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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.

Bind Each Other’s Wounds, The Monsignor Jerome Martínez y Alire Living Legacy Award

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

Elyse Rohrer Budiash of Santa Fe was selected for the first annual Bind Each Other’s Wounds scholarship honoring Monsignor Jerome Martínez 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 Christo Rey. Southwest Acupuncture College, Santa Fe’s long standing healthcare institution, donates this annual four-year full tuition scholarship worth over $56,000, to a young adult New Mexico resident (parishioner in a parish in the Santa Fe Deanery), for study to become a Doctor of Oriental Medicine in New Mexico. This is an accredited four-year graduate program in Acupuncture and/or Oriental Medicine.

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Military Veterans as Students

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

In the previous edition of the Luo Down, I talked about Southwest Acupuncture College’s commitment to serving the needs of students with disabilities. As the wife of a retired veteran, this caused me to think of a related topic—that of our students who have served in the military and then returned to civilian life and to the life of a student.

College may be difficult for many students, but veterans often have unique concerns including academic disruption due to deployment, perhaps being older than some other students, feeling misunderstood or undervalued, and balancing demands of school, family and even ongoing military commitments.

Examples of some issues that student veterans may face include sleeping problems, relationship issues, alcohol or drug use, feeling sad, feeling stressed or nervous, hyper-vigilance, anger, challenges transitioning to the new role as a student, and having difficulty relating to others. There can also be visible or invisible disabilities due to combat experience.

Some Tips for Successful Transitioning from Military Life to Campus Life Include:

- Connecting with other veterans both on and off campus, as other veterans have an understanding of the experience and impact of being in combat and of the additional challenges that veteran students face.
- Get involved with new relationships, clubs, and organizations with others who share similar interests and experiences.
- Keep existing relationships strong with communication about roles and expectations, particularly if you’ve recently returned from deployment.
- Unlike in the field of combat, expressing and showing emotions doesn’t show weakness, it helps sustain relationships in civilian life. Talk to friends, family and military counselors if you are having trouble reconnecting.
- Seek balance in your life and avoid the pitfalls of alcohol or drugs. Balance negative or pessimistic thoughts by focusing on meaningful and encouraging experiences.
- Develop good academic habits by setting a manageable course load and reasonable goals. Don’t expect more of yourself than is reasonable. Don’t hesitate to ask for help.

At Southwest Acupuncture College, the faculty and staff are honored to be able to assist you in meeting your academic, career, and personal needs as you return to civilian life and pursue your educational goals. We thank you for your service to our country. If you feel you are in need of services the school offers, particularly in the area of disabilities accommodations, please see your Academic Dean. The college’s clinic is also available to help meet your physical and emotional health needs.

Acknowledgements:
University of New Hampshire Counseling Center
Texas A & M University Student Counseling Service
University of Florida Counseling and Wellness Center
Health Insurance Exchange

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

On December 12, 2012, New Mexico Governor Susana Martinez issued a letter to the U.S. Secretary of Health and Human Services to confirm the state’s plan to move forward with a state-based Health Insurance Exchange (HIX). The state Health Insurance Exchange Task Force appointed by Governor Susana Martinez is assigned to find a minimum standard of Essential Health Benefits that other health plans listed in the state’s new insurance exchange must equal or exceed. An actuarial analysis of policy options versus cost put the chosen plan ahead of offerings from other companies in the state. Eleven other policies were reviewed. The Patient Protection and Affordable Care Act (PPACA) established criteria that state Essential Health Benefits plans are required to include items and services in categories ranging from emergency services to prescription drugs in policies similar to those typically offered by employers. The PPACA extends health care coverage to more than 30 million uninsured Americans while expanding certain services through Medicaid. New Mexico’s plan will be active by the end of 2013.

By 2014, consumers who already have insurance through Medicare, Medicaid or a private insurer can keep their policies. Those who don’t can purchase plans through the state Health Insurance Exchange.

As a member of the NM Health Insurance Exchange Task Force, I represent providers in the state of NM. This group is tasked with establishing the NM HIX and hopefully, working through all the finer details that may arise. In the process of developing the HIX, we have involved as many potential stakeholders as possible. This task force has moved forward with a plan that includes use of the Health Insurance Alliance (HIA) as the infrastructure for the HIX. The HIA has the infrastructure in place that can be adapted to meet the needs of the state HIX.

The first mission of this Task Force was to choose one of the three largest plans in the state to serve as a benchmark for the Essential Health Benefits in our Health Insurance Exchange. The group chose a plan that includes acupuncture as part of the Essential Health Benefits. NM is one of six states which have chosen plans that include acupuncture.

Of the 51 benchmark plans, only six cover acupuncture:
• Three of these plans have no quantitative coverage limit (California, Maryland, New Mexico)
• Three of these plans have a limit of 12 visits per year (Alaska, Nevada, Washington)

This is too few states! It is important to continue the education of those policy makers in states where Oriental Medicine has not reached the same level of understanding.

