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Summer 2024

## **Alumni Journal - Volume 95, Number 2**

Loma Linda University School of Medicine

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# ALUMNI JOURNAL

ALUMNI ASSOCIATION,  
SCHOOL OF MEDICINE  
OF LOMA LINDA  
UNIVERSITY

SUMMER  
2024



## 2024 GRADUATION FESTIVITIES

Celebrating the newest members of our worldwide community of alumni, the class of 2024

## INSIDE:

Lifestyle Medicine | C. S. Lewis connection  
New logo reflects global presence

# *Congratulations*

## *Class of 2024*

We are proud to have trained thousands of physicians including those who make it a family tradition.  
*Congratulations to all our alumni families.*



David Borecky '87; Lauren Chang Borecky '24;  
Michael Borecky '24; Thomas Borecky '24;  
Andrew Chang '90



Kathleen Lau '82; Andrew Peverini '24;  
Daniel Pevirini '24; Ricardo Peverini '84;  
Francis Lau '47

*Celebrating the past and future of medicine.*



LOMA LINDA UNIVERSITY  
School of Medicine



## ALUMNI JOURNAL



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*On the cover:*

**DANIEL OWUSU '24** triumphantly walks  
across the stage having just received his Loma Linda  
University School of Medicine diploma. **JAMES**  
**APPEL '00**, Commencement speaker, smiles in the  
background.

## ALUMNI JOURNAL

Summer 2024 | Volume 95, Number 2

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ALUMNI ASSOCIATION  
School of Medicine  
Loma Linda University

# Global Presence

Between my first and second years of medical school, **RICHARD H. HART '70, DrPH** led more than half of our medical school class on a summer-long mission trip to India. In Calcutta (now Kolkata), we worked with Mother Teresa's Sisters of Charity at their clinics in the city's most impoverished areas. We rotated between an HIV clinic, a hospice, and a clinic based outside one of the local train stations. In Kolkata, a small group of us were housed with a local Episcopal pastor at his rectory. Our group organizers made sure that we were immersed in the local environment. We were not shielded from the horrors of the slums! We walked along slum streets to our clinics; we walked past garbage dumps and beggars, past people crippled from polio, and past people who were emaciated from starvation and suffering from diseases that we had not seen in America. It was a shock to be face to face with such dire need.

And yet, at times there was such joy and kindness. I remember being in a sudden monsoon while walking by a dump, and some locals quickly pulled us into a tiny cardboard shack, offered us tea sweetened with yak butter, and provided shelter until the rains subsided. These people had nothing, and yet they gave freely out of the little they had.

Another part of our trip included rotations at the Adventist Hospital in Ranchi, founded by **ROBERT V. SHEARER '43**. I remember being appalled by the severity of leishmaniasis that we saw there and falling in love with curried okra which seemed to be served with every meal. At the time, I was astonished that there was an Adventist hospital in India. That was the beginning of my understanding of the global presence of Loma Linda University.

I feel fortunate to have attended a medical school where global mission was a priority for our education. Seeing and experiencing medical care through a global lens, versus a local lens, has helped me at various times during my career, as I have periodically struggled to be an effective medical provider for people of varying backgrounds.



**ROLANDA R. EVERETT '92** (third from right) and class of 1992 classmates stand at the Victoria Memorial in Kolkata, India, in 1989.

I am so grateful to be able to lean on insights learned during my India mission experience!

Our School of Medicine alumni are spread across more than two dozen countries worldwide. Our international footprint raises Loma Linda University's global visibility. Our alumni's work in the mission field, and with medical centers in developed and underdeveloped countries, which underlines how seriously we take Christ's mandate to "Go ye therefore into all nations."

The new Alumni Association logo, consisting of the Rod of Asclepius, which is the international symbol for medicine and health care, overlying a representation of the Globe, beautifully captures the importance of global health care to our Alumni Association.

I hope you enjoy stories of our alumni's global outreach in this *JOURNAL*. Please also follow us on social media for additional alumni features! ■



Rolanda R. Everett '92

**Issue Editor**

*Everett has practiced pediatrics in Springfield, Oregon, since 1998. She has been on the ALUMNI JOURNAL editorial team since 2016. She is honored to follow in the footsteps of her late father, **ROLAND C. ZIMMERMANN JR. '66**, with her Alumni Association involvement.*

## HOW TO GET INVOLVED WITH THE ALUMNI JOURNAL

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School of Medicine of Loma Linda University

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## PHYSICIAN OPPORTUNITIES throughout San Bernardino County

Every physician who is part of the Southern California Permanente Medical Group (SCPMG) shares a passion for advancing the practice of medicine. We fuel that passion by creating a culture of innovation and collaboration—one where the quality of care we deliver is elevated by the accelerated resources we provide.

SCPMG San Bernardino County serves a population in the northeastern section of the LA Basin that's as diverse topographically as culturally. High-desert hiking, skiing at Big Bear, water-skiing on Lake Arrowhead, and mountain biking on Mt. Baldy are all close by—as are very affordable options for home-buying. Physicians and staff members enjoy the seasons, with fall colors and prominent views of snow-capped mountains. The area also offers a variety of dining, entertainment, and cultural options.

Cultivated over a 70-year history—the region's oldest—San Bernardino County's culture is one of teamwork, respect, integrity, and diversity. Despite its longevity, our area is characterized by growth: nearly 500 new physicians have come aboard in the past five years from around the county, infusing the area with a dynamic, youthful energy and fresh ideas. San Bernardino County is also one of the region's largest centers, with two new hospitals and a wide range of services. Its breadth and depth offer physicians a myriad of opportunities for leadership, specializing, academic pursuits, social activities, and provide a high level of professional support. Wellness and life balance are actively promoted; the area's nurturing, family environment fosters good health—mental and physical—further enabling its team to contribute to the diverse San Bernardino County community.

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# The Privilege of Service

In this issue we celebrate the newest members of the Alumni Association. Welcome and congratulations, LLUSM class of 2024! All of us alumni remember well the incredible emotions of relief, joy, and gratitude that washed over us as we marched across the stage to receive our diplomas, certifying us for the first time as a doctor of medicine.

The journey to get there was not easy for anyone. In addition to the long hours of study, memorization, and testing, other stresses accumulated as well. Acquisition of new technical and clinical skills; interacting with patients, staff members, and other physicians; and taking on increasing levels of responsibility resulted in sometimes crushing loads of pressure and anxiety. But we learned to overcome our fears and became stronger people in the process.

There were unavoidable losses along the way for all of us. For some it was the loss of a dear family member. For others it was the loss of confidence. For everyone, there was the loss of innocence. We gradually learned the human body inside and out, the deepest recesses of the brain, the spectrum of illnesses both physical and mental, and the unique and sacred bond of trust that we developed with our patients.

**IT IS SUCH A PRIVILEGE TO SERVE AS CHRIST'S AMBASSADORS AND IN THE FOOTSTEPS OF HIS HEALING MINISTRY.**

Graduation is only the beginning of a lifetime of service that brings immense reward. Despite the constant onslaught of (electronic) paperwork and the multiple demands on our time, at the end of the day there is nothing as remarkable or satisfying as helping even just one person to feel better. It is such a privilege to serve as Christ's ambassadors and in the footsteps of His healing ministry.

We wish our graduates all the best as they begin their residencies all over the country. They will be bombarded with yet more stresses as they embark on the bewildering new world of real-life medicine. Unfortunately, medical



(Left) **MARILENE BETH WANG '86** recites the physician's oath at Commencement with the class of 2024. (Right) Students applaud after they recite the oath.

school cannot fully prepare you to become a brand-new intern. As my chief resident told me on January 1 of my intern year, "Congratulations, you are now halfway through the worst year of your life!" He was right (at least about the halfway part), as that was the turning point in an otherwise miserable year. But gradually, despite my best efforts to the contrary, I actually got better at doing all the things I was supposed to do, and by the end of the year, I think I was at least a competent and safe doctor. So there's hope for all of us as we face a difficult challenge. Don't give up, show up every day, and keep working hard. Soon enough you will get better at it, and the task will get easier. Remember to lean on your support system of family, friends, colleagues, fellow LLUSM alumni, and God. Don't forget to make time for those you love.

As summer rapidly unfolds before us, let's reflect, relax, and have some fun. ■



**Marilene Beth Wang '86**  
*Alumni Association President*



20<sup>th</sup> AMEN Conference

# By His Spirit

OCTOBER 31 - NOVEMBER 3, 2024 • *Hyatt Resort* • INDIAN WELLS, CA

Do you long for something deeper in your own spiritual life?  
Do you wish your work as a healthcare professional could be transformed into a ministry?

We invite you to join us as we explore the extraordinary combination of medical missionary work and gospel proclamation. Through inspiring presentations, practical seminars, and heartfelt discussions, we will deepen our understanding of how the Holy Spirit works through us to bring healing, unity, and freedom.

...'NOT BY MIGHT NOR BY POWER, BUT BY MY SPIRIT,' SAYS THE LORD OF HOSTS." - ZECHARIAH 4:6

To Register or for  
More Information:  
[amensda.org/conference](https://amensda.org/conference)



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# Global Impact

Congratulations class of 2024! I know you will do great things as you enter a career in medicine. This *JOURNAL's* global theme made me think of a story recorded by **RICHARD CATALANO '76-B** in the School of Medicine "Evening Rounds: Daily Devotional Stories" book. **MOLLEURUS COUPERUS '34** told this story to the Catalano family when they visited his home some years ago.

## A BRAND-NEW GRADUATE RECORDED BY RICHARD CATALANO '76-B

Molleurus Couperus graduated in 1934 from the College of Medical Evangelists (CME) and pursued a mission opportunity at the Hydrotherapy Institute, a Seventh-day Adventist mission in Jerusalem, a part of the Kingdom of Transjordan. Couperus felt it was a place where God would lead him in his life of service.

One day, a call came for the palace in Amman, Jordan. King Abdullah was requesting an available doctor to come and treat a very sick baby in the palace. Couperus responded he would be willing to see the baby.

Soon a limousine arrived, and off they went across the Jordan River into Amman to the palace of the king. Upon arrival, Couperus was led into a building with a long hallway. As he walked down the hall, he realized he was in the harem. Inside was a tiny infant



**SEVERAL WEEKS LATER, HE RECEIVED A PHONE CALL FROM KING ABDULLAH HIMSELF STATING THAT THE BABY HAD RECOVERED AND HE THANKED HIM FOR HIS WISE RECOMMENDATIONS. HE KINDLY STATED THAT THE DOCTOR COULD VISIT THE PALACE ANY TIME.**

with sunken eyes, poor skin turgor, and listless crying, all signs the doctor knew were due to dehydration. He recognized that this baby was likely a prince. He asked the nurses what they were feeding the baby. They said another doctor had told them to feed him sweetened condensed milk. Couperus realized the concentrated milk had severely dehydrated the baby, and vomiting had compounded the problem. The young doctor told them to find a wet nurse and give this baby breast milk right away.

The door suddenly burst open, and a man wielding a sword headed toward Couperus. Word had gotten out that there was an infidel in the nursery. The guards restrained the man, escorted Couperus back to the limo, and drove him safely back home.

Several weeks later, he received a phone call from King Abdullah



**TAMARA L. THOMAS '87** stands with **JONATHAN HAUSTED '24** (left) and **NOLAN CHU '24** (right) after the Commencement ceremony.

himself stating that the baby had recovered and he thanked him for his wise recommendations. He kindly stated that the doctor could visit the palace any time.

Years later, Couperus was a successful dermatologist in Los Angeles, and one afternoon, his receptionist excitedly reported, "There are some strangers in the waiting room asking to talk to you."



Upon entering the room Couperus found three men in Arabic dress. They stated they were ministers in the government of Jordan and had been sent by the king. They asked if he had been in Transjordan in 1935 and treated a sick baby in the palace; he nodded. They told him the baby was now King Hussein of Jordan! The king had become aware that Couperus had treated him and wanted to reward him for saving his life. The ministers invited him to come back to Jordan at any time and they would honor him. Unfortunately, the doctor was never able to follow through on their generous offer.

King Hussein went on to become a respected king and a major stabilizing force in the Middle East. Perhaps history would have had a different course if God had not used a young CME graduate physician to save an infant in the harem. ■

*Reprinted with permission.*



**Tamara L. Thomas '87**  
*School of Medicine Dean*

# Support our *Paying It Forward* Scholarship

This year, the Alumni Association provided 39 *Paying It Forward* Scholarships to students for the 2024-2025 school year. We thank each of you who have donated to make these scholarships possible. We hope to continue to provide these scholarships and need your assistance. Please consider supporting our scholarship.

The *Paying It Forward* Scholarship is a covenant gift of 50% tuition and fees (\$34,500 for 2025-2026) for third- or fourth-year medical students for one or two academic years, which they agree to pay forward before their 25th anniversary.

Your tax-deductible donation will be double-matched by the Alumni Association and Loma Linda University School of Medicine. You will also have the opportunity to mentor a student *Paying It Forward* Scholarship recipient.



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## Studer New Department Chair of Preventive Medicine



Loma Linda University School of Medicine (LLUSM) has selected **KAREN STUDER '10** as chair of the department of preventive medicine, effective July 1, 2024.

Studer joined the School of Medicine faculty in 2014 and served as assistant professor of preventive medicine and vice chair of the department of preventive medicine.

“Dr. Studer’s experience and commitment to preventive medicine have been instrumental in advancing our medical education,” said **TAMARA L. THOMAS '87**, dean of LLUSM. “She will continue to grow the department and cares about the health and well-being of our community.”

Studer serves in a variety of leadership roles for Loma Linda University Health (LLUH), including program

director of the preventive medicine residency and program director at the public health population medicine (MPH) program at the School of Public Health.

She is one of the founding faculty of the Lifestyle Medicine Residency Curriculum (LMRC) and serves as an author, lead, and editor for multiple publications and grants. She serves as director on the American Board of Preventive Medicine and has served on the Public Health and General Preventive Medicine Milestones 2.0 Committee.

She is board-certified in preventive medicine, obesity medicine, integrative holistic medicine, and lifestyle medicine.

Studer succeeds **APRIL WILSON '06** who served as chair of the department since December 2017. Wilson will remain with LLUSM and focus on its lifestyle medicine curricula. The position is pending approval by the LLUH Board of Trustees. ■

## Rogstad Selected as Senior Associate Dean of Medical Student Education



Loma Linda University School of Medicine (LLUSM) has selected **DANIEL K. ROGSTAD '09, PhD** as the new senior associate dean of medical student education.

