



Tribute to Barbara Ellrich

Esteemed Alum Barbara,
This issue of *Reunion Point* is dedicated to you. Over the last 29 years, you have enriched the lives of countless people in the Tai Sophia community and played an impressive part in the growth and development of the Institute. Your loyalty, dedication, generosity, integrity, and graciousness are acknowledged by alumni in the innumerable heartfelt responses to your letter of resignation **Access the Letter online.**

Below are a few tributes from selected colleagues.

In partnership,
Patricia DeLorenzo
Director of Alumni Affairs

Dear Barbara,
So many moments, so many memories, so much that could be said. What a life's work! What accomplishments! I wonder how many individuals across America received a gift of healing just today at the hands of those whom you guided from their first contact with the Institute into a class, and then tended them through graduation. Thirty years of tender, generous, firm, loving support for more than a thousand individuals, who now, as licensed practitioners, serve tens of thousands in each week. And that is only one of your gifts to the world from your life of dedicated service. I thank you for your amazing assistance to my work across these many years. I thank you for your consistent kindness to Susan and me and our families.

I say you have well honored your ancestors by the extraordinary way in which you have served the world, your grandchildren, and the grandchildren of all of us. A deep bow of honor, blessing, and love.

Bob and Susan Duggan, Co-Founder/President and Faculty



**Please Join Us
to Honor Barbara Ellrich**
Wine and Hors 'd'oeuvres
September 22, 2010
4:00 – 6:00 p.m.
Tai Sophia Institute

R.S.V.P. by September 10
410-888-9048 ext 6611
[Access the Invitation online](#)

Excerpts from "ah my beloved barbara" by dianne m. connelly
ah my beloved barbara---dear and glorious you. in this step of our life dance together i hold you strong and steady to your promise in being--'everything for love--all for love'. and as the poet galway kinnell said----'the real news is love'. and you, querida amiga, actually live it in practice. You, barbara, build and cultivate love, not as sentiment, pabulum, pollyanna, feel good, but as virtue, as ways of being so that we dwell here on this earth more sweetly and lovingly together no matter what our differences. tai sophia is an institute of friendship through your ministry, we are a renowned good place because you have poured your life blood into its creation, calling us all into the friendship of being together; of sharing our beauty all the way through our life breath.

darling barbara, you are my friend and i love you. you are in my pocket and i am in yours, forever fierce and tender; your dianne you are such good medicine, ongoing, thank you.

**Dianne M. Connelly, Co-Founder/
Chancellor**

Barbara, I have known you since you began service Tai Sophia and have observed as you have played a central role in the building of the Institute from a small, 3-4 room clinic and a single classroom to what it is today. You have truly been a central force in all that has been accomplished. Whatever needed to be done, you were there, willingly and enthusiastically. The

hours you have worked are legion. And you have done all of this with warmth and grace. I join your thousands of admirers in acknowledging your essential role. As we look around us at what Tai Sophia is today,

Continued on page 2.

SPOTLIGHT

BARBARA ELLRICH TRIBUTE CONTINUED FROM PAGE 1

we see your achievement. Thank you for all you have given and who you are.

Sherman Cohn, Chairman, Board of Trustees

You are an amazing woman, Barbara Ellrich! A heart of platinum and a soul of pure delight, always there to lend a helping hand, to encourage, to defend on the basis of intention. It's no wonder that many hearts are racing as you enter the next chapter in your beautiful life. My deepest thanks for your partnership over these three very, very difficult transition years. With love,

Frank Vitale, CEO

Barbara's spirit is part of every atom, particle and molecule of Tai Sophia. At the deepest level she and Tai Sophia are one. Barbara's leaving parallels the act of removing single threads from a tightly woven garment. Without the threads, the garment will not be same. And so it is... without Barbara Tai Sophia will not be the same.

Judi Broida, Provost/Executive Vice-President for Academic Affairs

Barbara your commitment to live life with integrity and grace is embodied in every interaction with you. You have held the torch so valiantly for Tai Sophia and because of you, that light is here for all the generations to come who will grace these hallowed halls. For all that you are, all that you give and all that I received in your presence, I salute you. May your light continue to shine brightly in this new phase of your journey! With gratitude, love and blessings,

Gabrielle Julien-Molineaux, Director of Admissions

My dictionary, when I look up "loyalty," "grace," "devotion," "elegance" and "possibility," keeps directing me to "see Barbara Ellrich." She has been the epitome of such qualities since the first contact we had in the early 1980s. I wonder if I would have come across the country, never having visited TAI, had it not been for Barbara's encouragement, her inviting welcome and her confidence in me and the Institute. I believe we are the class of the many schools out there and I know her elegant tending of our reputation and our influence is in large part responsible. I cannot envision us without her, but I know her imprint will endure for generations.

Michael Phillips, Faculty

Barbara called me to new awareness very early in my student career. I came in as a consumer; I was paying for something and I expected good service and expected it rather immediately. Well, one day I was rather upset and approached her in the hallway with a 'complaint' ... er... I mean 'challenge'.

She touch my arm lightly and said to me evenly and gently, "First you bow. And then you ask."

My internal, mental voice said: "First you bow?! What! I need this fixed and I need it fixed now!"

In the next moment I stopped and was still. Barbara's words were a clear needle. Treatment was received.

Barbara Catlin, Faculty

Barbara was assigned to be my guardian angel by a fellow herbalist. I can think of no better way to describe her.

James Snow, Director, Herbal Medicine Program

Barbara has been a steady presence of warmth, wisdom and humor at Tai Sophia. In the numerous times that we've worked side by side, Barbara was a collaborative and thoughtful partner. She is irreplaceable.

Cheryl Walker, Interim Program Director, TLSC Program; Program Manager Wellness and Health Coaching Graduate Certificates

Since 2008, I have seen that Barbara genuinely and tirelessly works in service of the students at Tai Sophia. For me, Barbara embodied partnership, always willing to sit down with me to ensure that all flowed smoothly, as in the spirit of our point known as Tai Chong (LR 3).

Pamela Howard, Student

En mi vida, muchas veces. La Buena suerte ha tocado a mi puerta. Pero el verdadero cambio para bien fue cuando usted. Llamó, y sonó mi celular: ¡¡ El me jor ruido de todos!!!

Gracias Señora ¡¡ La Queremos Por Siempre!!!

Juan y Engracia Robles, Facilities Coordinator

We are collecting photos, cards, memories, quotes, stories, and well wishes for Barbara in a memory album. Please send your memories and wishes to Robin Reel at reel@tai.edu or 7750 Montpelier Rd, Laurel, MD 20723 or simply bring them with you to the celebration.

INSTITUTE NEWS

Statistics from 2009 Acupuncture Survey

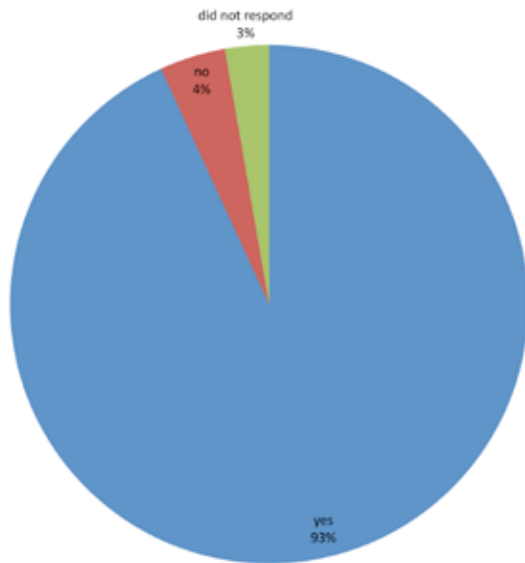
Thank you to everyone who completed the Acupuncture Survey!

