

Spring Issue
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THE LUO DOWN

“A SPECIAL VESSEL OF COMMUNICATION BETWEEN CHANNELS”

SOUTHWEST ACUPUNCTURE COLLEGE

Santa Fe & Albuquerque, New Mexico and Boulder, Colorado
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New Educational Offerings Allow for Specializations
by Dr. Skya Abbate, D.O.M.
Executive Director

As an institute of higher learning in the vast field of Oriental Medicine it seems important to allow students to select specialized tracks. In response to this philosophy, in November 2009, the college began the process of obtaining what is called “a substantive change” to our program from the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) to offer a second program at Southwest Acupuncture College. ACAOM requires that any plans of such a nature be submitted to the Commission for approval well in advance of offering such a program. The fact that an application is being submitted does not imply or indicate any action by ACAOM, nor can a start date for any possibly approved program be announced prior to full review by ACAOM, which is an independent certifying body.

That program, the Master of Science in Acupuncture, received approval for Southwest Acupuncture College to offer this second degree on February 3, 2010, for two of its three campuses, Boulder and Santa Fe. Albuquerque students may take the Acupuncture Only program in Santa Fe, however, they must transfer to Santa Fe when the acupuncture specialties begin. These plans were initiated in discussions with faculty and in response to student comments on evaluations, and approved by our Advisory Board. Much hard work by our President, Executive Director, Boulder Campus Direc-

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Year of the Tiger Legend

by Dr. Dawei Shao, M.D. (China), D.O.M.
Academic Dean, Albuquerque



The Tiger is the third animal in the Chinese Zodiac Calendar and also corresponds to the time of 3am to 5am, so that time of the morning is also called “Tiger Time.” According to ancient books, at this period, tigers are most active, aggressive and tend to hurt or kill.

In ancient times, there was a Year of the Lion instead of a Year of the Tiger. But the Lion was very fierce, cruel and had a bad name. The Jade Emperor, who was the god governing Zodiacs, wanted to get rid of the Lion from the Year of Animals, but he needed to find a replacement animal to govern the mountains and forests. The Jade Emperor thought about his guard – the Tiger. The Tiger was a nobody on Earth. However, after he learned a lot of combat skills from the Cat, like grab, catch, pounce, bite, clip, dash, leap, and break, he became a warrior in the mountains. Anyone who dared to fight the Tiger, were either injured or killed. The Jade Emperor sent the Tiger to heaven to fight his guards and the Tiger won. Thereafter, the Tiger became a member of Jade Emperor’s secret service – a guard. After the Tiger went to serve in Heaven, the animals on Earth began acting wildly and caused a lot of damage to the human world. The Earth God sent dozens of reports and asked the Jade Emperor for help. The Jade Emperor sent the Tiger to Earth. The Tiger’s request was to get a record of merit for each of his winnings. The Jade Emperor was eager to bring peace and approved his request.

The Tiger came down to Earth. He decided to fight the three strongest animals – the Lion, Bear and Horse. He defeated all three with braveness and high combat skills. Other vicious animals fled into the deep forest after that. The people on Earth were so thankful that the Tiger brought them peace. Upon the Tiger’s return to Heaven, the Jade Emperor marked three horizontal stripes on the Tiger’s forehead to record his merits.

Later, a Tortoise monster invaded Earth with his Shrimp and Crab soldiers. The Tiger came down again and killed the Tortoise monster. The Jade Emperor was so happy that he added one vertical stripe on the Tiger’s forehead. Now there are three horizontal stripes and one vertical stripe on the Tiger’s head which corresponds exactly to the shape of the Chinese character for “King”. The Tiger became the “King” of all animals. Even nowadays, when you see the Tiger’s forehead, you can still see three horizontal and one vertical stripe.

Due to the Lion’s bad name, the Jade Emperor removed him from the Year of Animals and replaced him with the Tiger. The Tiger became one of the Zodiac animals. The Jade Emperor sent him down to Earth to guard the human world and keep peace.

In China, people make the Tiger sculpture decorations to protect them from evil. Many people also like to place a Tiger face on the hat or shoes of their children for blessings and to guard them from evil.



“Happiness”

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tor and our Advisory Board has given choice to our adult learning community.

Numerous traditions within the field of Oriental Medicine are “acupuncture only systems” that do not include Herbology. Traditional acupuncture systems such as Japanese Acupuncture, balance the meridians, and are strong and important traditions in Oriental medicine. Our M.S.Ac. program respects those legacies and provides an excellent balance to the school’s current offerings. Our goals and objectives are to offer an additional program in acupuncture that meets our mission to provide excellence in the education of outstanding healthcare providers and to offer low-cost healthcare to the community. Our educational outcomes are similar to the M.S.O.M. program, with the exclusion of a proficiency in providing care with Chinese herbs. We will continue to offer the M.S.O.M. program at all three campuses.

In the newly approved program, students in both tracks will stay in identical classes, with the exception of the herbal studies and herbal clinics offered in the M.S.O.M. program. Additional classes in the M.S.Ac. program provide desired specialization in acupuncture. This program includes three classes not currently taught in the M.S.O.M. program but taught as long-standing electives. These classes take advantage of the strengths of Boulder faculty in the specialization of Sports Acupuncture and the New Mexico faculty in Cosmetics and Japanese Acupuncture. We have many superb teachers at Southwest Acupuncture College who are not herbalists because herbology has not been their preferred track and many talented students who likewise prefer acupuncture to herbology. A dual track system allows each constituency to pursue their passion in a school where excellence is still the expectation. The third class is an Introduction to Chinese Herbology. This exciting class is a survey course that includes information pertinent to the scope and power of Oriental herbology.

The M.S.Ac. program does not meet the criteria for licensure in all states (including New Mexico which requires herbs), and California approval is not possible for an acupuncture-only program. However, 39 states allow a route to practice based on an acupuncture program. Ample student advising regarding state laws and programmatic options can be obtained from your Academic Dean. See the chart below provided for a comparison of our two Master’s level programs.

THE MASTERS PROGRAMS		
Degree	M.S.O.M.	M.S.Ac.
	600 hours of didactic herbs and clinic – The complete herbal package	90 hours of herbs - Introduction to Chinese Herbology class and Chinese Nutrition
Program Hours	3045 hours	2512.5 hours
Time Frame	3 - 4+ calendar years	3 - 4+ calendar years
California Licensure	California approved program	Not California approved - California requires the study of herbs
New Mexico Licensure	Meets New Mexico State requirements for licensure	Does not meet New Mexico State requirements for licensure – New Mexico requires the study of herbs
Other States	Meets all other state requirements *with the additional requirements of minor western science electives offered at the school	Meets the requirements of 39 states excluding Arkansas, Texas, California, New Mexico and Vermont that require herbal education

*State Laws are subject to change.

