



LOMA LINDA  
UNIVERSITY  
HEALTH

# PossAbilities & you

Summer 2015

[www.teampossabilities.org](http://www.teampossabilities.org)



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PossAbilities at LLUMC



### *On Our Cover*

Jenna Rollman, PossAbilities member and athlete. Read more about Rollman's recent win at the LA Marathon Hand cycling races on page 8.

## Benefits of Membership:

- Social, recreational and community activities
- Peer mentoring
- Educational learning
- Adaptive and wheelchair sports
- Support groups
- Competitive team activities
- Women's, youth and family activities
- Holiday parties
- Grant and scholarship program
- *PossAbilities & You* newsletter
- Discount prescription program
- Discount to on-campus cafeterias
- Discount to the Drayson Center  
Call 909-558-4975.

# About **PossAbilities**

**P**ossAbilities is a community outreach program of Loma Linda University Health East Campus. Membership to PossAbilities is free, and there are no age restrictions. PossAbilities provides resources and opportunities for people with diverse physical disabilities. Membership gives you the opportunity to find new direction and hope through physical, social, educational and spiritual interaction with your peers and the community. Visit our office or our website online to learn how PossAbilities can benefit you.

### **Staying Active**

You will have many opportunities to get active and stay healthy while making new friends. If you are interested in wheelchair sports, recreational activities, support groups and more, we have the connections for you. You can even get a discounted gym membership to the Drayson Center as a member of PossAbilities. Take advantage of adaptive workout equipment at a world-class facility.

### **Belonging**

We want you to feel connected. Whether you received care at Loma Linda University Medical Center or heard about us later, you can be a part of PossAbilities. Our goal is to provide you with the opportunities and tools you need to succeed and feel good about yourself.

### **Peer Support**

Many people with disabilities are looking for encouragement, emotional support and a firsthand positive viewpoint from someone who has been there. Participate in the peer support program by volunteering your time to reach out to someone who needs it most.

### **Become a Support Member**

Rehabilitation health care professionals, physicians, therapists, family members and friends are all welcome to join PossAbilities as support members. Your time, resources and financial contributions are vital to the ongoing success of PossAbilities.

## **Connect with Us**

### **Office Location**

PossAbilities  
Professional Plaza  
25455 Barton Road  
Suite 109A  
Loma Linda, CA 92354

### **Phone and Fax**

909-558-6384 phone  
909-558-6334 fax

### **Website**

[www.teampossabilities.org](http://www.teampossabilities.org)



**Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.**

*Providing new direction and hope for people with diverse disabilities.*





# Road to Rio Update

**P**aracyclist Delmon Dunston competed in two international races in Montreal Canada mid-May. The first of the two races was Challenge Longhi, which was a 20 mile road race (35.2 km). Del took first place. The second race was Defi Sportif time trial and road race in which he placed third in each. Next on

the schedule was North Carolina, where Del competed in a time trial at the 2015 USA Cycling Collegiate Road National Championships. He placed third.

Next on the agenda is the Paracycling National Championship in Chattanooga, Tennessee, where Del will compete for the national title in his H2 division. Stay tuned for more updates.

▶▶ To read our athlete blogs go to  
[www.teampossabilities.org/road-to-rio-athletes-blog](http://www.teampossabilities.org/road-to-rio-athletes-blog).



## PossAbilities Xtreme Team Football Scrimmage

Xtreme Team consists of kids of all ages with any disability and mobility challenges who participate together on one team. Our super star guest was member Rudy Garcia Tolson. The group is very diverse and each team member is valued and gets to play.

If you would like to get involved with the PossAbilities Xtreme Team, call 909-558-6384.

## PossAbilities Rolling Bears Celebrate New Partnership with 24 Hour Fitness



In April, the Loma Linda wheelchair basketball team, PossAbilities Rolling Bears, were invited to play an exhibition scrimmage at the 24 Hour Fitness Redlands Super-Sport Club grand opening event. The club has committed to support the team by providing team shirts for the upcoming season.

The Rolling Bears play in the Southern California Wheelchair Basketball Conference, which is sanctioned by the National Wheelchair Basketball Association. The Rolling Bears have won four conference championships, and their highest finish at the Division 3 Nationals was sixth place.

Interested in watching, participating or volunteering at the next Rolling Bears wheelchair basketball practice? Email [rollingbears51@yahoo.com](mailto:rollingbears51@yahoo.com) or call 909-200-6913.



