



# TODAY

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## COLLABORATIVE MILESTONES

### Peace Corps commemorates 15-year relationship with Loma Linda University School of Public Health

By Heather Reifsnyder

The year 2010 is the 15th anniversary of Loma Linda University School of Public Health's partnership with the Peace Corps. The Peace Corps presented a plaque to the school commemorating this relationship on April 8.

Since 1995, LLU has been offering the Peace Corps Master's International program. This is designed for students earning a master's degree who plan to volunteer overseas with the Peace Corps after completing their coursework. Their 27-month Peace Corps assignment fulfills the field practicum requirement for their degree, and the School of Public Health provides a tuition scholarship for the practicum.

Peace Corps service is an opportunity for students to both make a difference in others' lives and their own lives, says Kate Reinsma, MS, the school's Peace Corps coordinator and a returned volunteer herself.

Ms. Reinsma spent 2005-2007 in the African nation of Cameroon. Her main responsibility involved assisting two villages to restore their defunct water system. She also provided nutrition counseling to people with diabetes, people

with HIV/AIDS, and mothers of young children. Another facet of her service was working with local religious leaders to provide care and support for people living with HIV/AIDS through organizing candlelight memorials and trainings.

"It was while I was in Cameroon that I discovered my passion for public health and decided to pursue a doctorate in public health nutrition," says Ms. Reinsma, which she is now doing at LLU. She wants to continue doing international development and nutrition upon completion of her degree.

The Master's International program at LLU was first offered for students studying global health and environmental health, but five years ago, the school also began offering the option to health promotion and education, nutrition, and health policy students.

There are currently 10 students in LLU's Master's International program who will be going out to serve after completing coursework.

Another four have already done their service and are now earning master's or doctoral degrees at the School of Public Health as part of



Kevin Elliott (right) of the Peace Corps recruiting office in Los Angeles presents a plaque to the School of Public Health in recognition of its Peace Corps programs. Accepting the plaque are David Dyjack, DrPH (left), dean, and Kate Reinsma, Peace Corps coordinator and fellow.

its second Peace Corps program, Fellows/USA, offered since 2005.

Fellows/USA students are given advanced standing for the master's of public health field practicum and serve with United Way by

working with community-based organizations. They also receive a stipend and partial tuition benefit from the School of Public Health. For more information, visit <llu.edu/public-health> or <peacecorps.gov>, or e-mail <sphpcinfo@llu.edu>.

## ALUMNI HOMECOMING

### Allied health alumni return for 14th annual homecoming

By Heather Reifsnyder

Alumni from the School of Allied Health Professions came back to campus April 15-18, 2010, for a homecoming weekend and continuing education convention.

More alumni attended the continuing education courses on Thursday, Friday, and Sunday than in any previous year, says Jaclyn Pruehs, alumni affairs officer for the School of Allied Health Professions. The school offered courses in the areas of cardiopulmonary science, health information management, physician assistant sciences, physical therapy, occupational therapy, communication sciences and disorders, clinical laboratory science, and nutrition and dietetics.

Friday night, the school brought in gospel singer Steve Darmody for a free concert at Loma Linda University Church. During Sabbath

school the next day, there was a feature presentation about the physician assistant sciences department, which is celebrating its 10-year anniversary.

Following church services, the school hosted a homecoming lunch on the hill by Nichol Hall, and Saturday evening was the sold-out homecoming banquet.

"This long weekend of events was the most successful that we've ever had," says Ms. Pruehs. "We are always so happy to provide a special weekend of fellowship and renewal for our alumni."

The school presented numerous awards during the banquet. The Alumnus of the Year Award was presented to James Goss, MHA, a paramedic since 1996 who has been teaching at LLU in the emergency medical care program



In celebration of its 10 years of service, the physician assistant program was featured during Sabbath school at Loma Linda University Church. Here, David Lopez, EdD, RRT, interim chair of the department, welcomes people and talks about physician assistant sciences.

since 2002. The school honored him as "an impassioned patient care provider and outstanding educator." As an assistant professor, Mr. Goss has opened doors for emer-

gency medical care students to publish scholarly articles. Mr. Goss is also an active volunteer as well as the Southern California regional Please turn to page 2

NIH-FUNDED PROGRAM

## Apprenticeship Bridge to College program hosts high school interview night

By James Ponder

You should have seen the smiles on the parents' faces when Shannalee Martinez shared the news that she was recently accepted into the Loma Linda University School of Medicine (LLUSM) the other night.

"I started doing research at LLU during the summer of 2004," Ms. Martinez told the crowd

of approximately 200 students, parents, and high school teachers from 35 Inland Empire high schools, as well as faculty researchers from LLU.

"I attended Redlands Adventist Academy and Loma Linda Academy, graduating from the latter in 2005." The impact wasn't lost on any of her audience, but the faces of the parents seemed particularly hopeful as they considered the prospects of their child becoming a research scientist or physician.

The occasion was the Apprenticeship Bridge to College (ABC) program high school interview night held on Monday, April 5, 2010, in the Chen Fong Conference Center of the Centennial Complex. From the group of 50 high school students in attendance, 15 would be chosen to participate in the ABC program at LLU this summer.

According to Marino De León, PhD, director of the Center for Health Disparities and Molecular Medicine (CHDMM) at Loma Linda University, Ms. Martinez' success is a major feather in the organization's cap.

She achieved her lofty goal, in large part, through the hands-on training she received as a participant in the ABC program. The program recruits talented and motivated Inland Empire high school students in their junior and senior years to spend a summer conducting scientific research under the mentorship of a research scientist at LLU.

The goal of the program—which is supported by a grant from the National Center on Minority Health and Health Disparities, part of the National Institutes of Health—is to



Shannalee Martinez, a participant in the Apprenticeship Bridge to College (ABC) program at Loma Linda University, told the audience of approximately 200 students, parents, and high school teachers from 35 Inland Empire high schools that her involvement in the ABC program led to her recent acceptance into the LLU School of Medicine. Ms. Martinez attended the program in 2004.