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**China Trip Awards PDAs from
NCCAOM for Graduates and
Invaluable Clinical Experience for All
by Dr. Li Xu, Ph.D., D.O.M.
Albuquerque Campus Director and
China Program Leader**

Breaking news: Southwest Acupuncture College sponsored "Advanced Study in Acupuncture, Herbs and TuiNa" program in Harbin, China, for 2010, is approved by NCCAOM (National Certification Commission for Acupuncture and Oriental Medicine) for 30 PDAs.

Southwest Acupuncture College knows that the overseas externship experience in China is a remarkable opportunity for our students and a high point in their educational experience. Since the 1980s, we have been sponsoring student trips to China to learn advanced needle technique, herbology, Tai Ji, TuiNa, etc. and have received positive feedback from students. In 2008, we traveled to Heilongjiang University of Chinese Medicine (HUCM). So far, two groups of students from Southwest Acupuncture College have visited HUCM hospital and returned with additional clinical experience and credits, deeper knowledge of Chinese Medicine and the experience of a lifetime.

HUCM was established in 1959, and is located in Harbin, the capital of Heilongjiang Province. It has two direct-affiliated hospitals and five indirect-affiliated hospitals. We are going to study in the "Second Affiliated Hospital of HUCM" (the main direct-affiliated hospital) in Harbin.

The Second Affiliated Hospital of HUCM has grown in terms of facilities and number of patients since 2007 after the new building was constructed, and the quality of services has also improved to meet international standards. It has a total of 500 beds and serves up to 2,000 outpatients each day. It has outstanding clinical teaching and research. It also has approximately 667 full-time and part-time faculty members.

Rotations are conducted at the HUCM hospital. Students are divided into groups through the following departments: Acupuncture, Herbs, TuiNa, Rehabilitation, Pediatric, Gynecology, and more. Stu-



Kimberlee Lindsay-China Trip 2009

dents attend the daily morning and afternoon shifts and outpatient clinics. They have the opportunity to observe over 100 patients per day, including many conditions and treatments that are not typically seen in an acupuncture and Oriental medicine outpatient clinic in the U.S. Students are involved in patient intake, diagnosis, pulse-taking, needle manipulations, TuiNa practicing, and more. We have hands-on teaching on free-hand needling techniques with Chinese doctors. The Team Leader will coordinate more opportunities for practice.

The 2010 "Advanced Study on Acupuncture, Herbs and TuiNa" program, sponsored by Southwest Acupuncture College, includes, but is not limited to the following:

- 1. Acupuncture:** Post-stroke acupuncture treatment and scalp acupuncture treatment are the specialties of this hospital; electric acupuncture; point injection; numerous diseases treated by Acupuncture; diagnosis and differentiation; experience from different professors
- 2. Herb:** Formula prescription; single herb and formula usage; diagnosis and differentiation; herbal pharmacy tour; experience from different professors
- 3. TuiNa:** Hands-on teaching and learning experience; learn how TuiNa treats different diseases; experience from professors
- 4. Pediatric:** Pediatric differentiation and treatments (TuiNa, Herbs, Acupuncture)
- 5. Gynecology:** OB/GYN differentiation and treatments

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6. **Cosmetic treatment with herbs:** Lecture and tour are available
7. **Herbal Farm Tour (new):** See how herbs grow and are harvested in China
8. **Harbin City Tour:** Included in your tuition
9. **Beijing 3-day Trip** (optional)

Students' feedback about the experience has been uniformly positive. They affirm that their externship is a unique and valuable experience. Several students told me that they gained more confidence from their studies at HUCM hospital. During their trip, they came to understand how much they had learned as students at Southwest Acupuncture College.

The following comments are from students who completed the externship: "My China Trip experience



Herb Dispensary-Heilongjiang University

was invaluable! I was able to see acupuncture being used to treat many diseases with great success. The lessons were excellent and the people were great!" (Joy Lucero, 2008 China Trip).

"The experience of visiting China was wonderful for me. It was priceless to be able to see Chinese Medicine

practiced in a fully integrated way. It truly opened my mind to possibilities not yet seen here. The experience of the culture and wonderful, gracious people was an added gift." (Laura Manire, 2009 China trip)

I strongly encourage those who have learned or are learning TCM to pursue an externship experience in China. This is a great chance to verify what you have learned in your U.S. program, to open your minds, to learn priceless experience from Chinese professors, to experience another culture, and to make new friends.

Also, **for our enrolled students**, this trip

- Provides incredible clinical experiences and the opportunity to develop more confidence for your future practice;

- Grants a China Program Diploma from Heilongjiang University of Chinese Medicine;
- Awards two Southwest Acupuncture College clinic levels (105 hours);
- Offers impressive experience on your resume upon graduating.

For our alumni or anyone who is currently practicing Acupuncture and Herbs, this trip

- Provides 30 PDAs approved from NCCAOM;
- Offers incredible experience; resolves your questions that you encountered in clinic and allows what you learn to be immediately applied to your patients;
- Grants a China Program Diploma from Heilongjiang University of Chinese Medicine.

Get your passport now! The trip is just around the corner for our one month trip August- September 2010! (dates to be solidified)

The Program cost of \$5,850 includes tuition, housing, graduation diploma, sightseeing, airfare and more!

Financial Aid is available for enrolled students.

If you are interested in the China Trip, and for additional information, please contact Dr. Li Xu at 505-888-8898 or email her at drlixu@acupuncturecollege.edu





CLINICAL CORNER

The *Hara*, the Source of Life and the Navel, the Gate of the Spirit

by Dr. Skya Abbate, BA, MA, Dipl Ac, Dipl CH,
D.O.M., Executive Director
(written for the Broshim College of Tel Aviv,
Our Sister School in Israel
article available in Hebrew upon request)

Located in the center of the abdomen, referred to as the *hara*, reside the organs that give us life. In their center we find the navel, the Chinese acupuncture point CV 8 *Shenque*, Spirit Gate, that refers to the place where we received that life from our mother by way of the umbilical cord. As such, these areas are the focal point of energy in our body from which life is given, sustained and taken away.

The *hara* is not just an anatomical location but as the *Dan Tian* or center of the energy of our body we gain our core physical, mental, emotional and even spiritual health, for in many ways we are as healthy and as calm, centered and peaceful as the *hara*. Most nations with enduring physical cultures have recognized this longstanding and as a result cross-cultural truth. From yogic and *Qi Gong* exercises of breathing, to belly dancing, meditation, martial arts, aerobics and more, these practices have recognized the importance of infusing the center of the energy of life, the abdomen and the organs, with the breath of life to regulate the energy and blood of the entire body.