How does this affect New Mexico DOMs? It means that DOMs are included in the Patient Protection and Affordable Care Act. As the state moves forward with the implementation of PPACA, DOMs in NM will be able to offer their services to insurers who are part of the HIX.

Back to TOC
In the Spirit of the Snake

By Dr. Maya Yu, B.S., M.S.O.M, Dipl. Ac., Dipl. C.H., D.O.M.
Academic Dean, Santa Fe Campus

According to the Chinese Lunar Calendar, February 10, 2013 is the year of the Snake. The Snake is the 6th of twelve animals in the Chinese astrological zodiac, which cycles through every 12 years. The Chinese name for Snake is 蛇, pronounced shé, and the Chinese year is 4710.

In this article, I will pair the qualities traditionally attributed to the Snake individual with a few acupuncture point names that evoke these aspects. In Five Element treatment, clinicians may treat according to the seasons. For example, during winter, Five Element style practitioners will observe if their patients engender the calm, still and receptive qualities of the Water Element. If not, the practitioner may choose points that encourage the qualities of Water so that a patient is in harmony with the energy of winter. Since we are in the year of the Snake and have access to the energy that is characteristic of the Snake, patients who may be deficient in or want to work on these traits may benefit from the following points.

The Snake is considered the most mysterious and enigmatic sign of the Chinese zodiac. People born under this sign are considered to be introspective, instinctive and philosophical. Many of these aspects relate to the element of Water in Chinese Medicine. Evoking mystery, enigma and depth can be as simple as choosing the Water points on the yin channels. These points are also known as He-sea points. In addition, points that contain images of engendering Yin, such as KI-10 Yin gu Yin Valley, LU-9 Tai yuan Supreme Abyss and BL-67 Zhi yin Reaching Yin can allow a person to be comfortable within the depths of Water.

As deep thinkers, Snake natives are also considered wise and intuitive. Their clever minds will come up with ingenious solutions to get out of the stickiest of situations. To inspire depth of thought, the extra point Yin tang Hall of Impression can be paired with GV-24 Shen ting Courtyard of the Spirit. The outer shu point of the Spleen, BL-49 Yi Shé Abode of Thought, can also encourage the healthy functioning of our digestion and of the Spleen, so that our thought process is healthy. For increased intuition, the point GB-13 Ben shen Root of the Spirit, which can increase our psychic ability, is also indicated.

In nature, snakes shed their skin, thus the Snake is a sign of longevity and of renewal. Snake individuals are also known for their strength, tenacity and willpower. If a Snake has a goal, they will wait patiently to achieve their end. They are careful, cautious and meticulous.

Points such as ST-36 Zu san li Leg Three Miles and BL-57 Cheng San Support the Mountain that increase energy and stamina can be used for increasing longevity. ST-36 Zu san li Leg Three Miles is one of the most nourishing points in the body, can increase white blood cell count, tonify qi, blood, yin and yuan-qi like its name indicates, promote endurance to walk another three miles. BL-43 Gao huang shu Vital Region Shu another point that fosters yuan-qi, nourishes four of the six yin organs, Lung, Heart, Kidney, and Spleen. To engender steadfastness and willpower, the outer shu point of the Kidney, BL-52 Zhi shi Residence of the Will can be used. In addition, the point GV-4 Ming men Gate of Life, is a major revitalization point, increasing strength and vitality.

Despite the calculating and constant thinking, Snake individuals often appear serene and calm on the surface. They are also characterized as being refined, graceful and elegant. This trait extends to their surroundings, where Snakes are known to enjoy beauty, ease and the finer things in life.

Points that engender grace and fluidity include LR-8 Qu quan Crooked Spring and KI-10 Yin gu Yin Valley. Both points are Water points on their respective channels, located at the bend of our knee, increase yin and blood. This suppleness can allow us to not become rigid and to remain flexible and cool in the challenges that life can bring us. Points that can ground floating yang, such as KI-1 Yung guan Bubbling Spring and BL-58 Fei yang Soaring Upward can also help to bring a sense of well-being to a patient.

Full of passion and fervor, the charismatic Snake can usually charm a non-believer to the other side of the argument. Snakes are also known to possess a good sense of humor, bringing lightness to any challenging situation. Traits such as passion and joy belong to the Fire Element in Chinese Medicine. To engender these characteristics, points such as BL-44 Shen tang Hall of the Spirit, the outer shu point of the Heart and HT-7 Shen men Spirit Gate, the source point of the Heart can be employed.

