As we emerge from the deep chill of winter, a time of hibernation and turning in, it is not so much the absence of heat as the penetration of a force to the core that consolidates our center, like a seed, so that birth can be given again.

Already it is getting lighter; faithful birds that never left our backyards are reveling in the seed we offered them to sustain their resilient fragility over the winter months. No doubt slippery snow will result in school delays until we get to April, and pollen-bearing winds will howl with the groan of life. Cherry trees pregnant with buds tell us new life is coming. Even our allergic eyes and sneezes will acknowledge it, albeit with a mixture of reluctant and expectant sighs.

With the advent of this new life, paradoxically in the decay of winter, change unfolds like a spiral, bringing with it forward motion from the stagnant freeze of winter. We'll see it in many ways - a startling sunny crocus, brave blades of grass grasping for life and air, and an early morning rabbit who looks with marvel at its piece of creation, both transfixed and transformed. From the wilderness of cold will come a soft breeze.

So be like the rabbit, in the Year of the Rabbit, and remember in the recesses of our long-term memory that abundance is around us, even if it is hidden. There is enough. There has always been enough. It comes with change.
What To Do With All These Feelings?
Dr. Mary Ellen Marino, D.O.M.
Santa Fe Clinic Director

For those of us at the Santa Fe campus, we are coming to terms with the recent passing of one of our own from cancer. Marjorie de Muynck was a student, a friend, and a colleague all wrapped up in one. She started at Southwest Acupuncture College in September of 2008. When I first met her, I thought to myself, who is this person similar in age to me with that wild outfit and that huge personality? She quickly began to share her gift for levity and her delightful sense of humor with students and staff alike, endearing us to her for what we assumed would be the remainder of her education and beyond.

We understood her struggle had been a long one and we can honor and appreciate what it has taken for her to remain hopeful, and optimistic through it all. This requires a special type of courage that is rare and I wonder if I even possess. I would love to go on and on about her life’s accomplishments and achievements, as I know they have been many, and reflect on her highly creative, diverse, tenacious and healing nature, but only knowing her a short time, my knowledge of her life’s journey is quite limited. What I do know is that she has touched all of us very deeply, and in many ways that have no words to describe them. She has been a fearless trail blazer for many of us, demonstrating the person’s inalienable right to choose and co-create one’s life according to one’s own design. We can only thank her for the countless gifts that she so shared so freely and take comfort in the joyousness that was Marjorie de Muynck.

Loss and Grieving
by Melanie Crane, M.S. Ed.
Academic Dean, Boulder Campus

Every semester someone (or several someones) at our school (be it students, faculty or staff) experiences a loss in their life. Grief is a normal and natural response to loss. Though we often expect to grieve the death of a family member or friend, many other significant losses can also trigger grief. Examples include:
* The end of a relationship
* A much-anticipated opportunity or life goal is suddenly closed to us
* The death of a pet
* Someone we love contracts or develop a potentially life-threatening illness

Grieving such losses is important because it allows us to ‘free-up’ energy that is bound to the lost person, object, or experience—so that we might re-invest that energy elsewhere. Until we grieve effectively we are likely to find reinvesting difficult; a part of us remains tied to the past.

Grieving is not forgetting. Nor is it drowning in tears. Healthy grieving results in an ability to remember the importance of our loss—but with a newfound sense of peace, rather than searing pain. Not all

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suggestions will be helpful to everyone. Grief has its unique sides. Choose the ideas that appeal to you.

**Be Patient with Yourself**
* Go gently. Don’t rush too much. Your body, mind and heart need energy to mend.
* Don’t take on new responsibilities right away. Don't overextend yourself. Keep decision-making to a minimum.
* Don’t compare yourself to others. It may seem that you aren’t adjusting as well as they are, but in reality you don’t know what’s behind their public facade.
* Throw away notions of a fixed period of mourning: one year and then you’re "over it.” This is fiction. Grief takes whatever time it takes.

**Ask for and Accept Help**
* Don’t be afraid to ask for help from those close to you when you need it. So much hurt and pain goes unheeded during grief because we don't want to bother anyone else with our problems. Wouldn't you want someone close to you to ask for help if he/she needed it? Our family and friends can't read our minds. Some relatives and friends will not be able to handle your grief. It is very important to find someone who cares and understands with whom you may talk freely. Seek out an understanding friend, another bereaved person or a support group.
* Accept help and support when offered. It's okay to need comforting. Often people wait to be told when you're ready to talk or if you need anything. Tell them.
* Give yourself some time to sort out your thoughts but don't build a wall around your life instead of distancing yourself from them.
* If grief is intense and prolonged, it may harm your physical and mental well-being. If it is necessary, seek out a competent counselor.