In Oriental medicine the role of the *Dan Tian* was recognized by the ancients who wrote of its importance in the classics. As noted writer Bob Flaws points out,

...the root of allergic diseases is mostly *qi* vacuity, while evil winds are the branch. In clinical practice it is the vacuity of the three viscera of the Lungs, Spleen and Kidneys which is mostly seen. The ancients commonly chose the navel and the points around the navel to treat Lung/Spleen insuffi-

ciency diseases. The navel communicates with the five viscera and the six bowels and joins the channels and vessels of the entire body. Therefore, it is said in the *Yi Zong Jin Jian* (*The Golden Mirror of Ancestral Medicine*) that acupuncture the *Shen Que* (CV 8) is able to treat "the hundreds of diseases." *Shen Que* is capable of regulating the channels and vessels, *qi* and blood of the entire body. By stimulating *Shen Que*, one can course and free the flow of *qi* and blood, regulate the internal viscera, and strengthen organic function. In terms of modern medical theory, stimulating *Shen Que* can regulate the nervous, hormonal and immune systems thus improving organ function and returning it to normal.¹

The *Nanjing* views the navel region as the center of heaven, ruled by Earth, and by virtue of Five Element correspondences, its pertaining organs the Spleen and the Stomach. Based on this association, practitioners of classical Chinese medicine have used the navel as a means of treating the Spleen, the Lungs because Spleen is the figurative mother of Lungs, and the Kidney because Earth figuratively controls Water. Practitioners continue to treat the navel with various modalities for addressing disharmonies of these three major organs which are the three major organs involved with the *qi* of the body.

While the diagnostic significance of the navel has its historical roots in the *Nanjing*, this part of the anatomy also has useful clinical applicability for illnesses in the modern world. As we can see the area around the navel is a powerful storehouse of energy that can treat virtually any illness, not just allergic dis-

¹Flaws, B. (trans): *Allergic Rhinitis*. Blue Poppy Press Research Report # 97. Blue Poppy Press, Inc., Boulder, CO, 1996; 2.

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orders but the root of an illness, including the following:

- * all deficiency illness
- * energetic illness
- * inflammatory diseases
- * illness characterized by stagnation
- * mental emotional illness and
- * diagnosed physical disorders including musculoskeletal disorders.

Japanese Acupuncturist Mubunsai in the 1600s agreed by attesting to the fact that examining and treating the abdomen is sufficient to cure 9 out of 10 diseases. Yoshimaso Todo, founder of modern day Japanese acupuncture, concurred by affirming that the abdomen is the source of life and therefore the myriad diseases have their root there.

Early in Oriental medical training, the student learns that the umbilicus or navel, which corresponds to the acupoint CV 8, is regarded as a “forbidden point” for needling. They then discover that the application of moxibustion to this area of the abdomen is permissible for specific conditions, such as loose stools or increasing the will to live. However they rarely see it used clinically, and they may not use it often, if at all, when they become practitioners. Nevertheless, in Oriental medicine there are important uses of the navel as a microsystem with its own diagnostic parameters and treatment strategies that extend well beyond the conditions for treatment in Oriental medicine including the diseases cited above or highlighted in this brief article.

There are many ways in which to treat this area with Oriental medical modalities such as needles, moxibustion and hand palpation. An excellent tonification treatment for patients with Lung, Spleen and Kidney disharmonies or for patients exhibiting many criteria described above involves treatment of eight points around the navel. This treatment strategy is called the *Eight Extra Channel Needling - The Navel or Jing Treatment*. The eight acupuncture points are located at a distance equivalent to the KI 16 radius from the navel. The Kidney 16 (*Huangshu*) area is .5 cun around the entire navel. Dr. Manaka, renowned Japanese acupuncturist, says that Kidney 16 is the Front *Mu* point of the Kidney.

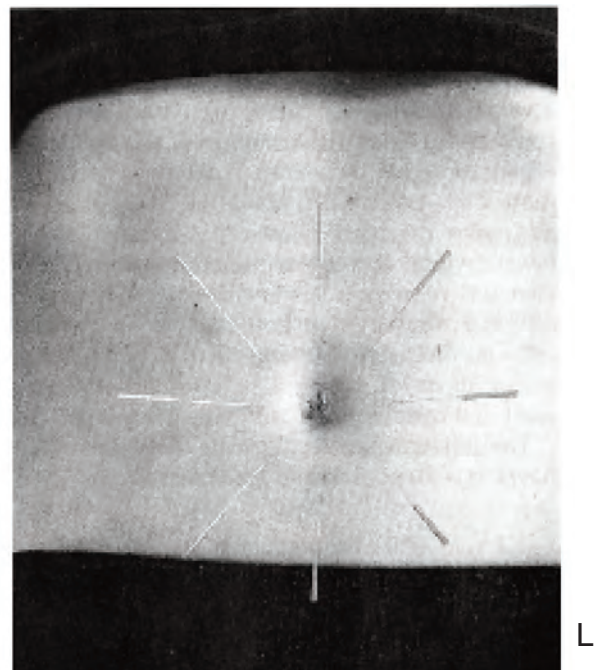
This acupuncture treatment employs eight needles that are inserted to a depth of approximately .5 of a cun, sometimes up to 1.0 cun, on a 45 degree to an

oblique angle towards the center of the umbilicus. No *daqi* arrival is sought nor should any manipulation of the needle be done. Needles are retained for ten to twenty minutes. The more deficient the patient is, the shorter the retention time. This is a very powerful treatment due to energetics of this area. Patients are characteristically guarded in this area so it is advisable to use # 1 gauge 30mm needles to avoid discomfort. See *the figure below* for the positioning of the needles in this Eight Extra Meridian style treatment.

An efficient method of treating the area of the navel is to cup or moxa the umbilical area. This treatment in effect has the identical actions of the jing needle treatment without the discrete insertion of eight needles that can be bothersome to some patients. Use a glass or plastic suction cup. Retain cup for approximately ten minutes. Moxa in the form of the tiger thermie warmer, moxa box or belly bowl can also be employed.

Following this short but powerful treatment, the patient should feel calm, grounded, energized on a very deep level, relaxed, and physically, mentally and emotional balanced. Improvement in the major complaint is noticeably achieved at a faster rate than other acupuncture styles since the root *qi* is accessed. The remediation of the major complaint is typically achieved as well as many other subpathologies the patient presents with. This method should constitute your primary treatment style, meaning it is used as the sole or core

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The Japanese Jing Treatment

basis of treatment. Patients love this style of acupuncture since it is so subtle, supportive, painless, non-invasive and works! Standard contraindications for acupuncture apply such as with patients who are pregnant, have cancer, are children or very old, patients with an acute abdomen, or if the patient is too weak, hungry, overfed or on mind-altering drugs.

In summary, the classics remind us of a very basic and perhaps understated treatment strategy - when an element or an organ is deficient, tonify the mother. For example, Spleen is the mother of Lungs and the grandmother of Kidney making it a valuable choice for correcting any of the pathologies that could result from such disharmonies of these two latter organs, whether those disharmonies are symptomatic or preclinical, because this strategy addresses the root. Therefore treatment of the navel which corresponds to the Spleen/Earth element represents a very direct, efficient and effective strategy for bothersome, as well as serious, diseases. It seems that the proverbial notion of navel gazing is as old as the Nanjing itself and certainly merits further contemplation.

