Scott Memorial Hospital. For 45 years he practiced family medicine, which included major and minor surgery, obstetrics, and general medicine.

Dr. Sutherland is survived by his children and their spouses, Edward (Carla), Randy (Heather), (Leslie), Christopher (Kendra), and Edward (Carla); four siblings, Duke, Dan, Donna, and Angie; 13 grandchilren; and a host of nieces and nephews.

Howard T. Morse Jr. ’58 was born in December 1923, in Kakehia, Hawaii, and died August 24, 2017, in Kanahou, Hawaii, at home in the presence of his family and loved ones after celebrating his 94th birthday.

Dr. Morse was a lay home to attend Hawaiian Missionary College. He served in Italy as an army tech sergeant with the 88th Division in World War II before graduating from La Sierra College in 1952. After medical school, he married Arlene Galverti. After completing his anesthesiology residency in California and a fellowship in Pennsylvania, the couple settled in Glendale, California.

Dr. Morse was chair of the department of anesthesiology and led the residency training program at the White Memorial Medical Center in Los Angeles. He served as head of the assisted respiratory unit at Rancho Los Amigos and as chair of the department of anesthesiology at UC Irvine. He authored and co-authored 25 scientific articles and traveled the professional lecture circuit.

During this time, he joined the Los Angeles Sheriff’s Department as a reserve deputy, working up to the rank of lieutenant with the Search and Rescue Team. He also flew across the United States numerous times as a private pilot. Later in life he met and married Bobbi Wroblis. In 1992, they retired from medicine, moving to Washington the following year. In 2003, they moved to Florida. They enjoyed traveling, frequent visits with family and friends, and spending time in Cancun. Outside his professional and academic accomplishments, Dr. Morse’s legacy to the future was his children.

Dr. Morse is survived by his daughter, Dolly; his children and their spouses, Howard III (Eileen), Pamela (Raymond), Adrienne (Michael), Roxanne (Jim), Steven (Jennifer), and Paul (Celeste); 12 grandchildren; and 13 great-grandchildren.

Kazuo Teruya ’58 was born August 24, 1923, in Kakehia, Hawaii, and died August 24, 2017, in Kankakee, Illinois, at his home in the presence of his family and loved ones after celebrating his 94th birthday.

At 14, Dr. Teruya left home to attend Hawaiian Missionary College. He served in Italy as an army tech sergeant with the 88th Division in World War II before graduating from La Sierra College in 1952. After medical school, he married Arlene Galverti. After completing his anesthesiology residency in California and a fellowship in Pennsylvania, the couple settled in Glendale, California.

Howard T. Morse Jr. ’58 was born in December 1923, in Kakehia, Hawaii, and died August 24, 2017, in Kanahou, Hawaii, at home in the presence of his family and loved ones after celebrating his 94th birthday.

At 14, Dr. Teruya left home to attend Hawaiian Missionary College. He served in Italy as an army tech sergeant with the 88th Division in World War II before graduating from La Sierra College in 1952. After medical school, he married Arlene Galverti. After completing his anesthesiology residency in California and a fellowship in Pennsylvania, the couple settled in Glendale, California.

Dr. Morse was chair of the department of anesthesiology and led the residency training program at the White Memorial Medical Center in Los Angeles. He served as head of the assisted respiratory unit at Rancho Los Amigos and as chair of the department of anesthesiology at UC Irvine. He authored and co-authored 25 scientific articles and traveled the professional lecture circuit.

During this time, he joined the Los Angeles Sheriff’s Department as a reserve deputy, working up to the rank of lieutenant with the Search and Rescue Team. He also flew across the United States numerous times as a private pilot. Later in life he met and married Bobbi Wroblis. In 1992, they retired from medicine, moving to Washington the following year. In 2003, they moved to Florida. They enjoyed traveling, frequent visits with family and friends, and spending time in Cancun. Outside his professional and academic accomplishments, Dr. Morse’s legacy to the future was his children.

Dr. Morse is survived by his daughter, Dolly; his children and their spouses, Howard III (Eileen), Pamela (Raymond), Adrienne (Michael), Roxanne (Jim), Steven (Jennifer), and Paul (Celeste); 12 grandchildren; and 13 great-grandchildren.
numerous committees. He performed the first cochlear implant in Hawaii.

Dr. Teruya is remembered as a compassionate, dedicated, forward-thinking medical professional who would also be what was medical school for his patients and their families. He is also remembered as an active member of the Kamehameha Seventh-day Adventist Church, serving a role in its renovation and expansion.

Dr. Teruya is survived by his wife, Rose; his brothers Keiji (Pat), Kisei, Kishiro (Bernice), and Daniel; his sisters Yoshiko, Anna, Arlene, and Amy; his daughters Sharon, LeAnne (Ray), and Beverly (Kelly); four grandchildren; and many nephews and nieces.