Rogstad has had a distinguished career in both medicine and academia. He joined LLUSM in 2015 as assistant professor of medicine and most recently served as associate dean of basic sciences education. He was instrumental in creating a learner-centered, integrated, organ-based model that supports LLUSM’s new Discovery Curriculum.

“I am confident that he will continue to inspire and guide our future medical professionals with the same passion and commitment he has shown throughout his career,” said **TAMARA L. THOMAS '87**, dean of LLUSM. “His teaching methods and leadership in curriculum development have significantly enhanced the learning experience for our students.”

Rogstad has served as the course and thread director for medical biochemistry since 2015. He enjoys teaching biochemistry through team-based learning and the clinical application of foundational concepts. In addition to his role as an educator and physician, he leads the Inland Empire’s only coccidioidomycosis outpatient clinic.

He is board certified by the American Board of Internal Medicine in infectious disease and internal medicine.

He succeeds **TAMARA M. SHANKEL '88** who served in this role since June 2017. Shankel will continue to contribute to medical education at LLUSM. The position is pending approval by the Loma Linda University Health Board of Trustees. ■

## Shankel Receives Distinguished Academic Award

**TAMARA M. SHANKEL '88**, received the



Loma Linda University School of Medicine Distinguished Academic Award at the Conferring of Degrees for her exemplified dedication and expertise throughout her career, leaving a lasting impact on medical education and leadership in the field of medicine. In addition,

Cynthia Tinsley, MD received the Distinguished Academic Award, and Shoba Sahney, MBBS, received the Distinguished Service Award. ■

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communications  
specialist at the  
School of Medicine.

## Teacher of the Year Awards

During the Senior Awards Banquet, the Macpherson Society announced **CODY S. CARTER '13** as Basic Science Teacher of the Year and **KEVIN A. CODORNIZ '05** as Clinical Teacher of the Year for their excellence in care for students and exceptional dedication to teaching. ■



(Left) **CODY S. CARTER '13** and **TAMARA L. THOMAS '87**. (Right) Thomas, **KEVIN A. CODORNIZ '05**, and Andrea Ray, MD.

## MATCH DAY 2024

42%

Matched to Primary Care programs

35%

Matched to Loma Linda University Health

58%

Matched to California programs



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## Platinum Plus Certification in Lifestyle Medicine

Loma Linda University School of Medicine (LLUSM) has been recognized by the American College of Lifestyle Medicine (ACLM) as one of the first two medical schools to earn the highest recognition of a “Platinum Plus” certification designation for the significant level of undergraduate lifestyle medicine curricula within their programs.

Platinum Plus is the highest tier of certification that a medical school can receive from ACLM and indicates the incorporation of at least 100 hours of evidence-based lifestyle medicine content within the four-year curriculum for all medical students. Additionally, LLUSM offers a Lifestyle Medicine Certificate Track for students who desire advanced knowledge and skills in lifestyle medicine.

Sylvia Cramer, DrPH, DipACLM, FACLM and **KELSEY L. CHEREPUSCHAK '15, MPH**, who are the co-thread directors for the lifestyle and preventive medicine thread at LLUSM, are excited to accept the ACLM lifestyle medicine Platinum Plus certification and are grateful to be one of the first two medical schools certified at the highest level, along with colleagues from the University of South Carolina Greenville. The co-thread directors believe that the increased amount of lifestyle medicine education that students receive will not only benefit the students’ future patients but will also be beneficial as they apply lifestyle medicine principles in their own lives, creating more resilient “whole person” physicians.

The Platinum Plus level of lifestyle medicine curricula within medical schools supports graduates in achieving part of the prerequisites to become certified in lifestyle medicine by the American Board of Lifestyle Medicine (ABLM), following successful completion of the remaining prerequisites during residency training. In addition, Loma

Linda University Health, in collaboration with ACLM, currently offers the Lifestyle Medicine Residency Curriculum to any resident or fellow trainee within our system with a specific focus on family, internal, and preventive medicine residency programs. The institution also offers the only Lifestyle Medicine Intensivist Fellowship program in the nation.

“For over 100 years, LLUSM has had a legacy of continuing the teaching and healing ministry of Christ through lifestyle medicine-oriented medical education, and this certification represents the culmination of a renewed effort to weave lifestyle medicine more extensively throughout our four-year curriculum,” said **BRENDA L. REA '11, DrPH**, PT, RD, DipABLM, Lifestyle Medicine Intensivist, FACLM, program director of the Lifestyle Medicine Intensivist Fellowship at LLUSM.

Lifestyle medicine is an approach to health care that focuses on preventing, treating, and often reversing chronic diseases through lifestyle interventions. Lifestyle medicine-certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. ■



Loma Linda University has been a pioneer in integrating lifestyle medicine into health care education, research, and dietary habits, aligning with its mission to promote wholeness and wellness.



# ALUMNI News

What's new? Have you accomplished something you are proud of? Received an award? Served overseas recently? Want to simply update us on your life? Email us at [llusmaa@llu.edu](mailto:llusmaa@llu.edu).

## Classified

### LIFESTYLE MEDICINE DOCTOR WANTED

Associate MD for Family Medicine/Integrative/Wellness Center established in 1978. Seeking doctor familiar with lifestyle medicine practice with preventive medicine, nutrition who demonstrates good communication skills and is compassionate. Clients are private "health participants" by appointment, who are interested in using natural approaches to health. Located near affluent beach cities. Several Adventist Churches, junior academy in area. Compensation based on productivity. Wonderful support staff. Possibility to assume practice as owner plans to retire in a few years and will mentor and introduce to "health participants." Send inquiries to: [drw@healthintegration.center](mailto:drw@healthintegration.center). Torrance, California | 310-326-8625 | [Healthintegration.center](http://Healthintegration.center)

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## 1980s

### Harvard Public Health Award



**YUTAKA NIIHARA '86** was selected for the 2024 Harvard T. H. Chan School of Public Health Alumni Association Award of Merit, the highest honor that the school can bestow upon a graduate. The award recognizes professional excellence in the field of public health as expressed by advancement of its science, improvement of its community practice, leadership of its institutions, or contributions to the growth and accomplishments of its future professionals. ■

### AdventHealth New CEO



**MONICA (GREEN) REED '86**, has been named president and chief executive officer for UChicago Medicine AdventHealth. As CEO, AdventHealth states, Reed is "responsible for overseeing the strategic development and growth of UChicago Medicine AdventHealth, which includes four hospitals [...] and more than 50 sites of care." Learn more at [adventhealth.com/news/](http://adventhealth.com/news/) ■

### Blue Zones Health Chief Medical Officer



Blue Zones Health named **WAYNE DYSINGER '86, MPH**, as Blue Zones Health's chief medical officer. In this role, Dysinger focuses on improving clinical outcomes using his expertise in lifestyle medicine and advises Blue Zones Health on its clinical offering and strategic partnerships. He also works closely with Blue Zones Health's medical directors and leadership team to inform best practices around preventive care, showing physicians how they can improve operational outcomes and attain work-life balance, and enhancing the overall patient experience at Blue Zones Health-owned and partner clinics. ■

## 2010s

### Exemplary End-of-Life Care Award

**ANDRE M. CIPTA '11**, received the 2024 Hastings Center Cunniff-Dixon Physician Award for exemplary end-of-life care. The award is based on technical competence, personal integrity, empathic dialogue with patients, active engagement with the family and loved ones, practical and heartfelt communication regarding advance directives, and compassionate alleviation of suffering. Cipta is the program director of the Hospice and Palliative Medicine Fellowship and site director of the innovative mid-career fellowship track at the Kaiser Permanente Los Angeles Medical Center." More information at [www.thehastingscenter.org](http://www.thehastingscenter.org). ■



## 2020s

### MinorinMD Lifestyle Medicine Clinic

**ARSHELY FLEURISTAL '20** has created an online lifestyle medicine clinic called MinorinMD Lifestyle Medicine Clinic (MLMC). Fleuristal shared, MLMC is a virtual/telemedicine clinic that specializes in providing primary care services integrated with expertise in preventive medicine, lifestyle medicine, and obesity medicine. MLMC cares for patients from a variety of backgrounds who reside in California and Florida. Our dream is to increase access to affordable and high-quality care for all as we empower individuals on their own journey toward holistic health." ■



### Resident Advocacy Award

**DAVID DEEMER '21** received the 2024 Resident Advocacy Award, which is voted on by residents and/or faculty at the University of Wisconsin. The Resident Advocacy Award goes to the resident who has made significant contributions to the institution and/or community by advocating for structural change to promote health equity and/or improve patient health outcomes. In advocacy, he submitted written testimony in favor of a bill in Wisconsin to put Albuterol inhalers in school medical kits. This bill was signed by Governor Tony Evers and Deemer was one of the individuals invited to attend the signing (see photo right). He said, "It was gratifying to see a bill made into law and to know I helped in the process." ■



**DAVID DEEMER '21** (fourth from right).



# Class of 2024 Cruise

BY CHERYL WANG '24



On May 16, the graduating class of 2024 celebrated together on a dinner cruise to commemorate the culmination of their medical school journey. Over 160 class members and friends gathered for an evening of food and fun aboard Endless Dreams, a spacious three-deck charter yacht. Throughout the evening, attendees enjoyed an open buffet, celebrated fellow classmates who received awards for senior superlatives, and played lawn games on the top deck of the yacht while soaking in the sunset as the cruise sailed along the Newport Beach coast.

The senior class extends its warmest appreciation to the Alumni Association for its extensive support for the class of 2024 throughout their time at Loma Linda University and for financial assistance for the dinner cruise. ■







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# This & That

## New Logo Reflects Global Presence



The Alumni Association has redesigned the logo to incorporate elements from our historical seal, honoring our rich heritage. It also symbolizes the global reach of our alumni network, representing our dynamic and diverse medical community around the world. This new look continues to reflect our commitment to connect, create, and care for alumni everywhere. Thank you for being a part of our journey. ■

## Membership Dues Increase

Our independent Alumni Association relies on paid memberships to operate. Despite ongoing inflation, our annual dues have not changed in a decade. Starting September 1, 2024, Regular Annual Memberships will increase to \$295 and Sustaining Annual Memberships to \$345. To keep the current rates, renew your membership by August 31. Opt for automatic renewal by then at [www.llusmaa.org/memberships](http://www.llusmaa.org/memberships) for continued savings. ■

## Alumni Gather at the Hollywood Bowl

Our alumni enjoyed a delightful evening at the Hollywood Bowl on July 2, featuring a performance by the talented Harry Connick Jr. The night began with a delicious picnic dinner, giving everyone a chance to mingle and catch up, and concluded with a stunning fireworks display. It was a memorable night of fantastic music, great food, and wonderful company. ■







ALUMNI ASSOCIATION  
School of Medicine Loma Linda University



LOMA LINDA UNIVERSITY

## 93<sup>RD</sup> ANNUAL POSTGRADUATE CONVENTION & HOMECOMING

THURSDAY, FEBRUARY 27 – MONDAY, MARCH 3

# 2025

[llusmaa.org/apc](https://llusmaa.org/apc)   [llu.edu/homecoming](https://llu.edu/homecoming)

Nominations for the 2025 Honored Alumni & Alum of the Year  
now open at [llusmaa.org/nominate](https://llusmaa.org/nominate)

“Hope is an act of defiance.  
We have hope that we will cure this  
disease and save more cancer patients.”

DR. CHI T. VIET

*Associate Professor, Oral and Maxillofacial Surgery, Loma Linda University Health  
Featured in Episode 4, Keep Moving Forward*



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# Global Presence:

## TEACHING AND HEALING IN SUB-SAHARAN AFRICA

**RACHEL (SELLE) McLAUGHLIN '05** is an obstetrician-gynecologist living in Burundi at a Christian mission hospital and medical school with her husband and three children.

### HOW DID YOU DECIDE TO BECOME A MISSIONARY IN A GLOBAL CENTER?

I developed an interest in international medicine and mission work in high school. My husband, Eric, and I were both medical students when we met; I was at Loma Linda University (LLU) and he was at the University of Michigan. We had a common interest in medical missions. After I moved to Michigan to get married, we became friends with two other medical couples interested in the same work and decided to move overseas together. A few months after graduating from my OB-GYN residency in 2009, I took my boards, we sold our house, and prepared to move to Kenya. Through the organization Samaritan's Purse, we spent two years at Tenwek Hospital and really enjoyed the group dynamic of being with other families. We were able to process things together, support each other, provide child care for date nights, and have other social interactions, which was a blessing. After a couple of years, while searching for other opportunities to serve, our community heard about a new Christian medical school in Burundi that was just beginning, but had no clinical faculty. The school was also trying to develop an older rural missions hospital into their training site at the same time. Eric and I first visited in 2010 and were excited about the opportunity to provide medical education and work with Burundian partners. So after completing our time at Tenwek, we completed a year of French language study and moved to Burundi with our team in 2013. So we've been here for over 10 years now!

### WHAT DO YOU HOPE TO DO?

We are very excited about education of African nationals, mostly in the form of medical students but also nursing staff and now residents. When we arrived in country, there were only 300 doctors for

a population of over 10 million people. Ten years later, our team has been a part of training over 300 new physicians, working in every province of the country and also many other countries around Africa. While the medical student teaching is rewarding, our ultimate goal is to establish post graduate training/residency programs, allowing for more in-depth teaching to a small number of people. This also allows for deeper mentoring and discipling relationships. Our hospital started a Pan African Academy of Christian Surgeons (PAACS) program in 2022 (which LLU is the accrediting body for) and we hope to open a family medicine program within the next year as well.

### HOW DOES YOUR MISSION CALL FURTHER THE HEALING AND TEACHING MINISTRY OF JESUS?

I really feel like our team helps to usher in the Kingdom of God. As Jesus says in Luke 4, he proclaims good news to the poor, news of freedom and healing and the Lord's favor. We've been in Africa for 15 years now, and feel like Kibuye Hospital is a place that not only heals the sick but provides redemption to the people around us. It helps our neighbors feel God's love for them, knowing that they are not forgotten.