For further reading on this topic consult *The Art of Palpatory Diagnosis in Oriental Medicine*, Harcourt Publishers, London, England, 2001 by Skya Abbate.

Post A and Cacaliere S. *Unwinding the Belly*. North Atlantic Books. Berkeley, CA 2003.

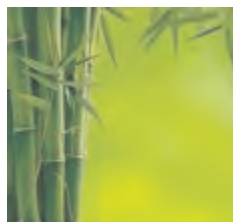
Yamaoka S. *The Art and Way of the Hara*. Heian International, Union City, CA, 1976.

self of the heavy, salted and rich foods we have been eating and gives over to foods that are yang, ascending, and expansive such as fresh greens, immature grains and raw food. Food preparation becomes simpler as raw and sprouted foods become emphasized. The classics recommend adding sweet and pungent flavored foods to the diet such as honey, mint, basil, fennel, caraway and dill.

In spring, food is best cooked for a shorter time but at higher temperatures. Sautéing, light steaming, and minimal simmering are all recommended. Most of the complex carbohydrates such as grains, legumes, and seeds have a primarily sweet flavor especially with sprouting. Young beets, and carrots and other sweet starchy vegetables will also provide us with the good nutritional balance we need for spring.

Remembering Dorian

by Dr. Maya Yu, D.O.M.
Academic Dean, Santa Fe



I met Dorian three years ago at Women's Health Services, a Clinic Externship where I was a supervisor. For the past three years, I would see her often, whether under the care of a student intern in my clinic or at my private practice. Week after week, she would go over her list of complaints as well as what progress occurred from the previous session. Interlaced with the physical reports were stories from her past and of her recent travels, the latest news of a son, daughter-in-law or a grandchild.

I came to know Dorian as a staunch supporter of Acupuncture and East Asian Medicine. She exclaimed how miraculous *Zheng Gu Shui* was at dissipating a bruise and joked about purchasing stock in the company. She visited the herb clinic and accompanied with friends, signed up for students to practice acupuncture face-lifts in the Cosmetics Elective class. She spoke about the conservative-minded people that she attempted to convert towards acupuncture and other preventative modalities.

In September of last year, Dorian, 76, was taken away from us in an automobile accident. Dorian's sudden passing got me to think about the role of the pa-



Ensuring the Smooth Flow of the Liver This Spring

by Dr. Mary Ellen Marino,
D.O.M.
Clinic Director, Santa Fe

Spring is a new beginning and the classics encourage us to take part in more yang activities. One cannot help but notice the plant life pushing upwards after winter's slumber. The sight of the green color of the young plants not only nourishes the soul through the eyes, but also stimulates our appetite for these tender shoots. At this time the body begins to cleanse it-

tient in a practitioner's life. Yes, it is known that as a practitioner, we stand by our patient's side, listen to their symptoms and do whatever is in our means to improve their conditions. It is known that patients appreciate all we do for them. On the other hand, our patients receive the fruits of our training and education. They are our livelihood, sustaining our practices, spreading the word about the effectiveness of our medicine. We hone our skills through their willing participation. From some, we learn through our mistakes and others, through their medical achievements great and small.

I was fortunate to have known Dorian as a patient. Her unfaltering optimism towards the benefits of acupuncture nurtured my development as a practitioner. Although she is gone, the stories of her life and the clinical insight gained from working with her, that I intend to pass on to my students, remain.



**Carriage House Community
Table Externship Clinic
by Joanne Neville, Dipl. Ac.,
C. H., L. Ac.
Clinic Director, Boulder**

I am pleased to announce the most recent addition to the Southwest Acupuncture College Boulder Campus community outreach program. We have just started a new Community Style Acupuncture Clinic on Tuesday mornings at the Carriage House Community Table (CHCT).

CHCT is an amazing service provider for Boulder's homeless and working poor community. They provide meals, showers, toiletries, addiction counseling, computer use, resume help, interview clothing, internship opportunities to gain job skills, free personal voice mail for job searching, health care collaboration with a local health clinic and now even Acupuncture to their clients and so much more.

The supervisor of the CHCT clinic, Amy Dickinson, L.Ac., has been a volunteer there providing Acupuncture services, and thought that it would be a good place for us to have an externship clinic. The idea of having a clinic for the homeless population has sur-

faced several times, but it is the emergence of community style treatment and the experience of our faculty member that made it possible. When Amy presented the concept to Valerie Hobbs, our Campus Director, she immediately embraced the idea and moved quickly through the administrative process to make it happen.

I had the opportunity to be present at the initial orientation where Joy Ekstine, the Executive Director of CHCT guided us through what they do for the community and how we can best serve the homeless and working poor population. She is an amazing woman with much compassion and commitment to the work that she is involved in.

We were introduced to several of the workers at the center, some of whom have been clients of CHCT and are giving back by helping out in return for bus tokens and Boulder Change, which are vouchers that folks can use at many Boulder locations to buy food, gas and necessities (but not alcohol or tobacco) to help them get back on their feet.

When the orientation was over, Joy introduced us to a group of clients who were upstairs at the center and told them that we were planning to do Acupuncture on Tuesday mornings and most of the people in the room raised their hands and said they were in. Our first official clinic was in January and we assumed that it would get off to a slow start until people knew more about it. We were so wrong! Our fabulous interns treated 20 people on the very first day. What a great response!

I spoke to a couple of the students involved in the clinic and while they agreed that it was a completely different atmosphere than our intern clinics, it was very inspiring to be a part of it.

We are so excited to be of service to this underserved and often misunderstood population. I am so proud to be a part of a school that gives so much back to the community. I hope that this is the beginning of a lasting relationship between Southwest Acupuncture College and CHCT.

On a more personal note: When I told my son about the Carriage House Community Table clinic he was very interested. He is a senior in high school and is putting on a benefit concert and silent auction for his culminating project and after reading the material that I brought home, has decided to designate CHCT as the recipient charity for his project.

We never know what we can do when we pull together for the good of our community.



Serving Those Who Served Us

by Dr. Maya Yu,
D.O.M., Academic
Dean, Santa Fe

Southwest Acupuncture College began offering US Veterans free acupuncture treatments at its Santa Fe Campus this past October. Currently, two of the three campuses offer no-cost treatments for Veterans. At the Boulder campus, Vets can receive free treatments on site at the school's student clinic or at student externships spread out in the Boulder community. The college placed flyers at the local VA clinic in Santa Fe to announce this new opportunity. According to Charlene Wunderlich, the Clinic Manager of the Santa Fe Campus, over 20 Veterans have contacted the clinic seeking treatments. The ages range from 27 to 74. Most of the Veterans return for further treatment.