**Accept Your Feelings**
* Feel what you feel. You don’t choose your emotions.
* It's okay to cry. Crying makes you feel better.
* It's okay to be angry. You may be angry with yourself, the person who died, others, or just angry in general. Don't push it down. Let it out (hit a pillow or punching bag, scream, swim, chop wood, exercise, etc.).
* Thinking you are going crazy is a very normal reaction. Most grieving people experience this. You are not losing your mind, only reacting to the loss.
* Depression is common to those in grief. Be careful not to totally withdraw yourself from others. If your depression becomes severe, get professional help.
* The emotions of a survivor are often raw. It is important to let these feelings out. If you don't, they will come out some other time, some other way. That is certain. You won't suffer nearly as much from "getting too upset" as you will from being brave and keeping your honest emotions all locked up inside. Share your "falling to pieces” with supportive loved ones, as often as you feel the need.
* You may have psychosomatic complaints, physical problems brought on by an emotional reaction. The physical problems are real; take steps to remedy them.

**Lean into the Pain**
* Lean into the pain. It cannot be outrun. You can't go around it, over it or under it; you must go through it and feel the full force of the pain to survive. Be careful not to get stuck at some phase. Keep working on your grief.
* Save time to grieve and time to face the grief. Don't throw yourself into your work or other activities that leave you no time for grieving.
* In a time of severe grief, be extremely careful in the use of either alcohol or prescription drugs. Tranquilizers don’t end the pain; they only mask it. This may lead to further withdrawal, loneliness or even addiction. Grief work is done best when you are awake, not drugged into sleepiness.
* Seek the help of a counselor or spiritual advisor if grief is unresolved.

**Be Good to Yourself**

* Keep a journal. It is a good way to understand what you are feeling and thinking. Hopefully, when you re-read it later, you will see that you are getting better.
* Try to get adequate rest and nutrition.
* If Sundays, holidays, etc. are especially difficult times, schedule activities that you find particularly comforting into these time periods.
* Read recommended books on grief. It helps you to understand what you are going through. You may find suggestions for coping.
* Exercise offers an opportunity to work off frustration and may aid sleep.
* Begin to build pleasant time with friends and family. Don’t feel guilty if you have a good time; your loved one would want you to be happy. He/she would want you to live your life to the fullest and to the best of your ability.
* Do things a little differently - yet try not to make a lot of changes. This sounds like a contradiction, but it is not.
* Plan things to which you can look forward - a trip, a visit, lunch with a special friend. Start today to build memories for tomorrow.
* Become involved in the needs of others. Helping others will build your self-confidence and enhance your self-worth.
* Put pleasure in your life: take a hot relaxing bath; bask in the sun; take time for yourself (movie, theater, dinner out, read a novel).
* When you feel ready, aim at regaining a healthy, balanced life by broadening your interests. Take time for activities that can bring some purpose into your life. Think about doing something you’ve always wanted to do: taking a class, learning tennis, volunteer work, becoming involved in community projects or hobby clubs. Learn and do something new as well as rediscover old interests, activities and friends.
* Remember: take your life one moment, one hour, and one day at a time.

**Recommended Reading**

For more information on grief, here are a few excellent resources:


Acknowledgements and Thanks to the Counseling Offices of:
The University of Texas at Austin
The University of Florida
The University of New Hampshire
The University of Minnesota at Duluth
The University of Washington
Spring Festival
by Dr. Dawei Shao, M.D. (China), D.O.M.
Albuquerque Academic Dean

The Chinese calendar is based on a combination of lunar and solar movements. The lunar cycle is about 29.5 days. In order to "catch up" with the solar calendar the Chinese insert an extra month once every few years (seven years out of a 19-year cycle). This is the same as adding an extra day on leap year. This is why, according to the solar calendar, the Chinese New Year falls on a different date each year.

New Year's Eve and New Year's Day are celebrated as a family affair, a time of reunion and thanksgiving. The celebration was traditionally highlighted with a religious ceremony given in honor of Heaven and Earth, the gods of the household and the family ancestors.