Carlos Casiano, PhD, associate professor of biochemistry and microbiology at Loma Linda University, speaks to the crowd of approximately 200 students, parents, and high school teachers from 35 Inland Empire high schools. Dr. Casiano noted that participation in the Apprenticeship Bridge to College (ABC) program at LLU "changes students' career perspectives for good. Parents and teachers certainly notice the difference."

encourage local high school students who are under-represented in the sciences to reach their potential and become biomedical research scientists to serve their own communities.

"I worked in Dr. Carlos Casiano's laboratory in the Center for Health Disparities and Molecular Medicine during the summers of 2004, 2006, and 2008," Ms. Martinez went on. In 2009, she received a bachelor of science degree in chemistry from Southern Adventist University in Collegedale, Tennessee, before returning to LLU to continue working in the lab.

"Dr. Casiano took the lab members to lunch," she remembers, "and surprised me with the news. We made a little scene in the restaurant!"

They weren't the only ones. "My family threw me a celebration party at my cousin's house,"

she continues. "We made pizza and watched a very depressing documentary about dolphin slaughtering in Japan. I still don't know who picked the movie."

Neither does she know what area of medicine she plans to concentrate on during her medical education at LLUSM. "I don't have a specialty picked out at this point, but I know that I'd like to integrate my clinical work with my research. I'm fascinated with cancer biology, and I plan to continue studying/researching it during my studies. I also love children, and can see myself working in a pediatric setting as well. But I have a lot to learn, and I'll let God handle the future. I'm just trying to keep up with Him."

In welcoming participants to the event, Dr. De León noted that "the ABC program is part of  
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## Allied health alumni return for 14th annual homecoming ...

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manager for the organization Northern California Training Institute, in which role he oversees EMT and paramedic education programs throughout the region.

Seven other graduates were honored as Distinguished Alumni: Deanna Klure (health information management), Gregory Sewell (communication sciences and disorders), Lee Tinchler (nutrition and dietetics), Patricia Bascom (occupational therapy), Lisa Zidek (physical therapy), Anthony Raymond Reyes Yvanovich (physician assistant sciences), and Mark Clements (radiation technology).

The Rising Star Award is presented to exemplary students. Honored this year were Shannon Sramek (emergency medical care), Christina Tran (respiratory care), Celine Palaad (clinical laboratory science), Jessica Keis (communication sciences and disorders), Braden Tabisula (health information management), Lidia Radoi (nutrition and dietetics), Christopher Vernon (occupational therapy), Skulpan Asavasopon (physical therapy), Andrea Baer (physician assistant sciences), Gahambo Heban (radiation technology), and Johan Tan (radiation technology).

The School of Allied Health Professions presented its Honorary Alumni Award to

Masayuki Ohashi, an educator from Yokkaichi City, Japan, who was instrumental in enrolling more than 100 occupational and physical therapy students from Humanitec Rehabilitation College into LLU's bachelor's of health science distance program. He is now organizing an alumni chapter in Japan for graduates of the LLU program.

The school also honored Joyce Hopp, PhD, RN, with the Trailblazer Award, in honor of the influence she had on the school as dean from 1986–2002. She is credited with helping increase enrollment, encouraging more faculty to complete graduate degrees, and developing the school's first international programs in Saudi Arabia and Japan, among other things.



Marino De León, PhD, director of the Center for Health Disparities and Molecular Medicine at Loma Linda University, informed visitors to the Apprenticeship Bridge to College (ABC) high school interview night that the ABC program "has exceeded all our expectations." Each year, students from Inland Empire high schools are invited to attend the interview night. Of the 50 students in attendance this year, 15 will be selected to spend the summer conducting biomedical research at LLU.



Individuals register for continuing education courses offered as part of the LLU School of Allied Health Professions homecoming.

## SPIRITUAL NURSING CARE

## LLU School of Nursing PhD graduate assesses nurses' spiritual care practice

By Nathan Lang

Iris Mamier, PhD, RN, assistant professor in the LLU School of Nursing and the third graduate to earn a PhD in nursing at Loma Linda University, investigates in her dissertation nurses' spiritual care practices, which she defines as the various means taken to relieve the spiritual distress of patients (e.g., prayer, listening to patients' spiritual concerns, scripture reading) in a faith-based tertiary health care system. The setting was Loma Linda University.

Until recently, the academic discussion of nursing spiritual care practice has been indirect; in other words, researchers have generalized about practices based on studies of attitudes. In her dissertation research, however, Dr. Mamier presented data that for the first time evaluated actual frequencies of nurse-provided spiritual care over a defined period of time.

"One of the problems in moving this investigative line forward," recalls Dr. Mamier, "was that there were no very well-developed and validated research tools to measure actual spiritual care practice."

When Dr. Mamier began her research on nurses' spiritual care practices, she was not satisfied with the tools and methods used in published studies. This work largely was directed to nurses' attitudes toward spiritual

care or their perceptions of spirituality/spiritual care and not actual practice. Moreover, studies that addressed actual spiritual care practices were not specific about the frequency of these practices.

To address these deficiencies Dr. Mamier began by selecting an appropriate tool. She used the 17-item Nurses' Spiritual Care Practice Questionnaire (NSCQ), which was developed by Elizabeth Johnston Taylor, PhD, RN, an associate professor at the School of Nursing. It was also critical to define a set period of time (in this case, more than a 72- to 80-hour period) and a setting (all departments/services in a tertiary health care system).

Dr. Mamier contacted 2,311 registered nurses in fall 2008. Each RN was invited via the institutional e-mail system to take an online survey, and 554 RNs provided enough information to be included in the final data matrix.

Following Dr. Taylor's 2005 study on the spiritual needs of cancer patients, Dr. Mamier suggested, "It would be nice to have an instrument to ask the nurses in the same setting what kind of spiritual care they provide."

The idea became reality in 2008.

"A unique aspect of Dr. Taylor's tool is that she consulted with a panel of experts in the area of



Iris Mamier, PhD, RN, has been conducting research on the spiritual care practice of nurses at Loma Linda University.

spirituality in nursing and used a content validity index to develop the tool's final item set, which was published in 2008 in the *Holistic Nursing Practice* journal," says Dr. Mamier. "Not all tools are developed so rigorously."

