Southwest Acupuncture College Mission Statement

Southwest Acupuncture College is a classical school of Oriental Medicine offering an accredited professional degree program leading to a Masters of Science in Acupuncture or a Master of Science in Oriental Medicine. With the primary responsibility of educating students to become independent healthcare providers, our foremost goal is to provide excellence in the education of those prospective practitioners. A concomitant goal of the college, to cultivate service to the community in this emerging field of effective medical care, is fostered in the curriculum and the educational life of the college community through our on-site low-cost public clinic and numerous off-campus externship clinics that offer free service. In order to accomplish these goals of promoting the greatest caliber and realization of professional performance, the staff and faculty are continually re-evaluating the program and supporting areas of institutional activity, seeking ways to enhance and maintain the college’s standard of excellence.

Meeting our Mission

By Dr. Skya Abbate
B.A., M.A., Dipl. Ac., Dipl. C.H.,
D.O.M., M.P.S.
Executive Director

In the last academic year, the college treated 21,437 patients, an increase of 3,915 at the college's three clinics. In addition to the student clinics held on-site, patients were also treated at many specialty extern clinics—largely in local hospitals and as a pro-bono service in fulfillment of college's mission statement.

Pain, in all its human dimensions, continues to be the largest area of treatment between 71.2%-80.4% of patients presenting various types of pain. Females access acupuncture in a ratio of 2:1, thus, suggesting our need as a community to reach out to the male population who undoubtedly suffer from most of these disorders too.

Despite the specific major complaint, our goal—the goal of Oriental medicine—is to treat the whole person—body, mind and spirit, and the patient satisfaction reflects our success.

Patients were treated with needles, herbs, moxa and other adjunct therapies, but mostly with the soul of the medicine, the wisdom of nature, the compassionate and kind hearts of the students and their supervisors. Thank you!

continued on page 13
Combating Burnout

By Melanie Crane, M.S. Ed.
Academic Dean, Boulder Campus

As I write this, we’re at the end of the 10th week of the Summer 2013 semester. Midterms are over, and finals are still on the horizon. The energy level of the students seems low. Is it the relentless heat...or is it mid-semester burnout?

First, recognize the problem. Are you feeling stressed, forgetful, fatigued? Do you feel physically ill? Are you feeling moody or emotional? If so, you may be feeling “burned out.” The solution is to find some stress-relieving activities and embrace personal strategies to cope with or avoid burnout.

If you’re a perfectionist, idealist, or workaholic, put some balance in your life and actually try to please yourself rather than focusing on what you think other people expect from you. Build positive social supports and control the negativity in your environment. If there are negative people in your life, limit your time with them and seek out opportunities to be around people with positive attitudes. Good moods are contagious, just like bad moods.

Try to control only what is actually within your control, and take action to be involved in decisions that directly affect you. If you’re working, seek flexible hours to accommodate your needs in school and in your life outside of the classroom/clinic. Asserting yourself can help control your own negative emotions. Even if you’re feeling burned out, keep yourself on schedule and give yourself realistic deadlines and breaks from studying and working. Make room in your schedule for things that give you energy. Pressuring yourself with too high expectations contributes to stress and reduces your overall effectiveness. If you’re overcommitted, find a way to say “no” to activities that increase your stress. Accept your limits, mortality and vulnerability—and, above all, don’t embrace the myth of “multitasking.” More on that particular subject will have to wait until the next edition of the Luo Down!

In summary, try to do something positive for yourself each day and view setbacks and mistakes as learning opportunities rather than a reason to stop doing anything at all. Remember that even when we’re doing something we love, we can still get tired and burned out. Give yourself a break so you can rest and take the time to reflect on all the positive things that have drawn you to this place, at this time, and for this educational experience.

Acknowledgements:
Student Counseling Service, Texas A & M University
Health and Counseling Services, Massey University
Counseling Services, University of Victoria

The Santa Fe Koi

By Charlene Wunderlich
Clinic Manager, Santa Fe Campus

As you enter the front door of the Santa Fe campus, the first thing you’ll see is the koi pond. There are 11 koi (full name nishikigoi, literally “brocaded carp”) inhabiting the pond. They are all different in coloring, representing eight varieties. The koi all have names—two respond to a whistle when it is feeding time. I feed them twice a day, Monday through Friday, with Annie (Clinic Assistant Manager) doing weekend duty. The koi were one or two years old when they arrived in 2006. There are both male and female, but baby koi are not going to happen because the environment is not conducive to breeding.
FALL: The Wonderful Season of Allergies

By Babette Saenz, M.P.A, D.O.M.
Academic Dean, Albuquerque Campus

This unseasonably wet summer will predictably send many of us into a disastrous allergic response this fall! Weather.com says that the warm, wet weather can produce “three to four times more pollen than normal.” So, hold onto your tissues!

What causes this response in the body? The allergic response is created when our immune system misidentifies a normally harmless substance in our body. This creates a histamine and inflammatory response when our system tries to reject that substance. Those normal substances include pollen, dust, foods, smoke, dander, mites, and a host of other substances. From a Chinese medicine perspective, Ellen Shefi and Bill Schoenbart say, “wind is part of the diagnosis, usually combining with another pathogenic influence in wind dampness, wind cold, or wind heat. Typical of patterns involving wind, allergy symptoms often occur without warning. In seasonal allergies, such as hay fever, the most common diagnosis is wind and dampness. This combination produces a sudden onset of symptoms: sneezing, itching eyes and throat, and a heavy sensation in the head with copious mucus.”