The Chinese New Year is now popularly known as the Spring Festival because it starts from the beginning of spring. It has a more popular name, known as “Nian”. All agree that the word “Nian”, which in modern Chinese solely means "year", was originally the name of a monster beast that started to prey on people the night before the beginning of a new year.

One legend goes that the beast “Nian” had a very big mouth that would swallow a great many people with one bite. People were very scared. One day, an old man came to their rescue, offering to subdue “Nian”. To “Nian”, he said, "I hear that you are very capable, but can you swallow the other beasts of prey on earth instead of people who are by no means of your worthy opponents?" So, it did swallow many of the beasts of prey on earth that also harassed people and their domestic animals from time to time.

After that, the old man disappeared riding the beast “Nian”. The old man riding the beast, became an immortal god. Now that “Nian” is gone and other beasts of prey were scared into the forests, people began to enjoy their peaceful life. Before the old man left, he had told people to place red paper decorations on their windows and doors at each year’s end to scare away “Nian” in case it sneaked back again, because red is the color the beast feared the most.

From then on, the tradition of observing the conquest of “Nian” is carried on from generation to generation. The term "Guo Nian", which may mean "Survive the Nian" becomes today "Celebrate the (New) Year" as the word "guo" in Chinese has both the meaning of "pass-over" and "observe". The custom of putting up red paper and firing fire-crackers to scare away “Nian”, should it have a chance to run loose, is still around. However, people today have long forgotten why they are doing all this, except that they feel the color and the sound add to the excitement of the celebration.
Hopping into the Year of the Metal Rabbit
By Joanne Neville, Dipl. Ac., Dipl. C.H., L.Ac.
Boulder Clinic Director

The year of the Rabbit brings with it a special meaning for me as a Chinese medical practitioner. I entered Southwest Acupuncture College as a student in the last year of the Rabbit 1999. It was an Earth Rabbit year. I have now come full cycle through the Chinese Zodiac.

In entering into a Metal Rabbit year, the first thing that I notice is that the Rabbit characteristics are: Element-Wood, Direction-East, Season-Spring, Organs-Liver and Gall Bladder. Metal characteristics are: Metal, West, Autumn, Lung & Large Intestine. It looks to me like we’re in for an interesting ride. Many opposing factors are present here. It remains to be seen if it will create more balance or throw us into turmoil.

By nature Rabbit folk are friendly, supportive, serene, stylish, pure of heart, organized homebodies who usually stay behind the scenes. Add to this some of the metal qualities of strength, courage, controlling nature. The Rabbit is considered lucky in the Chinese Zodiac. But they work hard for that luck. What we get could be a lot more intensity in this Rabbit year. It looks like a good year to get important things done.

In the area of health we may see more Liver and Lung imbalances as the year progresses and these opposing elements battle each other. The tendency of the Rabbit to keep their emotions in, including their grief affecting the Lungs, could result in more stagnation of the Liver. As practitioners, be on the lookout for these imbalances and try to correct them.

A Chinese Rabbit Folk Tale

Once upon a time, there was a farmer in the Song State, China. When he was working in a field, he saw a rabbit running past him, and then it broke its neck on a tree and died. The farmer grabbed the dead rabbit and made a stew. It was delicious.

After that, the farmer didn’t want to work on his field anymore. He just sat next to that same tree and waited for a rabbit to smash itself and die. Unfortunately, there were no more rabbits. Afterwards, the farmer’s field grew nothing but weeds. The moral of this story from China is that nothing can be achieved without either working or paying. Chinese idiom: 守株待兔 [shou zhu dai tu - literally, “Guarding the tree awaiting a rabbit”]. You’re waiting for a rabbit. Instead, get out there and work to make a difference.

Gifts of Food
By Latricia Gonzales-Mckosky,
Santa Fe Campus Director

This past holiday season the students and community of Southwest Acupuncture College’s Santa Fe Campus joined together to collect food for St. Vincent de Paul’s seasonal food drive. Our community rose to the challenge of collecting approximately 315 pounds of food for the Thanksgiving drive and 275 pounds of food for Christmas. Thanks to all for helping to feed the world one person at a time.

Feeding the Community

Boulder Community Giving
by Valerie Hobbs, L.Ac., Dipl. O.M.
Boulder Campus Director

There have been several needs within our community this past semester, and Boulder students responded. Each year we hold a Holiday Food Drive to benefit “OUR Center”, a local nonprofit that moves people towards self-sufficiency. This year, we contributed 120 pounds of food for

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their Thanksgiving food drive and 68 additional pounds for the Christmas Food Drive.