Dr. Taylor also was part of Dr. Mamier's dissertation committee, along with faculty across disciplines. In addition to Betty Winslow, PhD, RN, professor of nursing, who had written on the ethics of spiritual practice of prayer, Mark G. Haviland, PhD, professor of psychiatry, and Siroj Sorajjakool, PhD, professor of religion, also served on the committee. The interdisciplinary aspect added strengths from different fields, Dr. Mamier believes.

For the spirituality component of her study, Dr. Mamier drew from the work of Brian Zinnbauer, PhD, clinical psychologist, and Kenneth Pargament, PhD, professor of psychology at Bowling Green State University. Each has written extensively about the dual concepts of spirituality and religiousness. For example, some people regard themselves as spiritual but not religious, or vice versa, whereas others view themselves as neither. Those who view themselves as both religious and spiritual are generally thought to be traditionally "religious."

"This, in my eyes, is a very meaningful way to distinguish different forms of spirituality," comments Dr. Mamier. "That is, the traditional and the postmodern forms of spirituality."

To measure this twofold notion of spirituality, Dr. Mamier used questionnaires that examine day-to-day spiritual experiences in addition to organizational and personal religious activities.

Dr. Mamier also asked the RNs about their organized religious preference. Not surprisingly, given the setting, the dominant religious preference was Christianity, albeit diverse. Differences in religious preference, however, proved to have no significant correlation with the frequency of RNs' spiritual care practice. Nurses scoring high in spirituality, however, was a strong correlate of actual spiritual care practice.

Dr. Mamier's final model for predicting spiritual care practice frequency included four different independent variables. The strongest correlate was a measure that had not been used in previous research—nurses' perception that spiritual issues come up frequently on their unit.



Education is an important factor in helping nurses provide spiritual care to their patients, according to Dr. Mamier's research.

"Basically, nurses appear to be responding with spiritual care as patients express the need," explains Dr. Mamier.

"It is fascinating," she continues, "that seeing spiritual needs in a patient increases the chance that a nurse engages in spiritual care, despite the fact that some nurses are less comfortable with providing spiritual care. I believe that some nurses go outside of their comfort level because they see that a patient is in spiritual distress, and he or she simply needs to talk about it."

The results of Dr. Mamier's study illuminate three different areas of spiritual care practice: the correlates, the frequency, and the types. Dr. Mamier also added an optional open-ended question at the end of the survey where she asked for a spiritual encounter at work that had influenced the way the nurse sees spirituality. More than half of the participants responded to this question describing an engaging experience with spirituality in 90 percent of the cases.

In six percent of the cases, however, nurses described a disengaging experience with spirituality and expressed bewilderment.

"Here, the nurses were simply noting their struggle to provide spiritual care in particular circumstances due to confusion between the nurses' and patients' spiritual orientation," Dr. Mamier comments. "Whereas in many cases nurses can effectively bridge differences in religious/spiritual persuasions, this finding underscores the fact that there is the possibility of a real spiritual disconnect between nurse and patient systems. Disengaging experiences had also been documented in another study, as were sarcastic humor and cynicism.

"This is actually a relevant finding," Dr. Mamier continues, "for this is where nursing educators, whether in academia or clinical practice, ought to provide additional help through in-service training. As a profession, nursing is very aware about the diversity of approaches to spirituality in both the workforce and the clients we serve.

"The result that nurses' previous education about spiritual care is effectively a predictor of spiritual care practice is a reassuring finding," says Dr. Mamier. "There appears to be a substantial increase in nursing curricula addressing spiritual care. This has not been the case previously."

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## Apprenticeship Bridge to College program hosts high school interview night ...

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the commitment of the LLU School of Medicine to train a diverse workforce of biomedical scientists and physician scientists who will serve to address health needs in our region and globally." He also said the program is administered through the CHDMM, which supports educational and research initiatives to reduce health disparities.

H. Roger Hadley, MD, dean of the School of Medicine, warmed the crowd with his trademark parodies of his profession. Dr. Hadley is a urologist and loves to show a photo of his father, brother, and self—urologists all—dressed in matching blue jackets emblazoned with "Hadley & Sons Plumbing" across the back. But his talk turned serious when he recounted how the LLU School of Medicine has trained more than 10,000 physicians in its 100-year history.

"The ABC program is an integral part of our efforts to maintain an uninterrupted pipeline," he said, "to our educational programs. It enhances our goal of continually increasing the number of biomedical scientists and physicians serving the communities of San Bernardino, Riverside, and the surrounding area."

Following Dr. Hadley's comments, Leslie N. Pollard, PhD, vice president for community partnerships and diversity, noted that the ABC program is a dream being fulfilled. "It can make a difference bringing students from our local community to fulfill their dreams of becoming a doctor." For her part, Daisy De León, PhD, assistant to the dean for diversity at the School

of Medicine, said that the program "offers students a great opportunity to participate in a summer research internship that makes a significant difference in their lives."

Carlos Casiano, PhD, associate professor of biochemistry and microbiology, agreed with Dr. De León's assessment, noting that the ABC program "changes students' career perspectives for good. Parents and teachers certainly notice the difference."

So far, the ABC program has awarded 102 research internships that have assisted a total of 81 students to achieve their goals of learning about a career in science firsthand.

Not all have enjoyed the same outcome as Ms. Martinez, but each one has gained an insider's perspective on a career field with vital significance for the future. More than that, they have broadened the awareness, among members of the Inland Empire high school community, that fascinating and fulfilling research careers are available to motivated students who really want them.

"The ABC program has exceeded all our expectations," concludes Dr. Marino De León. "Our data shows that it increases the success of ABC alumni in enrolling and persisting in a college science major, and enrolling in and completing a doctoral degree in medicine and/or biomedical science. Programs like the ABC play a key role in increasing the medical and scientific capacity of the nation and the community at large."

## FACULTY EXCELLENCE

## School of Dentistry professor receives Kinzer Rice Award

Contributed report

Doyle Nick, DDS, a faculty member in the School of Dentistry, was recently announced as the 2010 recipient of the Kinzer Rice Award for Excellence in University Teaching. The award was presented to Dr. Nick as part of the Faculty Development Showcase Week, held January 18–22, 2010.