### SHARE A COUPLE OF PATIENT STORIES.

The culture places a high value on motherhood. Much of the culture is highly centered around children and childbearing. Women who have no children, for many reasons including infertility, miscarriage/pregnancy loss, and infant or child loss, feel desperate to have children. I use my skills to restore them and to help with grief and loss, and hopefully help them to feel seen and heard. One woman during her previous pregnancy had experienced fetal loss at eight

**Get Involved**

Learn: [www.llusmaa.org/volunteer-missions-opportunities](http://www.llusmaa.org/volunteer-missions-opportunities)  
Sign up: [www.llusmaa.org/volunteer-mission-form](http://www.llusmaa.org/volunteer-mission-form)  
Donate: [www.llusmaa.org/donate](http://www.llusmaa.org/donate)





BY BOAS OPEDUN, SEAM

(Left photo) **RACHEL (SELLE) McLAUGHLIN '05** with her family (from left) Eric McLaughlin, MD, Maggie, Toby, Ben. (Right photo) McLaughlin providing surgical training for general physicians and anesthesiologists.

months gestation due to placental abruption secondary to large fibroids. When she lost her first baby, I induced the nonviable fetus and performed myomectomy of the fibroids. After healing from the surgery, she became pregnant again, and this past Thursday I delivered her first live baby! Such a wonderful feeling watching the new mother with her precious child. But, that same week we had a death on service creating this juxtaposition of the joyful and the sad, a new birth and a death. The lady who died was just 18 years old and arrived critically ill due to sepsis after a C-section. She died a few days later, never having fully regained consciousness. It's a blessing to be in this community and experience the joyful moments in the midst of the sorrowful ones.

### WHAT DOES YOUR HOSPITAL AND/OR LOCAL COMMUNITY NEED MOST?

We are so grateful to work at a hospital with Burundian leadership, but it's still a struggle to find well qualified staff to help with our work. We are constantly under-staffed, and many nurses and doctors aren't able to get higher levels of training to improve their skill set. Like many African countries, Burundi suffers from "brain drain," with people initially leaving the country to get further training and then not returning home. Even within the country, we often lose employees to opportunities in the capital city, which offers higher pay and better education for their children. So, what we really need are better training opportunities and more mentoring here at Kibuye. There is so much work, need, and sick patients, and not enough time to get it all done. The facility has developed tremendously in the past 10 years. However, training and mentoring the qualified personnel to staff the hospital is painstakingly slow.

### WHAT IS THE HARDEST THING FOR YOU RIGHT NOW?

Monthly maternal mortality meetings. There are 15 to 20 maternal losses per year. Each one feels like a failure to me, and I carry the weight of that responsibility. There are things we can't do. We

cannot fix everything, and sometimes I feel all alone. Yes, I have community support, and I'm also grateful for the family medicine and surgery teams that do assist me. But I have no OB colleagues out here, and that can be lonely. It's frustrating when I feel like I don't have the time, the ability, or the support to be able to elevate the standard of care, and do more to prevent those maternal deaths.

### WHAT'S THE MOST FULFILLING ASPECT?

Helping patients get through pregnancy or loss is fulfilling. I also find it fulfilling working with and training the Burundian general practitioners on my service. I'm close to several GPs and have had the opportunity to mentor them as well as teach them ultrasound and surgical skills.

### WHAT WOULD GIVE YOU A SENSE OF COMMUNITY AND SUPPORT FROM "HOME"?

I'm always excited to hear news from LLU, to hear other missionary stories, and to meet up with others in the mission field. I recently met up with **MARK E. REEVES '92, PhD** at a PAACS surgery conference in Kenya, and I've continued to connect with **RYAN A. HAYTON '05** and others as well. That provides a sense of connection with home. Of course, we have so many wonderful supporters and friends back in the U.S. that continue to reach out and encourage us.

### WHAT WOULD YOU LIKE TO COMMUNICATE BACK TO ALUMNI?

Support is needed for our global mission work! Financial support is, of course, always needed, but also equally important, or perhaps more important, is feeling a sense of encouragement, acknowledgment, and prayers from "home." Really, we want for alumni from home to reach out and provide encouragement to us in the mission field. That would mean the most to us! ■

# CELEBRATING THE LOMA LINDA UNIVERSITY CLASS OF 2024!



**Pacific Union College is proud of  
our alums who graduated from  
LLU this year! May they go forward using  
their God-given gifts to serve others.**

**Lauren Rachel Chang Borecky • Michael Coleman Borecky  
Thomas Elton Chang Borecky • Sally Chen • Fareed Elsaadi  
Anika Isabella Iftekharuddin • Chetiwe Kapila • Lindsey Noel Kim  
Alexandra Maidan • Kevin Nogueira Martins  
Emmanuel Chimbudike Oluwatimilehin Omosor  
Robert Andrew Price • Nicole Leana Chua Sy**



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ANNIE MORETTA '24 celebrates as she marches out from the 2024 Commencement.

# Graduation 2024

BY DANIEL K. ROGSTAD '09, PhD

Dear Class of 2024,

You will always have a special place in my heart because of all we went through together. Not only were you the first class to experience the new Discovery Curriculum, with all its surprises, uncertainties, and lack of upperclassmen to tell you what it was like, but you also started your medical school during the beginning of the COVID-19 pandemic! I remember our first weeks together, socially distanced, masked up, at small group tables in Drayson Center. After a few months, the county required us to disband most in-person activities, and you transitioned to learning on Zoom, until coming back in person later that year. These repeated changes were challenging, but you took it in stride and grew. You made it through the curriculum and Step 1, and I remember the pride, joy, and honor I felt sending you off to the clinical years. You've applied your basic science and health systems science knowledge to patient care, and you've become physicians in earnest!

Remember to be curious—let it drive you to pursue the truth and lead you to be empathetic toward your patients and your

students. Remember to practice humility—be servant leaders, building others up and making them successful instead of focusing only on trying to advance yourself. Remember to be patient, adaptable, and resilient. If you run into obstacles, look for a way around. If you run into difficulties, cultivate a new set of skills to solve the problem before you. James 1:5 says: "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Class of 2024, I pray that you will bring teaching, blessing, and healing wherever you go, just as our Lord Jesus Christ did! ■

**DANIEL K. ROGSTAD '09, PhD**, recently appointed as senior



associate dean for medical student education, has taught and led the biochemistry curriculum at LLUSM for the last nine years. He is a practicing physician in internal medicine/infectious diseases, with a focus on *coccidioidomycosis*.



Calvin Chuang, MBA, MSML, Alumni Association executive director (right) with the 2024 Herber Award recipients.

## Student Awards

Congratulations to the class of 2024, the newest members of the Alumni Association, School of Medicine of Loma Linda University. We extend a special acknowledgment to each of the graduates who received the following awards and recognition during their time in medical school.

### PRESIDENT'S AWARD

- ♦ **President's Award:** Luke Berger

### DEAN'S AWARD

- ♦ **Dean's Award:** Sydney Meadowcroft

### SCHOOL OF MEDICINE AWARDS

- ♦ **Academic Achievement Award:** Hannah Peterson, Lindi Newton, Nathaniel Srikureja
- ♦ **Impact on the World Leadership Award:** Sherrefa Burchell
- ♦ **Physician Scientist Award:** George Mukosera
- ♦ **Service to our School Award:** Sharmayne Siu, Lorraine Siebold
- ♦ **Wholeness and Engagement Mission Award:** Rebekah Leigh
- ♦ **Class of 1990 Heart for Service Award:** Lance Hofer-Draper
- ♦ **Wil Alexander Whole Person Care Award:** Jennifer Merrill
- ♦ **Alpha Omega Alpha Honor Society:** Caryn Ausenhus, Nathan Batres, Luke Berger, Julianne Byun, Ricky Chen, Gerald Cheng, Merai Estafanous, Yuna Han, Savannah Hodgkin, Daniel Jhang, Juliane Johnson, Haley Kempf, Rebekah Leigh, Brittany McPhee, Jennifer Merrill, George Mukosera, Antoine Nehme, Lindi Newton, Tiffany Pariva, Aliyah Patterson, Jonathon Payne, Hannah Peterson, Alphonse Rotinsulu, Jacob Schettler, Amanda Shim, Lorraine Siebold, Sharmayne Siu, Nathaniel Srikureja, Andrei

Tong, Shelley Villamor, Courtney Walters, Cheryl Wang, Matthew Wilson

- ♦ **Gold Humanism Honor Society:** Douglas Anderson, Caryn Ausenhus, Luke Berger, Barbara Bolivar, Lauren Borecky, Sherrefa Burchell, Jedel Butoy, Jeanette Byer, Gabriela De Los Santos, Merai Estafanous, Kathryn Cloete, Yuna Han, Karli Haugen, Lance Hofer-Draper, Haley Kempf, Lindsey Kim, Jennifer Merrill, George Mukosera, Lindi Newton, Hannah Peterson, Joshua Salguero, Jacob Schettler, Amanda Shim, Lorraine Siebold, Andrei Tong, Cheryl Wang
- ♦ **Alumni Association of SMLLU Herber Award:** Caryn Ausenhus, Barbara Bolivar, Jedel Butoy, Ricky Chen, Karli Haugen, Daniel Jhang, Juliane Johnson, Stephen Ortiz, Cheryl Wang

### DEPARTMENT AWARDS

- ♦ **Department of Anesthesiology**  
*Bernard D. Briggs '40 Award:* Kayla Canteras
- ♦ **Department of Emergency Medicine**  
*3 a.m. Award:* Amanda Shim  
*Society for Academic Emergency Medicine Award:* Jacob Schettler
- ♦ **Department of Family Medicine**  
*Walter P. Ordelheide '54 Award:* Jonathan Williams, Verena Tadros
- ♦ **Department of Gynecology and Obstetrics**  
*Harold F. Ziprick '37 Award:* Merai Estafanous
- ♦ **Department of Medicine**  
*Daniel D. Comstock 1906 Award:* Sydney Meadowcroft  
*Donald E. Griggs 1924 Award:* Luke Berger  
*Harold J. Hoxie '33 Award:* Andrei Tong, Haley Kempf  
*Varner J. Johns Jr. '45 Award:* Lindi Newton, Randy Sihotang
- ♦ **Department of Neurology**  
*Guy M. Hunt '42 Award:* Jeanette Marie Byer  
*AAN Medical Student Prize for Excellence in Neurology:* Lorraine Siebold
- ♦ **Department of Ophthalmology**  
*Ernest Zane '56 Award:* Sharmayne Siu
- ♦ **Department of Orthopaedic Surgery**  
*Philip H. Reiswig '61 Award:* Brittany McPhee
- ♦ **Department of Pediatrics**  
*Robert F. Chinnock '44-A Award:* Kelsey Testman
- ♦ **Department of Preventive Medicine**  
*Dysinger Family Preventive Medicine Award:* Kathryn Cloete, Lance Hofer-Draper, Jonathon Payne
- ♦ **Department of Psychiatry**



*Benjamin Kovitz Award:* Gerald Cheng

♦ **Department of Radiology**

*Diagnostic and Interventional Radiology Award:*

Winter Smith, Courtney Walters

♦ **Department of Surgery**

*David B. Hinshaw Sr. '47 Award:* Aliyah Patterson

*Plastic Surgery Alumni - Robert A. Hardesty '78-A*

*Plastic Surgery Award:* Jonathon Payne

♦ **Department of Urology**

*Roger W. Barnes 1922 Award:* Douglas Anderson ■

## Military Commissioning and Promotion Ceremony

Following Commencement, four new physicians from the class of 2024 were commissioned and promoted as officers of the U.S. military in a ceremony on the rooftop terrace of Loma Linda University Church. The oath of office was administered by COL Joseph P. Galura, DO (California Air National Guard).

Two commissioned graduates are now ranked as U.S. Air Force Captains: **PAUL FOSTER '24** and **LINDI NEWTON '24**.

One commissioned graduate is now ranked as U.S. Army Captain: **AMANDA SHIM '24**.

One commissioned graduate is now ranked as U.S. Navy Lieutenant: **BENJAMIN ULRICH '24** ■



(From left) **LINDI NEWTON '24**, **PAUL FOSTER '24**, **BENJAMIN ULRICH '24**, and **AMANDA SHIM '24**.



ALUMNI ASSOCIATION  
School of Medicine  
Loma Linda University

## Annual Memberships Will Increase on September 15, 2024

At the beginning of September, the Regular Annual Membership will increase from \$275 to \$295. Sustaining Annual Memberships will increase from \$315 to \$345.

To receive the reduced rate, please renew your membership before September 15, 2024.

To keep the current rates moving forward sign up for automatic renewal at [www.llusmaa.org/memberships](http://www.llusmaa.org/memberships).

[www.llusmaa.org/memberships](http://www.llusmaa.org/memberships)

## LLUSM Alumni Awards

The following awards and recognitions were presented to alumni of Loma Linda University School of Medicine (LLUSM). Congratulations to our esteemed alumni who have been recognized by Loma Linda University Health and LLUSM for their outstanding achievements and dedication to the field of medicine.

