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LOMA LINDA UNIVERSITY

# TODAY

Monday, April 20, 2009

Volume 22, Number 8

## NEWS & EVENTS

### East Campus moves ahead on new projects

By James Ponder

Several important projects are gaining momentum at Loma Linda University Medical Center East Campus, according to Michael Jackson, MPH, administrator and senior vice president.

For starters, Mr. Jackson reports that the Tom & Vi Zapara Rehabilitation Pavilion is scheduled for completion before the end of the year. The 30,000-square-foot pavilion will feature 24 private patient rooms and allow East Campus to offer a wide variety of new rehabilitation services to patients.

"One of the most exciting features is Independence Square," Mr. Jackson notes. He says Independence Square will replicate real-world living and workplace environments to allow patients recovering from injury and disability to acclimate back into everyday realities following an accident or injury. Ground was broken, and



Apparently Michael Jackson, MPH, administrator of Loma Linda University Medical Center East Campus, isn't the only one who's excited about the implementation of the Planetree initiative. These recent graduates of the process improvement program seem a little exuberant themselves. Mr. Jackson says that 120 graduates—a number he estimates at approximately 15 percent of all East Campus employees—have been trained in Planetree principles.



Never underestimate the competitive spirit of the PossAbilities team. Contestants in the 25th annual Redlands Bicycle Classic fly across the starting line at the event, held March 26–29, 2009. PossAbilities is a community outreach program of Loma Linda University Medical Center—East Campus designed to inspire disabled individuals to push beyond the limitations of their injuries and disabilities in a supportive environment.

commemorative trees planted, for the Zapara Pavilion on February 25, 2008.

The second project rapidly taking root at East Campus is the Planetree initiative. The Planetree model of care is based on principles of the non-profit organization that takes its name from the plane tree Hippocrates sat under as he schooled the earliest medical students in ancient Greece.

According to the group's website, "Planetree is a non-profit organization that provides education and information in collaboration with community health care organizations, facilitating efforts to create patient centered care in healing environments."

Michael Jackson says members of the team are in the process of implementing the following 10 Planetree principles—presented here in abbreviated form—as being especially applicable to the needs of their patients:

- Human interactions. Providing personalized care for patients and their families, and creating organizational cultures that support and nurture staff.
- The importance of family, friends, and social support. Encouraging the involvement of family and friends whenever possible.
- Empowering patients through information and education. Providing patients with

collaborative care conferences, patient pathways, and educational resources.

- Architectural design conducive to health and healing. Creating a home-like care setting, free of architectural barriers to patient/family involvement.

- The importance of the nutritional and nurturing aspects of food. Emphasizing the health, pleasure, comfort, and familiarity aspects of delicious food.

- Healing arts: nutrition for the soul. The art of

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## EDUCATION

### Occupational therapy department celebrates 50th anniversary

By Patricia Thio

For 50 years, the occupational therapy department at Loma Linda University School of Allied Health Professions (SAHP) has taught its students to lead, heal, and serve so their patients can truly "live life to its fullest."

Occupational therapy (OT) was founded in 1917, but it wasn't until the 1940s that the rehabilitation movement hit full force. With the thousands of injured soldiers returning home from the war, OTs were in high demand.

It was during this time that a young high school girl, stricken with polio as a baby, had dreams of becoming an occupational therapist. Not only that, but she wanted to start

the first occupational therapy department in the Adventist educational system at Loma Linda University.

"Of course, that was a little bit far-fetched for a person of 18 years old," says Edwinna Marshall, founder and professor emerita, occupational therapy, SAHP, "but the Lord led me on the way."

After receiving her graduate degree from the University of Southern California, the Board of Trustees at the College of Medical Evangelists, now known as Loma Linda University, approved Ms. Marshall's proposal to add an occupational therapy curriculum in 1958.

Ms. Marshall reminisces, "The controller

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## PEOPLE

## Time at school leads to love and an international life

By Heather Reifsnnyder

They came from different countries, fell in love at the School of Public Health (SPH), and have since gone out to still different parts of the world to improve the health of people at risk.

Eiko Oka, a native of Japan, was studying in Alberta, Canada, prior to her work at LLU. Missourian Darrin Thompson, meanwhile, was in school in Lamoni, Iowa, before coming to Loma Linda. Their lives converged in the SPH department of global health, where they studied from 2001 to 2003. Darrin also took environmental health.

Neither of the couple remembers the first time they met, but Eiko's initial impression was that Darrin was tall (he is in fact about 11 inches taller than her). For his part, Eiko's character caught his eye.

"She's the type of person who would help anyone and never complain," he says. "This is probably the trait that I noticed."

The couple married on May 31, 2004, the same year they graduated. They each took a position in Tashkent, Uzbekistan, with the nonprofit organization World Vision. Eiko went to Central Asia first while Darrin finished his field practicum in Bakersfield, California. But four days after they were married, they went together to Uzbekistan.

Ms. Thompson worked to fight HIV/AIDS. She managed a prevention program that included both health education in schools and communities as well as harm-reduction activities among people in particularly high-risk groups.

The Thompsons remained in Uzbekistan for three years—not long enough to evaluate the long-term success of this project, but plenty of time to see an impact on individuals. "People whom we worked with, such as drug users, sex workers, and men who have sex with men, are marginalized from society," Ms. Thompson says. "Therefore our project was appreciated by them."

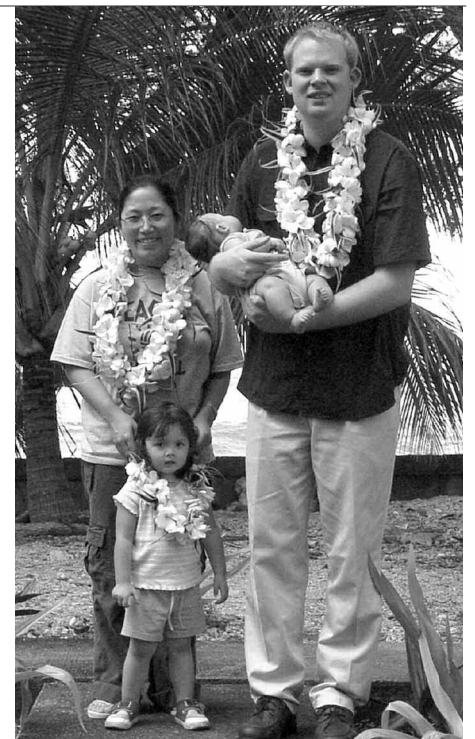
While his wife worked to fight AIDS, Mr. Thompson was busy with other World Vision projects. He managed a disaster preparedness assessment for the national office's strategy for response in Uzbekistan. He also designed projects that aimed to improve the health services and nutrition of children in a Tashkent orphanage as well as schools for

disabled children.