Year of the Yin Water Snake 2013
Scholarship Abundance

By Toni Meeks
Albuquerque Campus Director

Four scholarships have been awarded at Southwest Acupuncture College. This year, at the Albuquerque campus, students who met certain criteria submitted essays in response to the following question, “How has the first year of school impacted your goals for the future?” The scholarships (in the amount of $500 each) were:

- Thaddeus Bukowski for outstanding promise as a practitioner during the first year of school.
- Fourth Treasure for demonstrating academic excellence during the first year.
- Gentle Tiger for demonstrating superior point locations and point energetics.

Submitted essays, of no more than 500 words were evaluated by a Scholarship Committee consisting of Dr. Hilary Broadbent, Dr. Chester Dickerson, Dr. Dawei Shao (Academic Dean during Fall 2012) and Toni Meeks. In addition to the essays the Committee also took GPA and faculty nominations into consideration. We received several good essays. We truly appreciate the effort of the students who submitted essays. They took valuable time to contemplate the question and to place their thoughts on paper. The Committee’s evaluations resulted in the following awards:

Thaddeus Bukowski awarded to Cameron Mustain
Fourth Treasure awarded to Martha Yudick
Gentle Tiger awarded to Esmeralda Mustain

Congratulations to you all!

The fourth award is the Golden Flower Scholarship. It is granted by Dr. John Scott, owner of Golden Flower Chinese Herbs located right here in Albuquerque. The essay prompt for this $1,000 scholarship was, “Describe a moment in which Chinese herbal information, or an outcome from administering Chinese herbs in clinic, have greatly affected you.” Again, based on evaluation of submitted essays, faculty nominations and GPA points, the winner was Deborah Swenton! Deborah explained her challenging but steady progress in the understanding of herbs which culminated in a “eureka” moment in Dr. Yu’s herb clinic.

Again, thank you to those students who submitted their essays to compete for these scholarships!

Thaddeus Bukowski awarded to Cameron Mustain
Fourth Treasure awarded to Martha Yudick
Gentle Tiger awarded to Esmeralda Mustain
Golden Flower Scholarship awarded Deborah Swenton
Boulder Campus Expands
By Valerie Hobbs, L.Ac, Dipl. D.O.M.
Boulder Campus Director

The Boulder Campus is enjoying its largest enrollment in its history at over 150 students! Along with our new library and classrooms, this growth has provided us with excited, motivated incoming classes of truly dedicated people. The students and faculty have created a supportive community of teachers and learners, and it is palpable. One of our graduates once told me that in choosing to come to acupuncture school, he just figured out who are the people he most liked to hang out with, and then do that. This growing community are the people we would most like to hang out with.

We have welcomed additional staff this semester. Our newest Administrative Assistant, Courtney Winn, spends her time helping students and faculty with classroom needs and assists our librarian. She has also become our point of contact for all prospective students and alumni and is welcoming and eager to provide services to the community of students before, during and after our program.

We have also hired a Disabilities Coordinator, Ray Carleton. Ray works for us part time as well as working in a similar capacity at the University of Colorado. Students who seek accommodations should still contact their Academic Dean who can refer or consult with Ray about various aspects of provision of accommodations. Ray’s approach has been to help the college as a whole be aware of how learning styles can be modified to widen all student access.

In November, the Council of Colleges of Acupuncture and Oriental Medicine, which is the U.S. association of all accredited acupuncture colleges, held their conference in Denver, Colorado. As part of the conference, the CCAOM sponsored a tour of the colleges in Colorado. On a bright Saturday in November, twenty representatives from schools from Oregon to Massachusetts toured the facility. Faculty member Whitfield Reaves, who was holding a seminar on Sports Acupuncture, was gracious enough to allow our visitors to observe how he delivers apprenticeship-style intensive instruction.

Our Student Council continues to be active, as does a student chapter of the AAAOM. The Student Council continues their very popular program for Student Survival Series lunches. Speakers in 2012 were: Alexander Love, L.Ac., Brigitte Mars, herbalist, Caroline Adams, L.Ac., Edie Stone, MA, LPC., Laurel Lewis, L.Ac., Rebecca Luna, herbalist, Johannah Reilly, ND, L.Ac., Jared Silverman, Dr. Nashalla Gwyn Nyinda, Sue Van Raes, and Valerie Hobbs, L.Ac. Topics ranged from Singing Bowls meditation, nutrition, healing trauma, Colorado acupuncture legal issues, Tibetan medicine, community acupuncture, Chinese herbal medicine, and five element treatments. We also have enjoyed lunchtime barbeques in our garden and look forward to more.

In 2013, our Student Council has planned a Second Friday event, where students, faculty and area alumni will be invited for a Happy Hour at rotating Boulder-area locations on the Second Friday of the month. Our newest students will be able to come and meet our seasoned grads, and some Boulder acupuncture luminaries for an evening of networking and community building.