Recently, I sat down with two of the Veterans, who found out about the free treatments from the flyers posted at the VA office, to speak about their experience with acupuncture. Joaquin, a Vietnam era vet, is getting treated for PTSD and the effects of Agent Orange. In addition, the acupuncture has been very helpful in the management of his chronic pain. He enjoys his weekly treatments immensely and encourages other veterans to come to the clinic and receive treatments. Amber, age 27, had a friend urge her to seek alternative therapies for her maladies. Although Amber noticed the poster at the VA Clinic, it took some time for her to come in for treatments. The impetus occurred when she injured herself and ended up in a wheelchair. Acupuncture has been one of the therapies that has helped her cope with the pain from her injuries. She is able to stand up straighter and walk stronger. Regarding the effect of acupuncture, Amber replies "I feel great for hours after each treatment!" As a nursing student engrossed in the Western ideas of the human body, Amber finds

the Asian concepts of how the body works fascinating. She appreciates the explanations provided by the student interns of the different modalities, such as moxibustion or cupping, employed during her sessions. She confided to me that acupuncture is not funded by the military as a treatment modality at this time and is grateful that we offer free treatments. She exclaims that this service the college provides is "beyond amazing!"

From the account of these two stories, it is evident that acupuncture has had positive results on both participants. It is our hope that word of this service spreads to others in the Veteran community, thereby, serving those who have served us.

A Note from the New Dean

by Dr. Maya Yu, D.O.M.
Academic Dean, Santa Fe

Last semester, I became the Academic Dean of the Santa Fe Campus. Accepting this position was an absolute honor since this school, my Alma Mater, holds a special place in my heart. The transition has been smooth thanks to all the training from Dr. Dawei Shao and Dr. Skya Abbate and for the support of Richard Shcolnik, the Campus Director and the Santa Fe Administration. I also appreciate the patience of students as I navigated the new seas of academic advising.

We are in the middle of another semester and things are going well. In this position, as in life, there is always more to learn and ways to improve. I would also like to remind each of you, by *you*, I mean Santa Fe students and faculty, to stop by my office anytime if you have any questions or just to say hello!



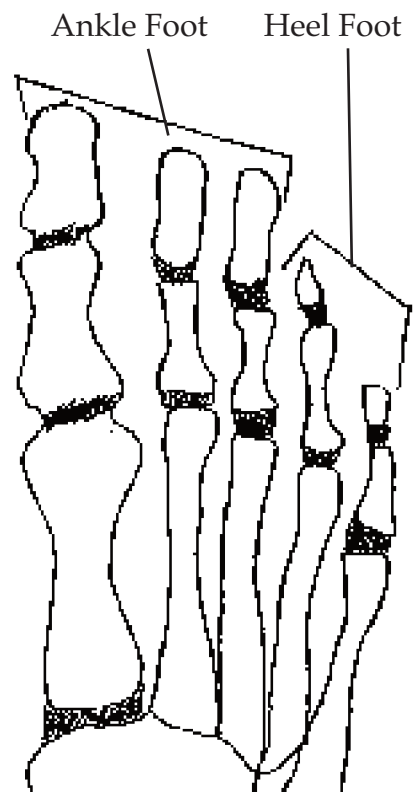
Structure and Energy: Movement Through the Foot

by Dr. Hilary Broadbent, D.O.M.
Clinic Director, Albuquerque

For most of my life, I've been walking around on what I thought were two feet. Often, I was sure they were both left feet, but even so, I never thought I had more than two of them. I never suspected that each of my feet could be considered as two feet in its own right. Nor did I suspect that this curious idea would have deep implications for my understanding of *taiji chuan* and *qi gong* when combined with channel theory, and that it would also enrich my ability to diagnose and treat foot and leg problems in my patients.

For the past few years, I have had the very great pleasure of studying movement and dance with Dr. Marta Lichlyter, a dancer, choreographer, and expert in kinesthetics and movement technique. Although I had folk-danced for many years, including tours in England with my sword and morris groups, I had no knowledge whatsoever of technique and was constantly injuring my knees and ankles, so I was excited to have a chance to learn some technique from Marta.

One day, I was having some challenges working with shifts of weight through the foot. As a sword-dancer, I had danced in fairly heavy and fairly stiff shoes (it's a tradition that originated among laborers in Britain, including coal miners and farmers, not generally known for wearing light, flexible footwear.). So I hadn't really thought about how the foot articulates and how weight moves through the foot when we walk or dance. It's a lot easier to learn how to move body parts gracefully if you have some idea where they are and what they're made of, so Marta showed me a picture of the bones of the foot. She pointed out something that I'd never noticed before, namely that the first three metatarsals articulate (via the cuneiform and navicular bones) with the talus, the



ankle bone. The fourth and fifth metatarsals, by contrast, articulate (via the cuboid bone) with the calcaneus, the heel bone. Drawing on work by Barbara Clark, Marta discussed the implications of this articulation, that we can consider the foot as consisting of two sub-units, the heel-foot and the ankle-foot.

This turns out to be a powerful image for learning how to move the foot through brushes, ronds de jambe, and other dance movements, as well as simply understanding the shift of weight through the foot in everyday activities such as walking. Many cases of foot pain or injury seem to involve an imbalance between heel-foot and ankle-foot that can often be rectified by adjusting how a patient walks once the inflammation and trauma have been treated. As we walk forward, we set the heel-foot down first, and then transfer weight into the ankle-foot. If the foot isn't stabilized laterally (i.e., pronates or supinates) or if it is rotated laterally so that the knee falls out of line with the toes, then problems easily result. The weight should ideally track from the heel through the first three toes of the foot. Opinions differ on whether the weight should track through the

third toe or through a line between the first and second toes, but either way, we're talking about a shift from heel-foot to ankle foot.

Roughly speaking, we can consider the ankle-foot primarily the domain of Spleen, Liver, and Stomach, whereas the heel-foot can be roughly considered the domain of Kidney, Urinary Bladder, and Gall Bladder. One can argue, then, that walking forward involves a shift from Water to Earth, with Wood facilitating the shift. This triad of Water, Earth, and Wood, is key in the imbalances of so many patients, where there is stagnation of Liver *Qi*, and deficiency of Spleen and Kidney. The presence of these three channels on the foot may be one of the reasons that walking is such an important form of exercise for conditioning and harmonizing the whole body. One of the best treatments for indigestion is to go for a walk after a meal. Walking is also excellent for helping with frustration or depression because it is so good for getting the Liver channel moving smoothly. Many mathematicians and scientists are habitual walkers because the activity helps to get the intuition moving freely, which some equate with the deep truths connected with the Water phase, and of course, if you want to get really metaphorical, it is only by walking through our lives that we discover our destinies, also frequently associated with Water.