After briefly returning to the United States, the Thompsons moved to the South Pacific, splitting their time between the Solomon Islands and Vanuatu. Darrin still works for World Vision, where he is a program officer overseeing the design of new development projects in areas such as literacy and education, water and sanitation, and domestic violence prevention.

Mr. Thompson points out that this line of work allows him to learn and see new things each day. "I really feel like these experiences have helped my family and I grow in so many different ways," he says. "In the end, what I like about this job is the feeling of satisfaction and the knowledge that the projects we have designed and implemented are helping people in need."

The Thompsons now have two children, 3-year-old Airi and 1-year-old Gido. "They keep me busy all the time, 24-7," says Ms. Thompson. TODAY



The Thompson family is pictured in the capital of the Solomon Islands, Honiara.

## EDUCATION

## LLU offers health education doctorate in Fresno

By Heather Reifsnnyder

The Loma Linda University School of Public Health is making one of its doctoral programs available to residents of California's San Joaquin and Central valleys. The program will start in Fresno this September.

Ten to 15 students will earn a doctorate of public health in health education, offered by the School of Public Health department of health promotion and education. The department is targeting the degree toward working professionals who have earned an MPH or other related degree.

The four-to-five year degree will be taught in a hybrid format, with some classes offered online and some on location in Fresno in an intensive classroom setting.

The idea for the program was initiated when two professors from the College of Health and

Human Services at California State University, Fresno, approached LLU about filling a need in the area for an accredited doctoral degree in the field of public health.

"What is exciting about this venture is the unique opportunity to meet the needs of a diverse community and train individuals who are unable to leave their jobs and family to study within the walls of a university," says Naomi Modeste, DrPH, chair of the department of health promotion and education.

For information, e-mail Dr. Modeste at <nmodeste@llu.edu> or call (909) 558-4741. TODAY

## East Campus moves ahead (continued from page 1)

musicians, storytellers, clowns, and funny movies enhances a healing atmosphere of serenity and playfulness.

- Spirituality. Supporting patients, families, and staff in connecting with their spirituality and connection to God to promote healing.
- The importance of the human touch. Massage is available to patients, families, and staff to relieve stress and restore a sense of balance.
- Complementary therapies: expanding patient choices. Acupuncture, aromatherapy, and other modalities are available.
- Health communities: expanding the boundaries of health care. Changing the role from illness to wellness by fostering interactions with community partners.

"Planetree considers the patient's family to be part of the process of setting goals for each patient," Mr. Jackson observes. "We are forming an advisory board of past patients who have an interest in helping us improve our service through the Planetree model. So far, more than 120 East Campus employees have been trained in the implementation of Planetree procedures. That's only about 15 percent of the total, but our goal is to train them all."

Mr. Jackson notes that the PossAbilities team has been busy recently.

"PossAbilities sponsored the Redlands Bicycle Classic, and right now they're getting ready for

the PossAbilities Triathlon on April 26. Last year, there were 900 participants, and the event 'sold out' in just 45 minutes. It attracts numerous celebrities and professional athletes including Olympic record-holders. We're very excited about the Triathlon.

"The PossAbilities team is also finalizing some changes and modifications to the group's comprehensive plan," he continues. PossAbilities is a free-membership community outreach program of East Campus, which offers disabled individuals with permanent physical injury a sense of community. It provides activities and practical help in integrating disabled individuals back into the community.

Mr. Jackson is pleased with recent trends at East Campus. "In this unstable economic environment," he says, "we're seeing very strong utilization of East Campus. We're running ahead of our goals."

He is equally optimistic about the Just for Seniors 55+ Club. "Just for Seniors is a community service program offered by all the affiliated institutions of the Medical Center, including East Campus," he explains. "We're very pleased with the momentum of the organization. Right now we have more than 30,000 members with more joining every day."

The final development Mr. Jackson cites is the rapidly growing Senior Education Series, which the staff of East Campus is taking to a variety of senior centers and community groups in outlying areas.



Members of the LLUMC East Campus team join officials of the 25th annual Redlands Bicycle Classic at the event. Left to right: Hoai Luong, PossAbilities; Dan Rendler, Redlands Bicycle Clinic; Willie Stewart, PossAbilities; Chris Burnell, C H & E Investments; Brian King, Redlands Bicycle Classic; Michael Jackson, MPH, LLUMC East Campus; Cotie Williams, PossAbilities; and Scott Welsh, Redlands Bicycle Classic. Mr. Burnell, president of CH & E Investments, presented three veterans with a \$10,000 grant facilitated through PossAbilities to honor them for their heroic efforts overseas and the sacrifices they made that left them with a disability.

"We have a very full calendar of upcoming events for the Senior Education Series," he explains. "The seminars feature East Campus physicians and other care providers who travel to places like Corona, Temecula, Yucaipa, Rancho Cucamonga, Sun Lakes, and Redlands to discuss health topics of interest to seniors."

Some of the seminar speakers are chairs of their respective departments, such as Murry Brandstater, MD, and Austin Colohan, MD, FACS. Others are physicians in practice at East

Campus such as Frank Hsu, MD, PhD, Nakul Karkare, MD, and Sarah Uffindell, MD. The program is coordinated by Mara McCarville, RN, executive director of the Rehabilitation, Orthopaedics, & Neurosciences Institute (RONI), and Jillian Payne, director of community outreach and development at East Campus.

"We're very pleased," Mr. Jackson concludes, "with the way this program is allowing us to branch out and offer our knowledge and expertise to seniors outside our local sphere." TODAY

## FACULTY

## School of Nursing professor reflects on time at Loma Linda University

Contributed report

**P**enny Miller, PhD, RN, associate professor of nursing, Loma Linda University School of Nursing, has had a fulfilling career in nursing.

"What I will always appreciate about Penny is her clear counsel, unfailing friendship, and deep commitment to God," says Marilyn Herrmann, PhD, RN, dean of the School of Nursing.