As we progress through 2013 we hope to continue to create the kind of community you would want to hang out in.
Happenings at the Santa Fe Campus
By Latricia Gonzales-McKosky
Santa Fe Campus Director

We welcomed 16 new students to the Santa Fe campus this Fall. While the weather was still beautiful we had a pizza party in the courtyard. Pizza Espiritu supplied the pizza in many combinations to handle all the special diet needs including gluten free, non-dairy, vegetarian and meat lovers.

The Student Governance elected to have co-chairs for the next year. The co-chairs are Sarah Peterson and James Norwood. The Governance also welcomed two new student reps from the new Fall class. The new reps are Linton Alfred and Alan West. The Student Governance meets once a semester and all students are welcome to meetings.

The Library Committee had its first Library Committee meeting with our new librarian, Dr. Charley Seavey in October. Charley along with Elyse Rohrer-Budiash, his student library assistant, have been working hard to reorganize the library collection with the new Alexandria software. We also have a new standard classification system for all three campuses based on the National Library of Medicine with an expansion of certain segments by the National College of Natural Medicine. Training on the new library software and classification systems will begin this semester.

Our annual Halloween potluck and costume contest went well with a fierce costume competition. Laura Ellis won the top competition “royally” with her home-stitched princess outfit. “Rosie the Riveter”, aka Sarah Sievers took the 2nd prize. Veronica Clare buzzed in for 3rd place with her yellow and black striped bee costume. Honorable mention and dance moves were flying when Elyse Rohrer-Budiash and Gurumittar Khalsa put together their PSY Gangnam style outfits and performed their horsewomen Gangnam dance. Also getting honorable mention was Clara Wetmore, dressed as Sally from the Nightmare Before Christmas.

The Holiday food drives brought in over 325 pounds of food and was donated to the St. Vincent DePaul Society. For its first year, the Holiday Coat Drive brought in about a dozen coats, mittens and hats for the Northern New Mexico Big Brothers and Big Sisters organization.

Santa Fe campus celebrated Chinese New Year and the year of the Snake with a luncheon on Tuesday February 5th. The Ying Yang restaurant provided food.

The 2013 China Trip presentation was held on Tuesday February 12th. Haley Parker and Claudia Sheils, who went to China in 2012 and 2011 kindly helped out with the presentation and answered students’ questions about the upcoming trip.

Back to TOC
Happenings at the Albuquerque Campus

By Toni Meeks
Albuquerque Campus Director

The Fall 2012 semester was busy with activities and staff changes. The students returned to more comfortable padded chairs in two of our classrooms and a new linen service, Luna Linens, that is providing better care and delivery of clinic linen essentials. Additionally, we have a new part-time librarian, Victoria Rodrigues who began employment in August and has done a fantastic job of re-cataloging our library selections.

In September, the campus hosted a successful workshop called “Feng Shui and Health” that was well attended by 23 participants and presented by our own Dr. Wei Zhou. Several scholarships were awarded which are covered in the article “Scholarship Abundance” in this issue. Scholarships are awarded on good performance in the classroom/clinic. We scheduled “Mentoring/Tutoring” luncheons on September 26th and on October 24th to motivate and provide support for students to volunteer and coordinate assisting each other with study techniques, study groups or one-on-one tutoring. We learned that many students do coordinate off campus study groups and hope that this trend continues.

In October, we attended a couple of recruitment fairs, and had a splendid and well attended Oriental Medicine Day in which Dr. Rossignol made an exceptional presentation about the “Five Elements” to prospective students and some of our staff. Dr. Boehme and Dr. Ingram provided free treatments to the prospective students that attended the presentation. We had one individual immediately apply for enrollment a few days later! We also frequently arrange for an alumnus who has recently taken their national exams to return and tell their story about their experience. We were pleased that alumnus, Rhonda Lewis, visited us to share her story with many students. The month of October brought the fun holiday of Halloween in which students arrived at school dressed to compete in our Costume Contest! Photos below show the cool outfits that awarded 3 students with prizes and lots of looks!

November’s schedule included a Student Focus Group that addressed results from the Summer 2012 student survey as part of the school’s re-accreditation Self Study process and a Faculty Development Meeting that also addressed concerns of students and faculty with regards to academic success. Both meetings were very productive and will be essential in our re-accreditation process this Spring.

The Student Support Committee (SSC) held their third annual “Crafter SWACers” craft fair in December. Tables were set up in our spacious foyer where students displayed their beautiful handmade jewelry, baked goods, art, lotions, oils, purses, etc. What a sight! The Committee sold over $2,000 worth of goods of which a percentage was donated to the Student Support Committee towards goodwill activities for the Albuquerque students.

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The SSC also coordinated the Road Runner Food Drive—the two barrels of canned/boxed food were collected and picked up by the Road Runner Food Bank.