Of course, given these channels, we can also think of the legs and feet as carrying the weight, both literally and energetically, of bones, muscles and sinews. Our legs are the structure upon which we find our base, even if we are in a wheelchair. By contrast, our arms are enriched by Metal and Fire, and therefore relate most closely to *Qi* and Blood, the moving and circulating aspects of our bodies.

This imagery of the interplay between structure below and motion above can give greater meaning to the movements of *taiji* and *qi gong*. The constant shifting of *yin* and *yang* in the body, through the shifting of weight in the legs and feet, and through the motions of the arms and hands, also involves the shifting between structure and circulation. The *qi* and blood activate the limbs, but the movement of the limbs also helps to pump the *qi* and blood. As some of the *taiji* classics describe, developing a sense of weight and structure in the lower body creates lightness and mobility in the upper body. The imagery of heel-foot and ankle-foot, and the way they play out through the movement of the whole body, help to inform that sense of structure and movement.

Of course, none of this is really new. It's a different way of inventing the same wheel that martial artists, yogis, and dancers have used for thousands of years. But the essence of internal arts is that we each have to invent that wheel, and many others, for ourselves. Our teachers can point the way, but we have to find out for ourselves how to feel and use those internal mechanisms, both physical and energetic. Our forefathers can help. So can our four feet.



Library Donations Continue

By Dr. Skya Abbate, D.O.M., Executive Director

In response to our ongoing Library Development Program, we have received \$1,726.90 in donated library books for the three campuses in 2009.

The following people are acknowledged in this effort and thanks is extended to them.

Life Supporters

Skya Abbate	\$324.95
Eastland Press	439.75
Mary Goodrich	218.00
Valerie Hobbs	39.95

Supporters

Books of Discovery	\$ 94.85
Michele Louiselle	260.00
Yingran Tan	129.50
Ben Watson	34.95

Friends

Greg Jones	\$ 14.95
Paulette Marin	35.00
John Wiley & Sons Publishers	40.00
Walters Kluwer Health Publishers	65.00

Santa Fe Campus Holiday Food Drive

by Richard Shcolnik

Campus Director, Santa Fe



Students, faculty, staff, and patients combined to contribute approximately 330 pounds of food to the needy for the Christmas holidays. The food was picked up and distributed by the St. Vincent de Paul Society, a non-denominational society serving the Santa Fe community. Thanks to everyone who donated! Your generosity helped brighten the winter holidays for many.

Albuquerque Campus Charity Events 2009 by Toni Meeks Administrative Director, Albuquerque

Thanks to Our Student Volunteers by Richard Shcolnik Campus Director, Santa Fe

The Albuquerque campus Student Council President, Kimberley Workman, coordinated several charity drives for the students, staff, faculty, and patients.

- *Clinic Blanket Drive* – Many patients express their desire to contribute, in some manner, to the clinic as a thank you for the wonderful care that the students, supervisor and clinic staff provide to them over the year. So the Student Council consulted with the Clinic Manager and they decided upon a “blanket drive” that occurred during the month of September and October. The patients donated several pillows, pillowcases, fitted sheets, and blankets

- *Road Runner Food Bank* – The Road Runner Food Bank brought to the campus a large red barrel in November for their holiday food drive. The first barrel soon filled up and a second barrel was brought in. The second barrel was filled and promptly picked up by the organization’s truck right before Christmas.



- *Cuidando Los Ninos* – An organization established in 1989 to provide food for the homeless. The volunteers of the organization realized the families needed child care while they sought employment. Cuidando Los Ninos then created a center for young children of homeless families to provide high quality and therapeutic child care. The Student Council set aside a collection box for the campus to donate household and personal items to assist with the efforts of Cuidando Los Ninos. The campus successfully collected approximately \$300 worth of useful items.

Our students are plenty busy. The fullness of exploring and developing knowledge and practice, intelligence and skill, balance and focus: the entire self committed to development in the art and science of Oriental medicine would seem to preclude involvement in much else. But our students manage to participate, with gusto and verve, in student governance as well as the library committee.

These extracurricular activities provide a forum for student input into school operations and can directly affect a student’s education. In this sense, participation is a practical means for students to participate in the ongoing review and strengthening of their educational program. In addition, and in another respect, making room for these activities can serve as a model that will carry into their professional careers. The successful practice of Oriental medicine demands more than knowledge and skill in the medicine: It also requires “people skills,” a business sense, and networking capabilities. Although our curriculum includes practice in the development of these skills, participation in extracurricular activities offers a further opportunity to gain valuable experience.

Governance and committee meetings provide a forum to work with others in solving problems and generating ideas. Meetings require foresight, planning, and organization. Members confront budgetary matters, logistical dilemmas, and clashing ideas. Microcosms of life in the wide world, workshops in negotiation and cooperation, what better way to spend one’s time than in a meeting? But before I get carried away, let it be said, that, in fact, volunteers to student governance and the library committee report satisfaction in feeling a sense of accomplishment and empowerment.

We thank and praise our student volunteers, and congratulate them, not only for doing a fine job, but also for taking the opportunity to expand their repertoire of practice.

Why It's the First "R"

by Valerie Hobbs, MSOM, L. Ac.
Campus Director, Boulder



"Reading, 'riting, 'rithmetic"since this description of education was first offered, reading has been the most critical foundation of literacy. It's why it is not the last but the first "R". In my experience, the attribute most common to skilled practitioners is that they read. Some acupuncture practitioners read Chinese, some read textbooks, some read about alternative fields of medicine, some read humanities, but they read.

When I am in clinic, I am constantly reading. The advent of wireless devices that make studies, lab work and articles on technique accessible at any time, anywhere has been a remarkable tool for me. Reading often directly leads to refinement in the treatments I offer.

To this end, a particularly useful resource from the college is the online journal service through Ebscohost. The instructions to access the college's account through our libraries is available to every student – trick is, you actually have to read the abstracts or articles for it to be of benefit to you.

One of the features of Ebscohost is access to multiple journals online. Once you have accessed the system, under "Medline with Full Text" you will find "Title List." Once clicking on "Title List", you can browse all the journals that are available, or you can enter one by name. For example, you can search for "JAMA," the Journal of the American Medical Association. On the right hand screen, you can then access any year, and any issue within that year.

There are also journals specific to acupuncture under the Alt HealthWatch database. Again, "Title list" can be accessed, and the list of journals can be browsed, opened, and many articles can be accessed by downloading a PDF of the article. This is an incredibly rich resource for Internet surfing. Much better than whose Facebook status has changed. Here are just a few of the fascinating items I have learned recently:



Acupuncture is better than anesthetic injection for low back pain. This prospective study had only 26 participants (13 in the acupuncture group and 13 in the drug group), but the results were very compelling and the study design is a good prospective study. What I get out of reading the article rather than just scanning the conclusion is that they found that the acupuncture effect was most marked after the first treatment, gave better relief than injecting an anesthetic, and lasted for 4 weeks after treatment. (Inoue, et al, Comparison of the Effectiveness of Acupuncture Treatment and Local Anesthetic Injection for Low Back Pain: A Randomized Controlled Clinical Trial, *Acupuncture in Medicine*, Dec 2009.) This informs me that I can confidently tell a patient that I can help their back pain, that it is as effective as what Western medicine has to offer, and that the effect is cumulative. I can also, with good confidence, tell a patient within a few treatments if this is a good modality for them. They in turn, will appreciate the disclosure and be able to better help themselves. It took me five minutes to read the article. There's no telling how many patients that might help.