The statistics reported below are based on the responses of seventy-five alumni who returned the survey. Approximately 750 surveys were delivered, resulting in a 10% response rate.

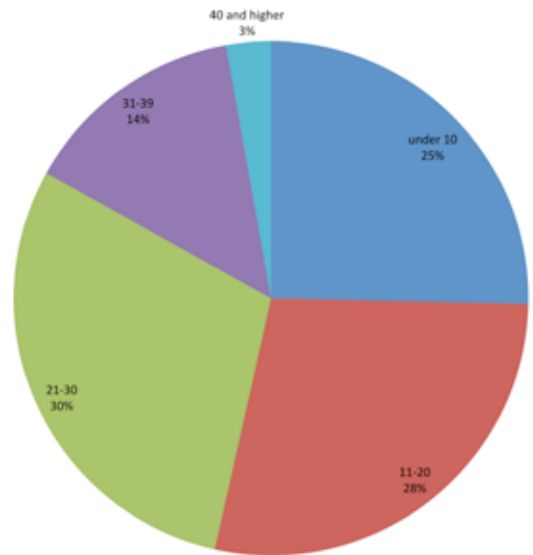
Results:

Salary	
average TD/1st visit cost:	\$132
average treatment cost:	\$81
average gross salary:	\$63,853
gross income range:	\$1,200 – \$175,000

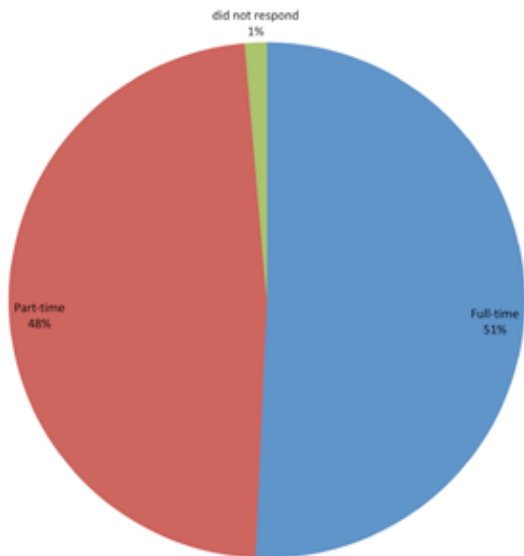
Are you currently practicing acupuncture?



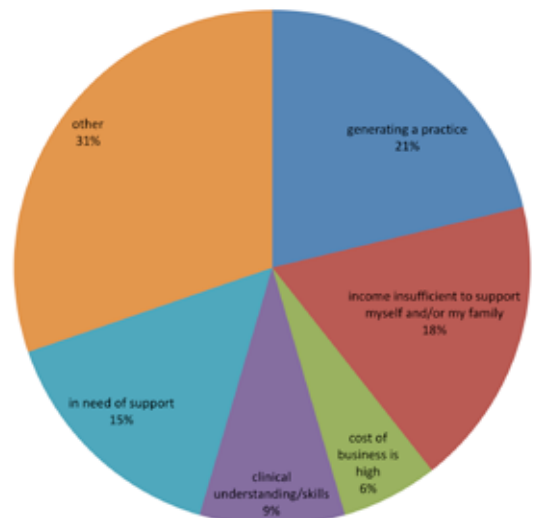
How many treatments do you perform a week?



Do you consider your practice to be:



If you are currently in practice, what have been your greatest challenges? **this question only on internet version



INSTITUTE NEWS

Blaize Connelly-Duggan: New Position, Executive Director of MDCHI/Penn North

Blaize Connelly-Duggan has taken on a new role as Executive Director of Maryland Community Health Initiatives and Penn North. We do miss Blaize at Tai Sophia and we congratulate him on his exciting new position!

Excerpts of May 2010 letter to Tai Sophia community from Frank Vitale, CEO:

In January 2010, Tai Sophia Institute's Board of Trustees made a strategic decision to focus the Institute's energy and resources on building a University. As part of that decision, it determined that Penn North would be better served by partnering with a Baltimore-based organization that would be better able to provide the resources, expertise, and attention that the clients and staff at Penn North deserve. Having contributed so much to its community under the wings of Tai Sophia, the time has come for Penn North to grow to the next level and become stronger both financially and programmatically.



So, it is with mixed emotions—excitement, hope, gratitude, and sadness—that I write to inform you that effective June 1, 2010, Penn North will officially become a separate entity from Tai Sophia Institute and that Blaize Connelly-Duggan will be leaving Tai Sophia Institute to lead Penn North and Maryland Community Health Initiatives as Executive Director, a role for which he is eminently qualified.

Since 1998 Blaize has played an integral role in leading Tai Sophia's strategic growth and development.

Effective May 1, Blaize resigned his position as Senior Vice President of Business Development to take on the new role of Executive Director of MDCHI/Penn North. This has not been any easy decision for Blaize. He has called it a bittersweet transition. As we all know, his heart will always be with Tai Sophia even though the form of his relationship with the Institute will be changing significantly. Blaize's passion and dedication to the mission and success of Tai Sophia are undeniable, and he will undoubtedly continue to serve Tai Sophia as he takes the mission out into the world in bold new ways.

Please join me in congratulating Blaize and the Penn North staff on this exciting shift and in wishing Blaize much success and prosperity in his new role.

Reunion Point

Tai Sophia 2010 Commencement Ceremony: 90 Wellness Practitioners and Leaders of Tomorrow Graduated

Tai Sophia's 2009-2010 graduating class celebrated their accomplishments at its annual commencement ceremony on June 7, 2010.

The evening honored candidates from the following programs:

- 61 received a Master of Acupuncture
- 18 received a Master of Arts in Applied Healing Arts (recently renamed Transformative Leadership and Social Change)
- 11 received a Master of Science in Herbal Medicine

James S. Gordon, M.D., world-renowned expert in mind-body medicine, author, founder and Director of The Center for Mind-Body Medicine, and Harvard-educated psychiatrist delivered the keynote speech, "The Healer's Path." He reflected on the stages of the journey to becoming a healer – questioning life, choosing from the heart, finding balance, discovering community, and serving others – a journey which he says the graduates have already begun.

Dr. Gordon's remarks included his observation that "Tai Sophia is an institution, or more accurately, a community, that is helping to set the standard for the health care of the future – balancing rigorous science with transformational personal experience. Tai Sophia is graduating thoughtful, compassionate professionals who are not only questioning the inadequacies of our health-care system, but are helping to create an example of what it could be."

"Tai Sophia graduates will bring a new set of traditional healing skills honed by modern science into healthcare organizations and systems that urgently need what these graduates have to offer. The courage and imagination that has characterized their education will help them create new syntheses of Eastern and Western medicine, of individual treatment, personal growth, and community responsibility."

James Gordon is a distinguished guest lecturer in Tai Sophia's four newest graduate programs in Health Coaching, Herbal Studies, Medical Herbalism, and Wellness Coaching.

New Member of Tai Sophia Board of Trustees: McCormick & Company Executive Dr. Hamed Faridi

McCormick & Company Vice President of Research & Development Hamed Faridi, Ph.D., was elected to the Institute's Board of Trustees.

The Board Chairman, Sherman Cohn, points out that "Dr. Faridi brings worldwide business experience and expertise in food technology and research. His qualifications and level of expertise will add value to our board as we move the Institute forward. Weaving together spices, herbs, and foods with health fits very much into Tai Sophia's interest

INSTITUTE NEWS

in using food as medicine in the promotion of health and wellness – not only to help restore health when it needs repair; but also to build health so that illnesses are less likely to occur.”