In January, student Cathy Capozzoli presented the Albuquerque Campus with 27 origami crane ristras that she folded by hand. They are now hanging in various places around the campus, including the reception area of the clinic. Cathy describes her work: “I have wanted to learn to fold origami cranes for a long time, however, it wasn’t until after I moved to Albuquerque that I found someone to teach me. I first learned on March 18, 2012 and between then and January 5, 2013, I reached my goal of folding 1000 cranes for peace according to legend.” Congratulations, Cathy on that amazing accomplishment!

Our staff changes include the departure of Dr. Dawei Shao who has been our Academic Dean for four years. We are pleased that Dr. Shao will continue to be part of our community as a supervisor in the Albuquerque Clinic and look forward to his continued contributions to the college. Dr. Shao has been replaced by an alumnus, Dr. Babette Saenz, who joined us on November 1, 2012. Dr. Saenz graduated from Southwest Acupuncture College in 2005. In addition, she has a Masters in Public Administration, has taught at several universities over the last 22 years and has worked in academic administration for 7 years. Dr. Saenz currently serves on the Board of Acupuncture and Oriental Medicine for the State of New Mexico and is active in other legislative committees with the state of New Mexico.

In January, Roberta McGrew was promoted to Administrative Director. Congratulations to Roberta for her commitment and we thank her for her special creative skills that she has brought to Southwest Acupuncture College.

We welcomed the beginning of the Chinese New Year—Year of the Snake—with a Chinese New Year Potluck in February. The annual Chopstick-Peanut Contest was very competitive. We noticed that many students have sharpened their chopstick skills! The game of Charades was hilarious—next year we have plans to make it more challenging—stay tuned!
Boulder Library Embraces New Growth!

By Lisa Wood

Boulder Campus Librarian

Southwest Acupuncture College, Boulder campus library, is in an exciting period of growth and expansion. Spring 2013 marks our second semester following a major remodel, which gave us 3 times more physical space—room to breathe! We held an Open House in the Fall serving fresh fruit and scones. Tangible excitement was definitely in the air! The addition of a large study table has give students a place to settle in with books and laptops. They can work in small groups or with a partner if not disturbing a need for quiet. Learning, after all, is sometimes interactive. A large easy chair in a quiet corner also sees a lot of use. Overall, the added space makes the library more open and conducive to being a learning hub at the school.

Additionally, Boulder has worked alongside the other campuses to make online cataloging a reality. All library books and media have been assigned a new call number based on TCM and Holistic Medicine classifications. With this new system, materials can be easily grouped by subject headings such as pulse diagnosis, tui na, and auriculotherapy. Finding the right information is suddenly becoming easier.

Finally, in conjunction with the expansion, the library committee wrote a new Mission Statement to guide our future direction toward being a truly dynamic learning center:

Our mission is to provide a personable, dynamic learning environment with services that support academics, research, and professional and personal growth. We contribute to the development of outstanding practitioners of Oriental Medicine for the future through cultural experiences and continued educational opportunities.

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Librarian’s Report for Santa Fe

Charley Seavey, B.A., B.S., M.S.M., M.S.L.S., Ph.D.
Santa Fe Campus Librarian

Exciting times in Santa Fe! A new online catalog system, a reorganized book collection, improved access to the collection, and many, many, new books acquired during the fall.

Major donations to the library came from:

- Anonymous $200.75
- Blue Poppy Press $874.00
- Chester Dickinson $76.92
- Eastland Press $300.00
- Redwing Books $2505.72
- Skya Abbate $92.95

And, of course, we purchased new, or replacement, material as well.

Projects for the spring include reviewing the journal collection and improving online full-text access to relevant material.

The accreditation team will visit the College from the Accreditation Commission for Acupuncture & Oriental Medicine in April. The library will be well prepared in meeting the accreditation standards, but more importantly meeting the needs of students, staff, and faculty.
What is New at the Albuquerque Library?

By Victoria Rodrigues
Albuquerque Campus Librarian

This Spring the library couples the power of our new online catalog with the depth of our collection to bring learning resources further into students’ learning lives. The library simultaneously brings its special collection further into the local community to engage in a beneficial exchange of knowledge and institutional culture.

The Albuquerque library has a new monthly e-newsletter sent to students, faculty, and staff. The e-newsletter highlights items in the collection, announces upcoming events, and promotes library services.

Amongst the library’s new events are recurring training sessions for the online catalog—helping students master the database for their research and personal interest. The library is also hosting a monthly book club focused on Chinese Medical Classics, where attendees can discuss in-depth the founding texts of TCM. In addition to the reorganization of library materials, these programs seek to highlight the breadth of the collection while connecting students with the individual resources, which illuminate and expand their study of Chinese medicine.

Additionally, Southwest Acupuncture College will be represented by our New Mexico librarians at the New Mexico Library Association’s Annual Conference, entitled “Connecting New Mexico & the Global Community.” The international and intercultural focus of this year’s conference will be a fitting opportunity to exchange ideas on the spectrum of information we can use to understand our local community while maintaining the school’s unique global context.

