



**Tai Sophia
Institute**

REUNION POINT

Alumni Newsletter

Autumn 2008

Volume 19, Number 3

Message from Barbara

Esteemed alums,

We are pleased to bring you the fall issue of *Reunion Point*, and with it news about what you are creating out in the world as well as what is going on at the "watering hole." You are important to us; we want to be sure we stay connected so that we know we have correct referral information, that we know how to reach you, receive news about births and deaths, acknowledge you for your support, and celebrate your successes and accomplishments.

Pamela Hartke, who has lovingly tended many of you over the past two and a half years, has taken a position in Tai Sophia's community programs domain. Until we hire a new coordinator for alumni services, please contact me with your updates, address changes,



news about your accomplishments, recommendations, questions, etc. — all that you would have brought to Pam. I will make sure that your information is directed to the appropriate place for effective action. I can be reached by phone at 410-888-9048, ext. 6613, or via email at bellrich@tai.edu.

Over the last year, I have had the pleasure of interacting with many of you either by phone or in person. I can't tell you how lovely that has been. I am/we are always glad to hear about what is going on in your lives, and

excited — and yes, proud — to learn about the great good work each of you is doing. Please do not hesitate to contact me. I welcome the opportunity to serve you.

In partnership, Barbara Ellrich (AHA'05)

Executive Vice President / CEO of Graduate School

You asked, and it is now available...

You asked for a form that you could give to your clients when they want to know more about the school from which you graduated. We have created a pad of postcards, addressed and with postage prepaid, which your clients can complete and send to Tai Sophia. We will then follow up appropriately. Please email us at admissions@tai.edu or call 410-888-9048, ext. 6647, and we will be happy to send you a packet of postcards.



David Paton (far left) and Barbara Ellrich (front, center) are shown with 26 of Tai Sophia's acupuncture students who in October attended the AAAOM Conference in Chicago.

Next generation of practitioners involved and learning on the national scene

Approximately 50 Tai Sophia students — a record number — attended the October 2008 conference of the American Association of Acupuncture and Oriental Medicine, and participated in the national student caucus. Below, M.Ac. program director **Jeff Millison (ACU'89)** acknowledges their contributions:

"Having just returned from the AAAOM conference in Chicago, I can testify to the amazing showing of our students at this national event. Numerous people approached me at the conference to comment on how impressed they were at the participation, both quantitative and qualitative, of our students. I believe that the significant increase in presence and participation of our students is of great benefit to the Institute's mission and to the AOM profession as a whole.

"I want to acknowledge all the students who organized this historic effort. I also want to deeply acknowledge **David Paton (ACU'90)**, chair of the theory division, for the extraordinary encouragement and guidance that he has provided to the students in support of their increased national involvement.

"Congratulations to all..."

Highlights of the Chicago conference included a day-long presentation by **Judy Worsley (ACU'72)** and a keynote address by Sherman Cohn, chair of Tai Sophia's board of trustees.

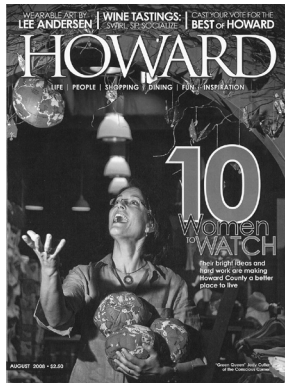
SPOTLIGHT

Graduate Named One of "10 Women to Watch"

(Article by Cassandra Fortin appeared in the August 2008 issue of *Howard Magazine*)

Howard County setting the standard as the greenest county in the world? **Jody Cutler (ACU'99)** believes it's entirely possible, and she's doing her part to make it happen.

Cutler is a co-founder (along with Jeff and Holly Kaufman) of the Conscious Corner in Clarksville — Roots Market, Great Sage Café, Nest Natural home store and Bark pet products — a retail grouping dedicated to supporting "health, organics, the environment, fair trade, animals and the community."



But Cutler's dedication to this mission doesn't end when she leaves work every evening. "What we do is the way I live," she says. "I have always bought and eaten natural foods, and I am pretty passionate about sharing my way of life with people."