Dr. Nick was selected for the award for distinguishing himself as continually seeking better results with his teaching.

His leadership in faculty development has included the establishment of a special program for gifted dental students to encourage them to enter academic dentistry after graduation; conducting research on improving teaching materials to use in dental education; completing a master's degree in health professional education; conducting formative dialogues with fellow faculty, focused on improving teaching; and developing teaching materials to improve efficiency in instruction while decreasing student stress.

The 2008 award went to Bertha Escobar-Poni, MD, faculty member in the School of Medicine. Dr. Escobar-Poni teaches anatomy and demonstrates an unusual devotion to her students and her subjects.

Teaching has always been a passion for Dr. Escobar-Poni, who recently was accepted into the 2010 prestigious Harvard-Macy Scholar program, where she devoted 10 full days (plus five more in May) to studying medical education with faculty members from Harvard University School of Medicine. Dr. Escobar-Poni's present project focuses on developing students' professionalism.

The Kinzer Rice Award for Excellence in University Teaching was established in 2007. The purpose of the award is to call attention to the importance of teaching in the life of Loma Linda University and to honor faculty members who exemplify the finest traditions of education.

The award has been established in the names of two former faculty members at Loma Linda University's School of Dentistry, Bruce Rice, DDS, PhD, and Robert L. Kinzer, DDS.

Dr. Rice, one of the founding members of the School of Dentistry, and practiced in California and Arizona for a number of years. He was the youngest member of his graduating class at the University of Southern California and went on to complete a number of advanced degrees, including a PhD in nutrition and biochemistry.

In addition to teaching at LLU, Dr. Rice taught for 20 years at the Medical College of Georgia, where he chaired the department of oral medicine.

Dr. Kinzer taught at LLU from 1983 until his untimely death in 2005. Dr. Kinzer, like Dr. Rice, was known as an innovative teacher, a consummate professional, and a true gentleman. Dr. Kinzer helped to plan the very first LLU Education Conference and Faire, which became an LLU faculty development tradition, held regularly from the early 1990s through 2008.

The award, given every two years at a faculty development event, carries with it a \$1,000 check. Published criteria established for the award include mastery of the field of study and continuing education in the scholarship of teaching and learning; effective classroom presentations; innovative teaching strategies and approaches; applications of educational theory to teaching; support of colleagues' teaching success; positive student relations; and contributions to students' long-range success.

To receive the award, one must be nominated by a colleague. A subcommittee of the University Faculty Council Faculty Development Committee then obtains additional recommendations, conducts interviews, and studies all available documents before reaching a decision. The decision is always difficult, since each year more than 20 qualified, deserving faculty members have been considered for the award.



Doyle Nick, DDS, the recipient of the 2010 Kinzer Rice Award for Excellence in University Teaching, poses for a photograph with the 2008 recipient, Bertha Escobar-Poni, MD.

## UPCOMING EVENT

## Lecture to address Christians, Jews, and the Sabbath after the Holocaust

Contributed report

Sigve K. Tonstad, MD, PhD, will speak on the topic, "Christians, Jews, and the Sabbath," as the spring 2010 "Adventism and World" lecturer. The event will take place in the Centennial Complex Damazo Amphitheater between 3:00 and 5:00 p.m. on Saturday, May 15, 2010. The public is invited and admission is free.

Dr. Tonstad, a faculty member of the School of Religion and the School of Medicine, Loma

Linda University, will draw his material from his most recent book, *The Lost Meaning of the Seventh Day*. It was published by Andrews University Press in 2009. At nearly 600 pages in length, many view it as the most significant publication ever written by a Seventh-day Adventist regarding the Sabbath.

Dr. Tonstad earned his MD degree from Loma Linda University and his PhD in New Testament Studies from the University of St. Andrews in Scotland. He has written a number of scholarly papers and articles for non-theologians, and has authored many articles as well as three other books. Among these is *Saving God's Reputation*, published by T. & T. Clark in 2006—one of the most highly regarded publishers of scholarly theological material in the world today. For many years he served as both a physician and pastor in his homeland of Norway.

Among other things, Dr. Tonstad sees the loss of the Sabbath among the Christians in the first several hundred years of Christian history as one of the steps they took to distance themselves from Judaism. This yawning gap of mutual disregard between Christians and Jews is one of the things that led to the Holocaust in the 20th century, he holds. He believes that a recovery of its meaning and importance can help to heal the wounds that Christians have caused Jews to suffer through the centuries.

Five panelists—three Christians and two Jews—will respond to Dr. Tonstad. The Christians include Roy Branson (Loma Linda University), Bonnie Dwyer (*Spectrum: Journal of the Adventist Forum*), and John Webster (La

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## School of Nursing PhD graduate assesses nurses' spiritual care practice ...

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For frequency and type of spiritual care practice, Dr. Mamier's results present some somewhat surprising outcomes. Whereas the highest spiritual care practice scores were seen in pediatric oncology, pediatrics in general scored below average. Dr. Mamier believes that the actual spiritual care practice in pediatrics needs to be further explored. In fact, she does not rule out that her way of assigning spiritual care practice in this unique setting may not have been optimal.

"In pediatrics, particularly with the little ones in the neonatal intensive care unit," states Dr. Mamier, "I suspect that spiritual care is more 'embodied,' whereas the NSCQ conceptualizes spiritual care more from a cognitive, reflective angle. For example, practices such as touch or holding someone's hand are not represented in the NSCQ. The prayer item is worded in such a way that it requires the

actual consent of the patient. Consequently, a nurse silently praying for a patient cannot endorse this item on the NSCQ."

The results for types of spiritual care practice present a more affirmative finding. Approximately three quarters of the RNs identified with traditional religiousness in addition to scoring high in spirituality. Interestingly, the practices most frequently endorsed by this group of nurses are in line with the requirements of the Joint Commission on Accreditation of Healthcare Organizations: the spiritual care practices of presence, listening, and assessing.