# LLUMCEC HELPS CHILEAN TEENAGE

by Briana Pastorino

**W**hen Luciano Araneda Concha first walked through the doors of Loma Linda University Medical Center East Campus (LLUMCEC), he was welcomed by a room full of strangers—unfamiliar faces that would be his beam of hope for a new life.

Like any ordinary 16-year-old, he was friendly and upbeat that day. Well, why wouldn't he be? The young man had just arrived in Loma Linda the night before, having traveled more than 7,000 miles from his hometown in Chile. He was excited and nervous about the time he would spend in Loma Linda.

## How Tragedy Turned to Hope

Luciano endured much tragedy in his short lifetime. He had no sight in his right eye after falling victim to eye cancer as an infant. In 2011, at age 14, he was hit by a train while riding his bike with friends. The accident cost him his right arm and leg. Unfortunately, Luciano could not get the prosthetic arm and leg that are best for an active teenager. His leg prosthesis was a basic device that did not fit well and limited his mobility.

Soon after the train accident, Luciano met and befriended missionaries who were working in his town. The missionaries shared Luciano's story with friends back home—including an Inland Empire couple. The couple made it financially possible for Luciano and his dad, Mauricio, to travel to Loma Linda and meet with the orthotics and prosthetics team at LLUMCEC to receive a new prosthetic arm and leg.

## New Walking Legs for Luciano

Because of international travel laws, it took nearly two years of planning for Luciano and Mauricio to make the trip. When father and son arrived in Loma Linda, they met with Murray Brandstater, M.D., chair of physical medicine and rehabilitation, and Michael Davidson, clinical manager for orthotics and prosthetics.

After evaluating Luciano, Drs. Brandstater and Davidson decided to replace the leg prosthesis Luciano brought from Chile with a modern walking leg.



After completing the PossAbilities Triathlon, Luciano met Paralympic triathlete Rudy Garcia-Tolson.

Luciano (center) became very close to Dr. Michael Davidson (right) and student intern Kim Petersen (left) during his four-month journey at LLUMCEC.



Three weeks later, Luciano tried out his new walking leg. "Within a few days, you wouldn't guess he was walking on a prosthetic," Dr. Davidson says.

## From Walking to Running

Luciano said that he would love to participate in sports. Dr. Davidson believed that Luciano could run with the right prosthesis. Luckily, Luciano's benefactors made a prosthetic running leg possible. Drs. Brandstater and Davidson provided him with a second prosthesis.

Three weeks later, Luciano gave his new running leg a shot. With the



# LUCIANO'S RECOVERY FULL CIRCLE



In Chile, friends visit Luciano in the hospital shortly after the bike accident.

could make the arm. Not only did Luciano relearn how to ride a bike, but, according to Dr. Davidson, after he got off the bike, “he was even walking better.”

A week later, Dr. Davidson met Luciano one afternoon to ride some laps in a parking lot. To Dr. Davidson's surprise, Luciano rode his bike on the street and pedaled 14 miles through the city.

## Making the Impossible Possible

On April 27, Luciano participated in the PossAbilities Triathlon, which included a 3.1-mile run, 11-mile bike ride and 150-yard swim. “I noticed the way the crowd looked at the participants and showed their support,” Luciano says. “The best part was finishing and reaching a goal that I thought was unattainable.”

In May, Luciano and his father returned home to Chile. Luciano brought his walking and running legs and bike arm with him. He hopes to return to the U.S. in a year, after he finishes high school.



Luciano tries out his new bike arm.

## Loma Linda Community Provided Loving Support

Because of the couple who decided to help them, Luciano and his dad had a place to live in Loma Linda during their four-month stay. They also had a full-time translator who accompanied them to appointments and various outings.

“There are really no words to express how grateful I am, not only for the prosthesis but also for the hospitality,” says Luciano. “I was given not only the opportunity to live a dream, but also the gift of love, which I took home with me. The people I met in Loma Linda are truly people worth admiring. I hope to see them again.”

For more inspiring stories about PossAbilities members, visit [www.teampossabilities.org/hall-of-heroes](http://www.teampossabilities.org/hall-of-heroes).