Cutler believes most people would gladly alter in some way how they live — if they only understood the huge benefits that could be gained from even the smallest of changes. I think there is a mission of education for me. Educating people about all of their actions in terms of what they eat, how they live and

what they buy," she says. "Sometimes it just takes a little bit of education to help people see the impact that they can make."

Having someplace like the Conscious Corner as a platform for achieving this makes such goals much more attainable. "A lot of what we do is about person-to-person education," says the Highland resident. "When somebody comes to Nest, first they think that everything is really pretty. But when we tell them that every piece we sell is made of organic cotton, they leave with a better understanding of what we do."

Word of what Conscious Corner has to offer has spread far and wide, something Cutler says pleases her to no end. "There's something about meeting somebody in Virginia and seeing them get all excited because we offer the things that they are looking for in our stores," she says. "It's exciting to me that we are reaching people."

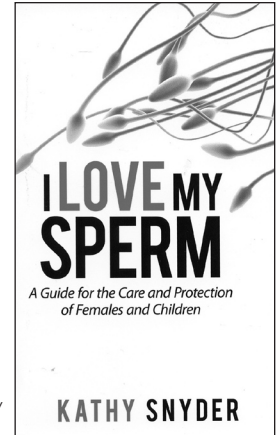
Presenting ... I Love My Sperm

Katherine "Kathy" White-Snyder (AHA'02) was born in Baltimore, Maryland. She graduated from Eastern High School, where she met her high school sweetheart. They have six children, one of whom has special needs. In 1991, she started writing about the psychological aspects of slavery and its impact on behavior through time.

She decided that her writing was psychological in nature and decided to pursue a degree in psychology, but not before getting a job working as a cafeteria aid at Harlem Park Middle School. At the principal's recommendation, she became a substitute teacher, periodically working with special needs children. She attended Coppin State College, pursuing a degree

in psychology while employed as a coordinator for the Compact schools, and writing her first newspaper article for the Sandtown-Winchester Times. She left that job to pursue her undergraduate degree, graduating in May 1999 with a BS in Applied Psychology. She is currently employed at Kennedy Krieger Institute. While there, she attended a Redefining Health series at Tai Sophia and then applied to the Institute's AHA program. She graduated May 2005 with a master's degree in Applied Healing Arts.

About her book, *I Love My Sperm: A Guide for the Care and Protection of Females and Children*, Kathy says that the intended outcome is "to empower males to first direct the energy within for self-development; to make reproductive choices to spare themselves, females and children from having their lives obstructed; to provide nurturing environments for children to explore their gifts and talents; and to prevent the loss, harm, and mistreatment of females and especially children, our national treasure and natural resource. Then," she says, "a male who is truly successful can say with conviction, 'I Love My Sperm.'"



Soldiers and their relatives served by alumni

Tai Sophia alumni are treating veterans, active duty military, and their families in a free clinic at the VFW Post in Owings Mills, Maryland. **Carolyn Nelka (ACU'96)** helped establish the program in memory of her husband, Gene Nelka, a Vietnam veteran who died in 1979 from injuries he sustained in the war.

"Most of the people who come for treatment are Vietnam vets, and many continue to need help with post-traumatic stress," explains Nelka. "Acupuncture treatments help our vets de-stress and lead healthier and happier lives. Our acupuncturists have given approximately 300 treatments over the past year." The clinic, which celebrated its one-year anniversary on Veterans Day, is open every Monday evening.

A 72-year-old retired army veteran, Oliver Jackson, tells about his experience in the clinic: "I had two combat tours in Vietnam. I've been coming to the clinic since it opened, and I don't get as angry as I used to from post-traumatic stress. I am calmer, sleep better — especially the night I go. They [the acupuncturists] are really nice, wonderful people."

The acupuncturists providing auricular treatments donate their time. They include, in addition to Carolyn Nelka, **Janice Campbell (ACU'02)**, **Alison Hartman (ACU'84)**, **Randi Sobel (ACU'96)**, **Stacey Hachenberg (ACU'99)**, **Jennifer Downs (ACU'79)**, **Karen Greenstein (ACU'91)**, and Audrey Rice. Lisa Farley, who begins her acupuncture studies at Tai Sophia in January 2009, volunteers as a receptionist. If you are interested in volunteering, please call Carolyn at 410-254-1054.