Dr. Miller graduated from Hinsdale Sanitarium and Hospital School of Nursing with a diploma in nursing before relocating to Loma Linda with her husband, Don Miller, who was a medical student. Never one to forego an opportunity to increase her knowledge, she returned to the classroom to earn a bachelor's degree in nursing from the College of Medical Evangelists (1964). After her husband completed his residency, the couple returned to Loma Linda, where she found herself once again in school—this time pursuing a master's degree, which she earned in 1972. She began her teaching career at Loma Linda University School of Nursing and commenced doctoral coursework at the University of California at Riverside. In 1984, she was awarded the PhD degree.

During her tenure at Loma Linda University, Dr. Miller has focused her teaching of graduate and

undergraduate students on the areas of community health, health policy, and teaching practicum. In addition to her faculty appointments, she has also held several administrative positions, including coordinator of the RN to BS program, director of continuing education, and department chair. She was also instrumental in establishing the parish nursing program, a joint venture between the School of Nursing and the Loma Linda University Church of Seventh-day Adventists.

As a faculty member in both the Graduate School (now the Faculty of Graduate Studies) and the School of Nursing, Dr. Miller has been active in faculty governance. She served as chair of the Faculty Forum and of the Interschool Faculty Advisory Council (IFAC). She has also admirably represented the University on many conference and church committees. In addition, she served the University Church as elder and as chair both of the Children's Center Board and the Church Board; and she served for four terms as a member of the executive committee of the Southeastern California Conference of Seventh-day Adventists.

Since her days as a graduate student, Dr. Miller has maintained an active voice in women's issues through membership on numerous boards, including the National Association of Adventist Women, Time for Equality in Advanced



Penny Miller, PhD, RN

Ministry, chair of the Gender Inclusiveness Commission of the Southeastern California Conference of Seventh-day Adventists, and co-chair of the Women's Resource Center Advisory Council. Dr. Miller has always supported young women as they faced gender biases in their work or life.

In 2008, following her retirement, Dr. Miller received the School Distinguished Service Award, which was presented to her at the Conferring of Degrees for the School of Nursing. What follows is Dr. Miller's personal story.

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



This portrait of Dr. Miller was taken during her graduating year at Hinsdale.

clothes, and quilts, before the invention of "occupational therapy!"

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

When I turned 16 years of age, as promised, she helped me become a "nurse's aid." She took me

Please turn to page 6

## OT department celebrates 50th anniversary (continued from page 1)

took me around the campus, and he told me, "This space in the old kitchen and cafeteria were going to be demolished the next day for more parking lot." So my only response was, "Well, I'll take it," she smiles.

In the fall of 1959, the first class started in the Sanitarium Annex with three occupational students. Ms. Marshall chaired the department, and she was the one and only teacher.

"By the time we started, we were taken to war surplus," explains Ms. Marshall. "We got desks, chairs, tables, file cabinets, and typewriters.

"We had an exciting year. The windows were not really tight or locked, and so one morning we found an opossum in the building. We managed to chase away a lot of other critters."

In the late 1960s, the occupational therapy department had a new home. Loma Linda University formed the School of Allied Health Professions in 1966, the 13th allied health school in the nation. A year later, the Loma Linda Sanitarium moved from the hill to the new Medical Center. The vacated San became the new facility for the allied health programs. Former recovery and emergency rooms were now classrooms, labs, and offices.

By 1970, the department grew from just three to 60 students. Throughout that decade, Ms. Marshall received grant funds for two mobile units to provide occupational therapy services to home care clients. They were the only OT mobile units in the country at that time. Occupational therapy students also became missionaries in Malawi, Africa, to work with leprosy patients. And, the Hand Rehabilitation Center opened to expand the department's services. It was a time of growth and

expansion.

"At the heart of our work is the idea that meaningful activities can help people live a more healthy and balanced life," says Christy Billock, PhD, OTR/L, associate professor, occupational therapy, SAHP. "In occupational therapy we refer to these meaningful activities as occupations. Examples of occupations might be eating, playing, reading, or going to church. So occupational therapists make it their work to help people engage in those activities that can help them lead more fulfilling lives."

Occupational therapy boomed in the 1980s. OT was a popular health career with the job market wide open. To meet the growing demand, the department began an occupational therapy assistant program in 1988.

In the new millennium, post-professional degrees

were offered—a master of occupational therapy in 2000, and a doctoral degree in 2007. Today, occupational therapy thrives as a highly demanded and diversified profession grounded in scientific and theoretical principles.

"In recent years, occupational therapy has broadened its scope of practice to meet the ever changing needs of our society," says Dr. Billock. "Paired with this idea that we can be involved preventatively is the idea that ours is a wholistic profession. When we do our work, we address the mind, body, and spirit of all of our clients."

The occupational therapy department continues to lead, heal, and serve. Throughout the years, faculty and students have presented at local, state, and national conferences; published in peer-reviewed journals and books; and are continuously involved in community service projects, locally and internationally.



The occupational therapy faculty and staff celebrate the department's 50th Anniversary with a commemorative photo.

"Mission trips really give you a chance to step outside of yourself," explains Christopher Hoyt, an OT student who recently went on a mission trip to Mexico. "It's something that you go do and whether you want it to happen or not, you're going to walk away more compassionate."

Students and alumni are developing programs in non-traditional practice areas such as childhood obesity, domestic violence shelters, and at-risk children and youth. The occupational therapy department is creating leaders and innovators who serve our country in the military to help wounded soldiers, and other students are returning to their homelands to help their local population.

"OT is needed in the islands. There is nobody there who is delivering the services," says Ipuni-uesea Eliapo, OT student. "So I want to go back home and put my education into practice. And, hopefully, not only deliver OT services to the people of American Samoa but also to promote OT and get younger people involved so that they will want to pursue that as a career."

In its 50 years of existence, the occupational therapy department leaves a lasting impact on our society by making it possible for others to follow the mission of "living life to its fullest."

"I look at occupational therapy as an opportunity to help people figure out not what they can't do, but what they can do," says Mr. Hoyt.

"There's more meaning beyond whatever dysfunction they have. There are so many other different ways of having a meaningful life," shares Ms. Eliapo.