What can we do to help our patients through this season without buying shares in a tissue company? TCM treats the whole body as a system. The middle jiao can be a cause of the problem and herbal formulas in addition to acupuncture treatments are recommended. Pi Pa Ye, Lu Gen, and Mai Men Dong work wonders for the middle jiao problem. Ting Li Zi, Sang Bai Pi, Bai Qian, and Qian Hu can resolve phlegm and direct lung qi downward. Sometimes, it is a wei deficiency that creates a long-term problem for the person who can never seem to recover from “allergies.” Jade Windscreen Formula (Yu Ping Feng San) can treat that wei qi deficiency. Pe Min Kan Wan works wonders for nasal allergies, although the most commonly used herbal formulas that address rhinitis are Cang Er Zi San and Bi Yan Pian. They work miracles for the person with common nasal allergies. Even a lack of proper sleep can cause our immune system to work in hyperdrive!

Don’t forget the diet! So many of our allergies are food-related. Foods that create phlegm and dampness and cause wheezing include dairy products, sugar and wheat, pork and rich fatty meats, roasted peanuts (including peanut butter), many fruit juices (especially orange and tomato juice), and saturated fats. This is by no means a comprehensive list but is just a guideline of the most common foods creating dampness and phlegm.

Foods that can eliminate dampness include corn, barley, basmati rice, aduki beans, lentils, lemon, tuna, caper, button mushroom, umeboshi plum, eel, pumpkin, radish, alfalfa sprout, papaya, turnip, white pepper, anise, garlic, horseradish, green tea, cardamom, ginger, marjoram, nettle, parsley, jasmine tea, raspberry leaf tea, thyme, and plain old water. There are also homeopathic remedies that are tried and true, like Adrisin, which is a proprietary blend from Heel, Inc. and is also one of my favorites. This blend addresses skin, food and nasal allergies.

As we know, in TCM, every patient walks in with his or her own medical book and all patients respond differently to treatments. We have the ability to hone in on the cause and treat the imbalance causing the allergies. Ours is not medicine for the faint of heart! We dig deep into the person’s history and the causes of disease so that the symptoms simply disappear. Nevertheless, addressing symptoms doesn’t hurt! Food and homeopaths can help with that process as you treat the root cause of dysfunction with herbal formulas and acupuncture.

Some foods that can eliminate dampness

Corn
Rice
Beans
Alfalfa Sprouts
Interconnectedness and the Art of Healing

By Alaina Speraw, B.A., L.Ac., Dipl. Ac.
Academic Dean, Santa Fe Campus

“Do you understand the art of healing?” inquired Huang Di, the Yellow Emperor. Lei Gong, the Emperor’s advisor, replied that his knowledge was incomplete and respectfully requested to receive teaching on the subject. Huang Di replied, “one should not forget the myriad of things of the universe have an intimate relationship with one and other. They may present as yin and yang, internal and external, male and female, upper and lower, but they are all interconnected, interdependent and inter-transcendent. Let us take medicine, for example. As a medical practitioner, one should master the cosmologies of heaven and earth, understand the human mind and spirit, and grasp all sciences of nature. In this way one will have a holistic, integrated perspective, and will grasp the Tao.” (Quoted from The Yellow Emperor’s Classic of Medicine by Maoshing Ni, Ph.D.)

What does the recognition of the intimacy of the myriad things of the universe have to do with healing? Healing, or “halen,” means wholeness. Wholeness is a fact of this intimate interconnectedness with our universe. Every action and thought has a profound ripple effect in the cosmic soup of existence, from the bird which eats the cicada for lunch to the monsoon rain greening the earth and birthing ten thousand things to a smile that warms the heart.

Charles Dickerson-Kanary Award
for Excellence in Biomedicine

By Toni Meeks
Albuquerque Campus Director

I am very excited to announce that an additional scholarship has been created at the New Mexico campuses. This addition will now allow the campuses to award a total of five scholarships: one award for new students just entering the program and four awards for returning students who demonstrate a high standard of performance in their clinics and coursework.

The existing scholarships are:

• **Bind Each Other’s Wounds, The Monsignor Jerome Martinez y Alire Living Legacy Award**, an annual four-year full-tuition scholarship for an applicant to the college who is a New Mexico resident and parishioner in the Santa Fe Deanery.

• The **Thaddeus Bukowski Memorial Scholarship**, for students who demonstrate outstanding promise as practitioners during the first year of school.

• The **Fourth Treasure Scholarship**, for students who demonstrate academic excellence during the first year of school.

• The **Gentle Tiger Scholarship**, for students who demonstrate superior point location skills and knowledge of point energetics.

• The **Golden Flower Scholarship**, for students who demonstrate outstanding herbal skills.

…and the newest one is:

• The **Charles Dickerson-Kanary Award for Excellence in Biomedicine**, for students who demonstrate superb Western medicine knowledge that is applicable in the clinic and the classroom setting.

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Back to TOC
Interview with Dr. Hilary Broadbent

By Toni Meeks
Albuquerque Campus Director

Last spring, our campus was invited to have a free booth at the New Mexico Pharmacists 83rd Annual Convention at the Embassy Suites in downtown Albuquerque. We received this gift because Dr. Hilary Broadbent, who teaches Herb Review at both the Santa Fe and Albuquerque campuses, accepted a request to give a speech at the convention. I interviewed Dr. Broadbent to share her thoughts about her presentation.