Premarket approval of cardiovascular devices by the FDA is often based on studies that lack adequate strength and may be prone to bias. (Dhruva, Bero and Redberg, Strength of Study Evidence Examined by the FDA in Premarket Approval of Cardiovascular Devices in *JAMA*, Dec 20/23, 2009). This study caught my eye because it gives me, as an acupuncturist, an intellectual level playing ground. So much of Western medical claims about acupuncture are centered on some "lack" of definitive evidence, but we have to wonder sometimes if docs who like to maintain that there is little evidence for the use of acupuncture actually read their own literature. I can't do anything

clinically with this study, but at least I have a better idea that how definitive proof is applied is not an absolute, and that the evidence for using some of the most invasive of Western medicine is no more conclusive than that for Asian medicine. To put it another way, definitive published studies are not always the gold standard for medical advancement.

Along those lines, another recent JAMA article (Fournier, et al, Antidepressant Drug Effects and Depression Severity in JAMA, January 6, 2010) conducted a meta analysis of the effect of antidepressants versus placebo and concluded: **“The...benefit of antidepressant medication compared with placebo increases with severity of depression symptoms and may be minimal or non-existent [emphasis added] on average in patients with mild or moderate symptoms.”** This is a nice way of saying that there is no evidence that antidepressant drugs work for anything other than severe depression. While this is a pretty convincing study, I don't practice Western medicine, and while interesting to me, I can't suggest to a patient that they not follow their Western doctor's advice. But it certainly gives me a bit more confidence that I may have a viable, and more effective alternative to offer. If I were doing a radio show or other public presentation, or if I regularly published press releases, I might consider referencing this article and highlight the opportunity to try acupuncture as an effective complementary treatment.

These are the few facts I found interesting in a 30-day period last winter. Imagine what you might gain in a year. You may soon find yourself subscribing to journals. A personal subscription is not as expensive as you might think, and once you are out in practice, subscribing to a journal in your area of specialty is one of the best ways to keep yourself current and to keep learning. Sometimes student subscription prices are even more affordable. As a specialist in OB-Gyn and infertility, I subscribe to *Fertility Sterility*, the medical journal for this field. They have often printed articles on acupuncture. There is a great deal of press surrounding acupuncture protocols for enhancing IVF in women. Last October, *Fertility Sterility* printed an article about using acupuncture for low motility-low sperm count male infertility that did not gain a lot of public atten-

tion. Because I read the article, and started applying the article in clinic, I am now seeing more male partners of women who are undergoing fertility treatments.

Journal surfing may not be everyone's cup of tea. So let me suggest a couple of other resources that have proved to be equally helpful and confidence building. The first of these is a government website called the National Guideline Clearinghouse™ (NGC), a public resource for evidence-based clinical practice guidelines. NGC is an initiative of the Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health and Human Services. The website address is www.guideline.gov. Using their search engine, you can look for established medical practice guidelines that include recommendations for “acupuncture.” Currently there are seventy-four guidelines for the treatment of medical conditions from elbow pain to stroke recovery that list acupuncture as a credible treatment. I like to use this resource whenever I am asked about the efficacy of acupuncture, because the major medical societies, including the AMA, write these guidelines to establish treatment criteria. When they include acupuncture, it means that the inclusion is evidence-based. This is a very powerful tool for practitioners in states where you are still justifying your practice, and all it takes is a bit of reading to use it.

The second resource is a bit more fun. Google has a service called “alerts” that is available under their search engine page by clicking “more” and then “even more” from the main menu. Once you are on the alerts page, you can type in a key word. Google will send a daily digest from the world's news that contains that key word. I have entered the word “acupuncture” and I daily get a digest of articles on the subject. Sometimes I read a blog, sometimes I get the news that a famous soccer player is rehabbing with acupuncture, and I do get the press releases that follow major research studies. If the study is of interest, I can use the web or our own library sources to read the article. The advantage to me is that I don't have to constantly scan journals, but I will know when a research study hits major press. I may find the study itself useful, and I certainly want to know what major press my patients are reading about the services I offer. Let's face it, sometime the press



is a bit skewed and sometimes publicizes that acupuncture is no better than placebo, but once you read the original article, there is a logical explanation that has not made the news. In practice, it's vital to be at least as well read as your patients, for your benefit as a professional and ultimately to provide the most beneficial treatment and information that you can.

Of course, students are reading an enormous amount already in their program. I know that suggesting that reading journals for fun might at first seem to be a stretch, but I believe that with increased skill comes increased curiosity. The way I would recognize a skilled practitioner is by their unending love of learning, and their insatiable curiosity for innovation in practice, and their blatant love of reading.

Valerie Hobbs is the Boulder Campus Director. She can often be found scanning journals and shouting, "Whoa, did you see this?!!! Is this fascinating or what?!!!"



Valerie Hobbs, L.Ac., Campus Director, Boulder

Taking the Next Step by Melanie Crane, M.S. Ed. Academic Dean, Boulder

Taking the next step requires action – action on your part. Take the next step and run the race that has been set before you. Look up for the strength and endurance to step out and lead by example. Be proactive. Be humble. Be not angry or afraid.

At a Boy Scout meeting recently (both of my children are a part of that fine old organization, despite its flaws), the Scoutmaster told the boys the story (true or not, I have no idea, but I like the story anyway) of a man in Fort Collins who had always wanted to skydive. However, with a wife, mortgage and kids, it never



seemed to be the right time to try such a risky adventure. Time passed and the opportunity to skydive finally presented itself.

The man discussed the opportunity with his wife and she said "Go for it, you've always wanted to do this." The man took a skydiving class to prepare for his adventure. There were six other students in the class, and they were all nervous about jumping out of an airplane, despite their desire to experience skydiving.

The day of the skydiving trip arrived. The students climbed into the plane and soon they were over the jump zone. One by one they took their turn, following the instructions they had received -- put your feet out, look up, jump, and (most importantly) let go of the big handle on the outside of the plane. Everyone had jumped except for the man from Fort Collins and another man who was in front of him. It was the other man's turn so he put his feet out, looked up, and jumped -- but he failed to do the last thing -- he did not let go of the big handle, so he flew right back into the plane.