Luciano walks with a friend and teammate during a portion of the 3.1-mile run of the PossAbilities Triathlon.

help of student intern Kim Petersen, he quickly adjusted. “After a week, he was running,” Dr. Davidson says. “That can typically take up to six weeks or more for most amputees.” Petersen then helped Luciano train to run a 5K.

Since Luciano was walking and running confidently, Dr. Davidson thought he could try riding a bike.

## Next Challenge: Using a Bike Arm

To ride a bike, Luciano would need a prosthetic bike arm. Fortunately, someone donated the components so that Dr. Davidson and his team





# 2nd Annual Power of Inclusion 5K Helps Promote Equality

**O**n February 22, 292 people walked, ran or rolled in the 2nd Annual Power of Inclusion 5K. A total of 43 participating athletes have disabilities. The 5K celebrates diversity and promotes and raises money for PossAbilities' grant and scholarship fund, which includes:

- Accessibility grants
- Educational scholarships
- Social outings to community events
- Adaptive equipment

Many PossAbilities members took part in the event, including 12 special needs children and their families from Angeles

Especiales, a local Spanish-speaking support group.

Also, 72 children from Exceeding Expectations (EE) participated in the 5K. The organization serves at-risk kids in the inner city of San Bernardino. While learning to swim, bike and run, children in EE also attain important life skills such as setting firm goals and working hard to achieve them. Many of the kids in the program finished in the top of their age groups.

The Power of Inclusion 5K, as well as the Power of Inclusion Conference at Loma Linda University Health (LLUH), were established to promote equality and inclusion. The second annual conference was held on March 31 and April 1.

## Become a Fundraiser

If you would like to raise money for PossAbilities, create your own fundraising page here: [www.crowdrise.com/possabilities/fundraiser](http://www.crowdrise.com/possabilities/fundraiser). Once you sign up, you'll receive an email with a link to your new page. You can then send that link to your family and friends so they can make their tax-deductible contribution online. Thank you for your support!





# POSSABILITIES DONATES

## New Adaptive Pool Lift

The PossAbilities program recently donated a new pool lift to the Drayson Center for individuals with limited lower extremity mobility.

The program has long been known for its adaptive sports program. Encouraging people with disabilities to remain physically active has always been one of the program's main goals.

"Whether through our weekly stretching and exercise class, wheelchair basketball program, paracycling rides or annual triathlon, we strive to provide resources and opportunities for healthy living," says Pedro Payne, PossAbilities director. "We collaborate with Loma Linda University Drayson Center to provide our members with the opportunity to work out in the gym, using some of the adaptive weight equipment we have donated to the recreational facility."

The addition of this poolside lift will help those with limited lower body mobility enjoy the pool and participate in aquatic activities just like other guests of the Drayson Center.

"With this new lift, our members will be able get in and out of the water with ease," says Michael Rister, Aquatics manager. "Our strong partnership with the PossAbilities program enables us to team up on these projects."

For upcoming aquatic classes, please call **909-558-4975**.



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*"The Drayson Center is enormously grateful to the PossAbilities team for their generous donation of a new pool lift. Not only will those with physical disabilities be able to benefit from such a wonderful gift, but so will our older adult members. We are truly thankful."*

— Don Sease, Drayson Center director

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## The Dare to Be Project Provides a Handcycle, Freedom and Hope for Jenna Rollman

by Amber Neben, Dare to Be Project Founder

Jenna Rollman is a PossAbilities member and a special young woman. Although she lost her ability to walk, she recognizes her new ability to impact lives in a way she would have never been able to before. Her spirit and joy for life is so amazing! She embodies what we are about at the Dare to Be Project: seeing adversity as an opportunity and not a burden, recognizing what you can do, dreaming big, and setting the goal and going after it. We see all of this in Jenna, and we are excited to help her.

### About the Dare to Be Project

The Dare to Be Project was founded in 2010 by Amber Neben, a world champion and Olympic cyclist. The project's mission is to encourage young people to persevere through their own adversity while daring them to be the people they dream to be. The foundation searches out courageous kids and young people with physical challenges who need special but very expensive handcycles. The foundation also serves kids and young people in homeless shelters, low-income schools, and Boys & Girls clubs.

To get involved with the Dare to Be Project, go to [www.thedaretobeproject.org](http://www.thedaretobeproject.org) or email [thedaretobeproject@gmail.com](mailto:thedaretobeproject@gmail.com).