TM: How did it come about that you were invited to the convention?

HB: The convention organizers were interested in having someone come to talk about complementary medicine. One of them knew Thomas Hodge at the Santa Fe campus, who asked me if I'd like to be involved. With much trepidation, I put together an outline so that they could see what I had in mind for the talk, and they accepted the proposal. It was fascinating to think about what pharmacists might want to know about Chinese medicine and what I would like them to know about what we do.

TM: What did you want your audience to come away with after your presentation?

HB: My main purpose was to emphasize that DOMs and pharmacists need to collaborate to ensure the safety and well-being of our mutual patients. Lots of people take medications and herbs together, and better communication between pharmacists and herbalists means safer and more effective treatments. I gave a few examples of known herb-drug interactions, some of which are harmful and some that are helpful. I also covered some of the basic concepts of Chinese medicine (qi, yin, and yang) so that if one of my patients comes in saying “I’m taking these herbs for my Spleen qi deficiency; will they conflict with my medications?” the pharmacist or pharmacy technician will have some idea what the person is asking. And, I covered some of the applications of Chinese medicine so that if, for example, they know someone whose pain is not being adequately controlled by pain medications or who is experiencing side effects, they can think about recommending acupuncture as a non-drug adjunct treatment for the pain.

TM: What types of follow-up questions did you have from the audience after the presentation?

HB: There was a question about the effects of adding electrical stimulation to acupuncture, and we discussed frequency-dependent effects on the stimulation of endorphin production. Another person wanted to know about auricular acupuncture for substance abuse and whether there is a way to make the effects available to people who don’t have many acupuncture tourists nearby. I remember that, at one point a few years ago, Walgreen’s actually carried boxes of sticky ear-shaped patches with pellets on them as a do-it-yourself ear treatment, so I’m doing some research to see if those are still being made and where they might be obtained. Someone else wanted to know about veterinary acupuncture and herbs, and another person wanted to know if there is a good resource for cross-referencing Chinese herbs with local herbs (both, for example, have species of Ephedra and Lycium) and in particular whether there’s a source that would cross-reference the Chinese names to the Spanish names. I haven’t found that one yet, but I’m still looking. Many people in the audience had been treated by acupuncture at some point, so it was a very open-minded crowd.

TM: What, personally and professionally, did you take away from the reaction to your presentation?

HB: I was extremely impressed by the intelligence and dedication of the professionals present at the conference. I already knew they are very smart people, but I got a better sense of the depth of their interest in serving the population and the breadth and variety of the questions and issues that are brought to them. I was also impressed by the variety of settings in which pharmacists serve both the public and other healthcare providers. For example, there was a lovely talk just before mine about prescription drug abuse and some outreach programs that have been developed by students and staff at the College of Pharmacy at UNM to educe kids of all different ages about the dangers of abusing prescription drugs.

I told them some things that I wanted them to know about what I do, but now I’m really curious to hear what they’d like me to know about what they do. It would be wonderful if Southwest Acupuncture College and the College of Pharmacy at UNM could have some kind of extended conversation about herbs and medications and how to help people safely get the greatest benefit from both.

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Boulder Campus Updates

By the Boulder Campus

The Boulder Campus is enjoying a time when last year’s expansion of space and services is being utilized. In order to help our students be more successful, this past summer we began group tutoring sessions for basic theory and basic herbal theory.

Valerie Hobbs, who has served as Boulder Campus Director since 1999, has taken on a new position as Director of Program Development. In this new position, she will no longer oversee the day-to-day operations at the Boulder campus but will be responsible for programmatic assessment and the implementation of programmatic improvements for all campuses. The college wishes to thank her for her years of service in building the Boulder campus and we look forward to her future contributions to the college at all its locations.

Our Student Council Representatives continue to organize many events for our student community, including our Student Lunchtime Lecture Series, Second Friday Happy Hour Gatherings, and a garden barbecue. We wish to take this opportunity to thank our recent graduate Scott Bartell for creating and maintaining the barbeques every semester.

Thank you, Dr. Broadbent, for sharing your experience. The insights that you have shared may lead to expanded connections and knowledge among pharmacists and acupuncturists that are greatly beneficial to both.

Brief bio of Dr. Hilary Broadbent, B.A., Ph.D., D.O.M, Instructor

Hilary Broadbent received a Bachelor of Arts degree in Biology and Ancient Greek from Barnard College in 1986, and a Ph.D. in Experimental Psychology from Brown University in 1993. Following several years as a postdoctoral researcher at Oxford University in the United Kingdom, she returned to the United States to study acupuncture, first at the Arizona School of Acupuncture and Oriental Medicine in Tucson and then at the Albuquerque campus of Southwest Acupuncture College, where she earned her Master’s degree in Oriental Medicine in 2003. Hilary teaches Taiji Quan and Qi Gong privately and has an acupuncture practice in Albuquerque. She currently teaches several courses in the Chinese herbology sequence at both the Santa Fe and Albuquerque campuses, and supervises in the student clinic.

You Know You Are From Boulder Southwest Acupuncture College When...

“a major topic of conversation is qi and blood stagnation.”
“you are on a first-name basis with the skeleton model (Bob).”
“the break room smells like 30 lunches at once.”
“people ask you if the steak you are eating is organic.”
“you’ve got lots and lots of reading to do.”
“after your 3-mile morning run, you bike 6 miles to school and plan your weekend wildflower hike.”
“you bring a cake for someone’s birthday and make sure it is gluten-free.”
“you make silly acupuncture jokes and everybody gets them.”
“healing people every day is not just a concept.”