"What they do every day really matters," says Dr. Billock. "The choices that they make and the activities that they do can lead to their happiness, to their wellbeing, and to their health." TODAY

**16th annual Gala** (continued from page 8)

nized selfless individuals who have made a difference in the lives of children. Jaci and Eric Hasemeyer were named 2008 Hometown Heroes; the Miracle Maker Award was presented to B. Lyn Behrens, MBBS, president emerita, Loma Linda University; and Nancy and Bruce Varner were presented with the Shirley N. Pettis Award. Special guests included young Michael Moreno Jr., who just a year ago received his new heart and who had been kept alive by the Berlin Heart, an experimental medical device; and toddler Anna Hope Hennings, whose life was saved through treatment including multiple heart surgeries at LLU Children's Hospital. Young Michael's and Anna's stories were captured in a video that was shown during the program.

Throughout the evening the audience was charmed by Middle Eastern performances from the Adam Basma Performance Troupe. Gregory Adamson, the same artist who painted

a work that illustrated the evening's theme, "Miracles in the Marketplace" (a scene with laden vendor carts, palace arches, and children's gleaming faces), painted two canvases as the audience watched, his energetic brush strokes accompanied by music.

Then, the action turned to the audience as Mark Schenfeld, an auctioneer with a lively sense of humor, accepted bids for seven memorable experiences, including a day with Sean Bush, MD, star of "Venom ER," and five flights on five unique, vintage World War II airplanes.

Then bidding began for "fund an item." This year the funded item was the Intellivue MP70, a state-of-the-art cardiac monitor manufactured by Royal Philips Electronics, and one of the monitors was displayed onstage. Mr. Schenfeld began the auction. "Let's start with \$10,000. Do I hear \$10,000?" At the table in the front, "\$10,000." He then moved on to the next round



Jaci and Eric Hasemeyer have been foster parents since 1998. They are the catalyst for the "Walk Your Talk Walk," an annual event to raise awareness of the need for faithful foster parents. They were named Hometown Heroes for 2008 during the gala.

of bids. "\$5,000. Do I hear \$5,000?" The audience responded enthusiastically, raising numbered paddles, and by the time the "fund an item" auction was complete, \$149,400 had been generously donated.



B. Lyn Behrens, MBBS, president emerita of Loma Linda University, served the institution for more than 17 years—the longest tenure for any LLU president. Under her leadership, the Children's Hospital became a reality, as well as many programs benefitting children. She received the Miracle Maker Award for 2008 during the gala.

At the close of the program Leonard Bailey, MD, surgeon-in-chief, LLU Children's Hospital, and Christi J. Bulot, Foundation Board chair, presented a check for \$750,000, to LLU Children's Hospital. TODAY

**ALUMNI**

**School of Allied Health Professions celebrates alumni homecoming**

By Larry Kidder

The School of Allied Health Professions 13th annual Alumni Homecoming and Continuing Education Convention kicked off Thursday, April 16.

Leading off the weekend's activities were a variety of continuing education events designed for returning alumni and other health professionals, held in Wong Kerlee International Conference Center on Thursday, Friday, and Sunday, April 16, 17, and 19.

On Friday, April 17, a free vespers concert at the Loma Linda University Church featured Rudy Micelli, a Christian singing artist whose

tenor voice has been described as "powerful and passion-filled."

Both church services on Saturday, April 18, at the LLU Church highlighted the School of Allied Health Professions and featured alumni as participants in the services. Church services began at 8:30 and 11:15 a.m.

The Sabbath School program, which took place at 10:00 a.m. between the two church services, honored the School's occupational therapy program, which is celebrating its 50th anniversary this year.

The annual Potluck on the Hill followed church services and took place on the lawn next

to the historic cottages east of Nichol Hall, the only original Loma Linda buildings still standing after more than a century.

Beginning at 3:00 p.m. on Saturday, campus tours were led throughout the Loma Linda University campus, focusing on such areas as the nearly completed Centennial Complex, the department of clinical sciences' new student training laboratory, and the latest addition to the Daniells Residence Complex for graduate students—a recently constructed, state-of-the-art residence hall.

Capping the weekend events was the Alumni Recognition Banquet on Saturday, April 18, beginning at 7:00 p.m. The annual banquet took place in Wong Kerlee International Conference Center.

Distinguished alumni and current students were featured during the banquet. Students were recognized with the Rising Star award.



Rudy Micelli

Distinguished alumni and Alumnus of the Year awards were also presented (watch upcoming issues for more details).

The School of Allied Health Professions continues to hold the distinction of being the largest school at Loma Linda University, with a variety of programs ranging from associate's to doctoral degrees in a wide array of allied health professions. TODAY

**PHILANTHROPY**

**Loma Linda Fire Department plans pancake breakfast to benefit LLUCH**

By Nancy Yuen

The 2009 Loma Linda Fire Firefighters Association pancake breakfast, to be held at the Loma Linda fire station on May 17, won't just provide a yummy, filling, and inexpensive meal (\$5 per person) for the whole family. The event—the station's biggest fundraiser of the year, will have it all—shiny fire trucks, the opportunity to meet firefighters, paramedics, and officers from the sheriff's department, and the chance to see them practice rescuing "victims" during a live auto extraction. There will also be a "smoke house" demonstration showing what happens indoors when a fire starts and teaching children and adults what to do if caught inside a burning building.

From 8:00 a.m. to noon, there will be activities for the whole family—including face painting and bouncers for the kids, a visit by Sparky the fire dog, tours of the station, and a scheduled landing of a sheriff's helicopter.

Says Josh Cartee Loma Linda firefighter, "Our department has been working diligently for quite some time now, on creating and strength-

ening projects that benefit the community. When we were little kids, what did each one of us want to be when we grew up? Firefighters or police officers."

Mr. Cartee continues, "The pancake breakfast is a powerful way to for us to share how thankful we are that we are living our dreams, while meeting some of the many people we are here to serve."

Michael Sepulveda, Loma Linda firefighter/paramedic, agrees. "The pancake breakfast is a chance for us to give back to the

community. We are fortunate to have a hospital just for kids in our city, and we'd do anything to help the kids out."

Tickets for the event (\$5 each) are available now. Call (800) 825-KIDS (5437) for more information. Tickets will also be available at the Loma Linda fire station, located at 11325 Loma Linda Drive, the day of the event. TODAY



Members of the Loma Linda Fire Department are planning a pancake breakfast to benefit Loma Linda University Children's Hospital.