## PossAbilities Member Wins the LA Marathon



**L**oma Linda University Health PossAbilities member Jenna Rollman won the Asics LA Marathon handcycling race in the women's division on Sunday, March 15.

Rollman completed the 26.2-mile race in two hours, 15 minutes and 27 seconds.

Rollman started riding bikes competitively in 2009. She was on a training ride in Chino on the morning of February 1, 2013, when she hit a parked work truck at 25 miles per hour while rounding a turn on the highway.

"Paralysis was instant," she recalls. "I knew that my last moments of cycling, walking, running, jumping and able-bodied life as I had known it were over." Rollman was airlifted to LLUMC. She spent two weeks in the Intensive Care Unit and then

went into inpatient therapy at LLUMC East Campus.

Rollman, now 28, started handcycling in July 2013. She says her cycling journey has made her who she is today. "Cycling has helped me through the darkest time in my life. I do not see this as an accident—more like this is exactly where I am supposed to be because this is how I can make the biggest impact on those who need it the most."

**Rollman is part of Loma Linda University Health's PossAbilities program. Find out how to get involved with handcycling and other program activities. Visit [www.teamPossAbilities.org](http://www.teamPossAbilities.org).**





# My Journey Around the World:

## Competing in 7 Marathons on 7 Continents

*by Beth Sanden*

My journey started right after my first Boston Marathon, where I was one of the eight handcyclists that qualified for this prestigious marathon!

I blow kisses at the end of each race because it helps make people aware that you can have a great attitude and grateful heart even when you have a disability!

A Chinese diplomat saw me blowing kisses on a news blog in Boston. When I came home after the marathon, there was an email from him, inviting me to participate in the Great Wall of China Marathon.

Now mind you, I am an “incomplete” spinal cord Injury (the cord was not severed)--meaning I

did get use of one leg back after 18 months, and I now walk with a cane and brace. However, the diplomat and Great Wall of China Marathon race director didn't know if I could walk or not, but invited me anyway. So I took the challenge!

Five months of training on stairs and ellipticals helped prepare me for this type of marathon. I also practiced riding my handcycle, in case I would need it to complete the whole marathon. I wanted to show the Chinese and others with disabilities that we can still live a full life and be physically active! I finished 14 miles on the Wall and then the rest on a road by the Wall to finish in 7 hours and 20 minutes total!

This was the beginning of my attempt to set a Guinness World

Record for disabled athletes! I decided I would be the “First Female to Do Seven Continents Via Marathon with a Handcycle!”

Over time, I completed the Kilimanjaro Marathon, Ross Tasmania/Australia Marathon, Lima Peru Marathon, Rome (Italy) Marathon, and the Boston Marathon again. On February 19, 2015, I finished the race on the seventh continent of my tour, competing in the Antarctic Marathon.

PossAbilities and their grant system made it all possible. During my travels, I thought of all of the athletes I've met at PossAbilities events over the years. And I was inspired by the big hearts, determination and camaraderie that have come from Cotie, Pedro, and PossAbilities members.

Halfway through the Antarctic Marathon I had a rough time with the terrain. But I remembered the faces and praying hearts of everyone in the PossAbilities program, and I was able to get that second wind to finish.



**WOULD YOU LIKE TO  
TELL YOUR STORY?**

Email your biography and high-resolution photo to [cowilliams@llu.edu](mailto:cowilliams@llu.edu).

# Support Groups

## **AMPUTEE CONNECTION**

For program information or to request a visit from one of our volunteers, call Bill Nessel at **909-423-0562**.  
[www.theamputeeconnection.org](http://www.theamputeeconnection.org)

## **REDLANDS SUPPORT GROUP**

Third Sunday of the month, 2 to 4 p.m.  
Stan & Ellen Weisser Education Pavilion  
Redlands Community Hospital  
350 Terracina Blvd.  
Redlands, CA 92373

## **CORONA/RIVERSIDE SUPPORT GROUP**

Spanish/English Group  
Call Luis at **213-700-0970**.

## **CLINIC FOR PATIENTS WITH AMPUTATIONS**

Loma Linda University Medical Center East Campus  
Orthotics and Prosthetics Department  
Ambulatory Services Building—North Entrance  
11406 Loma Linda Drive, Room 407  
Loma Linda, CA 92354  
An appointment is required.  
Please call **909-558-6272**.