Other alumni are doing similar good work. To find out more, to tell us about other programs we could feature, or to make connections with other graduates, please contact Barbara Ellrich (bellrich@tai.edu).

INSTITUTE NEWS

Changes afoot in the Herbal Medicine Program

As most of you know, our beloved Claudia Joy Wingo is moving back to Australia at the end of October. Claudia has been an integral part of both the Herbal Medicine Program and the wider Tai Sophia community for the past six years, and she will be deeply missed. Taking the torch from Kevin Spelman when he left for his doctoral studies, Claudia became Chair of the Herbal Medicine Program's Clinical Division and added her own vision and wisdom to the developing coursework and student clinic.

When Claudia leaves in October she will turn over her role to Bevin Clare, who will be moving over from her current position as Herbal Division Chair. Bevin is a clinical herbalist with a deep love of plants. Her clinical practice maintains a focus on women's health, wellness and healthy eating, and infectious disease. Bevin's studies of medicinal plants have taken her to more than 20 countries around the globe, where she has learned about the practice and tradition of herbal medicine in different cultures and societies. She received her undergraduate degree in Ethnobotany from Lesley University in Cambridge, MA, and her Master of Science in Infectious Disease from the London School of Hygiene and Tropical Medicine, where she pursued her interest in the world of medicinal plants, humans, and microbes. Bevin completed her graduate research at the National Institutes on Aging at the National Institutes of Health, investigating the role of *Ganoderma lucidum* in drug resistance.

Bevin serves on the governing council of the American Herbalists Guild and the board of directors of United Plant Savers, a group working to preserve the at-risk medicinal plants. She has been on the faculty of Tai Sophia since 2004, and also serves on the faculty of the Massachusetts College of Pharmacy in Boston, MA. Bevin's love for the plant world permeates her work and every facet of her life, and she seeks to share the gifts she has received from her interaction with the plant world with her clients and students. I believe that those of you who know Bevin will share my delight at her appointment.

—James Snow, RH(AHG), Director,
Master of Science in Herbal Medicine Program

Sustainability and the alumni survey - A reminder!

Friends, in an effort to move toward a more sustainable, earth-friendly organization, Tai Sophia Institute would like to begin offering more of our services via the internet. One of our steps in that direction will be the next alumni survey, due out in February/March of 2009. We will be offering the survey on-line as opposed to a 1,200 letter-mailing! In order to accomplish this task, we are asking that you update your email address. Please send your email address, even if you think we have it on file, to alumni@tai.edu. We thank you for partnering with us in an effort to become a more environmentally sound organization.

Fulfilling our mission

In gratitude for all of your kind referrals over the past year: You are the reason that we are able to continue to be of service. If anyone has been inadvertently left off of this list, please contact bellrich@tai.edu. It is important that you receive the acknowledgement you deserve!

Alumni who referred Herbal students for September 2008

Katherine Au (HRB'03)
Bob Brown (ACU'79)
Miki Johanison (ACU'05)
Connie Kauffman (ACU'99)
Jean Kneebone (ACU'92)
Ming Li (ACU'96)

Jim Damman (ACU'95)
Ed Dea (ACU'01)
Frances Gander (ACU'91)
Pamela Gandy (ACU'95)
Michael Hunter (ACU'01)
Fran lamele (ACU'89)
Kaiya Larson (ACU'97)
Diana Keener (ACU'00)
Tatyana Maltseva (ACU'95)

Alumni who referred Acupuncture students for September 2008

Monika Armbruster (ACU'95)
Phebe Barth (ACU'89)
Margaret Beatty (ACU'87)
Beth Burke (ACU'03)
Grace Choe (ACU'01)

Dan Parrish (ACU'96)
Eric Renaud (ACU'97)
Lynn Schwartz (ACU'91)
Diane Shandor (ACU'92)
Janet Smith (ACU'96)
Steve Smith (ACU'03)
Sarah Thomas (ACU'05)
Carol Whitmire (ACU'98)

Tai Sophia Students and Graduates Achieve 100% Pass Rate on NCCAOM Exams

Tai Sophia Institute is proud and delighted to report that for the period of January through June 2008, we had a 100% pass rate for first-time test takers in all exam modules administered by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). We had no repeat testers during this time period. More specifically, this means that all students and alumni of Tai Sophia Institute who sat for one or more exam modules during those six months passed their exams and exceeded national averages.