### UNIVERSITY DISTINGUISHED SERVICE AWARD

- ♦ **SHOBHA SAHNEY-FAC**

### UNIVERSITY DISTINGUISHED ACADEMIC AWARD

- ♦ **TAMARA M. SHANKEL '88**

### GOLD HUMANISM HONOR SOCIETY INDUCTEES

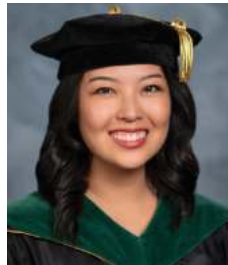
- ♦ **MATTHEW HAGELE '21; HANA LITVIN '21; JEFFERSON RICHARDS '23; MARK ARD '16; NEPHTALI GOMEZ '04; NGOZI EZINWA, MD, MPH-FAC; MINH YU, DO-FAC** ■

# The Graduating Class of 2024

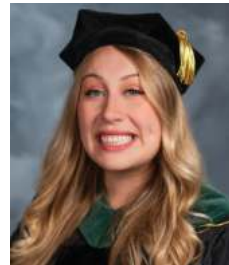
## 2024 CLASS OFFICERS



**Rotinsulu, Alphonse**  
*President/Alumni Association Representative*  
Southern Adventist U



**Wang, Cheryl**  
*Vice President*  
Southern Adventist U



**Goodlin, Bryndi**  
*Co-Social VP*  
*Transitional/Prev Med*  
LLUH-CA  
Walla Walla University



**Ramirez, Emilia**  
*Co-Social VP*  
Walla Walla University



**Mirasol, Siena**  
*Co-Secretary/Treasurer*  
*General Surgery*  
LLUH-CA  
Walla Walla University



**Smith, Winter**  
*Co-Secretary/Treasurer*  
*Transitional/Kettering*  
*Kettering Health Net-OH*  
Andrews University



**Hofer-Draper, Lance**  
*Pastor*  
*Family Medicine*  
*In His Image Family*  
*Med-OK*  
Weimar University



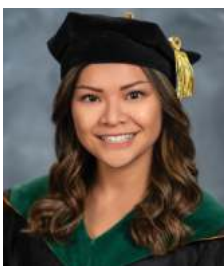
**Kempf, Haley**  
*Diversity and Inclusion Officer*  
*Internal Medicine*  
UC Irvine Med Ctr-CA  
U Notre Dame



**McPhee, Brittany**  
*Sports Coordinator*  
*Orthopaedic Surgery*  
LLUH-CA  
Stanford University



**Gentry, Vance**  
*Co-Community Service Representative*  
Southern Adventist U



**Yoong, Jessica**  
*Co-Community Service Representative*  
*Family Medicine*  
Kaiser Perm-Riverside-CA  
Andrews U



**Kim, Rachel**  
*Historian*  
*Med-Prelim/St. Bernardine*  
UC Riverside SOM-CA  
La Sierra University



**Ware, Carter**  
*IT Representative*  
*Medicine-Preliminary*  
LLUH-CA  
Southern Adventist U



**Cummins, Devin Arthur**  
*Senator*  
*Radiology-Diagnostic*  
Brookwood Baptist Health-AL  
Southern Adventist U



**Omosor, Timi**  
*Senator*  
*Anesthesiology*  
UCLA Med Ctr-CA  
Pacific Union College





**Alfaro, Leyden**  
Pediatrics  
Kirk Kerkorian SOM at  
UNLV-NV  
Washington Adventist U



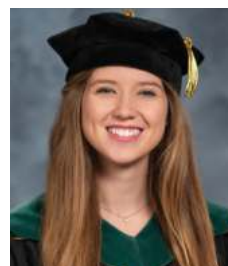
**Amoah, Japhet**  
Internal Medicine  
Case Western/U Hosps  
Cleveland MC-OH  
Cleveland State U



**Anderson, D. Wyatt**  
Internal Medicine  
U Michigan Hosps-Ann  
Arbor  
Wheaton College



**Ascano, Amanda**  
Family Medicine  
Penn Highlands  
Healthcare-PA  
York University



**Ausenhus, Caryn**  
Family Medicine  
St Joseph Hospital SCL  
Health-CO  
Wheaton College



**Baas, Catalina**  
Psychiatry  
U Kansas SOM-Kansas  
City  
Dordt College



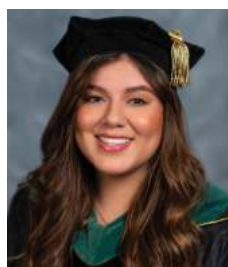
**Banda, Charles**  
Family Medicine/Soin  
Kettering Health Net-OH  
Vassar College



**Baranda, Meghan**  
Transitional  
LLUH-CA  
Southern Adventist U



**Berger, Luke**  
Transitional  
St Josephs Med Ctr-CA  
Bethel University



**Bolivar, Barbara**  
Family Med/LA Med Ctr  
Kaiser Perm, LA-CA  
La Sierra University



**Borecky, Lauren Rachel Chang**  
Pathology  
LLUH-CA  
Pacific Union College



**Borecky, Michael**  
Internal Medicine  
LLUH-CA  
Pacific Union College



**Borecky, Thomas**  
Internal Medicine  
LLUH-CA  
Pacific Union College



**Brewer, Claire**  
Neurology  
LLUH-CA  
Southern Adventist U



**Briceno, Emily**  
Medicine-Pediatrics  
U Rochester/Strong  
Memorial-NY  
Grand Canyon U



**Burchell, Sherrefa**  
General Surgery  
UCLA Med Ctr-CA  
Northern Caribbean U



**Butoy, Jedel Faith Jumud**  
Phys Medicine & Rehab  
LLUH-CA  
Southern Adventist U



**Byer, Jeanette**  
Neurology  
LLUH-CA  
Azusa Pacific University

KEY

**Name****Class Office**

First-year Residency Program

First-year Residency Location-State

Residency Program

Residency Location-State

Undergraduate School

CM

LLU

LLUH

MS

MC

SM

U

UC

College of Medicine

Loma Linda University

Loma Linda University Health

Medical School

Medical Center

School of Medicine

University

University of California

Residency information and data for the class statistics were provided by the LLU School of Medicine Office of Records and Student Services. We have done our best to correctly list these items. Graduates can update their information at [WWW.LLUSMAA.ORG](http://WWW.LLUSMAA.ORG). –Eds.





**Byun, Julianne**  
Obstetrics-Gynecology  
U Hawaii  
UC Santa Barbara



**Canteras, Kayla**  
Anesthesiology  
LLUH-CA  
La Sierra University



**Caputo, Stefan**  
Anesthesiology  
LLUH-CA  
Baylor University



**Carter, Madison**  
Pathology  
UC Irvine MC-CA  
Southern Adventist U



**Cazan, Brian**  
*Transitional*  
LLUH-CA  
U Washington, Seattle



**Cha, Minha**  
Internal Medicine  
LLUH-CA



**Chang, Joseph**  
Family Medicine  
LLUH-CA  
Southern Adventist U



**Chang, Marissa**  
Surgery-Preliminary  
LLUH-CA  
Southern Adventist U



**Chen, Ricky**  
UC Los Angeles



**Chen, Sally**  
Anesthesiology  
LLUH-CA  
Pacific Union College



**Cheng, Gerald**  
Psychiatry  
HCA Healthcare/TriStar  
Nashville-TN  
La Sierra University



**Chery, Holly**  
Miami Dade CC, US  
Florida



**Chong, Nicole**  
Family Medicine  
Adventist Health  
Glendale-CA  
UCLA



**Choque, Edwin**  
Southwestern Adventist U



**Chu, Nolan**  
Family Medicine  
LLUH-Murrieta-CA  
Southern Adventist U



**Cloete, Kathryn**  
Family Medicine  
LLUH-CA  
Andrews University



**Connell, Sarah**  
Emergency Medicine  
UMass Chan MS-MA  
US Carolina, Columbia



**Cuevas, Andrew**  
Emergency Medicine  
U Texas at Austin Dell MS  
Southern Adventist U



**DIEGO DEL CARPIO '24** and classmate prepare to march in to the 2024 Commencement.



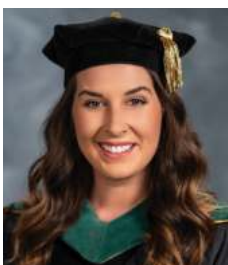
**De Los Santos, Gabriela**  
Neurology  
U Miami/Jackson Health  
System-FL  
Northeastern U



**Del Carpio, Diego**  
Anesthesiology  
Riverside University  
Health Sys-CA  
La Sierra University



**Dobrowsky, Brandon**  
Anesthesiology  
LLUH-CA  
Southern Adventist U



**Drury, Sydney Blake**  
Family Medicine  
Kootenai Health-ID  
Walla Walla University



**Edmeade, Andrea**  
Pathology  
U Southern California  
Washington Adventist U



**Elsaadi, Fareed**  
Internal Medicine  
LLUH-Murrieta-CA  
Pacific Union College



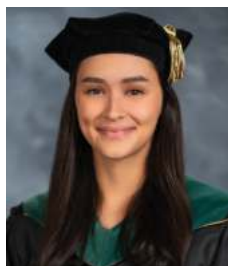
**Estafanous, Merai**  
Obstetrics-Gynecology  
LLUH-CA  
U Southern California



**Fast, Jonas**  
Neurology  
U Colorado SM-Denver  
Colorado State U



**Fisher, Adam**  
Southern Adventist U



**Ford, Noah**  
Emergency Medicine  
Northwestern McGaw/  
NMH/VA-IL  
Union College



**Foster, Paul**  
Walla Walla University



**Gilbert, Eugene**  
U Massachusetts Amherst



**ALPHIE ROTINSULU '24** shares his president's message with his fellow graduates during the 2024 Commencement.

## From the Class President

BY **ALPHIE ROTINSULU '24**

Dear Class of 2024,

Our journey has been unique, marked by being the first to voyage through the new Discovery Curriculum, by facing the COVID-19 pandemic and subsequent changes to our education, and by our socially distanced society. My friends, through our pain and struggles, we have grown stronger. Let us continue to champion this collaborative spirit no matter where we go.

Our community of support also includes those who mentored and cared for us and put their energy, efforts, and resources into our education. My mother envisioned a future for her family in this land of opportunity. Her sacrifices, love, and motivation are why I am here today. She instilled in me the desire to become a physician. For all of us, our loved ones and social support kept us going.

Now as physicians, let us pass that love forward. Four years ago we received our short white coats and made our physician's oath to dedicate our lives to the teaching and healing ministry of Jesus Christ. Now in new longer white coats (i.e., warm quarter-zip embroidered fleece), let us recommit to this oath.

As newly minted physicians, the opportunities will be endless to change the world for the better. Seek out mission trips. Find students to mentor. As our patients and their families trust us with their care, let us show compassion, empathy, and the love of Christ with each interaction. Let us keep trusting God and his direction for our lives!

This world needs hope and it needs whole-person care, and class of 2024, we're up next!

Thank you, everyone, and God Bless. ■



# MANY STRENGTHS. ONE MISSION.



*play*



*live*



*serve*

*[fmg.lluh.org](http://fmg.lluh.org)*



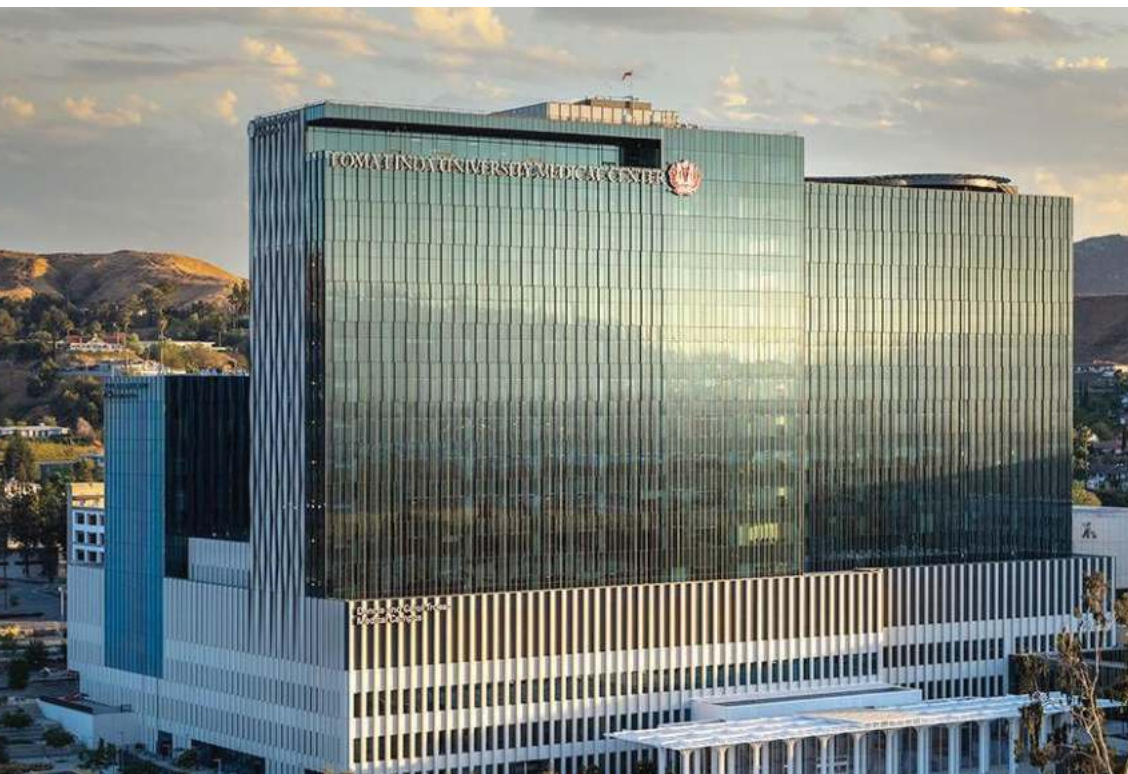
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**JAMES APPEL '00**, Commencement speaker, shares his talk “The Campfires of Heaven” with the class of 2024.



**Haddad, Jasmine**  
Psychiatry  
Kaiser Permanente-  
Fontana-CA  
Walla Walla University



**Hahn, Rachel**  
Family Medicine  
PIH Health Hosp  
Downey-CA  
La Sierra University



**Han, Julia**  
Internal Medicine  
U Southern California  
UC Berkeley



**Han, Yuna**  
Internal Medicine  
LLUH-CA  
Southern Adventist U



**Hartzell, Alexander**  
Internal Med/Portland  
Providence Health-OR  
Walla Walla University



**Haugen, Karli**  
Family Med/Sierra Nevada  
Dignity Methodist Hosp-  
Sacramento-CA  
UC Davis



**Hausted, Jonathan**  
Anesthesiology  
LLUH-CA  
Southern Adventist U



**Hebert, Sara**  
Anesthesiology  
LLUH-CA  
Andrews University



**Hendricks, Carlee**  
Pediatrics  
Phoenix Childrens Hosp-  
AZ  
Point Loma Nazarene U



**Hodgkin, Savannah**  
Family Medicine  
LLUH-CA  
Southern Adventist U



**Holmes, Bailey**  
Pediatrics  
LLUH-CA  
Point Loma Nazarene U



**Humphries, Tyler**  
Surgery-Preliminary  
LLUH-CA  
Walla Walla University



**Hwang, Brian**  
Medicine-Preliminary  
LLUH-CA  
La Sierra University



**Iftikharuddin, Anika Isabella**  
Psychiatry  
LLUH-CA  
Pacific Union College



**Jhang, Daniel**  
Andrews University



**Ji, Woo Rim**  
Transitional  
LLUH-CA  
Kettering CM Arts



**Johnson, Jo Ann**  
Pediatrics  
Tower Health/St  
Christophers Hosp-PA  
Andrews University



**Joo, Grace**  
Pediatrics  
LLUH-CA  
Andrews University





**Kang, Simon**  
Family Medicine  
LLUH-CA  
Andrews University



**Kapila, Chetiwe**  
Emergency Medicine  
Harbor-UCLA MC-CA  
Pacific Union College



**Kenney, Shelby**  
Surgery-Preliminary  
Albert Einstein MC-PA  
Point Loma Nazarene U



**Kim, Jessica**  
Anesthesiology/Clin Base  
Yr  
U Washington Affil Hosps  
UCLA



**Kim, Kyungil John**  
Internal Medicine  
Kaiser Perm-Fontana-CA  
La Sierra University



**Kim, Lindsey**  
Anesthesiology  
LLUH-CA  
Pacific Union College



**Lawson, Trey**  
Andrews University



**Lee, Jae**  
Internal Medicine  
U Southern California  
UC Berkeley



**Lee, Taejun**  
Internal Medicine  
Scripps Mercy Hosp-San  
Diego-CA  
Andrews University



**Leeper, Kevin**  
Pathology  
LLUH-CA  
Southern Adventist U



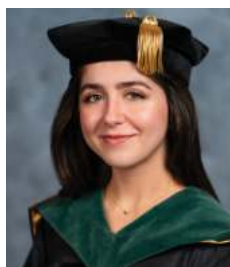
**Leigh, Bekah**  
Medicine-Preliminary  
LLUH-CA  
Masters College &  
Seminary