A man who removes a mountain, begins by carrying away small stones.
Chinese Proverb

Back to TOC
At the beginning of the summer 2013 semester, the students returned to a new “Practical Lab” located in the Longevity room! The brand new cream-colored massage tables are a big plus for the students’ and teachers’ overall experience in the practical classes.

We had several presentations during late spring and early summer. In the spring, the campus hosted a successful workshop called “The Power of Moxibustion,” presented by Lorraine Wilcox, L.Ac. from California. The workshop was well attended, totaling 20 participants. This summer, clinic supervisor Dr. Debra Boehme, who is also a member of the New Mexico Disaster Medical Assistance Team, gave a lunchtime presentation called QPR. QPR stands for Question, Persuade and Refer, a methodology for learning three simple steps to help save a life from suicide. Additionally, Dr. Shelli Rosen of Crane Herbs Pharmacy visited during a lunch break to present material encouraging future practitioners to make the most of the extensive herbal training our college provides.

The Student Support Committee (SSC) held meetings during the spring and summer semesters and elected new officers: Co-Chairs–Patricia Nichols/Joseph Byron; Marketing–Noelle Baroody; Secretary–Eric Michaelsen; and Treasurer–Bernadette Lujan. They arranged a book/acupuncture supplies and women’s clothing swap, donating remaining clothing items to Safe House.

This summer, student Annie Ikeda adorned Administration with gorgeous fresh flower arrangements! Annie took on flower arrangement as a means for relaxation and a diversion from her studies.

Our annual picnic was held at the Mariposa Basin Park, Taylor Ranch. The weather was very cooperative, as it was cool and sunny! This year, we tried a new park location for students, staff and faculty to mingle and enjoy the weather, food, and friendship. We thank all that came out to enjoy the camaraderie and beautiful weather!

The Vendor Fair was a great success! We have 27 graduates this year and the vendors solicited by Heather Lang, Boulder Campus Administrative Director, provided an excellent array of products. The students were thrilled and very thankful!
Happenings at the Santa Fe Campus
By Latricia Gonzales-McKosky
Santa Fe Campus Director

The spring break was busy in the clinic at the Santa Fe Campus. The clinic received all-new massage tables with headrests. Accent walls were painted in the consultation rooms. We moved the Clinic Director’s office upstairs to the clinic. This move makes it easier for the Clinic Director and students to interact. The new clinic office received a makeover with blue walls, and then Dr. Takeda added some Feng Shui and moved in. The Caridad Classroom also received a makeover with the addition of massage tables with headrests, areas for clean needle technique, and a gold accent wall.

The Caridad classroom is the space used for our new-Community Clinic, which has been a great success. The student interns have been seeing an average of 16-18 patients a night, with each student treating an average of 8 patients a night. Under Dr. Maria Perez’s instruction, they are working like a well-oiled machine. The Community Clinic will continue in the fall semester.

Fourteen students from the Santa Fe campus graduated this year. The graduation and subsequent reception were held at the Inn and Spa at Loretto. Dr. Hiroki Takeda, Heather Vaughn, and Norma Navaro performed the music for the ceremony. Norma and her band, The Imperial Rooster, provided the music for the reception.

We have added additional hours for the Academic Dean and Clinic Director, and we welcomed Alaina Speraw as a new Academic Dean. She is training with Dr. Maya Yu, who decided to leave Southwest Acupuncture College to nurture her own private practice full-time. We will miss you, Maya. We also welcomed Dr. Hiroki Takeda as the Clinic Director. At the front desk we have new Administrative Assistant, Farice Rezabek, who brings years of business experience to us.

The annual faculty meetings were held in Santa Fe on July 24th and 26th. The meetings were split into Clinical Supervisors and Instructors of the Didactic Curriculum. Over 40 faculty and staff members attended the meetings.

Congratulations to Southwest Acupuncture College 2013 Graduates

I hope your dreams take you to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known.

Santa Fe Graduating Class
Physician’s Oath

I solemnly promise, as a physician, to practice my profession to the best of my ability. I will use my knowledge and skills to aid in the prevention, diagnosis, and treatment of medical diseases. I will try to help my patients in understanding disease, treatment, and prognosis. I will encourage my patients to participate in decisions relating to their lives.

I will endeavor to alleviate their fears, and recognize that occasionally the most meaningful treatment may be in listeners with kindness and understanding. I will view my patients with dignity, and will give to them the respect and privacy which I would hope to receive if I were ill. I will keep their trust and preserve confidentiality. I will understand that a patient’s sense of well-being is essential to good health. I will respect the wisdom of my teachers and share my knowledge with others.

I will strive to further my education and develop habits that promote further intellectual growth. I will be proud enough to practice medicine to the best of my ability and humble enough to call for assistance when necessary. I will encourage and cooperate with all others involved in the care of my patients so that others may perform their duties effectively and with consideration. I will live and practice medicine for people rather than for things. I desire that my patients will serve for administrative, scholarly, and intellectual satisfaction. I see my ability to be a good physician as a gift to be shared with humanity.