Dr. Faridi says that he is “excited and honored to become a member of the Tai Sophia Institute Board of Trustees. Health and wellness is an important focus at McCormick and Company, and I am eager to share our learning and our passion for this crucial area. I believe in the role spices and herbs can play in the improved nutrition and overall wellness of consumers worldwide.”

At McCormick & Company (NYSE:MKC), Dr. Faridi is responsible for providing overall research, product development, and technical services leadership and developing an enterprise-wide technical strategy that supports McCormick’s business plans worldwide. He also is responsible for the McCormick Science Institute, which was created to advance the knowledge on health benefits of culinary spices and herbs.

Frank Vitale, Tai Sophia CEO, states that “Dr. Faridi will play a key role in assisting us as we expand our academic and research programs. In particular, we see Dr. Faridi as being instrumental as we expand our capacity for herbal medicine research.”

Alumna testifies at Senate Hearing on Effects of Dispersants in Gulf Oil Spill

Senator Mikulski chaired the hearing on Thursday, July 15, 2010.

“What is happening in the Gulf underscores what we know from our work at Tai Sophia Institute — the oneness of all things and the interrelationship of body-mind-spirit and environment. What we do now affects the future of our planet and the cosmos and the generations to come.” **Sister Charlotte Kerr RSM.**

“I’m concerned we do not know enough about the impact of dispersants and dispersed oil on people, marine life and water quality.”

Senator Barbara Mikulski

The purpose of the hearing, held before the Subcommittee on Commerce, Justice, and Science on July 15, was to address the use of dispersants (chemicals used to break up oil into small particles) in response to the Deepwater Horizon oil spill in the Gulf of Mexico.

Sister Charlotte Kerr, ACU UK’77, and Senator Barbara Mikulski share the concern that the use of dispersants to minimize the damage from the oil may create far-reaching negative consequences.

The hearing was planned to address the following questions:

- What do we know about dispersants?
- How toxic are they?
- What is the impact of dispersants on people, marine life, and communities?

- Do they get into the food chain?
- What more do we need to know?
- Can we count on what we think we know?
- What are the short-term and long-term consequences of using dispersants?
- How do we clean them up?
- Do they linger in the environment?
- How can negative consequences be contained?

The overall goal of the hearing was to compile recommendations in response to the use of dispersants and to contain the negative effects on public health and the environment.

To view the webcast and press releases on this hearing, please visit www.senate.gov and enter “dispersants” in the search box.

Herbal Medicine News

Congratulations to Certified Nutrition Specialists! Class of 2009 and Spring Class, 2010

The July 2010 edition of *The CBNS Newsletter* acknowledged the seventy-three people who passed the Certified Nutrition Specialists exam. The results are impressive for Tai Sophia. Out of the 73 people who passed this national exam, ten (14%) are our alums!

Congratulations to the following alumni:

Lena Bezman, MD, MS, MPH

Robyn Urbach, MS

Dorothy Clancy, MS

Joi Foss Vogin, MS

Deb Friedman, MS

Elyse J. Williams, MS

Barbara L. Grose, MS

Cynthia Johnson, MS

Allegra Hamman, MSN, MS

Monika McCollin, MS

Herbal Research Clinical Trial

Tai Sophia conducted a Clinical Trial on the Effects of Culinary Herbs on Memory and Attention in Older Adults. The January and February 2010 study was another exciting step towards entering a new era of advancing complementary and integrative medicine via clinical research.

All the herbs used in this study are commonly found in grocery stores and have GRAS (generally recognized as safe) status with the U.S. Food and Drug Administration.

Twenty-seven people between the ages of 65-90, non-smokers, and in a stable state of general health participated. The results have not been finalized, and we will provide more information when the outcomes are determined.

We are planning to initiate more clinical trials that are compatible with our mission and forward our vision in herbal medicine, acupuncture, and other areas of complementary medicine.

INSTITUTE NEWS

Announcing Annemarie Colbin Center for the Study of Food and Healing

A powerful blending of forces has been established between Dr. Annemarie Colbin and Tai Sophia Institute. This unique partnership combines their 70-plus years of insightful study, provocative writings, and influential teaching about the role of food, health, nature, and the seasons. The strength of their collective knowledge and experience will be a powerful force, promoting a systems-oriented approach to health care and overall wellness.

The Annemarie Colbin Center for the Study of Food and Healing will be an international resource for students, health-care practitioners, researchers, academicians, health policy experts, business owners, families, and all those who believe food can be a powerful source of healing.

Annemarie Colbin, Ph.D., is a pioneer and spiritual leader in the field of food and healing. She is Founder and CEO of the Natural Gourmet Institute for Health and Culinary Arts in New York City, the first natural foods cooking school in the United States. Natural Gourmet is the only cooking school licensed by the New York State Education Department and accredited to offer a Chef's Training Program in natural foods cooking. Dr. Colbin is also a recognized lecturer and author. Her best known book, *Food and Healing*, is used as a textbook in many schools of natural healing and has been translated into six languages. Her other books include *The Book of Whole Meals*, *The Natural Gourmet*, and *The Whole-Food Guide to Strong Bones*.

Acupuncture News Enhanced M.Ac. Curriculum

As you may know, the Master of Acupuncture (M.Ac.) program leadership team has been working for the past few years to review and revise the curriculum. The members of the M.Ac. Leadership and Curriculum Committees are incredibly excited to announce that we have completed the review and revision process and now have an enhanced acupuncture curriculum which will be implemented for new students in September 2010.

While the M.Ac. program is in an ongoing state of reflection, assessment, and development, it is considered a best practice in higher education to do a comprehensive curriculum review every seven to 10 years. Our curriculum review process was largely based on analyzing survey results from alumni, senior students, and faculty, as well as course evaluations. Thanks to all of you who filled out surveys and provided feedback.

Please join me as we celebrate this momentous milestone and give a deep bow of acknowledgement to all the faculty and staff that contributed countless hours, and channeled their considerable passion,

and wisdom, into the Master of Acupuncture program enhancement. This has been an amazing process, and I believe that our finished product is superb. It would not have been possible without the contributions from faculty, staff, students, and graduates. Their deep reflection and feedback will indeed serve to enhance the education of all of our current and future students...and benefit all whom they will touch as practitioners.

The program leadership is committed to the ongoing thoughtful involvement of the M.Ac. program, ensuring its continued excellence and relevancy....and making it a program that you can be proud to have graduated from, proud to support, and proud to recommend to others.

Jeff Millison, M.Ac., L.Ac.

Program Director, Master of Acupuncture Program

Integrated Science Division

The enhanced acupuncture program to be rolled out September 2010 includes a revision of Bioscience courses. All of the 30 required Bioscience credits are now incorporated into the student's coursework at Tai Sophia. The offerings include 18 core Bioscience credits as well as 12 credits of selected electives. Core Bioscience courses have been mindfully integrated into the acupuncture curriculum. The elective science courses will focus on topics relevant to wellness practitioners. There is considerable flexibility around the electives to accommodate student schedules with courses offered on weekdays, weekends, and evenings. The revisions for all Bioscience courses will be launched this fall for all current students. Electives are open to alums on a space available basis.

Kimberly Duncan, Program Director

Marla Peoples, Chair of Clinical Practices Division to Step Down

Letter from Jeff Millison to the Tai Sophia Community, June 4, 2010:

I am writing to announce that Marla Peoples will be stepping down from her role as chair of the Clinical Practices division on July 31st. As many of you know, Marla's second son was born in January and she wants to spend more time with her boys.