National Pass Rate Averages for First-time Test-takers, January to June 2008

Acupuncture with Point Location module, 84.1%
Biomedicine module, 92.0%
Foundations of Oriental Medicine module, 95.5%
Chinese Herbology module, 82.3%.

Tai Sophia Pass Rate Statistics for First-time Test-takers, January to June 2008

Acupuncture with Point Location module, 100%
Biomedicine module, 100%
Foundations of Oriental Medicine module, 100%
Chinese Herbology module, 100%

Congratulations to our students and alumni on their outstanding test results!

CAMPUS RESOURCES

Herb Dispensary News

Herb Dispensary hours are:

Monday	9:00 am – 5:30 pm
Tuesday	11:00 am – 7:30 pm
Wednesday	9:00 am – 5:30 pm
Thursday	9:00 am – 5:30 pm
Friday	Closed

Meeting Point News

The Meeting Point Bookstore's website stands ready to help all alumni. We invite you to visit www.tai.edu and click on "shop online" at the top of the home page to enter the new online store. You receive your 10% or 5% alumni discount on all books by placing the word ALUMNI in the coupon code box. The Meeting Point will be drastically increasing its breadth of acupuncture, herbal and Chinese herb titles over the coming months and now have ACI locators back in stock. Please take a look at our site when you have time and add to your reference library today!

Library News

Join us for movies with the library. About once a month we're highlighting some of the wonderful video content owned by the library by having lunch time showings of selected DVDs. Always listed in the monthly email blast as to time and location – and always held in a food-welcome room.

Library hours are increasing! Our long term strategy is to be open many more hours than current staffing allows. The first step in that direction has already been taken. We are now open until 6 pm Mondays, Wednesdays, and Fridays. Feedback has been that that extra hour makes a big difference for many persons' schedules. We still stay open until 8 pm on Tuesdays and Thursdays.

Alumni can re-establish the borrowing privileges that ended when they graduated by providing credit card information at the circulation desk. All are welcome to use the library resources here in the room without providing that info.

—Stuart Rodes

Library hours are:

Monday	11:00 am – 6:00 pm
Tuesday	11:00 am – 8:00 pm
Wednesday	11:00 am – 6:00 pm
Thursday	11:00 am – 8:00 pm
Friday	11:00 am – 6:00 pm
Saturday and Sunday	closed

PROFESSIONAL PROGRAMS

Register for winter Redefining Health program

The next Redefining Health dates are February 7-8, 2009.

Alumni discount is available -- \$95 (rather than regular price of \$165).

CEUs: 12

Spirit Storehouse: Ancient Stories in Service to Life

Saturday, November 22

9:00 am – 5:00 pm

Join long-time Tai Sophia teacher and acupuncture practitioner Michael Phillips for a journey into storytelling wisdom. Discover personal and universal insights into living purposefully and consciously through life's stages and challenges. Michael draws from his understanding of Chinese cosmology and his love of story, myth, and metaphor to offer a day of provocative exploration.

Fee: \$90

CEUs: 7

NAACOM Review Class

Wednesdays, January 21 – April 8 (no class February 25)

3:00 pm – 5:30 pm

This course offers one of the most comprehensive ways to prepare for the national exam. Sessions include what to study, how to study, how to pace yourself, and how to prioritize. This structured study experience is timed to give you 11 weeks of class, followed by two weeks to integrate the material before the national exam.

Fee: \$375 / Study guide is purchased in the Meeting Point Bookstore.