George L. Vannix ’58 was born September 8, 1929, in St. Louis and died October 16, 2017, at home in Somis, California. Dr. Vannix was the third son of Cecil and Elsie. He worked his way through Glendale Union Academy and earned a degree in theology in 1950 at La Sierra College. In 1951, he received an MA degree from the Seventh-day Adventist Theological Seminary and married Gloria Kinch. He pastored in Oxnard, California, before studying medicine at the urging of his brother, Robert S. Vannix ’53-B. After interning at the White Memorial Hospital and practicing medicine for a year of surgical residency at Santa Barbara, he interned at the White Memorial Hospital and participated in 13 short-term mission trips. He practiced ophthalmology.

James C. Maxwell ’62 was born November 6, 1936, and died November 11, 1996. He was the tallest at 6 feet 3 inches. He graduated from Union College in 1951 and a degree from the Seventh-day Adventist College. In 1951, he received an MA degree from the Seventh-day Adventist College and was named the society’s orthopedist of the year in 2015. In 2000, Dr. Davis and his wife moved into a home they had built in Redlands. After almost 55 years of marriage and a long battle with cancer, Jan passed away in January of 2007. The couple had two children, Carrie (Mike) and Mark (Kim). He is survived by his family, four children, Paul, Frankie, and Audrey; two children, Dr. Davis met Kay Butler, and they married in 2009. Kay has two grown children, Mark and Melissa.

Douglas A. Weeks ’74 was born in 1952, in Takoma Park, Maryland. He died June 2, 2017, in Lubbock, Texas. Dr. Weeks enjoyed working in his garden, writing, being an amateur astronomer (and traveling internationally to observe total solar eclipses), and spending time with his wife, Richelle L. Malott ’96, and their two daughters, Elizabeth and Kate.

Rodney A. Wertz ’76-B was born September 19, 1946, in Lebanon, Oregon. He died June 2, 2017, in Wolfirich, Texas. Dr. Wertz graduated from the Kamehameha Seventh-day Adventist Academy, and after two years of college at the La Sierra campus of Loma Linda University, he accepted into medical school. During his elective rotation in 1976, he married Mae Abdul-Karim, who came from Lebanon to further her education at LLU. After a fellowship in pulmonary and critical care medicine, Dr. Wertz joined the teaching staff at Loma Linda.
A few years ago, as I was looking through the 1927–1935 Alumni Association Board of Directors minutes, a few cards fell out onto my desk. The cards seemed to be unsigned Alumni Association College of Medical Evangelist membership cards, which appear in the above photo. They were an interesting “blast from the past,” but what was the story behind these membership cards? What did they indicate?

For some time, it was thought that perhaps the cards might be connected with annual membership dues and would be given to and signed by an alumnus who became a dues-paying member. However, there was no hard (stated) evidence in the early board minutes or the 1931 Alumni JOURNAL that specifically supported such a theory. There is one clue supporting the idea found on page 7 of the 1931–32 DIRECTORY. There, a short sentence appears in a footnote: “Alumni members credited with dues of $3.00 for the fiscal year ending June 30, 1932.” This footnote explained that the asterisks by alumni names denoted them as dues-paid members, and the date is only one day different than the “July 1st, 1932” date on the cards. Thus, perhaps membership cards were provided to those who had paid their $3.00 fee that year.

The second thought is that the membership cards were given to the medical school graduates. Support for this idea is found in a paragraph in the August 31, 1930, Alumni Banquet minutes. The paragraph states: “A word of apology was given to the [C]lass of 1931 for the failure of the Association to properly admit them to Associate Membership last June. This was done at this time and a word of welcome extended to them.” Could it be that those membership cards were also given to new graduates each year as a symbol of a one-year dues-paid membership gratis of the Alumni Association? Could the lack of such a transfer of cards that year be to what “properly admit” refers? After all, a free annual paid membership gratis of the Alumni Association?

Could the lack of such a transfer of cards that year be to what “properly admit” refers? After all, a free annual paid membership gratis of the Alumni Association? It is certain that “card-carrying” membership to each graduating senior is a tradition that is still continued 86 years later.

Whether one of these hunches is correct or the truth lies elsewhere, it is certain that “card-carrying” membership in the Alumni Association has a long history and remains a commendable decision.

Do you have a "historical snapshot" to share? Send us the photo and the background story. Email us at llusmaa@llu.edu or mail your photo or slide to our office address on page 1. (We’ll mail it back!)

Rheeta K. Stecker ’63
Retired Family Physician
Hot Springs, AR

For what are you famous among friends and family? Possibly for yearly letters to update friends and relatives of my husband and mine. The letters are all mounted now and serve as a history of our marriage. Our friends and family are dear to us.

Hospitality is possibly my “gift.” Our table is seldom empty on Sabbaths, as I bring home visitors, church members, relatives, and friends. It’s a great way to get to know folk who would not have reached out to us. People talk better around a dinner table. Many would not have accepted an invitation to a small group Bible study. But sometimes it “happens” after a group meal.