**Magluyan, Jade Taylor**  
Southwestern Adventist U



**Mah-Ginn, Kolina**  
Pepperdine University



**Maidan, Alexandra**  
Obstetrics-Gynecology  
LLUH-CA  
Pacific Union College



**Makowski, Jennifer**  
Pediatrics  
LLUH-CA  
Southern Adventist U



**Martins, Kevin**  
Pacific Union College



**Mayor, Joseph**  
Andrews University



**Mayorga, Yenifer**  
U Colorado at Colorado S



**JOEL PAEA '24** piled high with celebratory leis after the 2024 Commencement.

## THE CLASS OF 2024

## By the Numbers

- 162** Total MD graduates
- 88** Female graduates (54%)
- 74** Male graduates (46%)
- 06** Children born during med school

## TOP SPECIALTIES

- 32** Internal Medicine (20%)
- 21** Family Medicine (13%)
- 13** Anesthesiology (8%)
- 10** Surgery—General (6%)
- 09** Pediatrics (6%)

## TOP RESIDENCY LOCATIONS

- 55** LLU Medical Center (34%)
- 05** Tie: Kaiser Permanente, Fontana, Kettering Health Netw.-OH (3%)
- 03** Tie: Mayo Clinic School of Grad Med Edu, MN; Riverside U Health Sys-CA (2%)

## ETHNIC ORIGIN

(as specified by students)

- 57** White Non-Hispanic (35%)
- 52** Asian or Pacific Islander (32%)
- 21** Multiple Ethnicities (13%)
- 18** Hispanic (11%)
- 14** Black Non-Hispanic (9%)

## INTERNATIONAL ROTATIONS

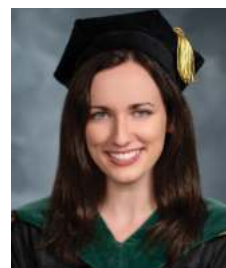
- 17** Students (10%)



**Meadowcroft, Sydney**  
Internal Medicine  
LLUH-CA  
Walla Walla University



**Mendoza, Jessica Linang**  
Emergency Medicine  
LLUH-CA  
LLU



**Merrill, Jennifer Emily**  
Obstetrics-Gynecology  
LLUH-CA  
U Washington, Seattle



**Moretta, Annie**  
Internal Medicine  
LLUH-CA  
Andrews University



**Mukosera, George**  
Dermatology  
Mayo Clinic School of  
GME-MN  
Davidson College



**Nehme, Antoine**  
General Surgery  
LLUH-CA  
Arizona State U Main  
Campus



**Nelson, Giovanna**  
Family Medicine  
Virginia Mason Franciscan  
Health-WA  
Walla Walla University



**Newton, Lindi**  
Taylor University Upland



**Ok, Nathan Taejun**  
Internal Medicine  
Riverside Community  
Hospital-CA  
Andrews University



**Oman, Andy**  
General Surgery  
Riverside University  
Health Sys-CA  
U Nevada Reno



**Ong, Julieanne**  
*Transitional*  
LLUH-CA  
UC Riverside



**Ong, Meng-Yung**  
Internal Medicine  
Kaiser Permanente-  
Fontana-CA  
La Sierra University



**Ongyiu, Ella**  
Neurology  
LLUH-CA  
Burman University



**Ortiz, Stephan**  
Pediatrics  
Childrens Hospital-LA-CA  
UC Berkeley



**Osias, Adrian**  
Walla Walla University



**Owusu, Daniel**  
Anesthesiology  
Yale-New Haven Hosp-CT  
SUNY at Stony Brook,  
SUNY Westchester CC





**CHETIWE KAPILA '24** (*facing camera*) applauds during Commencement.



**Paea, Joel**  
Phys Med & Rehab/Taylor  
Corewell Health East  
Beaumont-MI  
Andrews University



**Panjaitan, Ezra**  
Pathology  
LLUH-CA  
Andrews University



**Pariva, Tiffany**  
Family Medicine  
Lawndale Christian Health  
Ctr-IL  
UC Los Angeles



**Park, Emily**  
Southern Adventist U



**Park, Eunice**  
Internal Medicine  
Kaiser Permanente-  
Fontana-CA  
New York University



**Patterson, Aliyah**  
General Surgery  
Mayo Clinic School GME-  
AZ  
U Dist of Columbia



**Payne, Jonathon**  
Plastic Surgery  
(Integrated)  
LLUH-CA  
La Sierra University



**Peterson, Hannah**  
Medicine-Preliminary  
LLUH-CA  
Calvin College



**Peverini, Andrew**  
General Surgery  
Riverside University  
Health Sys-CA  
Southern Adventist U



**Peverini, Daniel**  
Internal Medicine  
U New Mexico SM  
La Sierra University

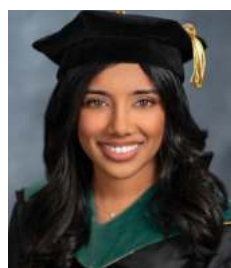


**Price, Robert Andrew**  
Pacific Union College



**Proctor, Kristen**  
Internal Medicine/  
Kettering  
Kettering Health Net-OH  
Andrews University





**Rajah, Tiffany**  
Internal Medicine  
Kaiser Permanente-  
Fontana-CA  
UC Berkeley



**Rivera, Benjamin D.**  
Internal Medicine/  
Kettering  
Kettering Health Net-OH  
U Arizona



**Roehlig, Laurenz**  
Family Medicine  
LLUH-CA  
Weimar University



(Top) Regional campus students stand with **TAMARA L. THOMAS '87**, School of Medicine dean, and **ELAINE ANGELA HART '00**, assistant dean regional campuses. (Bottom) **RICHARD H. HART '70, DrPH**, university president, addresses the graduates.



**Sanchez, Sierra**  
Pediatrics  
AdventHealth Florida  
Southern Adventist U



**Schettler, Jacob**  
Emergency Medicine  
UC Irvine Med Ctr-CA  
U North Dakota



**Seidel, Vinicius**  
Internal Medicine  
LLUH-CA  
Weimar University



**Seo, Pauline**  
Arizona State U Main  
Campus



**Shepherd, Abby**  
Family Medicine  
Adventist Health Hanford-  
CA  
La Sierra University



**Shim, Amanda**  
Wheaton College



**Siebold, Lorraine**  
Neurology  
Mayo Clinic School of  
GME-MN  
Andrews University



**Sihotang, Randy**  
Internal Medicine  
Olive View-UCLA MC-  
CA  
La Sierra University



**Siu, Sharmayne**  
Medicine-Preliminary  
LLUH-CA  
Drexel University



**Skau, David**  
Family Medicine/Soin  
Kettering Health Net-OH  
Union College



**Smith, Jordan**  
Brigham Young University



**Srikureja, Nathaniel**  
Medicine-Pediatrics  
Hosp of the U of PA  
Andrews University



**Suk, Amber**  
Otolaryngology  
LSUHSC-Shreveport-LA  
U Pennsylvania



**Swensen, Shaelyn**  
Emergency Medicine  
Western Michigan U  
Stryker SM  
Walla Walla University



**Sy, Nicole Leana**  
Pathology  
UC San Diego MC-CA  
Pacific Union College





**Tadros, Verena**  
Family Medicine  
LLUH-CA  
UC Riverside



**Testman, Kelsey**  
Pediatrics  
U Texas Southwestern  
MS-Dallas  
U San Diego



**Thornton, Josselyn**  
Andrews University



**Tong, Andrei**  
Internal Medicine  
U North Carolina  
Hospitals  
Washington U in St. Louis



**Toole, Shannon Stradford**  
Neurology/Ascension  
U Texas at Austin Dell MS  
Oakwood University



**Traboulsi, Anthony**  
Loyola Marymount  
University



**Ukegbu, Izuchi**  
Emergency Medicine  
UPMC Harrisburg-PA  
New York University



**Ulrich, Benjamin**  
Western Michigan U,  
Kellogg CC



**Villamor, Shelley Jane**  
Transitional  
HCA Florida Orange Park  
Hosp  
U S Florida, Main Campus



**Walters, Courtney**  
Radiology-Diagnostic  
Mayo Clinic School of  
GME-AZ  
Vanderbilt University



**Ware, Abigail**  
Union College



**Watkins, Anthony**  
Anesthesiology  
LLUH-CA  
UC Riverside

(Top) **CLAIRE BREWER '24** (Middle) **NOAH FORD '24** and **PAUL FOSTER '24** (Bottom) **AMANDA ASCANO '24**



**Weeks, Elizabeth Anne**  
Rice University



**Williams, Jonathan**  
Family Medicine  
Roseburg Family Med-OR  
Whitman College



**Wilson, Matthew**  
Medicine-Preliminary  
LLUH-CA  
Southern Adventist U



**Won, Mitchell**  
Gen Surg/Dedicated Res  
LLUH-CA  
Baylor University



**Young, Julianne**  
Obstetrics-Gynecology  
Kirk Kerkorian SM at  
UNLV-NV  
Andrews University



COURTNEY WALTERS '24 gathers for a photo after commencement.

SCAN FOR MORE PHOTOS

OR GO TO [WWW.LLUSMAA.ORG/PHOTOS](http://WWW.LLUSMAA.ORG/PHOTOS)



## Join the Loma Linda University Global Surgery Fellowship (GSF)

**Make a global impact:** Train to be a competent and capable surgeon in rural, low-resource environments and low- and middle-income countries (LMIC).

**Address urgent needs:** Millions lack access to safe surgery worldwide. The LLUH GSF directly tackles this issue.

**1-year program:** Nine months at Loma Linda University Health, followed by three months at Malamulo Adventist Hospital in Malawi, Africa.

**Comprehensive training:** Rotations in various specialties, research opportunities, and leadership development.

Applicants must have completed an ACGME approved general surgery residency by July 31, 2025 and be American Board of Surgery certified or eligible. For more information email Alana Symons, program coordinator, at: [asymons@llu.edu](mailto:asymons@llu.edu)



LOMA LINDA  
UNIVERSITY  
School of Medicine  
Department of Surgery

# Congratulations

To the **26 Southern Adventist University alumni** who graduated from Loma Linda University School of Medicine on May 26, 2024!



## WE'RE SO PROUD OF YOU!

[southern.edu/alumni](http://southern.edu/alumni)



# CONGRATS

from Walla Walla University's  
Center for Health Professions!

Savannah Michelle Anderson '19  
Nicolas Andres Belliard '20  
Zackary Wrandoll Brenes '18  
Jacob Henry Calkins '21  
Brandon Castillo '06  
Justin Dongyoon Chung '19  
Cedric Leon Clendenon '16  
Kayla Danielle Cook '13  
Tessa Grace Cornell '22  
Sydney Blake Drury '18

Madeleine Renee Everett '19  
Paul Michael Foster '19  
Bryndilynn Christine Goodlin '17  
Jasmine Faith Haitham Haddad '19  
Kristina Mae Hall '17  
Carina Marie Handysides '20  
Allison V. Harker '21  
Alexandra Kaelyn Hartwick '20  
Alexander Anthony Hartzell '18  
Juliana Hoffman '21

Tyler Preston Stanley Humphries '20  
Hannah Jutzy '18  
Jackson Robert Lewis '19  
Sydney Blair Meadowcroft '19  
Emma Lane Meadowcroft '22  
Siena Rose Mirasol '20  
Giovanna Isabelle Nelson '19  
Adrian Dakenzie Osias '19  
Nikolas Matias Pintos '20  
Kyle Proctor '18

Emilia Allegra Ramirez '19  
Daniel Miles Rexin '19  
Danielle Desiree Rivera '19  
Kristiana M. Rood '17  
Shaelyn Swensen '20  
Sarah Thornton '21  
Sara Elizabeth Wheeler '22  
Catherine Lynn Winter '14  
Christopher Ryan Ziegele att.



Stay connected.

[wallawalla.edu/alumni](http://wallawalla.edu/alumni)



Kathryn Cloete

Sara Hebert

Daniel Jhang

Jo Ann Lin Johnson

Eun Hye Joo

Simon Kang

Edward Lawson

Taejun Lee

Joseph Mayor

Annie Moretta

Nathan Ok

Joel Paea

Ezra Panjaitan

Kristen Proctor

Josselyn Roosenberg

Lorraine Siebold

Winter Smith

Nathaniel Keane Srikureja

Jessica Yoong

## CONGRATULATIONS

*to our outstanding Andrews University alums who have just completed their medical degrees at LLUSM!*

*God's richest blessings as you continue your journey to being world changers!*

FOUNDED IN FAITH.

150

FORWARD IN MISSION.

Andrews University  
World Changers Made Here.

# Changed Perspective

BY JASMINE HADDAD '24



During my third-year surgical rotation, I found myself more challenged and more exhausted than at any other point in my med school career.

I, like many of my classmates, was just getting the hang of being in the hospital all day and still finding time to study for clerkship exams at night. Despite knowing I wanted to go into psychiatry, I really wanted to approach each rotation as if I was going into that specialty.

I was trying my best to learn from my experiences on the various surgical services, but I found it difficult to fully learn from the actual surgeries I was a part of. There were so many people surrounding the patient, all of whom had key roles to play, that I often found myself standing on my tiptoes and tilting my head at an odd angle just to get a glimpse of the procedure in real time, in case I got asked to identify a vessel or other structure.