While events and services bring students deeper into the library’s resources, the library is also bearing the unique knowledge and resources of the Southwest Acupuncture College Library further into the local community. As members of the New Mexico Consortium of Academic Libraries (NMCAL), the Albuquerque and Santa Fe libraries are active members in the state-wide community of higher education. Through NMCAL’s Passport Program, SWAC students are also invited to be members of a wider learning community. By obtaining a NMCAL Passport from their SWAC library, students can borrow resources from dozens of academic libraries throughout the state. Students holding passports from other NMCAL libraries may also borrow SWAC Library materials. In this way, our highly focused collection of Chinese medicine knowledge can be shared with the larger academic community while our students have access to countless additional disciplines.

“
In a good bookroom you feel in some mysterious way that you are absorbing the wisdom contained in all the books through your skin, without even opening them.
— Mark Twain

We would also like to thank all of the students and faculty that participated in our library committee meetings throughout this last year. With their continued efforts and support, our libraries remain vibrant.

Back to TOC
Important Reminders that Affect Your Student Loans

By Angela Anaya
Financial Aid Director

With the start of the New Year as well as that of the Spring 2013 term, the Financial Aid Office (FAO) would like to take this opportunity to provide all students receiving Financial Aid these key reminders regarding their loans.

Communications between the FAO and the student is critical and it is the student’s responsibility to ensure that all contact information is current (email, phone, mailing address). Here are some other things to remember when it comes to communications with the FAO:

1. It's recommended that you check your voicemails and your emails on a regular basis. This includes checking during class breaks because there may be times when you find the FAO needs to communicate with you immediately and you can therefore respond before leaving campus that same day. Your prompt response could eliminate any delay in processing your loans.

2. Don’t forget to regularly check your assigned campus mailbox.

3. It is always acceptable to communicate any concerns and/or questions you may have regarding your loans by email or phone. For students at the ABQ campus, if you feel more comfortable discussing them in person, the FAO has an “open door” policy or you can set up an appointment that is convenient for you.

4. All deadlines and due dates have a reason behind them. Remember, by law we are required to follow certain federal and state regulations in processing, scheduling, and maintaining your loans. You will receive a single follow-up phone call and receive only one email as reminders for any forms and/or documents you are expected to submit to the FAO.

5. You are invited to use your campus amenities to fulfill any communications and/or meet a deadline with the FAO; namely, campus computers and faxes (your campus administration is happy to provide assistance). While scanned documents are acceptable to initiate processing (and this can be accomplished at your campus administration offices as well), please remember that originals must be submitted to complete the process.

Lastly, if you are considering applying for a loan (including GradPLUS loans) or increases to existing loans, please remember all required documents must be completed and submitted to the FAO prior to the final two weeks of each current term.

With efficient communications in place, the FAO hopes to simplify your student loan experience so it might help you enjoy the remainder of the term as you would like it to be—an exciting and enlightening adventure.
New Clinic Options for Santa Fe Students

By Mary Ellen Marino D.O.M, N.D.
Santa Fe Campus Clinic Director

Along with the usual cast of your favorite clinic supervisors, we have added two new supervisors this semester.

Dr. Hilary Broadbent is conducting an herb clinic and we all know she is a genius on this subject and in her other life must certainly be a member of MENSA. Also included is Dr. Yvette Powell, well known in the community for her gift of healing touch.

I am also very excited about our new scalp needling clinic. This clinic is being conducted by Dr. Janet Mandell and myself. Our patients love it and are showing some of those phenomenal responses noted from this technique.

And last but not least, Dr. Maya Yu and I are discussing the possibilities of reestablishing our old Pediatric Tui Na externship at the Dragon Fly school for children. This externship was always a favorite. Who wouldn’t want to start their day by interviewing a 6 year old about what foods they like the best and watching their cheeks get rosier and their dispositions improve within minutes of our treatments.

We hope you will make use of all the options we have to offer. It is certainly our pleasure to continue bringing them to you.

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Boulder Campus Launches Community-Style Clinic

By Valerie Hobbs, L.Ac, Dipl. D.O.M.
Boulder Campus Director

The Boulder campus opened a community-style intern clinic last fall and the clinic has been very well received. Supervised by Nate Mohler, L.Ac., the clinic is designed to give students in a college setting an experience authentically modeled after the community acupuncture movement. Patients are treated in a single open classroom in which zero-gravity chairs have been draped with sheets. The room is transformed during the clinic to have the comfortable, quiet atmosphere present in community-based treatment. Patients pay on a sliding scale, and the team of students has the capacity to treat up to 24 patients in a night. Treatments are based on the community style treatment outlined in Acupuncture is Like Noodles as well as integrating Dr. Tan style techniques, giving patients the effective treatment they need while exposing students to a different model of care than private session treatments.