What is your best memory from medical school? The time that we were invited to join a group hiking up Mt. Whitney. It was Hulda Crooks’ first Whitney climb (at age 66). What a thrill to watch her sign the register at the top and take her picture. Later, we visited in her home and learned much about nature and God from her.

What has been the most meaningful experience in your medical career? For our 13 years as a medical missionary family in Malawi, Africa. How can I unpack those years in a paragraph? Our three children were born on the mission, delivered by their father, Elton H. Stecker Jr. ’63. They attended the tiny school for missionary kids of the Malamulo Seventh-day Adventist Hospital campus. We taught in the hospital assistant course, ran clinics, and saw private patients. Elton did a lot of surgery. We provided health education in the villages through a translator. We rode in the mission plane to distant clinics. Maintaining clean laundry, especially diapers, was a challenge. Mputsi flies would lay their eggs on clothing hanging on the line. The larvae would burrow into the skin and cause skin pustules. When squeezed, the little worms would pop out of the pustule. We could not afford enough electricity to just use our clothes dryer to avoid them, so we had the wash girls put them in the dryer a few minutes to sterilize them.

If you were to have worked in a field outside of medicine, what would it have been? Why? It seems I was born to teach. I took many biology classes intending to teach and completed the first year of the master’s program at the University of Michigan. Elton and I were taking similar classes. After we were both accepted to Loma Linda University School of Medicine, Elton proposed. After our first two years of medicine we took a year out to finish our master’s programs and pay some expenses. We were both invited to join LLU departments and teach that year (Rheeta in microbiology, Elton in pharmacology). It was a big decision for me to again leave academia and continue medicine.

If you could learn to do something new or better, what would it be? My mother became environmentally ill. I spent many years learning in that fascinating field. I did some limited practice in it but would have enjoyed learning and doing a lot more.

What is the best advice you’ve ever been given? As long as we live in this world, we must be aware that “This too will end.”

Elton H. Stecker Jr. ’63
Retired Family Physician
Hot Springs, AR

1931 Membership Card

By Dennis E. Park, MA, ’07-hon

A few years ago, as I was looking through the 1927–1935 Alumni Association Board of Directors minutes, a few cards fell out onto my desk. The cards seemed to be unsigned Alumni Association College of Medical Evangelist membership cards, which appear in the above photo. They were an interesting “blast from the past,” but what was the story behind these membership cards? What did they indicate?

For some time, it was thought that perhaps the cards might be connected with annual membership dues and would be given to and signed by an alumnus who became a dues-paying member. However, there was no hard (stated) evidence in the early board minutes or the 1931 Alumni JOURNAL that specifically supported such a theory. There is one clue supporting the idea found on page 7 of the 1931–32 DIRECTORY. There, a short sentence appears in a footnote: “Alumni members credited with dues of $3.00 for the fiscal year ending June 30, 1932.” This footnote explained that the asterisks by alumni names denoted them as dues-paid members, and the date is only one day different than the “July 1st, 1932” date on the cards. Thus, perhaps membership cards were provided to those who had paid their $3.00 fee that year.

The second thought is that the membership cards were given to the medical school graduates. Support for this idea is found in a paragraph in the August 31, 1930, Alumni Banquet minutes. The paragraph states: “A word of apology was given to the [C]lass of 1931 for the failure of the Association to properly admit them to Associate Membership last June. This was done at this time and a word of welcome extended to them.” Could it be that those membership cards were also given to new graduates each year as a symbol of a one-year dues-paid membership gratis of the Alumni Association? Could the lack of such a transfer of cards that year be to what “properly admit” refers? After all, a free annual paid membership gratis of the Alumni Association?

Could the lack of such a transfer of cards that year be to what “properly admit” refers? After all, a free annual paid membership gratis of the Alumni Association? It is certain that “card-carrying” membership to each graduating senior is a tradition that is still continued 86 years later.

Whether one of these hunches is correct or the truth lies elsewhere, it is certain that “card-carrying” membership in the Alumni Association has a long history and remains a commendable decision.
Though the campus may change,
you will always be family.

We would not be where we are today without the hard work and dedication of each one of you, evident by the impact you have made in the world. As we prepare for the next phase of fulfilling our Mission to Continue the Healing Ministry of Jesus Christ, we are reaching out to partner with you as a member of our family. In preparation for the completion of our new hospital in 2020, our commitment is to grow our clinical faculty, meeting the needs of the Inland Empire, Southern California, and the world. If you have an interest in returning home, or know anyone who would like to join the team, we would love to hear from you. You can visit our website at www.socaldocs.com or contact me anytime.

Mike Unterseher, CMSR
Director of Physician Recruitment
909-558-5912
munterseher@llu.edu