OUTREACH

## Volunteers needed for 'No One Dies Alone' program

By James Ponder

Denise Winter, director of volunteer services at Loma Linda University Medical Center, wants to make sure that no one ever dies alone. "None of us are born alone," she observes, "so why should anyone die alone?"

But some individuals do die alone. "Some patients don't have any living family members when they reach the end of life," Ms. Winter notes. "Others have family members who have already said their goodbyes and have chosen to be absent during the final hour."

Ms. Winter notes that "No One Dies Alone" is a volunteer program that "provides the reassuring presence of a volunteer companion to dying patients who would otherwise die alone. With the support of the nursing staff, compan-

ions are able to help provide patients with the most valuable of human gifts: a dignified death."

The volunteer services department needs someone to champion the program. "The coordinator's responsibilities would include working with the department of employee spiritual care and wholeness to maintain a list of volunteers willing to help patients facing death," she says. "They would manage scheduling and notify volunteers when the vigil begins for a particular patient."

Volunteers who want to assist dying patients by staying with them through the final journey need to devote an average of one day a month to the program.

"We're looking for people with some flexibility in their schedules," she explains. "They



Denise Winter (left), director of volunteer services at Loma Linda University Medical Center, discusses plans for the new No One Dies Alone program with volunteer coordinators Johanna Watt, Jessica Angel, and Nataly Peterson. The ladies also model their new uniforms. The new program will provide dying patients with companionship during their final hour.

have to be able to respond to a vigil on their scheduled service day if needed. It works out great for retired people, folks who don't need to work, or employees with bosses who allow them the freedom to help. No nursing skills are needed, but a sense of caring for others is vitally important. They also need to be trained as volunteers."

The "No One Dies Alone" program was founded in November 2002 by Sandra Clarke, CCRN, a critical care nurse at Sacred Heart

Medical Center in Eugene, Oregon. Ms. Clarke developed the program after the lonely death of an elderly person inspired her to design a volunteer companion service for hospital patients who would otherwise die alone. The program subsequently won many awards and inspired other hospitals in the United States to offer it for their patients.

Individuals interested in the program may contact the department of volunteer services at (909) 558-4654. TODAY

EDUCATION

## School of Public Health to offer doctorate in leadership

By Heather Reifsnyder

The Loma Linda University School of Public Health currently offers the doctor of public health degree (DrPH) in epidemiology, nutrition, preventive care, and two health education tracks. Faculty member David Penner, PhD, is now developing doctoral work in an additional area of study: leadership.

The preparation includes plans for both a PhD and DrPH, which may roll out at different times. Both degrees would be offered through the department of health policy and management. The School of Public Health will ask for approval from the Loma Linda University Board in May, and students will probably first be accepted in 2010.

"I'm excited about this program because it allows us to develop, together with the participants, an academic plan that reflects both who they are now and who they want to become by the end of the program," Dr. Penner says.

The academic work will be individualized for students, and by the end of their coursework they will each complete a portfolio that demonstrates their competency in 10 to 12 different areas, such as conflict management, communication, and community building. As the program grows, a minimum of an additional four faculty members will eventually need to be hired to teach it.

The department is also creating some courses for any student interested in developing leadership skills. These will be available in September, and some requirements for entry must be met.

Dr. Penner came to the School of Public Health in fall 2008 after six years serving as the president of Newbold College, located 30 miles west of London. His experience also includes leadership positions at Andrews University in Berrien Springs, Michigan, and La Sierra University in Riverside.

For more information, e-mail Dr. Penner at <dspenner@llu.edu>. TODAY

HEALTH

## CHIP program coming to Loma Linda

By Richard Weismeyer

Loma Linda University will be the venue for a new health improvement project sponsored by the University and the Loma Linda University Church of Seventh-day Adventists.

The coronary health improvement project (CHIP) is a four-week lifestyle intervention program that will begin on May 1 and continue through June 1. The CHIP program will be held in the Fellowship Hall of the church.

Keynote speaker and lecturer will be Hans Diehl, DrPH, a resident of Loma Linda, who is the director of the Lifestyle Medicine Institute of Loma Linda.

Dr. Diehl is a pioneer in lifestyle medicine and has directed the research and education

programs at the Nathan Pritikin Longevity Center in California.

He was a post-doctoral scholar in cardiovascular epidemiology supported by the National Institutes of Health. He also has been a post-doctoral scholar at the University of California, Los Angeles. His doctorate is in health science and he has a master's degree in public health and nutrition from Loma Linda University.

An information session will be held at 7:00 p.m. on April 27, 28, and 29, at 1280 E. Cooley Drive, unit 12, in Colton.

According to program directors, Loma Linda University School of Medicine will send senior medical students to assist as part of the program of preventive medicine. April Wilson, MD, is the coordinator for the medical student participation. The School of Nursing will also send students in its community health program to assist.

Endorsed by the Physician's Committee for Responsible Medicine and the Center for Science in the Public Interest, the CHIP program aims at reducing coronary risk factors through the adoption of better health habits and lifestyle choices. Health assessments take place before and after the 40-hour educational program and allow participants to track personal lifestyle changes through their blood-lipid profile, heart rate, weight, and other measures.

Sessions will be held Sunday, Monday, Wednesday, and Thursday in the May period.

The primary focus of CHIP is to teach participants how to eat good foods while avoiding those that contribute to many western killer diseases such as heart disease, diabetes, stroke, and high blood pressure. For additional information or questions, please call (909) 824-0400 or e-mail <llucchip@gmail.com>. TODAY

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**Nursing professor reflects** (continued from page 3)

up and introduced me to Mrs. White, the surgical unit's head nurse, who showed me exactly how to make hospital beds, do bed baths, talk to the patients, give back rubs, and provide bedside care to patient—all essential, in those days! I loved my summers of patient care and hospital work.

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

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

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

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

Miss Tupper had now become Mrs. Harold Walton, and she lived on the corner of Anderson and Tulip. She had helped Don find our great duplex with a view and was now telling me I needed to go see Miss Atteberry at LLUSN about getting my BS. They had stipends and tuition available. I assured her I was most happy with my shiny new diploma from Hinsdale and needed a job. But at her urging, I ventured forth. I did get my first job in the operating room at Redlands Community Hospital, and went back to school. Don and I both graduated from LLU in the Redlands Bowl in the same very long graduation ceremony.