Albuquerque Class of 2013 presented Dr. Broadbent with an “Oscar” award for “Best Teacher”
Cognitive Polarity Therapy:
An Introduction
Date: October 5, 2013
Time: 8:30am-5:30pm
Presenter: Laurie Heusinger, LMT, NTS
Description: Cognitive polar Transformation (CPT) is a mental focus technique that converts excessive yin and yang emotions to a more balanced state. Through our research with pulse diagnosis, we have discovered stress imbalances can be brought to balance using this technique. We have incorporated the 5 Element evaluation with the teaching of this technique to guide practitioners to the appropriate emotions for specific meridian balancing. The CPT process is a simple but profound access to the mind/body connection which is already mapped out in Oriental medicine. Local acupuncturists are teaching CPT to their clients to assist in their treatment programs. The course teaches practitioners the simple technique and CPT’s 5 Element correlation.

NCCAOM PDAs: 6
Fees: By September 13th
Students and Alumni: $133.75 Professionals: $160.50
After September 13th
Students and Alumni: $160.50 Professionals: $181.90
Location: Southwest Acupuncture College 7801 Academy Blvd. NE, Bldg. 1, Albuquerque, NM 87109
For more information: Phone: 505.888.8898
www.acupuncturecollege.edu/pdfs/Cognitive%20Polarity%20Therapy.pdf

Acupuncture Treatment of Pain in the Lower Extremity
Date: October 26-27, 2013
Time: 9:00am-5:30pm
Presenter: Whitfield Reaves, O.M.D., L.Ac.
Description: This seminar features the use of advanced acupuncture techniques in the treatment of sports injuries and pain. A systematic Four Step approach that includes ten common acupuncture techniques will be presented as the “template” for treatment. Hip pain, patello-femoral joint syndrome, shin splints, and plantar fasciitis are among the conditions that will be covered in this weekend seminar. Each injury will consists of lecture, demonstration, and supervised practice. The objective is to have the practitioner more informed about the diagnosis and assessment of the injury as well as confident in their approach to treatment.

NCCAOM PDAs: 14
By September 15th
Students and Alumni: $295.00 Professionals: $325.00
After September 15th
Students and Alumni: $320.00 Professionals: $345.00
Location: Southwest Acupuncture College 6630 Gunpark Dr., Suite 200 Boulder, CO 80301
For more information: Phone: 303.581.9955
www.acupuncturecollege.edu/pdfs/Reaves_seminar.pdf

New T-Shirt Available for Purchase
A new Southwest Acupuncture College t-shirt is available for purchase at the Albuquerque, Boulder, and Santa Fe campuses. The shirt’s back features a spectrum of needles with the words “Needles and Knowledge”—two hallmarks of the SWAC experience. The front displays the college’s name. The design, was created by Boulder student Alisha Bynum, she was chosen through the intercampus T-Shirt contest.

The shirt is available in men’s and women’s styles in a wide variety of colors. The shirts are a nice gift and a great conversation starter.
### 13

**Meeting our Mission**

**Southwest Acupuncture College Clinic Statistics**

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<th>Campus</th>
<th>Total No. of Patients</th>
<th>Total No. of New Patients</th>
<th>No. of New Female Patients</th>
<th>No. of New Male Patients</th>
<th>Age Group</th>
<th>No. of Patients</th>
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<td>22-24</td>
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<td>30-34</td>
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<td>50-64</td>
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<td>65+</td>
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<td>Actual Patients</td>
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<th>No. of New Female Patients</th>
<th>No. of New Male Patients</th>
<th>Age Group</th>
<th>No. of Patients</th>
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<td>Tune Up</td>
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<td>35-39</td>
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<td>65+</td>
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<td>Allergies</td>
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<tr>
<td>Actual Patients</td>
<td>3,952</td>
<td>93%</td>
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*continued from page 1*
Santa Fe Librarian’s Report
Charley Seavey, B.A., B.S., M.S.M., M.S.L.S., Ph.D.
Santa Fe Campus Librarian

All three campus libraries came through the NCAAOM accreditation visit in good shape. The site visitors made some suggestions, and we are busily following up on the issues mentioned.

Major donations to the Santa Fe library during the spring semester came from:

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<tr>
<td>Anonymous</td>
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<tr>
<td>Elyse Rohrer-Budias</td>
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<td>Eastland Press</td>
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<td>Lippincott</td>
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<td>McGraw Hill</td>
<td>$334.25</td>
</tr>
<tr>
<td>Skya Abbate</td>
<td>$64.99</td>
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We did a major review of journal holdings and slimmed down the collection somewhat to make it more relevant and current. The main sources for full-text journal articles continue to be our databases: Medline and AltHealthWatch. Tutorials on searching the databases are linked from the main library catalog page.

Upon the recommendation of the Library Committee we made the reserve study guides for NCAAOM Board Exams available for three-day check out and bought duplicate copies for regular circulation.

The library is now a member of the New Mexico Consortium of Academic Libraries (NMCAL), meaning that students have access to most of the academic libraries in the state through the NMCAL Passport program. Check with the librarian for details.

FOCUS on RESEARCH

By Lisa Wood
Boulder Campus Librarian

“Inquire, Explore, Discover, Learn!” These four words are the message the Boulder librarian put forth in presentations to summer classes on the topic of research. She told students that the heart of research is just these actions. From informal observation to a double-blind clinical study, research is about being curious and having the desire to explore and gain knowledge.

In fact, research became the major activity in the library this summer. The library stayed a busy place as students honed their skills in light of assignments in several classes. These skills are developed over time and require advanced database searches of the kind that only those who have done this work can truly appreciate. Once students located a published study on a selected topic, they began their evaluation of methods, critical analysis, and forming of conclusions.