It was in this frustration that I turned to my favorite outlet: art. I created each of these pictures, using a digital medium, to show my perspective in the OR. Each painting is titled after a surgery I had been a part of, despite the actual surgery not being the main aspect of the painting. These pictures were originally meant to highlight the obstructed and distant views, illustrating the background details I would catch when accidentally zoning out.

However, as I was making these, my perspective changed. I started to notice the unwavering focus of all the surgeons and the way the rest of the team interacted so seamlessly. I found that I was no longer frustrated by my limited viewpoint but rather genuinely in awe of the team around me. These paintings now serve as an homage to the remarkable skills and unwavering dedication of the surgical team, embodying the profound respect I harbor for their expertise and unwavering commitment. ■





(Opposite page) Cervical Spine Fracture Repair—Anterior Approach. (This page top) Right breast lumpectomy and partial mastectomy. (Directly above) Removal of bad hardware from left tibia. (Left) Labaroscopic appendectomy.

**JASMINE HADDAD '24** has always had a passion for art and enjoys trying various mediums and new styles; most recently she has been working on illustrating a children's book about ADHD that she wrote during medical school. She will be doing her residency in psychiatry at Kaiser Permanente in Fontana, California, and hopes to complete a child and adolescent psychiatry fellowship after that.





I'm for medicine,  
Embracing the highs and the lows.  
As for what awaits me beyond today,  
Nobody but God knows.

I'm for medicine.  
Can't say I've always felt this way.  
Not quite sure when things changed,  
Just that I feel like this today.

I'm for medicine,  
Imperfect as it may be.  
Though others point out its many faults,  
They break no deal for me.

I'm for medicine,  
Yet the road is long and weary.  
Some question its worth and gain;  
Days can be tiring, and somewhat dreary.

I'm for medicine,  
Keeping in mind my goal.  
Aspirations and hobbies do have a place, after all,  
Schooling is only a part of the whole.

I'm for medicine,  
And there's probably more I could say.  
I'm still trying to figure what it means;  
I'll let you know along the way. ■

VINICIUS SEIDEL '24, enjoys playing the piano, sports, writing, and art. Many of his poems, such as this one, deal with the humanity behind decisions, plans, and study.



## Poetic Lessons

By D. WYATT ANDERSON '24



Anderson finds poetry to be a vital way to process the intense experiences of medicine. He recently published a book of his poems titled *Internal Organs: A Medical Student's Reflections on Theology and Human Health*.

**WATCH HIS STORY**  
**SCAN THE CODE TO LEARN MORE**



## Alumni Gathering - Los Angeles

Saturday, September 7 | 6 - 8 p.m.



RSVP for both events here.

Meet the Dean &  
Alumni Gathering  
*Atlanta, GA*

Sunday, Nov. 10  
5:00 - 7:00 p.m.



Tamara Thomas, MD  
Dean, LLU School of Medicine





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UNIVERSITY

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SCHOOL OF NURSING | SCHOOL OF PHARMACY | SCHOOL OF PUBLIC HEALTH | SCHOOL OF RELIGION



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# Finding Freedom

BY YUNA HAN '24

In the beginning of the third year of medical school, I was overly concerned with how I was going to impress each resident and attending I worked with. The idea of being graded based on many physicians' opinions and impressions of me was unsettling and nerve-racking. For the first couple of weeks, I remember coming back home after clinical duties completely drained, wondering why I was feeling so emotionally and physically exhausted. I was quickly beginning to experience symptoms of burnout merely a couple of weeks into my clinical year.

Then one day, I was scrolling through AudioVerse when I came across a talk titled, "An Audience of One," by **JOHN Y. SHIN '14**. And after that hour of listening, I felt this overwhelming feeling of liberation and relief come over me—things had just clicked.

During medical training, I have personally experienced how easy it is for our identities to be wrapped around our performances and others' evaluation of them. There were certain metrics and expectations set for us, and I began to internalize them as my own gauge of competence, success, and even worth. I tried to emulate the behaviors, skills, and attributes that were celebrated to receive the applause, praise, and recognition of others. I was constantly carrying the burden of gaining approval and affirmation from colleagues and superiors.



THE QUESTION BECAME "HOW DO I BEST CARE FOR THOSE WHOM GOD LOVES?"

However, throughout the talk, I found myself asking these important questions: "Whose approval do I prioritize? Who am I performing for? Who am I making this about?" I quickly realized that I was prioritizing the approval of others and making this all about me—I wanted to please colleagues and other physicians more than anyone else. I wanted to look good. I wanted to make sure I was seen as a competent, caring, and hardworking student. I wanted to be at my top performance every day. I wanted to receive good evaluations and excel in the clerkship. Not once had I asked, "What does God think of me? What would God require of me as His partner in caring for patients?" The realization hit. None of this was about me. It had never been. It was about the lives of those God loves dearly—it was about Him and His mission to care for and love precious lives, and I was only a partner in that mission.

The question became "How do I best care for those whom God loves?" Then the wards became much less emotionally and physically taxing. I found myself being able to care for and love patients more freely than before. Without the mindset of impressing others, I found a safe space for mistakes, growth, and more learning. I discovered the freedom of being concerned about God and the lives He loves. After all, I was not performing for anyone, but God—only His expectations would dictate my actions.

Strangely enough, being less concerned led to more recognition by the medical team and attendings. It was a curious thing as I never went out of my way to make anything known. Residents would walk into a patient room and catch me writing hospital-discharge follow-up instructions for a confused, elderly patient. Attendings walked by and saw me sharing a laugh or connecting with a patient through prayer. Even when no one was there to witness my interaction with patients, the patients themselves would ask attendings for my name and share how much they appreciated me, which I would find written on the final evaluation weeks later. In these seemingly coincidental ways, I was receiving the recognition that I hadn't expected.

Regardless of the unexpected recognition, this journey has not been easy. Throughout medical school, I have had to remind myself repeatedly that I am not defined by others' opinions and that I am more than any external metric set before me. That I am here to best care for those God holds dear. That His approval is what matters most. Looking back, I am convinced that this very lesson and mindset is what carried me through the early mornings and the late nights of clinical rotations and even more so, has prepared me for residency.

My hope is that we all experience this kind of freedom—freedom from graded evaluations, freedom from comparison, freedom from people-pleasing, and freedom from the burden of living up to others' expectations. And instead, may we bask in the approval of the One who truly sees us—our hearts, our intentions, and our very being. ■



**YUNA HAN '24** graduated with a combined MD and Master of Religion and Society. Besides medicine and theology, Yuna is passionate about writing, languages, traveling, dogs, and exercising.





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is our  
calling.

Mission Work  
Opportunity

SAC Health Mission Corps, in affiliation with Loma Linda University Faculty Medical Group, is looking for primary care physicians and specialists to serve in high medical-needs areas with Medi-Cal, low-income, and homeless patients in Southern California.

*If interested please email: [karice@llu.edu](mailto:karice@llu.edu)  
or visit our job board at [fmg.lluh.org](http://fmg.lluh.org)*

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HEALTH  
Global Health Institute

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[ghi.llu.edu/dma](http://ghi.llu.edu/dma)

# Lifestyle Medicine Curriculum

## TRANSFORMING THE GLOBE

BY DANELLE TAYLOR JOHNSTON, MA

**L**oma Linda University School of Medicine (LLUSM) leads the way nationally in lifestyle medicine, along with its colleagues at the University of South Carolina Greenville, the first two American medical schools to earn the American College of Lifestyle Medicine Platinum Plus Certification for their lifestyle curriculum. (Read more about the recent award on page 9.)

Lifestyle medicine is a whole-person approach to healing founded on six pillars: whole food plant-based nutrition, restorative sleep, positive social connections, regular physical activity, avoiding risky substances, and stress management. If large populations practiced these behaviors, there could be as much as a 70–90% reduction in risk for type 2 diabetes, heart disease, stroke, and some cancers.<sup>1,2,3</sup>

Lifestyle medicine was integral to the foundation of Loma Linda University, with its lifestyle roots extending back to the Loma Linda Sanitarium. People traveled far for its healing baths, exercise, community, and nutritious food. However, as medicine advanced, Loma Linda's focus shifted from lifestyle approaches to current technology, procedures, and medications. With these cultural shifts in the practice of medicine, LLU began doing more research on the benefits of a healthy lifestyle through the Adventist Health Study,<sup>4</sup> to demonstrate the value of these behaviors that were losing traction in the wider medical world but still highly valued within the Seventh-day Adventist community.

Then, 20 years ago, the American College of Lifestyle Medicine (ACLM) was formed by a group of medical professionals largely from LLU, who recognized that health care was quickly becoming unsustainable. **WAYNE DYSINGER '86, MPH**, chair of the LLUSM department of preventive medicine from 2003 to 2014, was a founding ACLM member along with current faculty, **BRENDA L. REA '11, DrPH**, program director of LLUSM's Lifestyle Medicine Intensivist Fellowship; and Sylvia Cramer, LLUSPH'89, DrPH. Dysinger went on to become the president of ACLM from 2009–2012. "It's remarkable that four of the first five presidents of ACLM are from Loma Linda University," Dysinger said. The first president was **JOHN H. KELLY, JR., '00, MPH**; followed by **MARCUS A. BRAMAN '95, MPH**; Dysinger; and **GEORGE E. GUTHRIE '81, MPH**.

At the same time that ACLM was forming, **APRIL WILSON '06, MPH**, chair of the LLUSM department of preventive medi-

cine from 2017–2024, was in her third year of medical school. This "new" discipline of lifestyle medicine intrigued her and her friends. "We wanted to figure out how to integrate lifestyle into clinical care," Wilson recalled. Wilson and her friends became strong advocates for lifestyle implementation in medical school and in her fourth year of medical school, created the first lifestyle elective for medical students under the faculty guidance of Dysinger.

After graduating, Wilson became involved with medical education and advocated for LLUSM to intentionally add lifestyle medicine training into the curriculum. Wilson emphasized that LLU's heritage of lifestyle medicine must be embraced again systematically, both in education and in the clinical settings, as lifestyle medicine training was gaining traction nationally and this movement was strongly aligned with LLUSM's history and values. "If we want to continue to be leaders in this field, we have to prioritize lifestyle medicine," Wilson told leadership.

These efforts came to fruition in 2020 when LLUSM implemented a new Discovery Curriculum that included 100 hours of lifestyle medicine training throughout the four years for all medical students. Rea helped to coordinate the team and created much of the content during the development phase. Training includes



**PHYSICIANS WHO MAKE HEALTHY CHOICES THEMSELVES ARE MORE LIKELY TO RECOMMEND AND BE ABLE TO HELP THEIR PATIENTS.**

lifestyle medicine content woven through the didactic curriculum as well as integration weeks which highlight physical activity consultations, sleep workshops, and sprouting techniques to learn about their nutritional value. Electives for medical students provide the opportunity for students to review the latest lifestyle medicine publications, give presentations, participate in an intensive therapeutic lifestyle change program, complete personal health improvements, and work out together at the Drayson Center gym.

One of the highlights of this curriculum is the culinary medicine sessions. These cooking classes teach the value of evidence-based nutri-





LLUSM third-year medical students create whole food plant-based Bali bowls as part of their lifestyle medicine workshop.

tion to improve and even reverse chronic diseases like hypertension and cardiovascular disease. Students are tasked in groups to prepare a specific recipe to target a common chronic disease, and then enjoy the meal together. “Students walk away with recipes and a conceptual framework for the science behind it and how they can better help their patients and guide them in making their own meals,” Wilson said.

Erwin Stuffle (’27) said culinary medicine “was a tantalizing experience.” He and his group made whole food plant-based and DASH-compliant chili. At first, it was surprising to start by frying onions without oil, but he said the herbs and spices brought out the flavor on their own. Cashew cream and cornbread made by other groups paired to create a remarkable meal. “Honestly it was so good in the end,” Stuffle said.

Cramer is the co-thread director for lifestyle and preventive medicine with **KELSEY L. CHEREPUSCHAK ’15, MPH.** In addition, Cramer oversees culinary medicine for the medical students. Cramer shared that the students enjoy the hands-on learning. “The culinary sessions provide a framework for talking to patients about nutrition prescriptions from first-hand knowledge,” Cramer said.

Stuffle appreciates that lifestyle medicine lectures emphasize that, “Physicians who make healthy choices themselves are more likely to recommend and be able to help their patients. If I’m asking patients to cook without sugar, salt, and oil, I have to know what that’s like. That’s something I’ve definitely taken with me.”

In the early 2010s, faculty leaders at LLUSM along with their colleagues at ACLM, noted a gap in the literature. “There were published articles about attending physician-level competencies for lifestyle medicine, but we didn’t have similar guidance at the student level. So an ACLM team, including faculty from Loma Linda University along with colleagues from the University of South Carolina, Harvard University, and others, together mapped out the learning goals, objectives, and competencies,” Wilson said.

## LLUHTHERAPEUTIC MENU RECIPES

BY EXECUTIVE CHEF VICTOR VARGAS ORTIZ

### THREE BEAN CHILI WITH TEMPEH

Portions: 4 | Serving size: 1 cup

#### INGREDIENTS

4 tsp	Chili powder	½ cup	Tempeh, crumbled
½ tsp	Cumin, ground	½ small	Onion, small dice
1 tsp	Oregano, dry	¼ cup	Bell pepper, small dice
½ tsp	Paprika	¼ cup	Red bell pepper, small dice
¼ tsp	Salt, kosher	1 tsp	Garlic, minced
1 Tbsp	Nutritional yeast	1 ¼ cup	Tomato, diced, low sodium, in juice
1 cup	Kidney beans, drained		
1 cup	Black beans, drained	1 ½ tsp	Tomato paste
½ cup	Garbanzo beans, drained	2 cups	Veg. stock, low sodium

#### METHOD

1. Rinse and drain all beans, set aside
2. Combine all dry spices, set aside
3. Heat large pot until medium hot. Add enough stock to cover bottom then cook onion and peppers until just softening, about 3 minutes
4. Add dry spices and garlic. Cook an additional minute while stirring
5. Add tomato, with juice, and tomato paste, cook an additional 5 minutes, stirring as needed
6. Add stock, beans, and tempeh
7. Mix well and bring to a simmer
8. Cook 25-30 minutes stirring occasionally
9. Serve hot with cashew sour cream and chopped green onions

### CASHEW SOUR CREAM

Portions: 8 | Serving size: 2 TB

#### INGREDIENTS

½ cup	Cashews, pieces, raw
1 TBSP	Lemon juice, fresh
½ tsp	Vinegar, distilled
5 fl oz	Soy milk
2 tsp	Nutritional yeast
⅛ tsp	Salt (pinch)

#### METHOD

1. Place cashews in a sealable container, cover with water, and refrigerate overnight
2. Drain soaked cashews
3. Transfer to a powerful blender and add remaining ingredients. Blend on highest speed until well blended and creamy, scraping sides of container as needed with a rubber spatula to ensure all nuts get blended
4. Taste and adjust seasoning with additional lemon juice as needed. Adjust consistency with additional water to achieve a slack but spoonable consistency
5. Refrigerate until ready to use



These efforts were then translated into a white paper published in 2021.<sup>5</sup> Wilson cites the publication of this article as a highlight of her career. The certification tiers were built from the foundation of these objectives, and LLUSM intentionally provided support to design the new 2020 Discovery Curriculum with these components in mind.