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

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

I pay tribute to, and I shall always value, the many colleagues, administrators, and hundreds of students I've encountered at this School of Nursing in both graduate and undergraduate programs during the past 35 years.

We are not leaving. We plan to stay in place, doing what we can to support the causes we care about, and also spending more time with grandchildren in Boulder and Redlands. We hope to do more traveling to Wisconsin, and in the United States and elsewhere. We will continue to see you and care about you. I appreciate the

presence of each one of you. It is an honor to be associated with so many great people at this University. Thank you all from the bottom of my heart!

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



Penny and Don Miller prepare to cut the cake on their wedding day.

TRAVEL

**Global Health Institute trip to the Four Corners region fosters friendship**

By James Ponder

Roads you've already taken, the philosopher observed, lead to places you've already been. Right now, it's 2:17 p.m. on an April afternoon. Greg Highton and I are taking nine visiting physicians and one nurse from the People's Republic of China down some roads they've never taken to the Southwest. It's time for a break in their two-month-long mentorship program offered through the Global Health Institute of Loma Linda University.

There are 12 of us on this four-day excursion, and while we may be packed like sardines, we're happy as clams. We'll pull into Las Vegas tonight then hit the road for the paleontological, archaeological, and geological wonders of the Southwest tomorrow morning. Glitter Gulch holds a magnetic attraction for overseas visitors, so Greg and I—who aren't big fans of Vegas—resolve to relax and let our guests explore the place for themselves.

We're looking forward to the rest of the trip, however; we'll spend a lot of time in Dinétah—the mythic and beautiful red rock land of the Navajo.

Our traveling companions are a vivacious and animated bunch. They laugh more easily and often than any other group we've taken on the

road. The least provocation erupts into giggles, guffaws, and knee-slapping belly laughs.

The photo of the group in front of the Santa Fe railcar (see next page) depicts the fun-loving bunch at their best.

Let's start with Dai Shi-feng, MD, on the back row left. Dr. Dai is an orthopedic surgeon from The Second Hospital in Tangshan, China. A gentleman of the highest order, he never instigated any snowball fights like certain others—who shall not remain nameless—once we got to Grand Canyon. Next to him stands Feng Jian, MD, a nephrologist from Sir Run Run Shaw Hospital in Hangzhou, China. "Adam," as he tells us to call him, has the heartiest, most contagious laugh of the group.

Gao Zhigang, MD, the man in the mischievous smile and cap, is a general surgeon from the Zhejiang University school of medicine. Call him Gary, unless your Chinese pronunciation is up-to-speed. Jane stands next to him wearing a white hat. Also known as Zhou Jianhong, MD, "Calamity Jane"—so called after this writer experienced her deadly aim with a snowball firsthand—serves on the clinical faculty at The Women's Hospital affiliated with the school of medicine at Zhejiang University.

Please congratulate the next two ladies in the

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picture. Neither Bao Yu, MD (in the striped shirt), nor Lin Xiaona, MD (whose head seems to be sporting some kind of mutant appendage), were implicated in any of the considerable hijinks on the trip. Instead, Dr. Bao—who also goes by “Maggie”—and Dr. Lin—who would like you to call her “Linna”—were models of propriety the whole time.

That can hardly be said of the final three on the back row. “Alice” Fang Ciaping, RN, a general surgical nurse at Sir Run Run Shaw Hospital, indulged every opportunity for fun and games, while Sun Leimin, MD, a member of the clinical faculty of the Zhejiang University school of medicine, turned every moment playful with her quick smile and fast wit. Their partner-in-pranks, Wang Xianfa, MD, a general surgeon at Sir Run Run Shaw, exemplified the party spirit as well. He even good-naturedly submitted to having his last name transmogrified into the Chinese equivalent of Dr. Tortoise—which Dr. Sun explained is something of a cultural taboo in China—with self-effacing aplomb.

Which of the two gentlemen on the front row looks like the kind of man who would subject his fellow travelers to an incessant barrage of country music? If you picked Wu Zhangmin, MD, the gentleman wearing the celebrity sunglasses, you’d be wrong. Dr. Wu, a vascular surgeon at Beijing Anzhen Hospital, conducted himself like a consummate professional throughout the trip.

That leaves just one suspect: my pal Greg Highton. He’s the one in the Crazy Shirts t-shirt. Greg makes sure that a non-stop onslaught of forlorn love songs and honky tonk favorites floods the van with syrupy steel guitars and semi-tragic “she done him wrong” lyrics. I enjoy giving Greg a hard time, but he goes out of his way to make sure everyone has a grand time on the trips. I always enjoy traveling with him even if he does snore country music in his sleep.

*We just passed* a motel or trailer park called The Totem Pole in Victorville. It needs a new totem pole; the old one is dilapidated. Rock piles outside of V-Town have a silvery sheen. Anybody know why? A recent edition of *The Sun* newspaper says climate change is hard on San Bernardino County’s Joshua tree population, but the ones out here look fine. In fact, the whole place looks great to me.

Not to our Chinese guests, however. They want to know why the U. S. government doesn’t plant trees to beautify the barren Mojave Desert. You explain it to them; I’m, uh, preoccupied. ...



The Grand Canyon is beautiful any time of day, but sunrise (depicted here) and sunset are among the very best times. Known to the Hopi tribe of Native Americans as the “Sipapuni,” or place where their ancestors emerged after the last world was destroyed by flood, the canyon hosts millions of tourists every year, including the 10 Chinese health professionals who recently took a break there during their two-month long mentorship program sponsored by the Global Health Institute of Loma Linda University.

*We just left Barstow.* The sign says 23,000 inhabitants call this place home. I suspect that’s only the humans. If you included all the horned toads, snakes, and spiders the number would swell exponentially. Experts are still debating whether any jackalopes live in the area. I think so, but I’m no expert.

*Whenever we get back* in the van to hit the road, I always yell, “Yeehaw!” and my Chinese friends join in. I know it’s corny, but I blame it all on the country music Greg forces us to endure.

As we pull out from the dinosaur exhibit in Big Water, Utah, the word morphs into the Chinese phrase “Ni hao!” It sounds like “yeehaw,” but it means “hello” or “good day.” Seems perfectly appropriate to the moment. Big patches of blue are piercing the dramatic clouds that blew in during the night. Heroic buttes of red, orange, and gray join rainbow-hued mesas and plateaus in punctuating the horizon in every direction. This is the light and land that Edgar Payne, Oscar Berninghaus, Maynard Dixon, Ed Mell, and other Southwestern landscape artists, both prehistoric and modern, have been describing for millennia.