"There are some in the nursing community who express concern about spiritual care by Christian nurses," notes Dr. Mamier, explaining the significance of her finding. "They fear that nurses use the spirituality venue to proselytize inappropriately. Thus, prior to this study,

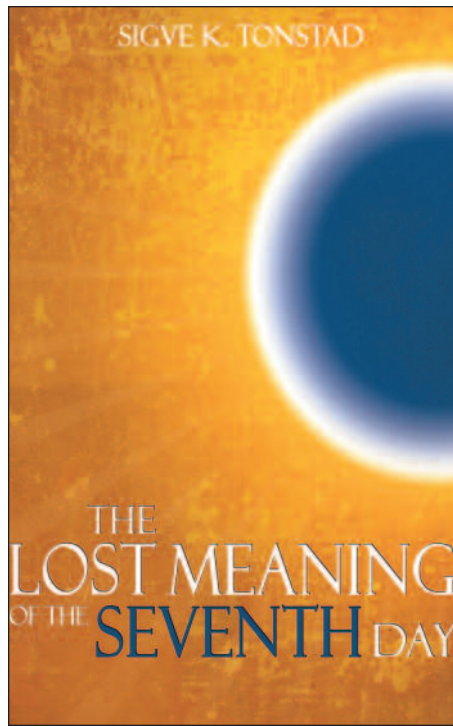
nurses' own spirituality has been discussed in an ambivalent way."

Among many other interesting findings, Dr. Mamier's data present a strong case that traditionally spiritual and religious nurses most endorse those spiritual care practices that are uncontroversial and considered best practice. With her large sample size, and good distributions of religion, ethnicity, and gender (which correspond well with national data), Dr. Mamier is confident about her results.

This spring she will present her research at the 11th annual Nursing Research Conference at Loma Linda University on May 11, 2010; and the Western Institute of Nursing Research Conference in Glendale, Arizona. At present, Dr. Mamier's findings are under peer review for publication. She has started to receive requests from doctoral students across the country who want to read her dissertation.

## Lecture to address Christians, Jews, and the Sabbath after the Holocaust ...

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Sierra University). The Jews include Adina Hemley (Inland Empire Hillel House) and Luke Ford (Los Angeles journalist and blogger). David Larson (Loma Linda University) will serve as moderator and Julius Nam (Loma Linda University) is the initiator and continuing coordinator of the "Adventism and World" lecture series. Time will be provided for interaction between Dr. Tonstad, the panelists, and the audience.



The 27 chapters in Dr. Tonstad's book are arranged in four parts. Part I introduces the topic and its current importance. Part II expounds the idea and experience of the Sabbath in the Old Testament, and part III does the same for the New Testament.

Part IV discusses the almost complete loss of the Sabbath throughout the centuries of Christian history and also its more recent partial recovery.

*The Lost Meaning of the Seventh Day* is widely acclaimed for its detailed and astute scholarship and its relevance to contemporary life, including the continuing and sometimes escalating strife between Christians and Jews. Lawrence T. Geraty, president emeritus of La Sierra University, describes it as "this generation's most complete and insightful work on the topic."

Marva J. Dawn, who is well known for her publications on the Sabbath, says that "Dr. Tonstad's writing is so stimulating that I couldn't put the book down."

Richard B. Hays of the Divinity School of Duke University says that it is "a luminous, deeply encouraging book." According to Edwen Reynolds at Southern Adventist University, "Every pastor and theologian should read this book."

*The Lost Meaning of the Seventh Day* is available at <www.andrews.edu> and <www.amazon.com>.

## MISSION AND CULTURE

### Michael Knecht joins medical center as project manager for mission and culture

By James Ponder

Michael Knecht, MDiv, was recently appointed project manager in the department of mission and culture at Loma Linda University Medical Center.

In making the announcement, Gerald R. Winslow, PhD, vice president for mission and culture, noted that "Michael Knecht brings a wealth of experience and remarkable talent to his leadership position with LLUMC. He will be working on a number of mission-related projects, chief of which is building collaborative relationships in our community."

In describing Mr. Knecht's job description, Dr. Winslow observes that Michael "will focus special attention on cooperative efforts with faith communities throughout our region as we seek to promote healthful living and prevent unnecessary illness. He will also devote time to enhancing the healing environment of our facilities, including aesthetics that convey more clearly our commitment to mission."

Mr. Knecht, who served as founder and pastor of CrossWalk Church in Redlands, is enthusiastic about continuing the emphasis on community involvement, which was a hallmark of his pastoral work.

"I'll be working on a variety of projects to



Michael Knecht, MDiv, recently joined Loma Linda University Medical Center as a project manager in the department of mission and culture.

strengthen LLUMC's work in the community," he notes, "helping to align the various outreach efforts of the Inland Empire's faith communities and the medical center. It has the potential to produce greater outcomes if we join together to pool our resources."

To accomplish the goal, Mr. Knecht says he will pursue a targeted approach designed to involve faith-based organizations in the community and benefit projects directed to the underserved Inland Empire neighborhoods.

"The medical center already offers a variety of resources such as tutoring, education, gardening, life skills, computer competency, and similar knowledge-based and confidence-building courses to the children of the region," he says. "What we need is to align faith communities together with those community benefit projects."

"We're going to work with the SACHS Clinic," he shares, "to make these programs measurable. What are the outcomes of these projects? I hope to be the glue that brings several of the churches, mosques, and synagogues together."

He points out that he and Dr. Winslow are still hammering out details of his role. "There are nine different bullet points to my job description," he adds. "It's going to take some time to figure out how everything works together."

Building things—whether buildings, churches, or outreach projects—is something Michael Knecht seems to enjoy. "I started as an architect," he says, mentioning the fact that he has a five-year bachelor of architecture degree, and is one class shy of completing a BFA degree in art with an emphasis on graphic design and marketing.

Later, however, he felt called by God to enter the ministry and work with people. So he enrolled in the Seventh-day Adventist Theological Seminary, and graduated with a master of divinity degree in pastoral ministry in 1996.