Marla has served in her position for the past 2 years and her contributions to the M.Ac. program have been invaluable during that time. She has provided strong leadership and has expertly coordinated the clinical faculty and courses in her division. Being the Chair of the Clinical Practices division is a lot like running a group practice with 130 practitioners (not to mention the additional 60 supervisors)....and Marla has managed the clinic, with all its members, with great leadership, vision and warmth.

INSTITUTE NEWS

ACUPUNCTURE NEWS CONTINUED FROM PAGE 6

Marla was instrumental in the coordination and implementation of the highly successful Living Well with Cancer program which has served numerous individuals in our community. She also implemented many valuable changes to the clinic structure, including the addition of 12 Core Group outcomes which has strengthened student knowledge and competencies. In addition, Marla created the availability for students to treat populations (children under 8, pregnant women, and patients with cancer) previously unable to be tended in the student clinic.

Marla has been a passionate and skillful leader in the M.Ac. program over the last 2 years, and she has graced the institute with her strong work ethic, enthusiasm, vision, and organization. I am going to greatly miss working with Marla in her Division Chair role...and I am heartened that she will continue to teach and contribute to the M.Ac. program.

Please join me in a deep bow of acknowledgement and gratitude to Marla.

Welcome to Sharon Jennings-Rojas, new Chair of Clinical Practices Division

Jeff Millison's welcome to Sharon Jennings-Rojas, August 3, 2010:

It is my great pleasure to announce the appointment of Sharon Jennings-Rojas as Chair of the Clinical Practices division in the M.Ac. program.

Sharon brings a wealth of experience and knowledge to the position. She completed her graduate work and obtained her Masters of Acupuncture degree from the Traditional Acupuncture Institute (Tai Sophia), and has 20 years of administrative and clinical experience in alternative health care. In addition to her work with the Departments of Health in New York, Baltimore and Atlanta, Sharon has also presented at several alternative medicine conferences throughout the United States. She has been a NADA (National Acupuncture Detoxification Association) member and Certified Registered Trainer since 1991, and has provided NADA acupuncture services to a wide range of clients at multiple clinics (some of which she established) on the east coast.

Sharon presently teaches in the acupuncture program and is a supervisor in the student clinic, as well as serving as Tai Sophia's Coordinator of Community Partnerships. She is also on faculty at the Academy for Somatic Healing Arts (ASHA) in Norcross, Georgia where she is currently on sabbatical. She has most recently been appointed as the resident acupuncturist at Goucher College where she serves students, faculty and staff. Sharon also maintains

a successful practice in Owings Mills and Columbia, Maryland while balancing family life with her husband and three children.

Sharon is a bright, passionate and committed administrator and teacher, and I am thrilled that she has taken on the position of Division Chair. Please join me in giving her a very warm welcome.

Welcome Jane Grissmer, Chair, Theory Division, M.Ac.

Excerpts from Jeff Millison's Letter to Tai Sophia Community, Fall, 2010:



It is my great pleasure and honor to announce the appointment of Jane Grissmer as Chair of the Theory division in the M.Ac. program.

Jane brings an extraordinary wealth of experience and knowledge to the position. She has 30 years of experience as an acupuncturist, along with a rich background in integrative health care development and design.

Jane has a long and rich history with Tai Sophia Institute. She was a faculty member from 1984-1997, teaching a broad range of courses including: sensory skill development; theory; spirit of the points; Chinese herbal medicine; zang fu and patterns of disharmony; engaging the emotions; and clinical supervision. Jane also notably served as Dean of Faculty from 1988-92 during which time she engaged in cutting edge curriculum design and led the faculty with great skill, heart and wisdom.

Jane is an incredibly bright, wise, passionate and committed practitioner and teacher, and I am thrilled that she has taken on the position of Division Chair. Please join me in giving her a very warm welcome.

Jeffrey Yuen, Visiting Lecturer in July 2010

The Master of Acupuncture program is pleased to have the pleasure and privilege of hosting Jeffrey Yuen who will present an Intensive Classics seminar to acupuncture students this summer trimester. This will be Mr. Yuen's second seminar at the Institute, and he will be speaking about the Nang Jing, which is one of the foundational texts of Chinese medicine in general, and 5 element acupuncture in particular.

Faculty award at Graduation luncheon

The Great Esteem Award for 2010 went to **Celeste Homan, ACU F'95B**, in recognition of her outstanding commitment to students' excellence as practitioners throughout the Master of Acupuncture program.

INSTITUTE NEWS

Applied Healing Arts/Transformative Leadership and Social Change News

Anne Baker and Cheryl Walker Transition

Anne Baker – Many, many thanks and sincere appreciation “for your unwavering commitment to the AHA/TLSC program and your heartfelt tending of students, faculty and alumni.”

Cheryl Walker – Welcome as Interim Program Director, Transformative Leadership and Social Change

A letter went out in March from Judi Broida, Provost and Executive Vice President of Academic Affairs, acknowledging Anne Baker during her tenure as Program Director, AHA/TLSC and welcoming Cheryl Walker as Interim Program Director:

If you missed that announcement, here are excerpts from Judi's letter:

“It is with mixed feelings that I announce Anne Baker will step down as Program Director of the Transformative Leadership and Social Change Program effective April 30th. For almost two years, she has served as the heart of the program supporting current students, recruiting new students and tending to the alumni. Anne is without parallel in these areas. We are grateful for her guidance and caring for each and every student.

As we grow our programs and move toward the establishment of Tai Sophia as a university, the roles and responsibilities of the program director are changing and Anne has decided not to accept the new role offered her in the program. She will continue as core faculty, advisor, and TPG facilitator and for that we are grateful. We won't let her go completely!!



I have asked Cheryl Walker to serve as Interim Program Director. In that capacity she will assume leadership and responsibility for the program management along with Erin's capable support.

Please join me in acknowledging Anne for her unwavering commitment to the program and her heartfelt tending of students, faculty and alumni.

Please welcome Cheryl as she transitions into the leadership role.

We are pleased that she has accepted this opportunity and her background meshes well with the TLSC program. I know that she will be consulting with many of you as she transitions into this position, assumes her new role, and conducts the program review. She will appreciate your support.”

Faculty award at Graduation luncheon

The **Great Esteem Award** for 2010 went to **Thomas Balles, ACU '82**, in recognition of his outstanding commitment and contributions to students and the transformative work of the Master of Arts in Applied Healing Arts program.

Chinese Herb News

The next program offering begins April 2011. There will be substantial changes in the curriculum requirements. Please stand by for more information to be distributed shortly!

Deep Bow of Gratitude to Cara Frank Welcome to Evan Rabinowitz

To the Chinese Herb Community,

It is with a deep bow of gratitude that we announce the stepping down of Cara Frank L.OM as the Director of the Chinese Herb Program at Tai Sophia Institute after the current program is completed in March 2010. In 2003, Cara replaced Thea Elijah as the Director of the CHP at Tai Sophia. It is through Cara's knowledge of and devotion to Chinese herbs that our current curriculum was designed and exists today. She innovatively designed the CHP curriculum at Tai Sophia to meet ACAOM's required 660 hours and was the first director to combine coursework with intensive clinical requirements as well as add a class website and podcasts.

The first students to receive the new curriculum were the Sept03 track and three subsequent tracks of Chinese herb students have studied under Cara's expertise. In addition to directing the program, Cara is a Core faculty member in the program and gives countless hours of administrative support to the other faculty. Cara is co-owner of China Herb Company and maintains her private practice in Philadelphia, PA. Cara will continue to teach the current track of students until their coursework is completed this winter and will periodically teach in subsequent programs. We wish Cara all the best; her tireless energy and dedication to Tai Sophia will be greatly missed.