The semester also started with a spontaneous outpouring of clothing and household items for victims of the Fourmile Canyon Fire near Boulder, Colorado. On Labor Day, the day before school started, people from all over Boulder could view the startling wildfire that eventually destroyed over 169 homes and cost over 217 million dollars in damage. One of our student representatives was displaced by the fire, and grabbed his books, pets and computer before getting out, but lost virtually everything else. Students immediately responded with clothing and household goods. A pile grew outside my office for days, and what our student couldn’t use, was donated to the relief effort.

We have moved past the holidays and the fire, but we take with us the knowledge that we are a community that responds from the heart.

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**What’s Happening at Albuquerque Campus**

**By Dr. Li Xu, Ph.D., D.O.M.**

**Albuquerque Campus Director**

The Albuquerque campus had a very busy year made so by the highly active Student Council led by co-chairs Jennifer Jackson and Steven Malins.

The Student Council coordinated several events to enhance the spirit of community amongst the student body, staff and faculty: A “Meet and Greet” at a local restaurant for all returning and new students, staff and faculty; a hike at Elena Gallegos Park, a tour of the Bodies Exhibition at the Convention Center; and a fun bowling night out in December!

The fall semester and beginning of the spring semester was noted for some very successful fund-raising events by the Student Council. Peanut Butter and Jelly sandwiches were sold on Thursdays, and they coordinated a Craft Sale in December which was a grand event. The event created an exciting shopping atmosphere for students, staff, faculty - even patients became excited about it. The student’s objective was to raise funds for a PC computer for the library. They succeeded in doing so and they installed a PC in February.

![Steve Malins](image)

Faculty and staff were overjoyed by the wonderful “Teacher/Staff Appreciation Potluck” that the students arranged for us. We were delighted and very moved by notes from students expressing their appreciation.

Our campus held a food drive through the Roadrunner Food Bank, in which we successfully raised a barrel and a half of food to donate to the food bank at the beginning of December. Last, but not least, Southwest Acupuncture College has installed three new Mac computers in the library. Our library now displays the newest Mac computers for our student use and they are thrilled and very thankful.

Jennifer Jackson, Student Council Co-Chair stated, “We take pride in our campus and community here in Albuquerque. We study, prepare, and work hard for the journey ahead of us and would like to leave a little of that behind by being proactive and attaining things we work for.”

We are very proud of the student’s engagement and looking forward to a fun 2011.

![Janet Quintanilla](image)
A Wider World — The AAAOM
Southwest Acupuncture College Boulder
Student Organization
by Brenda Scott
President, AAAOM-Student Organization

I first discovered the AAAOM (American Association of Acupuncture & Oriental Medicine) at the 2010 conference in Albuquerque, NM, amidst the panorama of desert sunsets while sitting around a fire, meeting students from all over the country. It was a wonderful discovery to meet professionals and students continuing to grow and learn in the field, deeply caring about their profession, meeting the challenges of growing a guest medicine in an allopathic world. So I came back to Boulder brimming with enthusiasm, eager to contribute to my new profession from the larger perspective of being involved with the profession of Oriental Medicine through the AAAOM. Finding like-minded students that have been willing to contribute their time and talent to growing the AAAOM Student Organization in Boulder has been easy and shown me the creativity and talent that we have in the student body to contribute to the betterment of the profession overall.

In building our student chapter we have had successful fund-raising events with our fall yard sale and with establishing our mailbox store “Dangles, Bangles & Yarn, Oh My!” and selling jewelry and knitted items to raise funds for students to attend the AAAOM conference. The Boulder student body overall has shown an interest and support of the AAAOM Student Organization by donating items for the yard sale, purchasing hand-made items from our store and expressing increasing interest to get more involved. It was great to to have our first yard sale be met with such enthusiasm and generosity from students and staff being excited to be a part of our first event, hanging out with us in the side yard eating homemade muffins and cookies. Michelle LaPointe, Anne Devereux and Emily Herbst have contributed their ideas, work and talent to the fund-raising events, in building our chapter and their commitment as board members. Without them we wouldn’t have the beginnings of a successful AAAOM student organization. Having begun our chapter just last April, we are expanding our reach with plans to meet our mission of increasing awareness to the public about acupuncture and to create a foundation for our school chapter that will continue beyond our time in school.