Student familiarity with the EBSCO databases, as well as both Eastern and Western medical journals, became impressive. Given the basic foundations, our future practitioners proved themselves highly capable in developing scientific, evidence-based material into reports such as “Acupuncture in the Battlefield” and “Can Essential Oils Relieve Symptoms of Primary Dysmenorrhea?”

In addition to research, the Vendor Fair brought local TCM publisher Blue Poppy into the library, complete with some half-off books, free book bags, and a raffle for a hand-carved tea set made in China.

The library also benefitted from the activity of the Library Committee. The Committee consists of two students, one instructor, two staff members, our Campus Director, and the librarian as the Chair, reflecting a philosophy of full representation. The members reviewed and prioritized a final list for the next book order based on student and faculty recommendations, giving them an active voice in Collection Development. In addition, the direction of the library for fall was determined—including a student contest to give the library a name!
Albuquerque Librarian’s Report
By Victoria Rodrigues
Albuquerque Campus Librarian

The Albuquerque Campus Library Development Committee met in April. The group reviewed library material suggestions collected throughout the previous year and chose a list of titles that diversify the collection. A special focus in current collection development is increasing the multimedia resources held in modern formats.

The electronic system and online library catalog are now in use and offer us a glimpse of what students are reading. Here are the top titles checked out at all three campuses, starting with the most-used book of the year:

1. *Shang Hán Lùn: On Cold Damage*, by Zhongjing Zhang
2. *A Manual of Acupuncture*, by Peter Deadman
3. *Review and Pretest for the NCCAOM Exam in Biomedicine*, by Sidong Chen
5. *Chinese Auricular Acupuncture*, by Skya Abbate

The Chinese Medical Classics Book Club has read and discussed the following three books:

1. *Rooted in Spirit*, translation and commentary by Claude Larre and Elisabeth Rochat de la Vallée
2. *Ling Shu, or The Pivotal Spirit*, by Wu Jing-Nuan

Special thanks go out to the students who have offered their curiosity and ideas to the discussion, and to Dr. Rossignol for lending his experienced and insightful voice.

Thank you to the latest donors who have given valuable learning materials, from books to acupuncture models, to the Albuquerque Campus Library. Your donations will add to the knowledge of students for years to come.

**2013 Spring and Summer Library Donors:**

Alternative Therapies in Health & Medicine
Dr. Debora Boehme
Dr. Carla Garcia
Janine Hypolite
Redwing Books

Dr. Chester Dickerson
Dr. Ilse Hernandez
Jones & Bartlett Publishing
Kristi Resener

Southwest Acupuncture College Gift Certificates

Southwest Acupuncture College Gift Certificates are a wonderful way to either share an amazing treatment in our student clinic or to purchase an item in our well-stocked “book store”. They can be purchased in any denomination or for a specific amount of treatments in the clinic. Treat a family member, friend or co-worker with a gift certificate for any occasion—they will thank you for it!

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*The Book Club is discussing the book “Rooted in Spirit”*

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*“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”* — Dr. Seuss
Changes to Professional/Graduate Financial Aid

By Angela Anaya
Financial Aid Director

Below is a list of financial aid changes that have occurred within the last two years. Please take note of the most recent change that went into effect on July 1, 2013.

On March 1, 2013, the following Federal Direct Loan origination fees changed due to the Sequestration Transparency Act of 2012. Effective July 1, 2013:
- The Direct Subsidized/Unsubsidized Loan origination fee went from 1.0% to 1.051%.
- The Direct Federal PLUS Loan origination fee went from 4.0% to 4.204%.

On July 1, 2012, graduate and professional students noticed changes to the Federal Direct Loan Program as a result of the Budget Control Act of 2011 that was signed into law on August 2, 2011. Specific Federal Direct Loan Program changes that went into effect on July 1, 2012 include the following:
- Graduate and professional students are no longer eligible for the in-school interest subsidy on the Federal Direct Subsidized Loan.

These changes do not affect:
- The amount a student may borrow:
  Graduate students may continue to borrow Federal Direct Loan up to their total cost of attendance for the academic year.

- The aggregate Federal Direct Loan borrowing limit:
  Graduate students may continue to borrow up to the aggregate Federal Direct Loan limit, $138,500.

- The payment or deferment of interest while the student is in school or during their grace period:
  Graduate students will continue to have the option of paying the interest on their Federal Direct Unsubsidized Loan and Federal Direct Graduate PLUS loan while they are in school and during their grace period or they may choose to defer interest payment on their Federal Direct Loan(s). If a student chooses to defer the interest payment, the accrued interest (the amount of interest that accumulates on an unpaid loan over time) will be capitalized (added to the principal balance of the loan).

Students are encouraged to monitor their Federal Loan borrowing history online at www.nslds.ed.gov.

The “Charles Dickerson-Kanary Award for Excellence in Biomedicine” has been established by Dr. Chester Dickerson in honor of his partner, Charles Dickerson-Kanary. Dr. Dickerson has taught many of the Western Pathology series courses at the Albuquerque campus and now teaches and supervises at both New Mexico campuses. Dr. Dickerson is a U.S. board-certified (NCCAOM) and New Mexico and Texas state board-certified acupuncturist/herbalist. He earned his medical degree from the Autonoma Universidad de Guadalajara in Jalisco, Mexico and his Master’s of Science in Oriental Medicine from Southwest Acupuncture College in Albuquerque, New Mexico. He is bilingual in English and Spanish, having earned his Master’s of Science in Spanish Linguistics from Middlebury College in Vermont. Dr. Dickerson formerly had a private practice in both Austin and Houston with an emphasis on addictions, pain management, and sports injuries. He was also involved in a youth outreach program in Houston working with homeless children and their addictions.