We are quite pleased to announce Evan Rabinowitz, M.Ac., L.Ac., Dipl. Ac. (NCCAOM) as the new Manager of the Chinese Herb Program and Core Faculty beginning April 1, 2011. The Chinese Herb program will now formally reside in the Acupuncture unit and Evan will report to Jeff Millison. A graduate of Tai Sophia Institute and the Academy for Five Element Acupuncture in Miami, Evan comes to us highly recommended. Evan has been teaching herbal studies and Chinese Medicine since 2002 at the Academy for Five Element Acupuncture in Miami where he gained teaching experience in how Five Element students approach the study of Chinese Herbal Medicine. He also conducts NCCAOM approved CEU courses on various topics including; Gynecology, blood stasis, seasonal and environmental

INSTITUTE NEWS

allergies, as well as conducting a clinical mentorship program in Chinese Herbal Medicine. Evan has studied under Thea Elijah, Jeffrey Yuen, and Dr. Seyyed Hossein Nasr at George Washington University. One of Evan's passions in teaching is creating bridges between perspectives within Chinese Medicine. We're looking forward to having his creative vision in the Chinese Herb program. Welcome, Evan.

With sincere appreciation,
Judi Broida, Provost/Vice President for Academic Affairs

Library News

Watch for news regarding research and current happenings in acupuncture, herbal medicine, and health and wellness. Responding to alumni requests for research articles and current affairs in health and wellness, Jenifer Kirin, Tai Sophia librarian, has graciously offered to contribute to future issues of Reunion Point and other alumni communications.

The library is pleased to serve alumni and can be reached at librarydesk@tai.edu or 410-888-9048 ext 6644.

Frequently asked Questions

Where to find the following:

- **Job Postings and Space Rentals** (primarily in integrated practices) can be found on our website at www.tai.edu. View the banner near the top of any page, hover over Our Learning Community, Alumni, and click on Job Postings and Space Rentals.
- **Continuing Professional Education programs**, designed for alumni and other health and wellness professionals, are also on our website. They are posted under Educational Programs found on the banner near the top of any page. You must be in full screen to view CPE programs, as the link is at the end of a list.
- It's a good idea to check the **Find a Practitioner Referral List** on our website at www.tai.edu to assure your information is current and accurate. After entering your information, you need to be in full screen and scroll down to view the list.
- If we do not have your **current email address** in the Tai Sophia primary database, you will miss our communications. Please remember to contact us when you change your email address or other contact information and encourage your colleagues to do the same. We assure you that all email addresses are held in strict confidence. To provide your information, email Pat DeLorenzo at pdelorenzo@tai.edu.
- **Tai Sophia News and Events** are on our website at www.tai.edu and include print articles, multimedia, press releases, and faculty research and scholarship highlights. Click on News and Events at the end of the banner near the top of any page.

ALUMNI NEWS

In the News

Monika Armbruster, ACU F'95, was featured in the "Shore Health Navigator, Spring 2010, as Clinical Acupuncture Specialist for Integrative Medicine, Shore Health System, University of Maryland Medical System. Monika says that "Pain is the main reason people come to the Center. Many of our patients are referred from Shore Comprehensive Pain Care. Cancer patients tend to have overlapping health issues so we see many people who are being treated at Shore Regional Cancer Center." The center's practitioners also refer patients to physicians in other areas of Shore Health System. Visit her website at www.shorehealth.org/services.

Lissa Butler, HRB S'05, wrote an article titled *Plantain: Herbal Medicine Right Beneath Your Feet* for "Live in the Now: Information & Inspiration for Optimal Wellness & Longevity" (July 15, 2010). Her article points out that Plantain, or *Plantago major*, is a weed that is unfortunately often killed off to give lawns a more uniform look. However, they are like dandelions in that they grow almost everywhere and have a myriad of medicinal uses. You may view the full article at www.stopagingnow.com/liveinthenow/article/plantain-herbal-medicine-right-beneath-your-feet.

Bob Gordon, AHA J'05, was featured in an article titled *A Fall into Life Coaching*, May 10, 2010 issue of the *Washington Post Express*, page E14. The article reports the deep impact of his Tai Sophia experience and his journey from a federal government employee to a life coach who works with people on their deepest issues. Bob has continued his education and will soon be a licensed professional counselor.

Rachel Kriger, ACU S'06, wrote a beautiful and inspiring meditation for the February edition of "The Jew & the Carrot" – the voice of the new Jewish food movement. Rachel merged her love of small scale farming and Judaism, and became the farm manager for "The Calendar Garden at Kayam farm at Pearlstone," a place to cultivate plants and their connection to seasons, Jewish wisdom and body awareness. In her meditation she thanks her teachers at Tai Sophia for reminding her of the ancient wisdom when making any choice. "Will this honor the Ancestors and will it serve the next generations."

Kaiya Larson, ACU S'97A, and **Sara Eisenberg, HRB S'03**, were quoted in the July 1, 2010 issue of *Urbanite*, in an article titled "The Good Fight: Cancer patients gain guidance, inspiration from a new breed of patient navigators. Clinical herbalist Sara Eisenberg of the Ruscombe Community Health Center and acupuncturist Kaiya Larson, core faculty, Tai Sophia Institute, emphasize the powerful impact that herbs and acupuncture can have in complementing conventional cancer treatments.

Please see the full article below which features comments from Kaiya and Sara. www.urbanitebaltimore.com/baltimore/scope-urbanites-health-section/Content?oid=1266361

Trisha McCauley, HRB S'07, was featured in the *Washington Post Express*, June 22, 2010. Tricia presented a workshop on herbs, for Common Good City Farm in Washington, D.C., a community-run educational enterprise, which raises produce for low-income adults and families and aims to spread the word that local, seasonal crops are healthier. Trisha wove together the history and theory of herbal medicine with its practical applications. Using the garden as a classroom, participants learned to create teas, tinctures and poultices to boost their bodies' natural capabilities.

Appointments

Kate Carter, ACU'92 has been appointed to the Maryland State Board of Acupuncture for a four-year term. She was nominated by Barbara Ellrich.

Becky Schirber, ACU S'01A, has been "accepted as part of a very exciting cohort of women in Western Massachusetts." Becky was selected as an inaugural member of "The Women's Fund's Leadership Institute of Political Impact (LIPI) for June 2010 through June 2011. A new initiative of the Woman's Fund is designed to create a cadre of effective and powerful women leaders in the region to train local women to run for elected office. LIPI gives women the tools and confidence to become political leaders who will be at the forefront of strengthening the communities of Western Massachusetts. The Women's Fund engages the talents and input of women at all levels and in all sectors of decision making. www.womensfund.net. Becky's private practice is "going beyond wellness, Discovering Vitality through Food, Exercise and Acupuncture." Visit her website at www.goingbeyondwellness.com.

ALUMNI NEWS

New Ventures

Henriette den Ouden, HRB S'04 and **Chris Himmel, AHA J'04**, own and operate Habanera Farms, a center for people to learn, to share, to enjoy, to grow and to remember life's possibilities. They offer individual opportunities for healing and growth through: herbal consultations, recovering joy in cooking and eating, coaching, classes and workshops, grief recovery outreach programs, helping children deal with loss, urgent care clinic, supplement reviews, guest and inspirational speaking. They are located in Tyaskin, Maryland and Lewes, Delaware. Visit their website at www.habanerafarm.com or contact them at habanerafarm@habanerafarm.com.

Patricia Lott, ACU S'95, opened the Community Acupuncture of Towson on September 1, 2009. Community Acupuncture is individualized treatment in a relaxed community setting priced affordably (\$20-\$40 sliding scale). They are located in the heart of Towson, Maryland. Visit her website at www.CommunityAcupunctureofTowson.com.