In acknowledgment of the lifestyle medicine education that all medical students at LLUSM receive, students are awarded an official ACLM certificate. In addition, 12–16 students per year are accepted into a competitive Lifestyle Medicine Certificate Track for additional higher-level educational competency. Track requirements include a capstone research project, quarterly track meetings, workshops, projects, and elective rotations. The class of 2024, the first class to complete all four years in the updated curriculum, had 10 graduates who completed all the additional requirements and were honored at a certificate track banquet recognizing their achievements.

### CLASS OF 2024: FIRST STUDENTS COMPLETE THE LIFESTYLE INTENSIVE TRACK

Sarah Connell, Haley Kempf, Giovanna Nelson, Alexander Hartzell, Brian Hwang, Lance Hofer-Draper, Kristen Proctor, Jedel Butoy, Izuchi Ikegbu, CJ Walters

Learning about the six pillars and having wellness activities worked into his schedule, Stuffle said “was such a rejuvenating and special experience.” He appreciated the plant-based-first approach to modifying health, “instead of relying so heavily on pharmaceuticals. I really appreciate that being built into the curriculum.”

Now that students are learning lifestyle medicine and incorporating it into medical care, LLU faculty and department chairs who are not as familiar with the paradigm are wanting to learn more. “It’s just incredibly rewarding to see all these different pieces coming together where students are both learners, and they are also advocates,” Wilson said.

**TAMARA L. THOMAS’87**, dean of the School of Medicine, said, “As chronic disease continues to increase, we need a greater focus on the underlying factors that create disease in the first place. Our students, residents, fellows, and faculty are already stepping into this gap. Our graduates will take what they have learned and positively impact patients across the U.S. and around the world, helping their patients to live longer, more vibrant lives.” ■

### Endnotes

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*Danelle Taylor Johnston, MA, is fascinated with the human voyage, documenting stories through writing and photography. She loves spending time in nature and making craft chocolate.*

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# Spiders and C. S. Lewis

WITH FINDLAY E. RUSSELL '51, PhD

BY DENNIS E. PARK '07-HON, MA, CONSULTING HISTORIAN

On Saturday evening, October 20, 1962, a continent away from his laboratory in Los Angeles, California, **FINDLAY E. RUSSELL '51, PhD**, a scientist/physician, stood in a noisy, musty, smoke-filled cloakroom adjacent to the grand 16th-century [dining] Hall located at Magdalene (Mawd-lin) College, a constituent institution to Cambridge University. Russell was not alone. He along with his host, Professor George (Morgan) Hughes, MA, PhD, and ScD (1925–2011), a neurophysiologist, and other men of letters—all (including Russell) were wearing their academic regalia to this invitation-only dinner—waited for the dinner gong to sound announcing that the dining Hall doors were open.

he enjoyed a delicious meal with the eminent Cambridge professors and scholars, which on occasion was attended by C. S. Lewis who had a standing invitation. And so, Russell nervously stood in the cloakroom waiting for the gong to sound.

Suddenly, all conversation and laughter ceased. Professor C. S. Lewis had entered the room in his customary rumpled slacks, tweed jacket, and overcoat. He disliked the pomp and circumstance the academic robes presented. As he removed his overcoat, Lewis greeted nearby colleagues, including professor Hughes, who introduced Russell as a professor at the College of Medical Evangelists in Loma Linda, California. With his distinctive booming voice, Lewis declared, “Gracious, I hope he won’t try to

Before Russell could answer, Lewis asked: “I hear you work with spiders and actually handle the little beasts, I am told. Tell me, how do you handle a spider?”

Russell: “I pick up a spider while it was under an anesthetic and I milked it.”

Lewis: “Milked it?”


Russell: “Yes, the process of getting venom out of a spider is called ‘A Milking.’ It is done electrically.”

Lewis: “My gracious.”

Much to Russell’s delight, Hughes had arranged for him to sit at [the] “High Table” with professor Lewis. Russell was “impressed with Lewis’ vigorous imagination. Most of our one-on-one conversation centered on animals, particularly their behaviors, rights, and other related matters.” This encounter with Lewis would not be Russell’s last.

His notes reflect that he met with Lewis numerous times. Russell recalled “times when he and Lewis sat in well-worn, overstuffed chairs, warming their feet before a small electric fire.” By December 19, 1962, however, Russell recalled that “Lewis was not looking well. His gait was slow and somewhat labored.” Two of Lewis’ confidants and colleagues summoned Russell to “look in on Lewis, who was unwell—and not following his personal physician’s orders.” Russell’s final meeting with the ailing Lewis was between June 6-12 (the exact date is lost to history). Lewis’ death on November 22, 1963, would be overshadowed by the assassination of the U.S. President, John F. Kennedy, on that same date.

Who was Findlay Ewing Russell, whose

 **RUSSELL RECALLED BEING USHERED IN TO THE DEAN’S OFFICE WHERE WALTER E. MACPHERSON 1924, LOOKED AT HIM AND SAID, ‘FINDLAY, I AM WORRIED ABOUT YOU.’**

While on academic leave from his responsibilities as director of the Laboratory of Neurological Research at the Los Angeles County General Hospital, Russell would be “attached” to the College of Physicians as a “visiting scholar and scientist” for the 1962–1963 academic year. Having arrived on campus only weeks before, Russell was in the throes of assimilating the traditions of Magdalene College when he received the dinner invitation. Now he had to be concerned with proper dining etiquette as

evangelize us all.” Russell recalled, “Lewis’ loud retort generated laughter among the guests.” Hughes continued by telling Lewis, “Professor Russell will be working with me in the department of zoology.” As Lewis was known to do, he “took control of the conversation.”

Lewis: “You are not one of those vivisectors, are you?”

Russell: “I am, perhaps, but I try never to sacrifice life without cause and compassion.”

Lewis: “And how does one determine cause?”



(Left) **FINDLAY E. RUSSELL '51** dissecting a snake. (Right) Professor Russell in his office at the University of Arizona, Tuscon, in October 1983.

notes reveal a “passing friendship” with C. S. Lewis? To many, Russell was an enigma. He asserted that in school he “majored in extracurricular activities.” He readily admitted that he was not a good student. He attended three colleges. The second, La Sierra College, expelled him and a few other mischief makers for a practical joke that didn’t resonate with the college administrators. He graduated from Walla Walla College and soon found himself in World War II, bogged down on the battlefields in the South Pacific. There, his hands and fingers were severely maimed. After many surgeries and several months of rehabilitation, the young Army veteran began to think about his future. Findlay recalled, “Medicine was kind of in the back of my mind, but the thought of my extracurricular activities, less than stellar grades, and the lack of needed prerequisites seemed counterintuitive to reality.”

Though determined to try medicine, Russell enrolled at the University of Southern California (USC), where he took the remaining prerequisites, resulting in a better overall GPA. He applied to medical school at USC, where he was accepted and given a small scholarship. At about the same time, he was having recurring issues with his war injuries. At the recommendation of a family friend, a CME graduate, Russell

transferred to CME in Loma Linda, where he was told there was an “excellent hand surgeon” on the faculty. Due to Russell’s outgoing personality and his ready wit, the new arrival quickly made friends. However, with Russell, old habits were hard to break. In his mind, friends meant fun, and before long, his extracurricular activities were getting in the way of his studies. Russell recalled being ushered in to the dean’s office where **WALTER E. MACPHERSON 1924**, looked at him and said, “Findlay, I am worried about you.” Without another word, the gentle dean dismissed the stunned medical student who had expected to be expelled. This bitter pill administered by the kindhearted Dean Macpherson was a “seminal moment in my life,” Russell recalled. “Later he became my mentor and then my lifelong friend.”

Following his internship at the White Memorial Hospital and the LA County Hospital, the young doctor was expected to take a residency program. Russell had other plans. Due to his inquisitive nature, he had grown to appreciate the exactitudes of research science while spending valuable hours in the laboratories of **CYRIL B. COURVILLE 1925**, who was a widely respected neurologist, author, and founder of the Cajal laboratory at the Los Angeles County Hospital.

With a highly favorable recommendation from Macpherson, he was offered a two-year fellowship with (Anthonie) Van Harreveld, MD, (1904–1987) a distinguished Caltech neuroscientist. During his tenure at the Caltech laboratories, the young budding research scientist regularly rubbed shoulders with some of the giants in the field of science, William B. Shockley, PhD, [1910–1989], a physicist, inventor, and a 1956 Nobelist. While there, Russell worked with intellects soon to become Nobelists: Richard Feynman, PhD [1918–1988], a Caltech theoretical physicist and a 1965 Nobelist; Max Delbruck, PhD, [1906–1981], a specialist in genetics and biochemistry and a 1969 Nobelist; and Linus Pauling, PhD, [1901–1994], a chemist, biochemist, and chemical engineer and a 1954 and 1962 Nobelist. Russell said of this experience, “It was not until I went to Caltech to work with Linus Pauling and others that my enthusiasm was kindled, and I finally began to find my niche. I could almost feel the synapses sparking, and every pursuit seemed exciting.”

Upon returning from Magdalene College, Russell continued his research at the Los Angeles County General Hospital Laboratory of Neurological Research. In 1981, he transferred his laboratory to the University of Arizona Health Sciences Center, department



of pharmacology and toxicology. There in his research labs, professor Russell continued his research until he reluctantly, due to ill health, put aside his beakers, pipettes, Petri dishes, and laboratory notebooks. He passed away on August 21, 2011, just a few weeks before his 92nd birthday.

During his career, Russell authored nine books (many of which are referenced in ER's around the globe), authored over 300 peer-reviewed articles, and edited numerous academic and scientific journals. Russell was a much-sought lecturer and consultant to foreign governments, including NASA and WHO. In his spare time, he had many visiting appointments. In addition, Russell was a 1976 Fulbright Scholar and visiting professor at Józef Stefan Institute, Ljubljana University, Yugoslavia. He was an inventor

who held several medical patents. In addition, Russell, along with John Sullivan, MD, developed CroFab™, the first antivenin of its kind to be approved in over 50 years, which is a purer product to combat snakebites. In 1962–1963, Russell co-founded the International Society of Toxicology and was the first editor of its journal, *Toxicon*. Both the society and journal have grown exponentially. As of 2024, the Society has approximately 8,000 members, and *Toxicon* is published monthly for the Society members. In 1987, Russell added to his academic achievements when he received his PhD in Medieval English Literature from the University of Santa Barbara. C. S. Lewis would have been proud. ■

*This article is a précis of "Dining at the High Table: Dr. Findlay E. Russell's Extraordinary Life and Passing Friendship with C. S. Lewis," pending publication by the author. Quotations in this article are either from the notes taken by the author during his conversations with Russell or Russell's personal notes, which he gave to the author in 2006.*

#### DENNIS E. PARK '07–HON, MA



is the consulting historian for the *ALUMNI JOURNAL* and former executive director of the Alumni Association. He is also the author of "The Mound City Chronicles: A pictorial History of Loma Linda University 1905–2005."

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# Christine Shen '17

## INTERVENTIONAL CARDIOLOGY

LA JOLLA, CALIFORNIA

### WHY DID YOU CHOOSE YOUR SPECIALTY?

I always wanted to save lives. I enjoy working on the heart, making people feel better quickly, or reassuring them that their coronary arteries are fine. I enjoy the environment of the cath lab, using my hands, and figuring out how to move my fingers to obtain the result I want on fluoroscopy.

### WHAT ARE YOU KNOWN FOR AMONG FRIENDS?

I am known for home organization, tying the perfect bow, and sending greeting cards!

### WHAT IS YOUR BEST MEDICAL SCHOOL MEMORY?

I loved spending time with my evidence-based medicine (EBM) classmates in Group 11! After initial official EBM meetings for schoolwork, we became good friends. Today, we are in all different specialties across the country, but we still have a text thread and enjoy reaching out to one another to commiserate, laugh, and congratulate one another in life.

### LOOKING BACK AT YOUR OWN CAREER, WHAT ADVICE DO YOU HAVE FOR STUDENTS AND YOUNG PHYSICIANS?

Different periods during medical training are easier or harder for different people and in different ways. The environment, type of hospital, and program all play a role in the type of struggles you will have. It can take a while to recognize how you are doing and why. My challenges are different from my co-fellows, but I utilize my strengths and persist in the areas I am weak.

### IF YOU WERE TO HAVE WORKED IN A FIELD OUTSIDE OF MEDICINE, WHAT WOULD IT HAVE BEEN?

I would have been an elementary school teacher! I find a lot of meaning in caring for and teaching young children.

### WHAT MOTIVATES YOU ON ROUGH DAYS?

All along the way, there were people in different moments who helped me. I can see God working through each step. Even though I may not understand how the current period in training fits in the greater picture, I know God has been planning it all along. ■



# Global Service

## IN RETIREMENT

BY JON KATTENHORN '74



**ROLLIN BLAND '68** (In middle) and wife, Dolores, served in Chad for seven years, after retirement, with their family (From left) **OLEN NETTEBURG '07**, **DANAE NETTEBURG '06**, Juniper (held by Danae), Zane, Addison, and Lyol.

Retirement is full of choices. But, when we retire will we really quit working? Many of our colleagues have found great joy after retirement in continuing to serve around the globe, especially short-term, but also long-term service.

Having the opportunity to serve anywhere in the world is one of the privileges of choosing medicine as our career path. We all know someone who has done mission service, short-term, or even those who have committed their entire career to working overseas.

My own father, **LOWELL KATTENHORN '41**, spent a year in Karachi, Pakistan, halfway through his career. Then 14 years later he completed a three-month stint in Seoul, Korea. He retired at 61 and then spent the next nine years in Blantyre, Malawi, which he would tell you were the best years of his life and the best way to spend his retirement. He was forever thankful for the service he was able to provide at that time of his life.