In order to qualify for the scholarship, the student must:
- Have completed 115, 172, 200A/B, 222, 272, 291, 301, and 332.
- Demonstrate excellence in patient interviewing and SOAP.
- Received recommendations from two faculty members.
- Submit an essay.

The amount of the scholarship is $500 for the Albuquerque campus and $500 for the Santa Fe campus.

We express our sincerest heart-felt gratitude to Dr. Dickerson and his partner for their generosity in support of our students. Your financial contribution inspires students to become exceptional and well-rounded providers of health care to all patients of Oriental medicine!
Sharps: To Transport or Not to Transport—That is the Question

By Joanne Neville, L.Ac.
Boulder Campus Clinic Director

There seems to be some confusion about whether we, as faculty and students of Southwest Acupuncture College, are allowed to transport sharps containers to and from school or externship sites. The good news is YES.

I have been in touch with the New Mexico Solid Waste Bureau and the official rules around this are:
“Sharps shall be contained for storage, transportation, transfer, processing, transformation, and disposal in leak-proof, rigid, puncture-resistant containers which are manufactured for the purpose of sharps containment and are taped closed or tightly lidded to preclude loss of contents. The carrying of unused (in the package) acupuncture needles is not regulated by the SWR; however, once the sharps have been used, they are a regulated infectious waste (used sharps), as defined at 20.9.2.7.1(5)(f) NMAC. Accordingly, the used needles need to be kept inside a sharps container manufactured for the purpose of sharps containment, securely sealed and labeled with the bio-hazard symbol.”

So what we need for the safe transport of sharps is a container with biohazard labeling and a secure lid that does not allow leakage of contents during transport.

Some sharps containers are not made to be used for travel and have openings that can allow acupuncture needles to leak out. You specifically need a transportable sharps container that can stand up on a tabletop (see Fig. 1).

Do not use the little handheld sharps shuttles (see Fig. 2) because they increase the risk of needle spills and needle sticks. Empty vitamin containers are not a viable option for transporting sharps because they have not been manufactured for that use.

I highly recommend the container on the far left of the picture because it has a screw top, which is the only way to assure that those tiny interdermal needles cannot escape.

Introduction from the New Santa Fe Clinic Director

By Dr. Hiroki Takeda
B.S., M.S., D.O.M., Dipl. O.M.
Santa Fe Campus Clinic Director

I want to take a moment to introduce myself as your new Clinic Director at the Santa Fe Campus.

As a D.O.M., I received my M.S.O.M. degree from Southwest Acupuncture College in 2008. Since then, I have maintained my practice in the Santa Fe campus clinic. I have spent several thousand hours treating patients for the last five years. During these years of practice, I have established relationships with legendary practitioners in Japan and have been continuing my education and expanding my knowledge through them. With all of my experience, I strongly believe in the greatness of the profession of the Oriental medicine practitioner and the greatness of the medicine itself.

At the Southwest Acupuncture College here in Santa Fe, we offer a wide variety of both in-house clinics and externships with an array of brilliant supervisors to meet the needs of the college, the students, and also the community that we serve. Please feel free to drop by my office in the Santa Fe Campus Clinic anytime if you have any questions or concerns. I look forward to working with you in the spirit of mutual respect and cooperation.

“
To accomplish great things, we must not only act but also dream, not only dream, but also believe.
— Anatole France

Exploring Yào Gào in Traumatology Class 401
By Dr. Paul R. Rossignol, D.O.M.
Albuquerque Campus Clinic Director

During our Traumatology 401 class, students learn methods to assess and treat acute, soft tissue, injuries. External applications of Chinese medical formulas can play a key role in the reduction of the pain and swelling that accompany such injuries. Yào gào or “unctuous medicine” is the term used to describe any preparation with a “greasy” consistency including salves, creams, and poultices. In these photos, students are helping to prepare a salve which can be applied to relieve pain and as a medium for tui na treatment. Salves are typically prepared by cooking ground-up medicinals in oil or animal fats. The salve being produced in these images is being cooked in grape seed oil and then mixed with beeswax to produce a thicker consistency.

Our class also produced a “medicated cloth” to be used for special moxa techniques. The cotton cloth is soaked in a mixture of herbs and vinegar until it is saturated, then hung up to dry. After drying, the cloth is used for a “pressing moxa”, a technique in which the cloth is placed over a point of pain while a moxa pole is pressed against the cloth. This produces a sensation of penetrating heat which can help to improve painful conditions.
Working at Aminokit: A Holistic Drug Detox Center

By Eva Levy, L. Ac.
Graduate of the Boulder Campus

For the past four months, I have been working for Aminokit, a holistic drug detox center in Denver, Colorado. I am proud to report that acupuncture is a part of their protocol for withdrawal and addictions. Besides holistic modalities such as counseling, neurobiofeedback, massage, acupuncture, sauna, and detoxifying foot baths, patients receive an amino acid complex in IV form. The amino acid complex helps to balance neurochemistry so that the withdrawal process isn’t so difficult on the brain and psyche.