Ashley Litecky, HRB S'05, and **Elyse Williams, HRB S'05**, started their own company, Deep Green Wellness, LLC www.deepgreenwellness.com, a service oriented organization dedicated to providing inspirational and affordable self-care through yoga, herbal medicine, and educational retreats. Through the support of Maryland's wellness community, Deep Green is able to provide its services and distribute its products to those in need.

At this time, they own and operate two herbal apothecaries (one in Georgetown, DC and the other in Silver Spring, MD), sell herbal products, and lead classes and retreats in the healing arts. Ashley was recently invited to present on the topics of yoga and meditation for Yoga Week 2010 at the National Institutes of Health (NIH). She also serves as creator and director of the Blue Heron Wellness Yoga School Teacher Training Program. Internationally, Ashley has studied and taught yoga in Australia and Costa Rica.

Elyse is a Certified Nutrition Specialist through the American College of Nutrition, a reflexology apprentice, and currently training in acupressure and reiki. Elyse sees clients in Georgetown at Tulsiliving.com and in Dupont Center for Holistic Herbal, Detoxification, and Nutrition Consultations, as well as reflexology treatments.

Lauren Mathews, ACU J'02A, founded The Element Center for Integrative Health in June 2007 after building a successful solo acupuncture practice in Denver. She brings together many of the best holistic medical professionals under one roof in order to provide comprehensive care for her patients. The Element Center is growing with many of the area's greatest healers. Lauren refers to other practitioners when it will benefit the patient. "Our patients love being able to visit all of their favorite practitioners at one time, as well as feeling safe in the level of care they will receive at the Element Center." Visit her website at www.acupuncture-denver.com.

Jennifer Stuckey, ACU S'02, opened Awakened Wellness, LLC in Columbia, Maryland and offers acupuncture, Chinese Herbal Medicine, Therapeutic Massage and Yoga classes on November 1, 2009. In the holiday issue of *Howard County Living Magazine* Awaken Wellness was featured as a new business. Visit her website at www.AwakenWellnessColumbia.com. Jennifer married Brian Bieda on July 4, 2009 and honeymooned in Maui for two weeks.

REUNION POINT

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ALUMNI NEWS

Careers

Jeanette Akhter, ACU S'05, has been working at the DC Veterans Administration Medical Center as the Complementary and Alternative Medicine Fellow in the War Related Injury and Illness Study Center. "We see veterans of all ages with all types of complaints/life situations; unfortunately many of them are young - from Iraq and Afghanistan. **Alaine Duncan, ACU '98 & CHP '97**, attends here twice weekly and sees many patients; she has been doing this for over 2.5 years. I am very fortunate to have the opportunity to work with her here." Jeanette's fellowship ends in July and recruiting for the next fellow has begun. Due to VA requirements, this particular position has to be filled with an acupuncturist who is also an M.D. Jeanette asks if anyone knows a potential applicant who might be interested in talking with her.

Tracy Burde, ACU '91, is presenting at the Building Bridges of Integration conference on October 14 – 17, 2010. She writes, "Here is a synopsis of my talk: Nature maintains a state of balance with natural rhythms and cycles. People in tune with their bodies and their environment can also maintain balance. I invite you come to learn about qi (chi), its pathways (meridians) and the lifestyles that support longevity and quality of life."

Paula Jilanis, APA J'06, is Director of the Therapeutic Massage Program at Allegany College of Maryland and was promoted to associate professor from assistant professor, effective July 1, 2010. She will present at the American Massage Therapy Association National Conference in Minneapolis, MN at the end of September. The presentation is entitled Yin and Yang of Classroom Management and will explore classroom management from the internal perspective of small mind/large mind; phenomenon/story; and observer.

Mimi Hernandez, HRB S'02, is the coordinator of the Appalachian Center for Ethnobotanical Studies at Frostburg State University. As an herbal educator, she balances traditional reverence with scientific understanding. Mimi is the founder of the One World Healing Arts Institute and former president of the North Carolina Herb Association. She also draws on her Latino background and the granny healers in her life.

Elizabeth Monson, AHA J'05, recently moved to Corvallis, Oregon to work for Good Samaritan Regional Medical Center and be near family. Her primary position is in cardiology and she is also part of a team to bring integrative medicine into the inpatient hospital environment.

Lauren Richter, ACU J'01B, is assistant medical director of the University of Maryland, Center for Integrative Medicine Clinic. She oversees the clinic's medical services and its planning. Lauren, a graduate of the Philadelphia College of Osteopathic Medicine and Tai Sophia, has been a primary care physician for more than 24 years.

Jeremy Riesenfeld, ACU J'03, opened a new Dupont Circle office in downtown Washington, D.C. Visit his website at dc-acupuncture.com and take a look at his article on "Transformational Acupuncture – My Personal Journey" where he describes his own "healing journey" and why he became interested in helping people truly transform at all levels – physically, emotionally, and mentally.

Stephanie Slaughter, ACU S'05, has joined the Virginia-based healing center, The Acupuncture Center of Northern Virginia. Stephanie helps patients find balance their bodies by looking closely at their lifestyles and habits and using individually tailored acupuncture treatments to achieve a healing shift in their energy when necessary.

ALUMNI NEWS

News from You

Gretchen Heilman, HRB S'02

How to grow a thriving practice in less than six months so you can pay your loans, make a difference, and love your life!

Two things coincided the fall after my graduation that made all the difference in where I am in my private practice today. The first is that I moved to Maine with the intention of establishing roots, starting a family, and staying in one spot (thus completing an epic four year adventure of moving from MD to VA to CO to AK to NH to ME). The second is that my sister Holly started her Master's in Acupuncture at Tai Sophia. I am so grateful that these two things happened at the same time because it provided me the opportunity to ground my business in the core philosophy of Tai Sophia's teachings, awareness!

Although I didn't get my first paying client until February, I started my practice in November. I practiced walking my dog, baking bread, making soups, eating well, drinking tea, listening to my body, cross country skiing, and spending hours at a time talking with my sister about her new classes. Each evening she would "take the day to me" and I felt as if I were back in Sophia Skills. I re-read Diane Connelly's *All Sickness is Home Sickness*. I re-created my lectures on "Sugar Blues," "Kitchen Herbs for the Cold and Flu Season," and "Redefining Diet: It's Greek for Way of Life!" I steeped myself in the wisdom of awareness and self healing and focused on creating a new conversation about health and wellness with everyone I possibly could.

Fast forward to summer, while visiting my family in Maryland I went to class with Holly and felt incredible joy in reporting to Bob, "I am in the awareness business!" I told him I am so proud of my practice because I really am creating a new paradigm for healing in my community, I'm facilitating lasting transformation in my clients lives, I'm making a living, and I'm enjoying my own daily experience of my work and my life.

So what does that actually look like? Well my primary source of income right now is from clients enrolled in a six-month program that starts with, "don't make any changes at all," as the first assignment. Step by step we add in greens, vegetables, protein, water, going to bed earlier, deep breathing, passionate exercise, and stretching. At this point most symptoms have cleared up and I will design a custom herbal formula to further strengthen and support them in healing. My goal is to teach my clients that they are in fact their own best health care system.

What's the outcome? Miraculous results stretch far beyond the individual: a husband is now eating black beans, a best friend has tried kale, and a granddaughter tells her friends about the benefits of chewing over lunch at school! With new energy for life my clients volunteer at hospice, win bike races, start new relationships, reconnect

with loved ones, and teach others to listen to their bodies. It's magical to witness.

In addition to the six-month program I see a few folks for individual herbal consultations exclusively, I lecture at the co-op, library, hospital, and wellness centers, I teach herbal medicine at a massage school, and "Sugar Blues" at a teen rehabilitation center. I write and research and cook and walk my dog. I'm in the awareness business. I love it!