Being a part of AAAOM now has shown me that there is so much to do, so many opportunities with the expansion and continually increasing awareness of Acupuncture and Chinese Medicine in this country, to be a part of this exciting world of change is a gift. I hope that our AAAOM Southwest Acupuncture College - Boulder Student Organization chapter will serve to increase awareness as to the responsibilities beyond school, of what being a part of the profession of Oriental Medicine entails, and to be a pebble in the pond that ripples to the wider world.
# State and National Exam Updates for Southwest Acupuncture College Students

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| NCCAOM Year Round Testing         | Flexible         | 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 (Fall 2011) | September 24, 2011 | *License Application deadline (due to Board Office) 7/26/2011; License Application complete documentation deadline (due to Board Office) 8/22/2011 | August 5, 2011                                                           |
| California State Exam (2011)      | Exam dates are not currently available. Please contact State of California Acupuncture Board for more information. |                                                                                     |                                                                          |

*New Mexico Board Schedule is tentative. Please contact New Mexico Board for more information.
* New Mexico Board of Acupuncture and Oriental Medicine can accept late transcripts for Southwest Acupuncture College August 2011 graduates if we provide them the graduate’s names in advance. Please see your Academic Dean in regard to this.
* For the most updated information, please visit the states and NCCAOM websites:
  NCCAOM: www.nccaom.org  
  State of California Acupuncture Board: www.acupuncture.ca.gov  
  New Mexico Board of Acupuncture and Oriental Medicine: ww.rld.state.nm.us/acupuncture/index.htm
Change
By Latricia Gonzales-Mckosky,
Santa Fe Campus Director

The only constant is change -Greek Philosopher, Heraclitus

As we begin a new decade and a new year, it is clear that things, people, and places change. How we deal with this affects some of us more than others. Open minds are ready for the new, ready to explore what comes next. The 21st century is bringing us change quickly. Items that many of us have used on a daily basis are on the way to becoming obsolete. Some of these include: paper maps, encyclopedias, landline phones, fax machines, watches, telephone books, film cameras, and classified ads in newspapers.

Change is inevitable. Change is related to growth. If you do not change, you do not see, feel, know, or go toward anything more than you are now. Think about how boring no change would be. Many are comfortable as they are, but ready to accept change to add depth and layers to what already exists. Others struggle to stay the same, which is a losing battle. It is virtually impossible to stop change because life is always evolving. This evolution results in some change regardless of whether one wants change or not.

Accepting change is certainly easier said than done, it’s the best thing we humans can do for ourselves in the long run. Look at all the things we could prevent if we just accepted change: worry, stress, physical and mental illness, the urge to hurry and get everything done, and much more. If you want to minimize these things, start taking small steps to accept all the changes in your life. You’ll feel much better and enjoy your life more just by doing this.

Recognize that learning to accept change doesn’t happen all at once. Most people go through the following four stages before finally accepting a change: denial, resistance, exploration and commitment. So, give yourself the time you need to thoroughly deal with each stage and then move freely and naturally from one to the other.

Be flexible. Make the best of changes you can’t prevent, rather than wasting your energy fighting them. Channeling your energy in a positive direction gives you not just a greater sense of empowerment in handling the situation, but also greater control over the final outcome of the change.

Accept the change. Embrace the opportunity to break new ground. Welcome the chance to demonstrate your ability to face a challenge creatively. You’ll emerge from the experience stronger, wiser and more confident than you were before.

Ease Through Transitions
By Dr. Maya Yu, D.O.M, Dipl. Ac., Dipl. C.H.
Santa Fe Academic Dean

How many of us are able to move through life with relative ease from one stage to the next? When confronted with change, some of us bravely soldier on while some grip tightly to the status quo. In our infinite ways we deal with change, for many, it may not be an easy task. Here, I would like to share a point protocol and its use where change, or the inability to move from one stage to the next, is the issue at hand.

In Chinese Medicine, the pathway of the 12 primary meridians begins with the Lung channel and ends with the Liver channel. The circulation of energy through these 12 main meridians is mapped onto a 24-hour time period, known as the Horary Clock, with each organ correlating to 2 hours.

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3:00-5:00am corresponds with the Lung organ, or the beginning of the pathway through the 12 channels and 1:00-3:00am corresponds with the Liver organ, and the end of the pathway. 3:00am marks the transition of time between the end and the beginning of the qi cycling though the body.