Whoever said, “What happens in Vegas, stays in Vegas,” obviously never ate where Greg and I did last night. We stopped for dinner at a casino restaurant during our 3.5-mile hike up

and down the Las Vegas Strip. We also stopped, on the way back to our hotel, at a Crazy Shirts outlet where Greg acquired yet another signature tee. But like the Energizer Bunny, the indigestion just keeps going and going. Two states later, it’s still with me in Arizona.

*Right now, I’m trudging* up the trail from one of my favorite places, the ruins of Betatakin. I purposely let everyone else go ahead of me. The hike’s about half a mile each way, and I’m enjoying the solitude in the snowy air. Maybe it’s the mystic in my soul, but I’m prone to seek contemplative experiences in primal wilderness whenever I can.

The snow—a round form of precipitation that looks like hail, but feels like powder—bounces on the Navajo sandstone, forming clusters of tiny round pellets in the creases of the rock. Snags of juniper and pinon rest on the land where they fell. In the Southwest, life is a cycle of ancient, timeless rhythms that take no notice of humanity whatsoever.

Later this afternoon we’ll go into Kayenta for lunch. After that, we’ll journey through the expansive heart of the Navajo Nation to the Four Corners. The place is a contortionist’s dream; when I was a kid, I put one foot each in Utah and Colorado, then bent over and put one

hand in Arizona and the other in New Mexico. I can only hope nobody throws a snowball while I’m in that position this time!

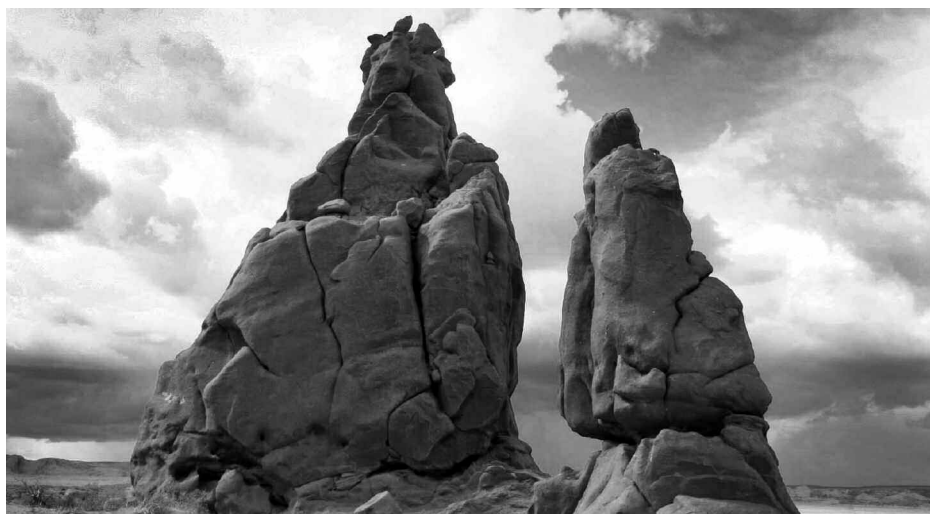
Tonight we’ll stay at the Historic Cameron Trading Post, a comfortable lodge amid the scenery of the Colorado Plateau, and head to Grand Canyon tomorrow at the crack of dawn.

Now, however, I’m hoping to feel the incredible serenity I experienced here on my first visit a dozen years ago. Normally, Betatakin is a good place to find it. As one of two major ruins of Navajo National Monument, the giant ledge house is easily the single most harmonious pairing of architecture and nature that I’ve ever seen. Its architects, the 12th century Ancestral Puebloans, or Anasazi, were masters of incorporating organic form into their design.

Right now, I’d give anything to hear the haunting, beautiful music of the Native American flute wafting through this prehistoric garden.

There’s only one problem. Try as I might, I just can’t get the twangy, steel guitar-saturated melodies of Conway Twitty to stop playing in my head.

Thanks a lot, Greg! TODAY



Dinetah, the land of the Navajo, is known throughout the world for vast, expansive spaces, enormous sky, and colorful red rocks. A group of 10 Chinese health professionals recently visited the Navajo Nation during a trip coordinated through the Global Health Institute of Loma Linda University.



Millions of travelers have stopped at Barstow Station, but none more enthusiastic than this group of nine physicians and one nurse from the People’s Republic of China, and one of the two volunteer drivers, Greg “Mr. Country Music” Highton. The group paused for a picture alongside a railcar en route to Las Vegas and the Southwest.



NEWS & EVENTS

# 16th annual Children's Hospital Foundation Gala raises \$750,000 for LLUCH

By Nancy Yuen

It's not every day that you see a fire eater in Riverside. And yet when more than 700 people arrived at the Riverside Convention Center on Sunday, April 5, as they were greeted by crisply uniformed volunteers, many paused to watch the first of several entertainers—a fire eater—as he extinguished torches in his mouth and exhaled immense breaths of fire.

His performance, at the entrance to the Convention Center, signaled guests that they would soon be transported to another land and time as they experienced "Miracles in the Marketplace," the theme for the 2009 Loma Linda University Children's Hospital Gala.

After the fire eater finished his performance, guests entered the building and were surrounded by delicate, orchid-draped ropes; strains of live music filled the room—performed by a musician strumming an oud, seated in front of a small tent surrounded by ferns, irises, and scattered rose petals.

Next, a group of children wearing colorful Moroccan attire greeted the guests, presenting them with gifts from the marketplace as they entered the Marketplace Bazaar. In the bazaar attendees greeted old and new friends, from time to time pausing to watch the antics of entertainers including a sword swallower and a nine-foot giant. As the night progressed, bidding sheets began to fill as the guests placed



Assisted by the event's child ambassadors (from left, Nathan Iwakoskoshi, Giovanni Nelson, Miranda Roberts, and Jet Nelson), Leonard Bailey, MD (far right), and Christy J. Bulot, LLU Children's Hospital Board chair (far left), present a check for \$750,000 to Zareh Sarrafian, MBA, administrator, LLU Children's Hospital.

bids in the silent auction, selecting from dozens of auction items donated by local businesses, sports teams, and entertainers.