CrossWalk Church—which is known for its open, contemporary worship services and extensive community outreach programs—  
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## STUDENT SPIRITUALITY

### Allied health/public health students attend spiritual retreat



Students from the Schools of Public Health and Allied Health Professions participate in a human knot game during a joint spiritual retreat for the two schools, held April 9–11 at Pine Springs Ranch. Thirty-eight students attended the event, taking part in group-building activities, discussions, and games; learning from speaker Sam Leonor, pastor for La Sierra University; and listening to a concert by the Bradley Vail Band. Other guests including faculty brought the number in attendance to 57. *By Heather Reifsnnyder*

## PERSPECTIVE

## It's raining in Boston ...

By James Ponder

Sheets of dark rain ripple across the parking lot as I look outside the motel window. It's 3:00 a.m. on a stormy Tuesday; the taxi will be here in 50 minutes to transport me to the airport for a 6:10 departure to the West Coast.

This was my first trip to Boston, and it hasn't gone at all like Joe and I hoped it would. I met Joe—not his real name—six months ago on a website devoted to Gibson Les Paul guitars. Without the least inclination that I was initiating one of the greatest friendships of my life, I shot him an e-mail about guitar pickups.

Minutes later, I got a reply. The next day, there were three more e-mails from Joe. "Wow," I thought, "this guy must have a lot of time on his hands."

Over the course of the next few weeks, Joe and I e-mailed each other about all kinds of important topics: guitars, sports, politics, Indian food. Through our mutual faith in Jesus, we found common ground in spirituality as well.

Three months later, Joe notified me he was going to the hospital for a few tests. Since he mentioned the name of the facility, I looked up the number and gave him a call. He seemed pleasantly surprised, if a little bit embarrassed.

"What are you in for?" I asked. "Triplets?"

"Liver cancer," he responded.

Cancer was just one of several deadly enemies Joe was fighting. Born with hemophilia, a disease that impairs the ability of blood to clot or coagulate, Joe was diagnosed with HIV in 1987. He contacted the virus through a tainted plasma transfusion. In 1996, he got hepatitis C the same way. Somewhere along the way, he also picked up cirrhosis of the liver.

Despite his daunting health challenges, Joe was anything but morose. He loved hearing about my trips to Guitar Row on Sunset Strip. He also enjoyed my glowing descriptions of the Grand Canyon and Joshua Tree.

I invited Joe to come to California and visit those places when his health allowed.

I taunted him with stories about the vintage room at Guitar Center Hollywood—akin to the Sistine Chapel for crazed guitar aficionados like us—and promised to take him to my two favorite restaurants, Electric Lotus and Gate of India.

"I'd love to," he replied, "but my doctor says I've only got six months to live."

That put an urgent new spin on things. I did everything I could to encourage Joe. We talked about a family friend who has—so far—lived for three years after receiving that same prognosis from his doctor. We also studied the Bible many a night over the phone. For some reason, John 3:16 came up in conversation a lot.

"I think God brought you into my life," he said, "to help me get ready for the hereafter."

"I hope He brought us together so you'll have a place to stay when you come to California," I

answered. "I'm praying you'll be around for several more years!"

"May I ask who's calling?" the nurse inquired when I called to talk to Joe last Thursday morning.

"Yes," I replied. "Joe's friend Jim from California."

"Just a moment," she said, stepping away from the phone.

I rehearsed the details of my last conversation with Joe. It had been around this same time on Wednesday. He hadn't felt like talking for long, but made me promise to call back that night. However, when I did, the nurse said Joe was sleeping. Another nurse said the same thing the first time I called Thursday morning, and again an hour later.

My thoughts were interrupted when the nurse came back on the phone. "I'm sorry," she said matter-of-factly. "Joe died a few minutes ago."

A bolt of lightning could not have hit me with a greater jolt!

In the 1970s and 80s, tainted plasma and other blood products caused several thousand American hemophiliacs to become infected with HIV and hepatitis C. Joe was one of them.

In the early 1990s Joe joined a class-action lawsuit against four major manufacturers of

Factor VIII, an anti-clotting medication derived from blood collected from prisoners and homosexuals—populations known to have an elevated risk for contamination from HIV and hepatitis C.

Despite strident opposition from the pharmaceutical industry, the plaintiffs alleged the companies manufactured and sold blood products they knew to be contaminated, resulting in the deaths of thousands of hemophiliacs.

The manufacturers settled for \$660 million in 1997. If that seems like a lot of money, measure it against the loss of all those lives. I measure it against the loss of Joe.

The outlook for people who need transfusions today is much brighter. According to Tait Stevens, MD, section chief for transfusion medicine at Loma Linda University Medical Center, the HIV and hepatitis infections of patients like my friend Joe have been a great tragedy in the history of transfusion medicine. The good news, he maintains, is that the supply of blood available for transfusions is much safer today than it was 20 years ago.

"When we were first able to start testing for HIV," Dr. Stevens notes, "as much as one percent of the blood supply was HIV positive. The blood supply is much safer now."

"With the advent of dramatically improved technology in 1999, namely nucleic acid testing, the United States today has the safest blood supply in the world," notes Diane Eklund, MD, vice president of medical affairs for LifeStream,

the blood supplier for Loma Linda University Medical Center.

Dr. Eklund goes on to say that "the risk of infection is extremely low—1 in approximately 4 million for infection with HIV, and 1 in approximately 2 million for HCV," (the virus that causes hepatitis C)—"and continues to become progressively lower due to ongoing improvements, refinements, and advances in scientific technology over the past 20 years."

Rain fell in torrential spasms at the cemetery on Monday. We stood under a large awning as the priest offered a brief, but elegant committal message. Afterwards, we walked away while Joe's body was interred in the soggy ground.

Right now, I'm still working through the stages of grief and probably will be for a long time. Regardless, I can't keep staring out the window forever. I've got to jump in the shower, shave, dress, and comb my hair before the taxi arrives. But three important ideas beg to be shared.

First, even though I only knew him a few months, that's all the time it took for Joe to become one of my very dearest friends. It's hard to say goodbye.

Second, health care really is a matter of life and death. Organizations entrusted with medical care must never forget that.

Third, the weatherman just announced that Boston is expected to get three to six more inches of rain today. Like my mood, the skies outside are very dark.