## **LARYNGECTOMY SUPPORT GROUP**

Third Sunday of the month, 1 to 2 p.m.  
PossAbilities Office  
25455 Barton Road, Suite 109A  
Loma Linda, CA 92354  
For more information, call the Department of Speech Pathology at **909-558-4000, ext. 43909**.

## **AUTISM PARENTS SUPPORT GROUP**

**NEW!**

Third Thursday of the month, 6 to 7:30 p.m.  
Loma Linda University  
Suite 109A Medical Center East Campus  
Tom & Vi Zapara Rehabilitation Pavilion  
25333 Barton Road, Loma Linda, CA 92354  
For questions regarding meeting details, email [redlandsautismparents@gmail.com](mailto:redlandsautismparents@gmail.com).

## **BRAINSTORMING4US**

Brain injury support group for all ages.  
Sterling Inn Commons,  
17738 Francesca Road  
Victorville, CA 92395  
For more information, call Lisa Moss at **760-946-2481**, email [info@brainstorming4us.com](mailto:info@brainstorming4us.com) or visit [www.brainstorming4us.com](http://www.brainstorming4us.com).

## **THE LIMB CONNECTION (TLC)**

Family support group for children with limb loss. For more information, please contact Bill Nessel at **909-423-0562** or Joan Le at [TLCfamilies@gmail.com](mailto:TLCfamilies@gmail.com).

## **HITSS: HEAD INJURY AND TRAUMA SPINAL SUPPORT GROUP**

**Adult and Pediatrics Group Meeting**  
Fourth Monday of the month, 6 to 7:30 p.m.  
Ambulatory Services Building  
Conference Room 129A (the old library)  
11406 Loma Linda Drive  
Loma Linda, CA 92354  
Enter the south driveway and go to the end of the building. Survivors or family members welcome. Call **800-986-HITSS (800-986-4487)**, ext. 42401.

## **MENDED HEARTS: CHAPTER 34**

A support group for all heart patients and their families.  
Last Friday of the month, 11 a.m.  
Loma Linda University Medical Center Cafeteria, Room A  
11234 Anderson St.  
Loma Linda, CA 92354  
For more information, call **909-558-8180**.

## **SICKLE CELL EDUCATION SERIES**

Second Thursday of the month, 6:30 to 8:30 p.m.  
PossAbilities Office  
Professional Plaza—Building A  
25455 Loma Linda Drive, Suite 109A  
Loma Linda, CA 92354  
Adult group meeting. Adults only.  
Dinner will be provided. For information, call **877-LLUMC-4U (877-558-6248)**.

## **FREE WHEELERS**

**Spinal Cord Injury Group**  
Offering support, networking and friendship  
First Monday of the month, 5 to 6 p.m. (excluding holidays)  
PossAbilities Office  
Professional Plaza—Building A  
25455 Loma Linda Dr., Suite 109A  
Loma Linda, CA 92354  
Family is welcome. For more information, call Dennis at **909-890-1527** or email [Kaney-D@iehp.org](mailto:Kaney-D@iehp.org).

*For a complimentary Medicare health plan and enrollment consultation, call Sarah Welsh at **909-520-8482**.*





# Resource Guide

## **AMPUTEE COALITION (AC)**

888-267-5669 or TTY 865-525-4512

[www.amputee-coalition.org](http://www.amputee-coalition.org)

## **ARTHRITIS**

### **ARTHRITIS FOUNDATION**

800-283-7800

[www.arthritis.org](http://www.arthritis.org)

### **JUVENILE ARTHRITIS ALLIANCE (JA ALLIANCE)**

800-283-7800

[www.kidsgetarthritistoo.org](http://www.kidsgetarthritistoo.org)

## **BLINDNESS**

### **AMERICAN FOUNDATION FOR THE BLIND**

800-232-5463

Addresses critical issues facing people with visual disabilities, including employment, independent living, literacy and technology

[www.afb.org](http://www.afb.org)

### **BLINDNESS SUPPORT SERVICES**

951-341-9244

Information, referrals, housing support, counseling, Braille tape transcription, speakers bureau, transportation assistance and prevocational training

### **BRAILLE INSTITUTE**

714-821-5000

[www.brailleinstitute.org](http://www.brailleinstitute.org)

### **NATIONAL FEDERATION OF THE BLIND**

410-659-9314

Resources include publications, aids and appliances, conventions, employment and training.