I wanted to share this with you because I want you to know that no matter where you are in your practice right now you can absolutely transform yourself and your business in less than six months. First, you must figure out what kind of business you are in. There is nothing to work on, fix, or figure out. It's not the marketing or twitter or your newsletter. There are no new tools you need to do this. It's found in who you are being and in creating a new paradigm for living and for healing, beginning with your word. Secondly, make sure you are loving life, that you are being a living, breathing example of what's possible. If you're not, simply ask, what could I add in to my life that would inspire me and make a difference?

Gretchen Heilman Piper, HRB '02, lives with her husband, hound dog, and cool cat in Morrill, Maine. She is currently on "baby sabbatical" from her practice, embracing the ecstasy and chaos of motherhood with her two month old son Yukon. You can find out more about her practice at www.aliveandawakehealingarts.com.

Aja Ngo, ACU J'99A

The Door to Peru is Open

I spent two weeks in Arequipa, southern Peru, where I treated people with acupuncture, electrical acupuncture and moxa. It was two weeks of very close contact with people whose main concern in life is getting a meal on the table. We were at a mission in the high desert Arequipa region, a spot where just ten years ago there were only stones. That's when Father Alex Busuttill arrived. A Maltese priest with the eyes of Paul Newman and the heart of Mother Theresa, Father Alex gathered the people and started building a community. Now there is a church, childcare, an orphanage, a clinic and clean water. The situation required great flexibility, because everything in Peru changes all the time. Working in multiple treatment rooms, Aja was called on to touch, listen, ask question and be resourceful. I used Tuina (which I learned in China), hydrotherapy (which I learned in my homeland, the Czech Republic), Shiatsu and reflexology. Medical students from the University of Chicago and Oregon Health and Science University shadowed her most of the time.

ALUMNI NEWS

One day a lady named Maria came in for treatment for migraines. She was in her 40's, with short hair and bright eyes, and had difficulty holding eye contact. When I touched her shoulder, her muscle tone was that of stone. I listened, smelled, and looked. Then asked what happened in her life eight years ago when the migraines started. Her eyes welled up and she told her story. I had the feeling that possibly for the first time someone really heard her. I did a needle treatment for her, but I think what really shifted her condition was just simple human touch and the ability to listen deeply.

All around the planet there is great need for the work we do. Peru is one of the most beautiful places I have ever visited.

If you want to travel and make a difference, this is your chance.

I recommend a mission because it is a nice combination of work in a clinic and 30 minutes down the road is Arequipa, the regional capital – a Spanish-style town with beautiful architecture.

The organization I travel with is Health Bridges International, Inc. You can find all the information on their website: www.hbint.org. If you want to go directly to Arequipa, contact Father Alex at fralexperu@yahoo.com. If you want to contact me, please go to my website www.portlandtraditionalacupuncture.com.

Debbie Jolly, ACU M'84, and her husband, Robert, wrote a song about the seasons called "Late Summer." She is entering her 24th year of practice and each year she loves it more. Debbie is also writing a book about anger. She thanks Bob Duggan for Tai Sophia and says she uses what she learned on a daily basis. "You have helped me have a wonderful life. I am a lucky person."

Births

Welcoming the Next

Generation! It is always a joyous event to celebrate the birth of a special child. We had a lot of these events in the Tai Sophia community over the last year and are very pleased to share the good news with you.

Alina Betsis, ACU J'06,

Maksim Ethan Betsis on June 20th, 2009, weighing 7lbs 4.8oz and measuring 20.5 inches long. Maksim loves nature, good company and prefers high tech equipment to toys ;-)

As he is learning about the world around him, he also teaches us to laugh, to explore and to look at things with new eyes!



Maksim Ethan Betsis

Dart Clancy, HRB S'04,

Dorienne Kendall Clancy was born at 10:55 a.m. on Tuesday, July 20th, 6lbs 6oz, 18" long. She will be called "Dorrie." Her grandparents dubbed her "Dorrie the Adorable" – just look at her newborn picture! She's the newest addition to the Tai Sophia community but looks like an alert, wise "old soul!"



Dorienne Kendall Clancy

Bevin Clare (Herbal faculty)

Alexander Finn Conroy was born at home on April 6, 2010 at 1:02 p.m., a hearty 8lbs 1oz and 20 inches long. He has been a true joy!



Alexander Finn Conroy

ALUMNI NEWS

Births



Lisa (AHA J'05) and Blaize Connelly-Duggan proudly welcomed twin boys into the world on June 17, 2009. Roman was born at 12:25 p.m. weighing in at 5lbs 1oz and 19 inches; Maxim arrived two minutes earlier at 12:23 p.m. weighing 5lbs 14oz and 19 inches. They were a good size for twins and are very healthy, active, and quite adorable boys. In this picture, they are celebrating their first birthday! Roman and Maxim are adored grandsons of **Dianne Connelly ACU UK'72** and **Bob Duggan ACU UK'72**.

Maxim and Roman Connelly-Duggan



Finley Gevaerd Manekin



Henry James Hamilton

Camille Freeman, HRB J'02 Henry James Hamilton on April 30, 2010. "We had a homebirth and could not be happier with the experience. He's the perfect baby for us, and continues to get sweeter every day." Visit Camille's blog spot – it's a lovely work of art. <http://www.framilton.blogspot.com/>

Jenifer Kirin

Justin Patrick Plunkett on October 24, 2008. We made an exception and added Justin (although he is over a year old) because his mother does so much for Tai Sophia as our Library Director and because Justin is so sweet. Jenifer says "Thanks for thinking of Justin. Here is a recent photo of him with older sister Katie."



Justin Patrick Plunkett with sister Katie

Sarah Kirk, AHA A'02

Maria Reilly Kirk on March 30, 2010 weighing 6lbs 15.4oz. She is happy to be included in the new baby parade.



Maria Reilly Kirk

Lola Manekin, ACU J'07

Finley Gevaerd Manekin on July 29, 2009. Finley is full of energy, always with a huge smile on his face!

Liz Monson, AHA J'05

Anna Joy on July 17, 2009. She has been the light of my life ever since that day.



Anna Joy Monson

Marla Peoples, ACU J'03

Asher Rey Peoples on January 4th at 10:27 a.m. After months of bed rest, my son decided to hold on until I was 40 weeks pregnant and weighed in at a healthy 7lbs 4oz and measured 20.5 inches long. Attached are a few pictures, and as you'll see, my son Grayson is enjoying being a big brother! Baby - Marla Peoples.jpg Jon, you can choose the picture you think fits best.

ALUMNI NEWS

Births

Gretchen Heilman Piper, HRB S'02

Yukon Lynnwood Heilman Piper "was born on Earth Day April 22nd at 9:18 p.m. and weighed 8lbs 10oz and he's beautiful. Two months old now and almost 14lbs, he's doing well! We adore him gushingly. I'm doing great, and yes, I got married on February 11th, and I'm now Gretchen Mae Isabelle Heilman Piper!! So lots of new names and lots of new fun!! Yukon is one day old in this picture.



Asher Rey Peoples

Kate Sammons, HRB S'07

Klara Linden Hoffmann on January 9, 2010 weighing 7lbs 8oz. We couldn't have asked for a sweeter, calmer, more tolerant baby. She is, however, quite the kicker. She's been kicking nonstop since well before she was born, with speed and force increasing in direct proportion to her fatigue. We already have our sights on World Cup 2034!



Yukon Lynnwood Heilman Piper

Rebecca (HRB J'02) and James Snow

Piper Annabelle Snow on September 16, 2009 weighing 7lb 7oz and measuring 20 inches long. Rebecca sent Piper's recent picture and says, "Here is a picture of our little cave girl gnawing on a bone."