Later, guests moved to the Ben H. Lewis Hall for the formal program and dinner, a traditional Moroccan feast.

for their support, a table reserved for the tribe was left empty, and a moment of silence was observed.

In addition to raising funds for Loma Linda University Children's Hospital, the event recognized donors.

Please turn to page 4

Patti Cotton Pettis, MA, executive director, LLU Children's Hospital Foundation, welcomed attendees, followed by remarks from the Honorable Ron Loveridge, mayor, City of Riverside. Jillian Vaughan, a former Children's Hospital patient and winner of the Inland Empire Idol competition, thrilled the audience with an a cappella performance of the "Star-Spangled Banner."

Zareh Sarrafian, MBA, administrator, LLU Children's Hospital, emphasized the great need for health care services for children as more and more children's hospital beds are lost throughout the state. He thanked attendees for their constant and continued support of LLU Children's Hospital.

Presenting sponsors for the evening were the San Manuel Band of Mission Indians. Tragically, a young and key tribal member passed away the week before the gala. As an expression of respect for their loss and of humble gratitude



A fire eater exhales an immense breath of fire. He greeted attendees, signaling them that they would soon be transported to another land and time as they entered the Riverside Convention Center for the 16th annual Children's Hospital Foundation Gala.

ACADEMIC EXCELLENCE

## School of Pharmacy recognizes academic excellence in its students

Contributed report

The executive committee of the School of Pharmacy has released the dean's and honor roll lists for winter 2009 quarter. To achieve dean's list status, students must: achieve a term grade point average of at least 3.7, and receive no incomplete grades for the quarter. The following students are on the dean's list for winter quarter:

**Class of 2009**

Abraha, Alem W.; Blomberg, Anna Jolene; De Jesus, Jennifer Grace A.; Dinh, Mai-Han Thi; Douglas, Bradley Griner; Espidol, Arvee; Evans, Jeremy Douglas; Gunther, Larisa; Hafezizadeh, Nadia Sharareh; Harandi Najafi, Salomeh; Kwan, Jennifer; Lucas, Christopher; Lucinian, Tania Hagop; Ndreka, Noela; Nguyen, Nga Thanh; Ocampo, Norela Vanessa; Patel, Gaurang; Pham, Eric Minh-An; Poupa, Denise Kim; Repking, Rebecca Ann; Sacro, Janssen Dean Leones; Sanchez, Amy; Shand, Hillel Olivier; Taefi, Tanya; Tran, Ngoc; Trieu, Tam Ngoc; Vaughan, Kristin Elizabeth; Verrett, Brian Solomon; Vu, Luan Dinh; Wu, Jennifer Chih Ying; and Young, Stacia Ann.

**Class of 2010**

Becker, Beth Helena; Brewster, Raul; Do, Ai-Huong Nguyen; Hafezizadeh, Sheena Lynn; Kang, Nancy Yoonju; Kong, Hyun Jung; Le, Vy Bich Thi; Leiva, Maya Luz Juliana; Nguyen, Cham Phuong Thi; Nguyen, Lan Hoang; Nguyen, Linh Phan Thuy; Nguyen, Viet The; Pak, Stacy Ryong; Patel, Dimpji; Pham, Liana; Pham, Tuan Dinh; Phan, Tiana Thi; Royer, Tiffany Nicole; Shifflett, Alec Frank; Singgih, Dewi; Tan, Amy Melissa; Tran, Huyentran Ngoc; Trinh, Yen Hoang; and Wong, Wai-Tai.

**Class of 2011**

Dickey, Jefmar Daniel; Shyr, Hong-Jen; Wharton, David Herbert;

**Class of 2012**

Balog, Amy Ann; Lee, SunYoo; Nguyen, Lucia Kieu; Park, Ha Young; Sun, Yu; and Vu, Thuy Nhu.

To achieve honor roll status, students must: achieve a term grade point average of 3.30 to 3.69, and receive no incomplete grades for the quarter. The following students are on the honor roll for winter 2009 quarter:

**Class of 2009**

Ajiboye, Olukorede; Clark, Emily Anne; Davalos, Rommy Vanessa; Dean, Landon Leslie; Foote, Karey; Hariri, Armin Famararz; Harrington, Gregory; Hoang, Lap Tan; Jimenez, Randy Sayurin; Kim, Michelle Meegie; Loughlin, Jessica; McLaughlin, Rosalie King; Nguyen, Megan Tuyen; Seddiqi, Mariam; Sha, Eiann; Swaris, Jessica; Tran, Alexander Hien; Tran, Hanh Thao; Vidhyarkorn, Tammy; and Young, Jennifer.

**Class of 2010**

Bagdasarian, Anna; Bernichi, Bouchra; Bhakta, Jesal Yagnesh; Castillo, Ismael; Chen, Diana; Choi, Jua; Chuang, Charlton; Dang, Baongan; Dang, Trucmy Hoang; Dao, John Trungthu; Fong, Nancy; Gevorkian, Ruzanna; Grigorian, Tomik; Hanlon, Emilie Anne; Hoang, Thu; Im, Byung Uk; Lim, Mabel; Mohammady, Anahita; Nazarian, Annie; Ng, Steven; Nguyen, Buu-Chau Ngoc; Patel, Sonal Babu; Phung, Sandy; Rastogi, Divaker; and Rykin, Ann.

**Class of 2011**

Glenny, Scott David; Heath, Blaire Ashley; Huang, Sherry; Ibrahim, Michael Fouad; Jongsma, Karissa Nicole; Lac, Connie; Nguyen, Caroline; Niknafs, Oksana; Tran, Phuong Thao Thi; Wehtje-Sim, and Cambria Christine.

**Class of 2012**

Aichelman, Genevieve; Arnold, Gregory Charles; Carpenter, Erin Rae; Chau, Giang-Tien Nguyen; Garispe, Emily Ann; Kerleshi, Arda; Kim, Siwoon; Lee, Joon Young; Mamaril, Kimberly; Nguyen, Bryn Vinh; Nguyen, Kristie; Nguyen, ThoaiVy Thi; Oh, Jeong Ah; Pao, Jeffrey Michael; Rodriguez, Fabian Joseph; Schroer, Marissa Lynn; Solis, Aaron; Than, Mai Mina; Vartanian, Karin; Wong, Alison Ng; and Yeung, Chui-Ching. TODAY

# TODAY

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