It is this period of time, Liver to Lung time, the time from 1:00-3:00am and 3:00-5:00am, that I am particularly interested in. If this transitional time represents the energetic “stop” and “start” of our biological rhythms, then perhaps this period of time, which corresponds energetically as Wood going into Metal, may have some metaphorical weight to other life processes as well.

In practice, I have noticed the time period from 1:00am through 5:00am, with 3:00am being the most common time, to be a period when people may wake up and are unable to return to sleep easily. I attribute this to insufficient energy within the Liver organ to circulate the energy into the Lung organ. The insufficient energy in the Liver organ, which causes a disruption in the flow of qi, may be responsible for the waking up or restless sleep that occurs during the initial period from 1:00-3:00am. The Lung organ, which may be deficient to begin with, then lacks the necessary energy to continue the qi circulation throughout the rest of the 12 meridians. With additional insufficient energy in the Lung organ, the time between 3:00-5:00am may also be a period of unrest. For these patients, I have used the following point combination to re-establish the qi to flow from the Liver to the Lung:

Liver 3 Tai Chong Supreme Rushing – the Yuan-Source point on the Liver Meridian
20 Ways to Prevent Catching a Cold
Dr. Li Xu, Ph.D., D.O.M.
Albuquerque Campus Director

Spring season is upon us. In Chinese 5 Element Theory, spring is associated with the element of Wood. By now, just about everyone should be enjoying the magical awakening that is taking place. In the cycle of the seasons, spring is a wonderful experience of rebirth and expression. However, it is also a season for the “awakening” of bacteria and viruses, for they “rebirth” and “express” themselves as well. What should we do to strengthen our health and prevent catching a cold? Here are some of my suggestions:

Self-awareness in your daily life
1. Gargle with water everyday. Research shows that gargling with water everyday reduces your chances of getting a cold by 36%. If you already have a cold, I recommend you gargle with a glass of warm water mixed with 1 teaspoon of salt in the morning, at noon and at night to help relieve an irritated throat.
2. Drink plenty of water. Warm water is much preferred than cold water. If you are already sick, drink more water than you usually do. Eight glasses a day is standard when you’re healthy, so try to drink more than that.
3. Clean your toothbrush. Microwave it, soak it in hydrogen peroxide for a while and rinse it or simply change it every month to prevent the transfer of bacteria to your mouth.
4. Open the window, just a little bit. Just a little bit is better than not at all. Air movement and fresh air help expel bacteria and viruses circulating inside.
5. Wash your hands often. Wash them thoroughly, especially after you use the bathrooms in public places. Wash them twice.

7. Get adequate amounts of sleep. I am sure you know how important adequate sleep is to our health. Research shows that maintaining at least 7 hours of quality sleep per night can help prevent us from getting sick.
8. Use Garlic. Garlic has an antibiotic effect that can actually kill germs and clear up your cold symptoms more rapidly. How? Eat it raw if you can. Cut each glove in half and put them into your nostril if you are sick. Ha! It works!
10. Maintain a room temperature that is not too warm and not too dry.

Acupressure
1. LU 10. Rubbing LU 10 often to stimulate the lung system to fight against pathogens. You can use your right thumb to rub your left LU 10 and vice versa, or you can use both of your LU 10 to rub on each other. This therapy also helps to reduce sneezing and keep your nose open when you already have a cold.
2. GB 20. Pressing and rubbing GB 20 with both of your thumbs towards the bottom of your occiput.
3. DU 14. Ask for help from your family members to use this point. They can simply pinch it several times.
4. LU 7. Yes, you can pinch this point by yourself.
5. LR 3. Pressing and rubbing LR 3, to soothe your liver, the organ that is in charge in the spring season.

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Understanding the Liver and Gallbladder

Liver and Gallbladder are the organs of Wood, and they are the organs in charge in spring. The Wood energy flow is facilitated through the Liver. The Liver is the yin organ which stores blood and facilitates the flow of blood and energy through the body. The Liver is responsible for the strength and flexibility of muscles, ligaments and tendons. The Gallbladder is the yang organ that balances the Liver and is responsible for storing and excreting bile. Cultivating Wood energy can help with subduing anger and irritability as well as banishing indecisiveness. It also helps with blood flow problems. The increasing power of Wood provides us with the ability to recognize our higher purpose in life. Connecting to Wood energy brings us into alignment with nature.