CEUs: 27.5

Instructor: Heidi Most, MAC

Coming Full Circle

Saturday, April 5, 9:00 am – 5:00 pm

Sunday, April 6, 9:30 am – 4:30 pm

Join ordained Zen Buddhist, Sanchi Reta Lawler, an Academy for the Love of Learning instructor, in an introductory workshop drawing upon Eastern and Western traditions to explore personal beliefs and create capacities and practices that support us as we encounter the inevitability of death. Lawler is a transpersonal psychotherapist, practitioner of Peruvian Shamanism, and guide for friends facing illness or death.

Participants in this workshop will examine their beliefs about death and dying, explore the process of grief as transformation, and experience contemplative practices, music, and art. Over the course of the weekend, attendees will also develop skills, rituals, and resources to move gracefully through the life-death cycle.

Fee: \$175

CEUs: 12

To register for Graduate Education offerings, please call 410-888-9048, ext. 6611.

ALUMNI NEWS

Practices

Susan Atlas (ACU'03), owner of Atlas Acupuncture, recently celebrated the opening of her business with Chamber of Commerce ambassadors. Atlas is a holistic practitioner of acupuncture. The new business is located at 78 Hardock Rd in Sylva, NC 28779 (828) 226-4032.

Rebecca Snow (HRB'02) has joined the herbal clinical staff of Tai Sophia and is offering herbal and nutritional consultations.

Matthew Daniel (ACU'02), a nationally-certified acupuncturist, has joined West Asheville Massage & Healing Arts.

Rhonda Armero (ACU'97) has started a new practice at Zen at Zoe's Garden, which is located at 1924 Fleet St. Baltimore, MD (between Wolfe and Washington Streets in Fells Point). For more information, please call 443-570-3710 or email aboutchi@gmail.com or visit www.aboutchi.com.

Kevin Sterling (ACU'00) has assumed the position of Coordinator of Wellness Services at the ProVita Medical & Wellness Center in Laurel, Maryland. Located near Laurel Hospital, ProVita integrates Western medical care with acupuncture, massage, nutritional counseling, and psychotherapy. "This new position has allowed me to 'reach across the aisle' and speak to physicians at Laurel Hospital about acupuncture," Kevin reports. "In our own center we are seeing how patients benefit under the care of practitioners from different disciplines, both Eastern and Western. This coordination of care often takes us into uncharted territory and teaches us that unique possibilities arise when we bring a broad spectrum of efforts together for the sake of our patients." This fall, Kevin launched a new program called Wellness to Weight Loss, integrating acupuncture, nutritional counseling, and psychotherapy. For more information, visit www.kevinsterling.com.

Lectures, Workshops & Adventures

Naomi Schwiesow (ACU'89) is now offering an Open Forum for New Practitioners bi-weekly on Wednesdays from noon to 1:30 pm at the Chevy Chase Neighborhood Library. This forum is a mentoring, support and discussion group for acupuncture graduates in their first year of practice. Sessions will address issues around theory, diagnosis, treatment planning and execution, patient management, practice development, and personal growth as a healer. For more information or to register, contact Naomi at 202-364-2300 or nsnina777@yahoo.com.

Lynn Gardner (AHA'02) is offering "Bolivia Sabbatical – Mysteries of Lake Titicaca," October 21-26, and "Peru Sabbatical – Magical Cusco & Machu Picchu," October 26 – November 3. Please visit Lynn's website for trip itinerary and information: www.RadicalSabbatical.net.

Lorie Eve Dechar (ACU'83) will be offering her "Alchemical Acupuncture Mentorship" beginning January 2009. Please visit her website at www.fivespirits.com for registration and payment information.

Barbara Abrams (ACU'93) is continuing to offer her "Evening of Presence" the first Tuesday of each month at Tai Sophia Institute, 7:30 – 9:00 p.m. Please visit Barbara's website for future dates: www.barbara@SpaciousHealth.com.

Published

An article by **Larken Bunce (HRB'02)**, "Summer's Harvest: Wild Blueberry," was featured in *Unified* — *A Clinician's Forum*, Summer 2008, Volume 4, Number 12.