The author didn't take a camera when he traveled recently to Boston, Massachusetts, for the untimely funeral of one of his dearest friends, a fellow guitarist he first contacted through the Les Paul Forum, a website devoted to fans of the Gibson Les Paul guitar. Since Joe (not his real name) and the author are self-described "crazed guitar aficionados," the author felt it would be highly appropriate to honor Joe's memory by illustrating the article with this image of a giant Les Paul guitar towering over the Las Vegas skyline at night. Joe and the author agreed that Les Pauls are "the greatest guitars ever made."

## Michael Knecht joins Medical Center as project manager for mission and culture ...

Continued from page 5  
grew from his desire to create a different kind of church.

"Originally, CrossWalk was known as The Young and Restless program of the Azure Hills Church," he laughs. "We changed the name when we developed a website and discovered that the name linked up to some questionable sites with similar names.

"So," he continues, "we became CrossWalk Ministry of Azure Hills Church. We grew and grew until we packed out their fellowship hall. We talked to the city about expanding the fellowship hall into another worship space, but they wouldn't let us. The Vision 2005 committee of the church suggested we plant out as a separate congregation. So we worked with the Southeastern California Conference of Seventh-day Adventists and planted out in 2004 when we officially became CrossWalk Church at our current location."

In order to make worship accessible to people, Michael Knecht and other members of the senior staff and leadership team felt it was important to redesign the format of the service.

"Our vision was to create a place where you're not embarrassed to bring people to church," he recalls. "We decided not to use coded language or too many rituals that didn't make sense to people. We wanted it to be a place where the message of the sermon connected with people. We never did an evangelism series because every week was evangelism. We engaged in helping people around us, and utilizing our talent and resources to increase our effectiveness."

Aside from his career responsibilities, Mr. Knecht enjoys doing things with his wife, Jasminka, and children, Evan and Alyssa. He also likes road biking and an occasional mountain bike ride. "I like to race on the road," he says. "I do more of the big endurance events, like 100-mile century races. I just finished the Solvang Century, and Levi's Gran Fondo in Santa Rosa. I also enjoy music. I've enjoyed playing my 1974 Les Paul Custom with Bigsby in the band Big Face Grace."

How does he like his new responsibilities at the medical center? "So far just fine," he says. "I'm very grateful for the support I've gotten from Dr. Winslow, MaryJane Rasnic, and everyone else."

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NATIONAL CHILD ABUSE PREVENTION MONTH

## What to do if you suspect molestation, neglect, or any form of child abuse

*Editor's note: April is National Child Abuse Prevention Month. The following article asks and answers many important questions regarding the role we all play in preventing child abuse.*

By James Ponder

What should you do if you suspect someone might be molesting, neglecting, endangering, or abusing a child in any way?

- 1) Ignore it and hope the problem goes away;
- 2) Confront the suspect directly; or
- 3) Report the suspected abuse to the authorities.

The correct answer, according to Clare Sheridan-Matney, MD, director of the Children's Assessment Center at Loma Linda University Children's Hospital, is option 3, "Notify the authorities."

"We would save a lot of lives," Dr. Sheridan-Matney notes, "if people would report it whenever they had a reasonable suspicion of abuse occurring."

Do you have to be absolutely certain a child is being abused?

"No," she maintains, "you don't. The reasonable suspicion of abuse is all that's required."

What if you report abuse, but the suspicion turns out to be unfounded?

"If you make a good faith report because you believe a child is being neglected, or abused," Dr. Sheridan-Matney reports, "there are no penalties against you if the accusation turns out to be groundless."

Do you have to give your name to the person taking the report? If so, doesn't that leave you open to possible recrimination by the suspect?

"Unless you're a mandated reporter, you don't have to give your name," she says. "You can tell them you wish to remain anonymous. Even if you are a mandated reporter, they will not disclose your name to the family."

A mandated reporter is someone who is required by law to report suspected cases of abuse. In California, mandated reporters include:

- Social workers
- Teachers and other school personnel

### Body composition journal publishes LLU faculty and students ...

Continued from page 8

The International Council for Physical Activity and Fitness Research was established in 1964 and holds biennial symposia at locations around the globe. Dr. Cordero-MacIntyre has been involved with the organization since its 2002 conference in Tartu, Estonia.

- Physicians and other health care workers
- Mental health professionals
- Childcare providers
- Medical examiners or coroners
- Law enforcement officers
- Clergymen and pastors
- Film processors

According to the Child Welfare Information Gateway (CWIG)—a website service of the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services—"the first step in helping abused or neglected children is learning to recognize the signs of child abuse and neglect. The presence of a single sign does not prove child abuse is occurring in a family, but a closer look at the situation may be warranted when these signs appear repeatedly or in combination."

The website suggests the following signs, when evidenced by children and/or their parent(s), may signal the presence of child abuse or neglect:

*The child ...*

- Shows sudden changes in behavior or school performance;
- Has not received help for physical or medical problems brought to the parents' attention;
- Has learning problems (or difficulty concentrating) that cannot be attributed to specific physical or psychological causes;
- Is always watchful, as though preparing for something bad to happen;
- Lacks adult supervision;
- Is overly compliant, passive, or withdrawn;
- Comes to school or other activities early, stays late, and does not want to go home.

*The parent ...*

- Shows little concern for the child;
- Denies the existence of—or blames the child

- for—the child's problems in school or at home;
- Asks teachers or other caregivers to use harsh physical discipline if the child misbehaves;
- Sees the child as entirely bad, worthless, or burdensome;
- Demands a level of physical or academic performance the child cannot achieve;
- Looks primarily to the child for care, attention, and satisfaction of emotional needs.

*The parent and child ...*

- Rarely touch or look at each other;
- Consider their relationship entirely negative;
- State that they do not like each other.

How do you report a case of suspected abuse?

According to Dr. Sheridan-Matney, the easiest way is to call the police, or Child Protective Services (CPS):

San Bernardino County (800) 827-8724  
Riverside County (800) 442-4918

"If you call the police, be sure to call the police department in the city where the abuse took place," Dr. Sheridan-Matney informs.

"In other words," she adds, "if the abuse took place in Redlands, but you live in Rancho Cucamonga, notify the Redlands Police Department. Otherwise, the case may be delayed."