[www.nfb.org](http://www.nfb.org)

## **BRAIN INJURY**

### **BRAIN INJURY ASSOCIATION OF AMERICA, NATIONAL BRAIN INJURY INFORMATION CENTER**

800-444-6443

Creating a better future through brain injury prevention, research, education and advocacy

[www.biausa.org](http://www.biausa.org)

## **CEREBRAL PALSY**

### **UNITED CEREBRAL PALSY**

800-USA-5UCP (800-872-5827)

[national@ucp.org](mailto:national@ucp.org)

[www.ucp.org](http://www.ucp.org)

## **MULTIPLE SCLEROSIS**

### **NATIONAL MULTIPLE SCLEROSIS SOCIETY/SOUTHERN CALIFORNIA CHAPTER**

800-FIGHT-MS (800-344-4867)

## **MUSCULAR DYSTROPHY**

### **MUSCULAR DYSTROPHY ASSOCIATION**

800-572-1717

[www.mda.org](http://www.mda.org)

## **SPINAL CORD INJURY (SCI)**

### **UNITED SPINAL ASSOCIATION**

[www.spinalcord.org](http://www.spinalcord.org)

## **STROKE**

### **STROKE ASSOCIATION OF SOUTHERN CALIFORNIA**

310-575-1699

Free education and tools for patients and caregivers

[www.strokesocal.org](http://www.strokesocal.org)

### **AMERICAN BRAIN TUMOR ASSOCIATION**

800-886-2282

[www.abta.org](http://www.abta.org)



**Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.**



PossAbilities & You is published by Loma Linda University Medical Center East Campus to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician.

Cotie Williams  
Editor

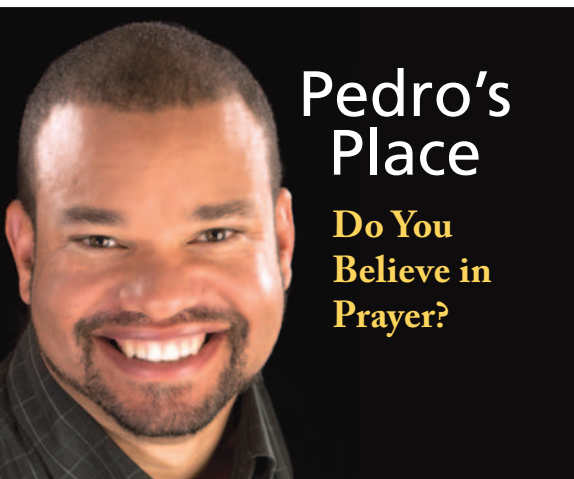
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Printed in the U.S.A.



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6056M



## Pedro's Place

**Do You  
Believe in  
Prayer?**

Christians and non-Christians often ask me: Do I believe in prayer? When asked this question, my response has always been the same, "Of course I do!" After all, since I profess to be a Christian, shouldn't that be my response? What would it say about my faith in God if I were to answer no?

Well, we shouldn't always answer this question about prayer as a matter of habit or because a yes response is expected. We should answer it based on our own personal experience with God.

Has God ever answered one of your prayers? If the answer is yes, think back and reflect on what happened. How did he answer your prayer? Were you surprised at his answer, or was his answer exactly what you expected? How difficult was it for you to talk to him?

I have seen God answer prayers in my life. Some answers I didn't like! Some answers I LOVED! And some answers ... well, I'm still waiting for.

So, I continue to say, "Yes, I do believe in prayer." I've seen it at work in my life. How about you? Do you believe in prayer? Would you like PossAbilities to pray for you? Visit our prayer portal at [www.teampossabilities.org/prayer-request](http://www.teampossabilities.org/prayer-request).

# SAVE THE DATE

AUGUST 8, 2015 9AM-2PM

# DISABILITIES EXPO

RIVERSIDE CONVENTION CENTER



## EXHIBITS ON:

ASSISTIVE TECHNOLOGY  
SENIOR SERVICES  
YOUTH SERVICES  
EMPLOYMENT  
HOUSING  
ADVOCACY  
RECREATION  
TRANSPORTATION  
HEALTH

FOR MORE INFORMATION GO TO  
[WWW.IEDISABILITIESEXPO.COM](http://WWW.IEDISABILITIESEXPO.COM)  
OR CALL: 909-890-5136



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