The love of service for **ROLLIN BLAND '68** stems from his childhood. He was raised in the Adventist Church and schools and recalls praying for missionaries serving abroad—doing God's work. Later, in his fourth year of medical school, Bland completed an overseas elective. He also fondly remembers the inspiration of a cousin, a pastor who served in Palau and ultimately married him and his wife, Dolores.

After completing his internship/residency, Bland went to Nigeria for three years. He then returned and practiced in Oklahoma for 40 years. But he admits he always wanted to return to Nigeria. So, over the years, he participated in multiple short-term mission projects in more than 20 countries. But the call to long-term service continued to nag Bland.

At age 69, he sold his practice, worked for another organization briefly, and then one day was informed he wasn't needed anymore.

Meanwhile, his daughter and son-in-law, **DANAE '06** and **OLEN NETTEBURG '07**, reached out to him. "Dad, is there any way you could come help us out here in Chad?"

Age apparently didn't make any difference, maybe a perfect retirement scenario. His immediate reaction was, "God just led me to Chad!" He served there for the next seven years! He admits that one of the intrigues of mission service is the opportunity to "do everything"—fixing vehicles, electrical, plumbing, teaching, preaching, and then practicing medicine and surgery as well! His overwhelming observation is that there are endless opportunities. And wherever you go, you are needed, looked up to, and valued!

He is thankful for the many opportunities he has had to visit and work short and long-term in more than 100 countries, serving in 20 of them, including Mongolia, Thailand, Yap, Panama, Honduras, Mexico, Costa Rica, Paraguay, and Palau. His favorite though was Chad, with Papua New Guinea a close second! The short-term trips organizations for short-term service include Maranatha, Quiet Hour, and Share Him, to name a few.

So, like I said earlier, life is full of choices, and there are different options at every step of the way. Many of us imagine traveling the world, and some imagine working around the world! It is almost never too late to do either one. Short-term mission service has been the fulfillment of so many of our fellow alumni's dreams. If you have a dream ... explore and fulfill it! ■

**JON KATTENHORN '74** is a retired OB-GYN specialist and faithful supporter of the Alumni Association. He is a past president of the Association (2021–2022) and continues to serve as an **ALUMNI JOURNAL** editor.



## ALUMNI

# Remembered

1950s

### DONALD EDWARD CASEBOLT '53-B



was born August 19, 1927 in The Dalles, Oregon, and passed away May 13, 2024, in Walla Walla, Washington.

Casebolt attended Walla Walla University, where he met and married Kathryn "Sunny" Smith. After completing his medical degree in 1953, he served as a U.S. Navy flight surgeon until 1957.

He dedicated his career as a board-certified family practice physician, promoting healthful living and providing medical care to various communities. He was instrumental in making Farmington, New Mexico, smoke-free and conducted stop-smoking programs in the U.S., China, and Iran. He served the Navajo Indian population and provided care at the Adventist mission hospital in Jengre, Nigeria.

Following the passing of Sunny in 2012, Casebolt married Donna Mae Jendresen Ritchie in 2014.

In his leisure time, he enjoyed reading, gardening, and exploring. He hiked many Colorado Rockies mountains, crossed the Grand Canyon rim-to-rim at 64, and summited Mount Hoffman at 84.

Casebolt was predeceased by his wife, Donna and brothers: Clifford and **GERALD '48**. He is survived by his siblings: Wilfred, Lillian, and Bryce; children: Douglas, **CONNIE '82**, and Keith; grandchildren: Amy, Lisa, Laura, Caitlin, Ross, Becca, Heather, and **KEVIN '07**; and six great-grandchildren.

### WALTER C. EMERY '53-B



born December 25, 1927, passed away April 29, 2024, after an eight-year battle with cancer.

Emery graduated from medical school in 1953,

served as a Navy flight surgeon, and worked as an anesthesiologist in San Diego until retiring at age 85.

An avid sports enthusiast, he skied into his 70s and was a passionate supporter of the San Diego Padres, L.A. Chargers, and San Diego State Aztecs. Golf was his true passion, and he continued to enjoy the game even when walking became difficult.

Emery loved to laugh and reminisce with his family, finding joy in their company. Family was central to his life, and he always made time for them. He attended numerous family events, from Little League games to weddings, and in his later years, he continued to organize family gatherings.

He is survived by his wife of 72 years, Marilyn Emery; his sister, Olivia Heleniak; five children; Jeff, Jenny, Jerrel, Jay, and Janelle; 14 grandchildren; and 11 great-grandchildren.

### RAYMOND LESLIE MAYOR '55



was born in Lacombe, Alberta, Canada, on April 22, 1929, and passed away November 28, 2023, at the age of 94, following a brain bleed from a fall.

Mayor relocated to Holy, Michigan, as a child and met his first wife, Wilma Cesario, at Adelphian Academy. They married in 1951 in California, before he began his studies at LLU School of Medicine. The couple's son, David, and daughter, Laura, were born after he completed medical school.

The family moved to Pontiac, Michigan, where Mayor practiced OB-GYN. After retiring, he moved to a cabin he built on the Au Sable River in Grayling, Michigan. He and Wilma later moved to Berrien Springs, Michigan, where they built a home before Wilma's death in 2003.

An active volunteer, Mayor participated in

projects with Pioneer Memorial Seventh-day Adventist Church in Berrien Springs, dedicating time to mission work, volunteering at Camp Au Sable, and going on missions in Monument Valley, Arizona; Guam; Kenya; Dominica; India; and Nepal.

In 2016, at age 86, Mayor married Aileen Weaver Saunders. The couple enjoyed seven-and-a-half years together, traveling the world and spending time with their combined families.

### JAMES D. KILLEEN SR. '56



passed away March 1, 2024, at the age of 96, following complications encountered after a fall.

Killeen practiced Family Medicine in San Diego until he was 92. He was highly active in the Tierrasanta Seventh-day Adventist Church in San Diego, California. An avid golfer, Killeen enjoyed watching his grandson, Joseph James "J.J." Killeen, on the PGA tour.

Killeen was married to the love of his life, Jacqueline, for 75 years. His four sons are all physicians: **JAMES D. KILLEEN JR. '75**, Joseph K. Killeen, MD, **TIMOTHY J. KILLEEN '84**, and **JEFFERY L. KILLEEN '86**. His daughter in law, **JEANNE R. KILLEEN '73-B** is also a physician. Killeen had 12 grandchildren, two of whom are also physicians: **KELLY L. KILLEEN '03** and **JAMES D. KILLEEN III '11**. Killeen was also blessed with 15 great grandchildren.

### JAMES MICHAEL McCAFFERY '59



passed away February 15, 2024, at the age of 89.

As a young physician, McCaffery served in classified roles behind enemy lines and advanced ophthalmic medicine locally

(Continued on page 52)



## Anton N. Hasso '67

***WE ARE SAD TO ANNOUNCE THAT ANTON N. HASSO DIED MARCH 6, 2024. WITH HIS PASSING, A WORLD-CLASS RADIOLOGIST, PROFESSOR OF MEDICINE, AND, ABOVE ALL, BELOVED PARTNER, FATHER, GRANDFATHER, BROTHER, UNCLE, AND FRIEND IS NO LONGER WITH US.***

Anton was born in Baghdad, Iraq, on April 25, 1940. His birth was a much-welcomed event to his mother, Ida, and father, Nasif, and to his two sisters, Dola (born 1931, died 2022), and Ella (born 1936). He grew up in a family that actively engaged in travel, business enterprises, and church attendance. His mother was Swiss, and trips to her birthplace and the mountain resorts of Switzerland during summers helped the family escape the intense heat in Baghdad. His father engaged in an import business with a number of companies in Europe and the U.S., giving Anton (nicknamed Tony) exposure to many parts of the world. Another sister followed, Serena (born 1950), but soon after, Tony joined his two older sisters in Beirut, Lebanon, site of Middle East College, a Seventh-day Adventist educational institution. At the tender age of 17, he left the Middle East to continue his education in the U.S.

Rather than choosing a career in business or photography, upon completing a bachelor's degree at La Sierra College in Riverside, California, he decided on medicine, and graduated from Loma Linda University School of Medicine (LLUSM) in 1967. He established a family with Susan Weatherly in Glendale, California, where his two sons were born.

In 1971, he completed a residency in radiology at White Memorial Medical Center in Los Angeles. He went on to complete a fellowship in diagnostic and cardiovascular radiology at Loma Linda University Medical Center in 1972, followed by a fellowship at the University of California, Los Angeles, National Institute of Neurological Disease and Stroke, Neuroradiology. In 1973, he served a postdoctoral fellowship in orbital and ear-nose-throat radiology at the Foundation A. De Rothschild in Paris, France.

In 1971, Tony and **PEGGY FRITZSCHE '66** were married, and soon moved to Redlands, California, until her untimely passing in 2009. Fritzsche, an outstanding urologist, and Tony attended countless meetings and conferences together, enriching each other's lives and careers. Among their favorite activities together were skiing, and his sons' fondest memories are of trips to Mammoth Lakes, California, and long days on the slopes.

In 1984, he joined his alma mater, LLUSM, where he served



as director of neuroradiology and held the titles of professor of radiology and professor of otolaryngology/head and neck surgery. In 1996, Tony left Loma Linda and accepted the appointment of professor and chairperson of the department of radiological sciences at the University of California, Irvine, College of Medicine.

Tony enjoyed working with organizations, and in 1990–91 served as president of the American Society of Neuroradiology. Another of his outstanding and fulfilling appointments was his installation as president of the American Society of Head and Neck Radiology in 2000. He recently reminisced that with two or three exceptions he attended every annual meeting of the Radiology Conference and Annual Meeting, usually conducted in Chicago, from the 1970s until the present. He served as president of the Alumni Association, School of Medicine of Loma Linda University from 2017–18.

Tony was an expert on clinical imaging of the brain and spine and an investigator on applications of CT and MR imaging in disorders of the head and neck. He gave superb lectures on these topics at national and international courses, seminars, and scientific society meetings. He was also an expert in the imaging of the temporal bone. He was the author or co-author of many books and articles in scientific journals as well as chapters to textbooks in the fields of neuroradiology, head and neck radiology, and MR imaging. One of his latest publications appeared in 2023 and was titled "Internal Carotid Artery Pseudoaneurysm Causing an Abducens Nerve Palsy: a Case Report," illustrating his continued interest in unusual cases of the head and neck.

Tony loved his work and never wanted to retire. As the time approached when retirement would be the expected course, he

*(Continued on page 52)*

(ANTON N. HASSO '67 CONTINUED FROM PAGE 51)

donated time, efforts, and his expertise to the Vascular Birthmarks Foundation, where he formed new ties and relationships, and enjoyed assisting with the diagnostic and treatment challenges of these conditions that are often particularly traumatic in childhood.

Throughout his teaching career Hasso was much loved by students and highly respected by fellow faculty. He received numerous rewards for his outstanding scientific achievements as well as his teaching accomplishments. In 2017, he was awarded Alumnus of the Year by the Alumni Association, School of Medicine of Loma Linda University.

At the onset of the pandemic in 2020, he and his partner, Jean Tonn, moved to Oceanside, California. The two lovingly supported each other through COVID and more recently traveled together to Egypt, Switzerland, and Italy, among other places.

Hasso proudly showed visitors his office, beautifully decorated and suitable for reviewing radiological images from home. Their home was located close to his son Martin and his family, and Tony was proud of his grandson Leo, as his face would light up as he talked of things they did together. Skiing remained a major passion to the end, and he often traveled to Nevada to join his son Stephen on the slopes at Mammoth Lakes.

We are immensely thankful for who he was and his contribution to medical science and practice.

**SERENA TONSTAD '79-A** and **ELLA H. HADDAD D<sub>R</sub>PH-FAC**, in loving memory together with his sons and grandson. ■

— **BY SERENA TONSTAD '79-A**  
and **ELLA H. HADDAD D<sub>R</sub>PH-FAC**

(ALUMNI REMEMBERED CONTINUED FROM PAGE 50)

and nationally. He also organized and provided ophthalmic care at a clinic in Mexico.

McCaffery eventually settled in Glendale, California, with his wife, Maryann. They later retired to Santa Fe, New Mexico, embracing the local arts and culture.

He lived a long, fulfilling life, known for his intelligence, empathy, and creativity. Even as he faced advanced dementia, he remained grateful for his friends and family. He is survived by his wife, Maryann; daughters, Kelly and Robin; granddaughters, Katherine and Christine, their husbands; and two great-grandchildren.

#### 1960s

**DONALD KEITH BOHLMAN '61**, was



born November 19, 1935, in Walla Walla, Washington, and passed away April 26, 2024, at age 88.

Bohlman, was a beloved husband, father, grandfather, and general practitioner. He married Carolyn Owen in 1956. After graduating from medical school in 1961, he served as a flight surgeon in the U.S. Army at Fort Sam Houston, Texas, from 1963 to 1965.

He was a dedicated leader in the Seventh-day

Adventist Church, deeply involved in his church communities in Portland, Oregon, and Walla Walla, Washington. A passionate golfer and avid skier, Bohlman found joy in these activities throughout his life.

He is survived by his wife, Carolyn; brother, **TED BOHLMAN '71**; sister, Glenna Koorenn; daughter, Lori (Audie) Marcoff; son, Brock (Laura) Bohlman; grandchildren: Jonathan (Jill) Mack, Cole (Amber) Mack, Kinsey (Jon) Nickell, Brandon Jansen, Lexie Bohlman, and Paige (Danny) Rodgers; and great-grandchildren: Tanner and Adison Mack, Hutchinson and Jackson Mack, and Iris and Opal Nickell.

**FREDERICK VERNE STONG '65**,



born February 8, 1938, in Montrose, Colorado, passed away September 11, 2023, surrounded by family and friends.

Stong attended Union College and UCLA before graduating from LLU School of Medicine in 1965. In 1961, he married Iris Jean Stong SN'61 in La Sierra, California. They moved to Brunswick, Maine, in 1973, where he practiced

ophthalmology at Parkview Hospital. He also practiced in Kennewick, Washington.

Stong was a board-certified ophthalmologist and a member of the American Academy of Ophthalmology. He was a longtime member of the Brunswick Seventh-day Adventist Church and enjoyed community service, volunteering, and working with his therapy dog, Josie.

He is survived by his wife, Iris; sons Jeff (Darla) and Daryl (Kerry); daughter Darcy (Robert); and six grandchildren. ■

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