Here is what our students are saying about the clinic:

“This has been my favorite clinical experience yet!! I am grateful to have had the opportunity to be part of the starting team for the Southwest Acupuncture College community clinic.”

“I genuinely enjoy this clinic. The high volume allowed me to focus on the chief complaint at hand and provide an effective treatment without wasting time. I feel this has given me a glimpse of what a busy practice is like in the professional world.”

“This clinic provides a great opportunity for students to learn to treat in a fast-paced environment, treating multiple patients, and working in the same space as your fellow peers. All of which have only enriched my clinical experience!”

Elyse is in her third year of working on her Master’s of Science in Oriental Medicine and holds a 4.0 GPA. In her private practice she hopes to work with trauma victims. Elyse is married to David Rohrer Budish who is the Director of Religious Education at Santa Maria de la Paz Catholic Community.

Applications are due no later than July 1st, 2013. 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 campus or the Albuquerque campus. 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: Stacia@acupuncturecollege.edu
In the seeming rush to maintain schedules, complete paperwork, and keep our patients from waiting, it is easy to allow our Clean Needle Technique (CNT) and hand washing protocols to become lax. We can become complacent and begin to cut corners or forget to maintain our standards. After all, the risk of infection with acupuncture needles is relatively minimal. This is risky business as it greatly increases the risk of infection, which, though low, is an ever-present liability. One way to overcome this potential slackening of our hygiene is to approach cleanliness and CNT as an opportunity to practice mindfulness. As practitioners of East Asian medical traditions we are often taught to consider the effect of our “intent” on the application of needles and to make “mindfulness” a part of our practice, but what does this mean? In their paper “Mindfulness: A proposed operational definition” in the journal Clinical Psychology: Science & Practice, Scott R. Bishop, Mark Lau and their colleagues propose a psychological definition of “mindfulness”.

“The first component [of mindfulness] involves the self-regulation of attention so that it is maintained on immediate experience, thereby allowing for increased recognition of mental events in the present moment. The second component involves adopting a particular orientation toward one’s experiences in the present moment, an orientation that is characterized by curiosity, openness, and acceptance.”

If we bring our full attention to our every moment, mundane tasks may become meaningful rituals that help us to powerfully develop this faculty. In Zen monasteries, there is often a sign at the front entrance that reads “it is forbidden to leave your sandals in disarray,” gently reminding the monks to carefully tie up and place their shoes neatly by the door as they remove them upon entry. Thich Nhat Hanh invokes this spirit when describing simple tasks: “I clean this teapot with the kind of attention I would have were I giving the baby Buddha or Jesus a bath. Nothing should be treated more carefully than anything else.”

As a medical practitioner and director of a school clinic, one of the small activities that I often consider as part of my own practice is hand washing and maintaining the cleanliness of my needling field. When I prepare to see patients in my office or our school clinic, a thoughtful and thorough hand washing has become one of my mindful rituals. Hand washing is not done automatically or thoughtlessly. I run warm water and carefully clean all the surfaces of my hands, scrubbing the dorsal and palmar surface of the hands and fingers, between each finger, scrubbing my fingernails with a brush or against my palm. I pay careful attention to avoid touching the sink with my clean hands as I turn off the water. I dry my hands with clean towels. The process allows me time to quiet my own dialogue, center myself, and become fully present in the moment for my interaction with my patient. This specific, focused, method of clinical hand washing that brings my mind into the appropriate space to practice medicine. When I wash my hands prior to inserting needles, the momentary ritual helps me focus my intent for the impending treatment. I remain present and avoid touching anything that may contaminate my hands, disturb my treatment, or lead to potential infection.

When I have completed treatment, repeating the ritual of hand washing helps me to let go of my previous interaction and clear my mind for interaction with my next patient. At the end of my day, the last thing I do is wash my hands a final time, ritually clearing my head and ending my clinical practice so I can shift my energy to the role of father, husband, teacher, or whatever is appropriate in my next phase. I find if I am able to turn my basic hygiene protocols into an opportunity to be mindful, I not only maintain good clinical standards but I am also able to find new depth and joy in my practice.
US ARMY Acupuncturist: What’s Your Angle?

By Eric Sherrell, LAc, M.S.O.M. 2007 Graduate of the Boulder Campus

I remember driving away from Southwest Acupuncture College in Boulder for the last time, thinking “What am I going to do now?!” Since then life has led me on quite an adventure. I’ve run a clinic in Virginia and Colorado, helped start a free-Vets clinic from the ground up, taught at Lotus Institute, given educational talks to Veterans groups, Firefighters/EMT’s, and multitude of others. I’ve created a system to learn Dr. Tan’s Balance Method that I teach to other acupuncturists. I’ve helped people with liver cancer, heroin addiction, a plethora of pain cases and helped infertility patients realize the dream of being parents. It has been magical. I should have been fulfilled. However, I still felt like I was missing something.