To care for your Liver, you can:
1. Drink warm or room temperature water first thing in the morning - this supports the Liver’s natural detoxification process.
2. Eat more green vegetables - green is the color associated with the Liver and provides chlorophyll, a substance plants use to trap the energy of the sun.
3. Avoid sweets.
4. Eat more sour tasting foods to enhance bile flow.
5. Reduce alcohol, nicotine and caffeine consumption to ease the pressure on the Liver.

Hope you stay healthy in the spring!

Why Blame is a Four Letter Word
by Valerie Hobbs, L. Ac., Dipl. O.M.
Boulder Campus Director

I have come recently to recognize that modern humankind has an awful lot of time on its hands now that we don’t hunt and gather any more. Think about it. The skills we need for hunting and gathering are mostly about spending most of our day in search for our own food, which would not leave much time for anything else. And if we were spending all our time gathering pine nuts, we would need to approach the hunter of rabbits with a skillful amount of cooperation in order to make sure all of us survived.

Having developed our societies to the point that we don’t hunt and gather anymore, means that we specialized in something, others found it valuable, they pay us for it, and we use that money to buy our essentials to survive without really having to directly spend our energy on either producing, or raising, or hunting, or gathering.

So we have a lot of leftover time. We have a brain that allows us to use that time for activities that go far beyond essentials for survival. We develop reality TV. We friend people through electronic devices. We write science fiction. We develop our sense of cuisine so exquisitely that school children know the difference between balsamic and apple cider vinegar. We snowboard. Millions of us spend a full Sunday afternoon watching bizillionaire athletes move an oblong shaped ball up and down a field. No longer devoted to sweating over nut gathering, we sweat the small stuff instead.

I believe that the downward trend in hunting and gathering in modern society has reached its evolutionary conclusion, and that is – we do not value cooperative skills very much. We don’t know how to frame things so everyone can win. We tend to be righteous in our own conclusions, and feel perfectly justified in shouting our opinions, even if the shouting is in capital letters in an email, or
by broadcasting our dispersions on facebook. We are darn near uncivil as our go-to strategy.

I think this is because we have a lot of left-over time. Some of my friends would say that the rise in incivility is just about overpopulation. Crowding makes us cranky. That certainly seems to be true on my highway drive home. But whatever it is, however we evolved, we are really good at it and we really like to blame.

In the matter of being a health care provider, we need to make blame a four-letter word. We don’t bring four letter words into the treatment room, and we shouldn’t be bringing in blame either. Blame for Western medicine. Blame for our patients being late. Blame for our patients choices that may have contributed to their health problem. Blame for our patient not acting, doing, talking like we think they should. Blame for non-compliance. Blame that somehow our patient has drawn their experience to them.

Artist Catherine Pulsifer is quoted as saying, “Fix the problem, not the blame.” Imagine being freed of blame, and turning your attention to the fix. Your insomnia patient who drinks coffee daily and can’t give it up becomes one of your more interesting cases rather than your most exasperating. What is it behind their inability to give it up? Do they crave ritual? Do they have multiple ways to take care of themselves? Do they need to create a moment’s peace? Are their coffee buddies their only friends? Are they bone tired? Have they given up everything else and just can’t give up one more thing?

One of the most powerful things I read this year was written by Lisa Roederer in her Community Acupuncture Network blog recounting the experience of an overweight disabled woman who is her patient. Roederer gave space on her blog for this woman’s story of what is really like to live in pain and the reactions of people to her. A lot of those reactions were about fixing blame. Roederer goes on to say that we should extend our Universal precautions – our assumption that all patients may have a blood borne pathogen and the measures we put in place not to hurt anyone – to include the universal assumption that everyone deserves to be valued as an equal member of your community and everyone feels some kind of pain. Sometimes we won’t detect the pain in someone’s life, it may not be immediately obvious, but it is there. Roederer goes on to say that creating empathy is a skill, just like all the other skills we bring into the clinic room. She says that being nonjudgmental is a skill, letting people be in charge of their healing is a skill and she is right. Insightful, and right.

When we blame our patients, we make things so much harder than they need to be. What if we started with the basic assumption that everyone did their best to get where they are, and just do what we can to address the problem today? Can we give everyone their dignity as well as their treatment? And if we are focused on what to do free of judgment, will we not create the room, like lifting a huge weight, for the patient to begin to fix things, too?