"Motherhood: How acupuncture can support you," by **Jennifer Stukej (ACU'02)**, was featured in the May 2008 issue of *Family Magazine*, a regional parenting publication. The article is now archived and can be found at www.focusonwomenmagazine.net.

Lynn Maloney (ACU'97) was mentioned in an article, "Stop the Pain," published in the *Columbia Daily Tribune*, Columbia, MO.

See the Integrator Blog (theintegratorblog.com) for comments by **Sara Eisenberg (HRB'03)** about a post by Bhaswati Bhattacharya, M.D., concerning the implications of an Ayurvedic view for healthcare practitioners.

REUNION POINT

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Printed on recycled paper; supporting Tai Sophia Institute's commitment to bring about a healing relationship among people, the earth, and all life.

"Marketplace"

In order to provide timely information about space availability, practitioners needed, and similar offers, we are posting these listings on our website – www.tai.edu. Please scroll over "Our Learning Community"; scroll over "Alumni"; scroll over and click on "Marketplace." Please help us in our effort to save paper and staff hours by utilizing this free-of-charge, self-service site.

Ask the Herbalist

Liz Barlett (HRB'03) shares the question and answer section of her April 2008, issue 3 newsletter. Visit Liz's website at www.joyofherbs.net.

Dear Liz,

I keep reading about pain relief with ginger. What is the best way to use it, and does it really work? I have even heard of those who sliver it in with their coffee grounds to ingest it.

Michelle

New Market, Maryland

Dear Michelle,

Ginger, *Zingiber officinale*, is a useful plant both in cooking and as medicine. The rhizome is the part used, and that is what you see in the grocery store. The rhizome is part of the root system of the plant. Ginger has been used for thousands of years in different cultures for a variety of conditions. Besides enjoying ginger in cooking for her spicy, hot taste, ginger is probably most commonly known for helping prevent nausea in motion sickness and pregnancy. Not as well known are ginger's benefits with drug-induced nausea, postoperative nausea, osteoarthritis, digestive problems (including vomiting, flatulent dyspepsia, and cramping), fever with the common cold, and other conditions requiring coughing up mucus (expectoration), and even with pain with menses (Bone).

You asked about pain relief with ginger. Ginger is used to support healthy inflammatory tone — studies have shown that patients with osteoarthritis and rheumatoid arthritis and chronic muscular pain have experienced relief from pain and swelling with no adverse effects (Kuhn and Winston). In an uncontrolled clinical study using dried ginger, 75 percent of arthritis patients

(rheumatoid and osteoarthritis) experienced relief in pain and swelling, and all of the patients with muscular discomfort experienced relief of pain (Bone). Ginger extract was compared with ibuprofen and placebo in patients with osteoarthritis of the hip or knee in a double-blind, crossover trial. The effect of ginger was mild compared with placebo, and was observed only in the first treatment period before crossover.

I haven't heard of using ginger with coffee; however it would be worth a try. Oftentimes experimenting with something safely, especially as food, and then observing how you feel, is a good approach. You are the best judge of how your body reacts. Ginger shouldn't be taken by people with gallstones, except under close medical supervision (Bone). In Traditional Chinese Medicine, dried ginger is used cautiously in pregnancy (per Bone, a daily dose of 2 grams of dried ginger should not be exceeded in pregnancy). Ginger should be used cautiously in cases of ulcers, heartburn, or other gastric diseases, and when people are already taking blood-thinning drugs (Bone).

The recommended therapeutic dose of ginger is 0.7 to 2.0 ml of 1:2 liquid extract, or no more than 2 grams of dried ginger for pregnant women (Bone). Ginger may be taken as capsules, fresh rhizome, dried ground rhizome (0.5 to 1 tsp a day), fresh tincture or dry tincture (Kuhn and Winston). Candied ginger is nice to carry around, especially for occasional nausea or stomach upset. Ginger also makes a nice tea, by itself or in a blend with other herbs.

I hope you enjoy your ginger in good health!

Liz

References: Kuhn and Winston, *Herbal Therapy & Supplements*
Bone, K., *A Clinical Guide to Blending Liquid Herbs*



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