Then in early 2012, a couple of friends contacted me and told me the US Army was hiring Licensed Acupuncturists. Wow! Perfect. I forgot to tell you my background. I’m a US Army Honorably Discharged Disabled Veteran. I served my country with the 82nd Airborne Division.

Turns out the US ARMY had decided to proactively deal with the PTSD and pain issues that were plaguing its ranks and preemptively ending the careers of many of its soldiers. In 2008, they commissioned a very large study that factored in many types of “alternative medicines.” They chose acupuncture, chiropractic, and yoga.

I applied for a few jobs including one in Texas, the other Georgia. In October 2012, I interviewed for the Fort Sam Houston job and it went well. On December 11, 2012 I was ready to turn into Fort Sam Houston Human Resources (HR) a packet of materials that took me over a week to put together that was around 100 pages long; CEU/PDA’s, diplomas, certificates, passport, board certifications, you name it; when I got a call out of the blue.

The Interdisciplinary Pain Management Clinic at Fort Gordon, GA wanted to hire me. I leveraged the two jobs off of each other, got a pay raise and a bonus and picked the Fort Gordon, GA job. They offered me a FIRM job offer on January 22, 2013, literally one day before the Secretary of the Army signed into effect a hiring freeze for all civilian US Army personnel. Whew! I did it!

It, has it been a journey so far. And it has just begun. I start my new job as a US ARMY Acupuncturist, on February 25, 2013 at the IPMC Dwight D. Eisenhower Medical Center at Fort Gordon, GA. I will work alongside another Acupuncturist, MD’s, DO’s, a Chiropractor, a Massage Therapist, and a Yoga Instructor. I’m not sure what the new job holds for me exactly. All I know is that I feel that I’ve finally found my angle in this medicine. I love soldiers and want to help them and their families out from the aftermath of a decade at war, in turn helping out our society as a whole. If I can be of a small help to them then I will have done my job.

In the meantime, ask yourself what is your angle in this medicine? What do you gravitate to the most? What did you fall in love with in this medicine? Who do you want to help the most? Answer these questions. Then go out and do it. Try new things. Believe in yourself. Put forth your Best Effort. Always. Persevere. Push your Boundaries. Never quit. You will find your Angle.

If you have any questions about being a US Army Acupuncturist, how to get into one of these jobs, or anything about what I’ve written above, please feel free to contact me at esherrell@gmail.com. Good luck in your Adventures!

Attention Southwest Acupuncture College Alumni!
Southwest Acupuncture College is starting a new Alumni News Page in the Luo Down Newsletter! Please send us any news about yourselves. Do you have a new practice or job? Do you have a new baby? 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 Stacia Andrews, Admissions Assistant at Stacia@acupuncturecollege.edu.

Do you want to be a part of our alumni directory? Email your information to Stacia@acupuncturecollege.edu or go to our website at www.acupuncturecollege.edu and click news/alumni and complete the Alumni Registration and Update Form. Send us your business card to be included here! 
Continuing Education Programs Spring 2013

China Extenship Program 2013
Dates: August 19-September 13, 2013

The cost of the China Trip is $6,500
Program costs includes:

• Roundtrip Airfare from Los Angeles to Harbin
  (You need to arrange your own airfare to LA)

• Visa Fee

• Double room occupancy at the hotel
  (a single room will cost an additional $600.00)

• China/SWAC Tuitions

• Diploma and Banquet

• Sightseeing Fee

• Free Breakfast

• 105 Clinic Hours

For more information: Phone: 505.438.8884

The Power of Moxibustion: The Hands-on Workshop
Date: March 16, 2013
Presenter: Lorraine Wilcox, L.Ac.
Description: The function of pressing moxibustion is to treat vacuity, coldness, and pain due to blood stasis. This method treats bi patterns and pain, but can be used for almost any conditions.

Morning section objectives:
In this section, participants will:
• learn how to identify the mugwort species that grow nearby
• learn how and when to harvest mugwort and process it into moxa floss
• learn how to judge the quality of moxa floss
• learn why it is important to use moxibustion in the clinic
• learn how to use moxibustion and produce less smoke
• practice the skills involved in the above items

Afternoon section objectives:
In this section, participants will:
• learn the details of pressing moxibustion, the original way of using a moxa stick
• learn how to make a medicated cloth for use in pressing moxibustion
• learn about the making of moxa sticks of higher quality so that less smoke is produced
• practice the skills taught in this workshop

NCCAOM PDAs: 7.5
Fees: By February 28
Student and Alumni: $155.50  Professional: $171.50
After February 28
Student and Alumni: $177.00  Professional: $198.25
Location:
Southwest Acupuncture College
7801 Academy Rd. NE, Bldg. 1,
Suite 104
Albuquerque, NM 87109
For more information: Phone: 505.888.8898