Author Doug Copeland said, “Blame is just a lazy person’s way of making sense of chaos.” I think he’s on to something here. When we indulge ourselves in the thinking that our cancer patient has a perhaps subconscious desire to draw their experience to them, aren’t we really just trying to say that if we think right and live right, nothing bad will happen? Seems reasonable, doesn’t it? To try to make a road map of how to negotiate birth to death with the least amount of trouble? That road map has marked on it “All The Right Things To Do.” So clearly, when we see a patient who has gone off the road, isn’t it because they did something
wrong? Something I can avoid, I can tell people not to do in the future? Something for which they hold the blame? Health, life, happiness, well being...these things are not so simple. Sometimes you just can’t make an attribution for why things don’t end up like they should.

Sometimes pointing one out is just blaming, not fixing anything but blame. Fixing blame is almost exclusively an exercise in creating someone outside of yourself who needs to change, and to absolve oneself of the same responsibility. When I am treating a patient who presents himself or herself as what might be called “difficult” (difficult to treat, difficult to cure, difficult to deal with…) isn’t the real challenge is that I need a different approach, different tools, different expectations? This anonymous quote sums it up best: “If you could kick the person in the pants responsible for most of your trouble, you wouldn’t sit for a month.”

Roederer is right. Time to create our clinics in one giant Get-Out-of-Blame-Free-Zones. Universally. Applied across the board. Every day. Every blessed patient. All the time.

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Financial Aid Updates
by Angela Anaya, Financial Aid Director

Dear Students,

Most of you have received an email from the Department of Education reminding you to renew your FAFSA application. It is that time of year, but the first step in this process is to complete your 2010 tax form first if you are required to file. Your financial aid will be delayed if your FAFSA application has “Will File”. Please see the deadline required by the Southwest Acupuncture College Financial Aid office below.

**2011-2012 FAFSA RENEWAL REMINDER**

The 2011/12 FAFSA is now available on the web at www.fafsa.ed.gov for students who plan to re-apply for financial aid during the 2011/2012 academic year. This would apply to the Fall 2011, Spring 2012, and Summer 2012 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 2011-2012 FAFSA IS MAY 9, 2011**
THE GRADUATE HERB GARDEN

Dear Alumni,

Just as you are the seeds of Oriental medicine in the United States, we ask for your patronage in helping us bring this seed of an idea to birth. Your support will enable future graduates to receive a more comprehensive education in pharmacology and, we hope, better patient care as a result of our live outdoor Chinese botanical garden. The purpose of the garden is as educational and functional as it is aesthetic. We plan to integrate it into the school environment to educate students and patients in the care and appreciation of medicinal plant life. Classes in Botany, Advanced Prescriptions and Pharmacology will teach student plant physiology, preparation, and chemistry.

Donations will be used to purchase correct strains of seeds from China, books and tools for harvesting and preparation of plant care, statuary, benches, trees, fountains, and other physical needs and the establishment of the soil and gardens for cultivation. All money donated for this purpose will be put into a special fund only for the realization of this project. The first herb garden was established in May 2002 and is doing well. We have also received donations for Santa Fe and Albuquerque that have partially been implemented. If you would like to contribute to the Graduate Herb Garden, please fill out the membership form on this page.

Membership Form

Contributions in various increments are described below:

Yes, I want to support the Graduate Herb Garden of Southwest Acupuncture College. Enclosed please find the corresponding donation for my support.

[ ] I am a Life Supporter of the goals of Southwest Acupuncture College Graduate Herb Garden. Please find a check for $300.00. I will be acknowledged with my name on an individual plaque dedicated to this concept. The plaque will be placed in front of a particular genus of plant.

[ ] I am a Patron of the goals of Southwest Acupuncture College Graduate Herb Garden. Please find a check for $200.00. I will be acknowledged on a group plaque as a graduate dedicated to this concept.

[ ] I am a Supporter of the goals of Southwest Acupuncture College Graduate Herb Garden. Please find a check for $100.00. I will be acknowledged as a supporter by having my name listed in a permanent Herbal Supply Registry Book.

[ ] I am a Friend of Southwest Acupuncture College Graduate Herb Garden. Please find a check for $50.00, which is what I can contribute at this time. I will have my name published along with all of the other contributor categories when the college catalog is published every three years.

Name:_______________________________
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City:________________State______Zip______
E-mail Address________________________
Office Address:________________________
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Work Phone:_________________________

Check off the campus of your choice for the donation:  Albuquerque  ☐  Boulder  ☐  Santa Fe  ☐

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Thank you for your generous patronage!