During my short time there, the most valuable thing I have seen so far is how much acupuncture can make a difference in an acute situation. I see firsthand how fast acupuncture works and how profoundly it provides relief. I do symptomatic treatments twice a week to ease withdrawal and to help put the body in the best possible position to get through a stressful time. A lot of people struggle with depression before or after drug treatment.

I have treated withdrawal symptoms for many “hard drugs” such as heroin, pain medication, alcohol, and meth. Some symptoms that I see frequently are nausea, diarrhea, simultaneous fever and chills, trembling, extreme anxiety, and insomnia. I have found that PC6 immediately reduces nausea, a moxa bowl on the belly button curbs diarrhea, and GB20, LV3, and LI4 stop trembling, fever, and chills. For more emotional situations, A/E treatments (BL13, BL14, BL15, BL18, BL20, BL23) greatly reduce anxiety, and HT7 works best for insomnia. I also frequently use Yintang and DU24 along with the auricular antidepressant point to calm the Shen. Also, I do NADA on almost every patient during each visit, and I leave ear seeds in for them to continue pressing when they experience cravings or anxiety.

Every patient has a wily liver/gallbladder pulse, except when the patient is too weak to have a strong pulse. I frequently use a point prescription that Boulder professor Debby Shapiro teaches: A/E treatment with GB38 and KD9. This helps the body detox and improves liver/gallbladder function.

Working with addicts is sometimes hard because they tend to be unreliable. Often, they can be late or miss appointments. However, my time at Aminokit has generally been extremely rewarding. For instance, I recently received an emergency call in the evening to come in for a patient on her first day of alcohol detoxification. She was shaking, panicking, and really having a tough time. I did a simple A/E treatment with KD3 and DU20 to balance the body, and asked if she’d like me to stay with her. We proceeded to talk the whole time, making small talk and then discussing more heavy issues. I was there for someone in an emergency situation, and being present, along with acupuncture, really worked. The next day, the nurse complimented my work and thanked me. He had been really worried about that patient, and thought at one point that she might need to go to the ER.

In general, working at Aminokit makes me feel really good about helping people get their lives back and perhaps preventing them from landing in jail or even dying of an overdose. Also, the use of acupuncture as an aid in the detoxification process is an exciting addition to our toolbox of situations in which acupuncture can be used effectively. I am looking forward to seeing more research in this particular field.

If you have any questions or comments please feel free to contact Eva Levy, L.Ac. at info@clearmindacu.com.

Attention Southwest Acupuncture College Alumni!
Please send us any news about yourselves. Do you have a new practice or job? Did you get married? Have you won an award? Did you get a new degree? Do you have a story to share about yourself or another graduate of Southwest Acupuncture College? Have you been published somewhere?
Email your news or photo to Babette Saenz, Academic Dean, ABQ Campus—Babette@acupuncturecollege.edu.

We want to be your link to your classmates and colleagues! Do you want to be a part of our alumni directory? Go to our website at www.acupuncturecollege.edu, click “News/Events” and then “Alumni” and complete the Alumni Registration and Update Form.
Second Annual Bind Each Other’s Wounds, The Monsignor Jerome Martinez y Alire Living Legacy Award Granted

By Dr. Skya Abbate, B.A., M.A., Dipl. Ac., Dipl. C.H., D.O.M., M.P.S. Executive Director, Southwest Acupuncture College and Altar Society President, Cathedral Basilica of St. Francis of Assisi

Bernadette J. Lujan of Albuquerque was selected for the Bind Each Other’s Wounds scholarship honoring Monsignor Jerome Martinez y Alire. The scholarship is funded by Southwest Acupuncture College and administered in coordination with the Pastoral Councils of the Cathedral Basilica of St. Francis of Assisi and Cristo Rey. Southwest Acupuncture College, New Mexico and Colorado’s long standing healthcare institution, donates this annual four-year full tuition scholarship worth over $56,000, to a young adult New Mexico resident for study to become a Doctor of Oriental Medicine in New Mexico.

Bernadette is in her final year of the Master of Science of Oriental Medicine Program and holds a 4.0 grade point average. She has been greatly influenced by her great grandmother, a gifted curandera, healer and midwife in the northern New Mexico town where she was raised. Bernadette aspires to be the type of practitioner that her great grandmother was—one that practiced the art of medicine with a mix of intuition and love. She hopes to impart the same when she becomes a Doctor of Oriental Medicine. Bernadette writes, “I never expected to be writing about what role my faith, my Catholic faith, in particular, plays in my life in a program of the study of Oriental Medicine. It has offered me clarity on what my heart truly desires and that is to return to Pecos and get involved in the community and help people restore balance in their lives. I look forward to be more involved with the parish (the heart of the community) and resume my work in offering a grief support ministry.” She wisely notes, “I know that through the power of God’s grace, the healing begins long before I insert the first needle.”

Scholarship applications are due no later than July 1, 2014 and the college application by May 1. The applicant must meet all entrance requirements of the college and must be a parishioner of the deanery parishes of Santa Fe, Cerrillos, Pecos, or Pena Blanca. The scholarship is awarded in the fall of each year for attendance at either the Santa Fe or Albuquerque campuses. Applicants must write an essay on how you envision that your faith and spirituality will deepen your study and practice of Oriental medicine. Please visit the college’s website at www.acupuncturecollege.edu for an application. For more details contact the Admissions Assistant at the Santa Fe campus: Annie@acupuncturecollege.edu.

Those who enter my gate should know that the distress of others is also mine. (Zhong Shan’s Medical Teachings, 1933)

Back to TOC