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The man from Fort Collins was surprised when he was going towards the door and the man ahead of him flew back into the plane. The other man had not overcome his fear; he was not ready to take the next step. The man from Fort Collins stepped ahead, put his feet out, looked up, jumped, and let go of the big handle. The most important part of taking the next step is to let go of your fear. Human nature is to not let go of our fear, but in order for us to be effective in our lives, we must not be afraid to fall. If you give it your best and fail, there are lessons that are learned from that experience. However, if you do not give it your best effort, failure does not teach us anything, it just reinforces the fear of taking the next step.

In my position, as Academic Dean, I meet with a few students who get “stuck” and can’t “let go of the big handle.” Getting stuck can be manifested in many ways -- sometimes by getting trapped by unrealistic expectations the students place on themselves or by feeling pressured by other people in their lives. This program of study is notoriously difficult, and rightfully so, but I’ve seen students become so paralyzed by fear and expectations that they forget the joy that their adventures and experiences can bring, even if they are not perfect. Learning is a process where we have to be willing to take the risk of failing. Take the next step by belief, not sight – by looking up we can’t look down at what we fear. By looking up, we get the positive influence we need to have the strength to take the next step. What is your next step?

NATIONAL AND STATE EXAM DATES FOR SOUTHWEST ACUPUNCTURE COLLEGE STUDENTS

Exams	Exam dates	Application Deadline	Southwest Acupuncture College Internal Deadline
NCCAOM Year Round Testing	Began February 15, 2007	No deadline dates for eligibility. Once you are found eligible, you can schedule your exams at your convenience. Please remember to allow 10 to 12 weeks for processing your application before you are approved to test	1) We send the transcripts to NCCAOM once a month. 2) You can request our Dean to send your transcript and exam approval letter to NCCAOM within one calendar year of your graduation date. 3) For the herbal exam, you can only request within one semester of your graduation date.
New Mexico State Exam (Spring 2010)	May 1 & 2, 2010	*License Application deadline (due to Board Office) 3/2/2010 License Application complete documentation deadline (due to Board Office) 3/26/2010	February 26, 2010
New Mexico State Exam (Fall 2010)	September 25 & 26, 2010	*License Application deadline (due to Board Office) 7/27/2010 License Application complete documentation deadline (due to Board Office) 8/23/2010	July 23, 2010
California State Exam (Spring 2010)	February 16, 2010	Complete application and application fee must be postmarked no later than October 16, 2009	September 16, 2009
California State Exam (Fall 2010)	August 11, 2010	Complete application and application fee must be postmarked no later than April 9, 2010	March 9, 2010

*New Mexico Board of Acupuncture and Oriental Medicine can accept late transcripts for Southwest Acupuncture College April 2010 and August 2010 graduates if we provide them the graduate's names in advance. Please see your Academic Dean in regard to this.

The Healing Sound of Creation

by Marjorie de Muynck
Student, Santa Fe

I've been composing music for healing for many years. In my practice I relished sound as an integral part of the healing experience. I co-created the Acutonics Sound Healing System as well as created the Ohm Therapeutics Sound Healing System with this in mind. Several years ago, in my recovery from cancer, I spent months and months just listening to the sounds of nature where I live in the Nambe area. I attribute a great deal of my healing to these sounds. They lifted me in ways which I had not felt since childhood, when I was encouraged by my Cherokee grandfather to really listen and take in the sounds of nature.

As I started to feel better I began field recording crickets, hawks, crows, hummingbirds, cicadas, frogs, etc. I also spent some time at a large bee apiary in 2008 and recorded bees at various times of the day and evening, paying attention to the various flight patterns and their respective sounds. An interested baby crow followed me around and is heard on the CD! My recording engineer in Albuquerque was more than excited about this project as he had recorded the inner sounds of an Arizona Barrel Cactus for John Cage in the late 70's, which sound much like whales and dolphins. We varied the frequency of the animal sounds and discovered that crickets, for example, sound like humans singing, which you can listen to in Track number 9 of the CD. The animal sounds are interwoven with the recording of local musicians performing Anton Dvorak's (a known nature lover) New World Symphony, on



dobro, harmonica and pedal steel guitar. This experience reinforced my understanding that we are all One Vibration existing at varying speeds and life cycles, and that separation is an illusion.

Last December Vibrational Healing Music was chosen number one in the Healing Recordings category of 2008-2009 on the Whole Music Experience website. If you would like to hear sound samples of the music and to see what others have said about it, please visit www.soundhealingtools.com.

What others have said about it:

Most of you are familiar with the externship clinic at La Familia in Albuquerque. If not, it is a foster care facility for abused children. Southwest Acupuncture College has had an externship clinic at the facility for the past seven years of which I am the supervisor. Recently I was asked if I knew of some music that might be appropriate for the clinic. I brought in classical style music as well as a CD that composer Marjorie de Muynck gave me to listen to. I played Ms. de Muynck's compositions to the patients whose smiles and noticeable energetic changes showed the power of her music. I can only speak for this clinical observation, however, I would encourage others to listen to Ms. de Muynck's unusual yet intriguing CD.

~Dr. Jeffrey Meyer, D.O.M., Teacher

Marjorie de Muynck has broken new ground with her latest CD in a profound and beautiful way. I use this music in my Acupuncture practice as well as listen to it every night and drift off into a peaceful sleep. You owe it to yourself to become reacquainted with these gentle sounds and perhaps the realization we are but a reflection of the natural world around us.

~C.E. Dann-Jones, L.Ac, Seattle, WA

Vibrational Healing Music is an audio that radiates the purest form of the earth's great splendor. Its healing presence is assured to be a benefit to all of mankind. This audio is one that will offer the perfect form of relaxation. **~Suzie Housley, Midwest Book Review**

To purchase Marjorie's CD, call 505-455-7556.

Communicating With the Financial Aid
Department
by Angela Anaya, Financial Aid Director

There continues to be a lot of changes with the Financial Aid industry. The Southwest Acupuncture College Financial Aid department continues to make changes to build a stronger and more efficient Financial Aid department to service you throughout your education with the school. Communication is very important from this department. It will come in various methods, such as e-mail, phone, student mailboxes, or through the administrative staff at your campus. Please make sure that you check your e-mail, voicemail, student mailbox, etc. on a regular basis so that there are minimal delays in processing your financial aid.

2010-2011 FAFSA RENEWAL REMINDER

The 2010/11 FAFSA is now available on the web at www.fafsa.ed.gov for students who plan to re-apply for financial aid during the 2010 academic year. This would apply to the Fall 2010, Spring 2011, and Summer 2011 semesters.

You must file your Federal income tax return BEFORE you submit this FAFSA. If you answer "Will File", loan processing will be delayed and you will be required to correct and re-submit this FAFSA.

If you have questions about your renewal FAFSA, online help is available at www.fafsa.ed.gov. For PIN assistance or help with correction issues, you can also contact the Federal Student Aid Information Center at 800-433-3243.

The deadline to submit Your 2010-2011 FAFSA
is May 10, 2010