Clare Sheridan-Matney, MD, director of the Children's Assessment Center at Loma Linda University Children's Hospital, says members of the public can help stop child abuse by keeping their eyes and ears open. "We would save a lot of lives," she notes, "if people would report it whenever they had a reasonable suspicion of abuse occurring."

"Be prepared for the process to take work," she says. "If you're lukewarm about it, you may not get results. If you are a mandated reporter, CPS will send you notification of the outcome of your referral."



April is National Child Abuse Prevention Month.

COMMUNITY SERVICE

## Allied health student knits to fill Inland Empire needs

By Heather Reifsnnyder

Rachel Braley isn't waiting until she graduates with her emergency medical care degree to make a difference in people's lives. While studying for her bachelor's degree from the School of Allied Health Professions, she is also an active volunteer with three organizations.

For her commitment, the United Way program Hands On Inland Empire has named her as its 2010 Volunteer of the Year, as well as March 2010 Project Leader of the Month. "We are all connected in this community, in this world," she says. "There are a thousand good reasons to volunteer and not a single reason not to."

Ms. Braley runs a group at Hands On Inland Empire four hours each week called Knit 4 Need. She is both leader and teacher to group members as they knit blankets, toys, sweaters, and other items to donate to organizations

including Foothill Family Shelter, Soldiers' Angels, West End Animal Shelter, and Loma Linda University Children's Hospital.

More than 600 volunteers have put in greater than 1,400 hours to produce thousands of dollars worth of goods that go to help sick children, families in need, soldiers, and animals waiting for adoption.

Ms. Braley's grandmother taught her to knit at the age of 5. "I stopped knitting sometime in elementary school, but after my grandmother died, in middle school, my mother helped me rediscover the craft my grandmother had loved so much," she says. "I have been knitting a little obsessively ever since."

But that's not the only skill she puts to work volunteering. Ms. Braley's other volunteer work includes recording textbooks for the organization Readings for the Blind and Dyslexic and, for the last three years, serving

as a YMCA camp counselor.

"There really is a volunteer project for just about any interest, from crafts to sports to gardening to building homes," she says.

For people interested in volunteering, Ms. Braley recommends as a starting point the websites <dosomething.org>, <volunteermatch.org>, and <handsoninlandempire.org>. She also accepts new volunteers into the knitting group and can be contacted at <rbraley@llu.edu>.

Upon graduating, Ms. Braley hopes to combine her loves for volunteering and medical care into a career of educating and coordinating disaster and emergency volunteers.

In addition to her awards from Hands On Inland Empire, Ms. Braley was nominated for the University of Phoenix Volunteer Leader Award and the Daily Point of Light Award from Points of Light Institute.

NATIONAL PUBLIC HEALTH WEEK

## Students celebrate National Public Health Week

By Heather Reifsnyder

Students across the country, and right here at Loma Linda University, celebrated National Public Health Week April 5–11, 2010, around the theme “A Healthier America: One Community at a Time.”

Students from LLU School of Public Health planned events designed to raise awareness across campus about the role of public health, and to encourage students from all the disciplines at LLU to unite in their efforts.

“We need to ensure that we are working together to help America become a healthy America,” says Naomi Botha, religious vice president for the School of Public Health student association, which planned the week.

The week culminated in a dinner and program

Thursday evening, April 8, that considered the impact of public health and individuals in making communities healthier both locally and nationally. The speakers were Richard Hart, MD, DrPH, president of Loma Linda University; David Dyjack, DrPH, dean of the School of Public Health; Maxwell Ohikhuare, MD, health officer for San Bernardino County Department of Public Health; and public health student Wajeaha Mazhar.

“The major theme that the speakers were talking about was collaboration and how we can work together,” Ms. Botha says.

Loma Linda University students from different schools worked together April 18 to clean up and plant trees at Heritage Park in Loma Linda. The School of Public Health recruited students to do so as part of its National Public Health Week activities.



Epidemiology student Naomi Botha introduces the National Public Health Week dinner program on April 8, 2010.

LITERARY EXCELLENCE

## Body composition journal publishes LLU faculty and student research

By Heather Reifsnyder

The *International Journal of Body Composition Research* published an April 2010 supplement devoted to the proceedings of a symposium hosted by LLU in September 2008 for the International Council for Physical Activity and Fitness Research.

The editors of the supplement are Zaida

Cordero-MacIntyre, PhD, associate professor, School of Public and Center for Health Disparities and Molecular Medicine, School of Medicine, who also organized and chaired the symposium; Franco Viviani, University of Padua, Italy; and Albrecht Claessens, PhD, Katholieke Universiteit Leuven, Belgium.

The supplement contains 12 articles related to physical activity and fitness, three of which were

written or co-written by LLU faculty and students: Ihuoma Chukwueke, global health student; Emmanuel Ojo, epidemiology student; Larry Beeson, DrPH, School of Public Health; Marino De León, PhD, School of Medicine; Anthony Firek, MD, School of Medicine; Eloy Schulz, MD, School of Medicine; and Dr. Cordero-MacIntyre.

The articles cover topics such as “Why do competition road cyclists have a low bone mineral status?” “Effect of the *EnBalance*, a culturally and language-sensitive diabetes education program, on dietary changes and plasma lipid profile in Hispanic diabetics,” and “Body studies: issues and trends.”



Zaida Cordero-MacIntyre, PhD

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INTERNATIONAL PARTNERSHIPS

## Three friends reminisce about the early days at Sir Run Run Shaw Hospital



From left, Jialing Wang, vice director of the administrative office at Sir Run Run Shaw Hospital (SRRSH); G. Gordon Hadley, MD, dean emeritus of the Loma Linda University School of Medicine; and Dai Liping, co-director of the Party Office at SRRSH, recently met for half an hour to talk about the early years of Loma Linda University’s involvement in the establishment of the Chinese health care facility. Dr. Hadley served as medical director and co-president at SRRSH, which will celebrate its 16th anniversary in Hangzhou, Zhejiang Province, this month. The women are in Loma Linda attending a two-month mentorship program sponsored by the global health institute of LLU. *By James Ponder*



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