Klara Linden Hoffmann

Lauren Torzillo, HRB S'02, and Kevin Turner, ACU S'04

Caleb David Turner on September 6, 2009. He was born at home and weighed 9 lbs 10 oz. At 10 months old has already grown to about 30 lbs! He's got an adorable giggle and loves broccoli and beets.



Piper Annabelle Snow

Joi Vogin, HRB S'03

Samson Vogin on August 30, 2009. He loves playing with big sister Noa! Picture is Sam and Noa.



Caleb David Turner

Jill Weinknecht Wardell, AHA J'05

Alexander Takoda Wardell on October 3, 2009 to Tom Wardell and Jill Weinknecht Wardell weighing 8 lbs, 1 oz and 21 inches long. "We welcomed our little mer-man at home in a beautiful water-birth. See the link for a digital story about his arrival: http://www.umbc.edu/blogs/digitalstories/2010/01/faculty_digital_storytelling_w.html. We are thrilled to be learning from him! He is our perennial teacher and reminds us that the biggest gift we can give to him and to each other is our presence - in all forms."



Samson Vogin with sister Noa

If you had a baby in the last year and we missed you, many apologies! We are sending out another *Reunion Point* in a few months and you will definitely be included. Please send your baby's information to Pat DeLorenzo at pdlorenzo@tai.edu and attach a picture.



Alexander Takoda Wardell

Upcoming Events

ON CAMPUS EVENTS

To register or for more information about Tai Sophia events visit www.tai.edu or call 410-888-9048 ext. 6642

Free Introductory Wellness Programs

We are pleased to announce 2 weeks of free wellness classes at Tai Sophia – September 13-23.

Visit www.tai.edu to learn more.

NCCAOM Review Course

September 8 – December 15, 2010

Wednesdays, 9:00 – 11:30 a.m.

Class Schedule:

September 8, 15, 22, 29	October 6, 13, 20
November 3, 10, 24	December 1, 8, 15

Fee: \$475

CEUs: 32.5

Phytoestrogens and Human Health

Sunday, September 12, 2010 3:30 – 5:30 p.m.

Dr. Hilakivi-Clarke, Professor of Oncology at Georgetown University's School of Medicine, will review the role that phytoestrogens play in human health.

Fee: \$25 (open to Tai Sophia Acupuncture and Herbal Medicine alumni and faculty ONLY)

Instructor: Leena Hilakivi-Clarke, Ph.D.

Energetic Physiology of the Primary Meridians

September 29 – December 8, 2010

Wednesdays, 1:00 – 4:00 p.m.

This 10-week course explores the physiology of the primary meridians in health and in illness, offering simplified strategies for addressing pathogenic factors while also supporting the deeper needs of the spirit.

Fee: \$495, \$375 for Tai Sophia acupuncture alumni, \$295 for clinical-level students (in the 7th trimester or beyond)

CEUs: 30

Instructor: Celeste Homan, M.S., M.Ac., L.Ac.

Treating Chronic and Recalcitrant Diseases with Chinese Herbs

The Sichuan Fire-School and Vital Concept of Supporting the Yang

Friday, October 8, 2010 6:00 p.m. - 9:00 p.m.

Saturday, October 9, 2010 9:00 a.m. - 5:30 p.m.

Sunday, October 10, 2010 9:00 a.m. - 12:30 p.m.

Professor Heiner Fruehauf will share two decades of clinical experience diagnosing and treating difficult diseases with Chinese herbal formulas. Specifically, he will focus on the treatment of chronic inflammatory diseases, auto-immune diseases, and cancer. Open only to graduates of ACAOM-accredited Chinese herbal programs. On-line registration only. Registration deadline has been extended to September 1.

Fee: \$250.00

CEUs: 14

Instructor: Heiner Fruehauf, Ph.D., L.Ac.

Redefining Health

Saturday, October 9, 2010 9:00 a.m. - 5:00 p.m.

Sunday, October 10, 2010 9:30 a.m. - 4:30 p.m.

Fee: \$165 /\$95 - Tai Sophia Alumni

CEUs: 12

Nursing Contact Hours: 12.5

Instructors: Dianne M. Connelly, PhD, MAc(UK), and Robert M. Duggan, MAc(UK), MA

Zero Balancing

Thursday, November 11 - Sunday, November 14, 2010

9:00 a.m. - 5:00 p.m.

Study with Fritz Smith, MD, founder of Zero Balancing (ZB), in this exciting form of bodywork which uses touch to align body energy and body structure for health and healing. This class, Core ZB I, teaches the basic ZB hands-on protocol, theory and skills.

Fee: \$595/\$545 - Early registration on or before October 11

CEUs: 25

Instructor: Fritz Smith, MD, DO, MAc (UK)

Building, Managing, and Marketing Your Practice

Saturday, November 13, and Sunday, November 14, 2010

9:30 a.m. to 4:30 p.m.

Building, Managing, and Marketing Your Practice is designed to prepare you to manage a successful business or clinical practice. Creating a strong business foundation during your start-up phase will save you hours of work and thousands of dollars. We will cover what you need to know about setting up your business including record

Upcoming Events

keeping, registering your business, implementing a business plan, client contracts, billing and payment practices, as well as client attraction.

Additionally, we will take the mystery out of marketing by presenting the essential activities in an understandable, practical, and easy-to-implement manner. You will learn how to create a marketing plan that combines a variety of activities including referral building, public speaking, and email/internet marketing, plus much more.

Fee: \$295; Tai Sophia Alumni \$195

CEU's: 12

Instructors: Robert Notter, BS, CHHC, AADP, and Rose Payne, CHHC, AADP

Emotional and Spiritual Healing in Chinese Medicine: Virtue Healing by Restoring Human Nature

Saturday, November 20, 2010 9:00 a.m. - 5:00 p.m.

Sunday, November 21, 2010 9:00 a.m. - 12:00 p.m.

In this lecture, Liu Lihong, a classical master physician presents from a very personal perspective what was once at the core of ancient medical healing—the inseparable relationship of the physical aspects of the body to the realm of the emotions. In particular, he introduces us to an ancient yet thriving Confucian lineage in Northern China that practices healing by personal conduct, storytelling, and affirming Five-Element virtue chants. (Mandarin Chinese, translated into English by Heiner Fruehauf)

Fee: \$295 for the public / \$195 for Tai Sophia alumni **CEUs:** 9

Instructors: Liu Lihong (translation by Heiner Fruehauf, Ph.D., L.Ac.)

OFF CAMPUS EVENTS

For more information on these events, visit the events section of our website: www.tai.edu

Dr. Jim Duke's Final Ethnobotany Course in Maine

Sunday, August 29 – Friday, September 3, 2010

James A. "Jim" Duke, Ph.D., world renowned ethnobotanist, is offering his final ethnobotany course in Maine (after 20 years). Credits are available through the University of Maine (Orono). The Humboldt Institute, a.k.a. Eagle Hill Maine, is offering a 10% discount to Tai Sophia students in hopes to offer new students the opportunity to participate. Enrollment is limited and open only to those who have never taken the course. The Humboldt Institute offers comfortable quarters and excellent food in the "North Woods."

[Learn more about this seminar.](#)

Mind-Body Medicine Professional Training Program

Saturday, October 2 – Wednesday, October 6, 2010

Hyatt Crystal City, Virginia

Learn the scientific basis for mind-body medicine and experience the depth and power of our unique small group approach. Explore and learn to use a range of the most effective tools for self-care and stress management, including:

- meditation
- guided imagery
- biofeedback & autogenic training
- breathing & movement
- self expression through words and drawings

This is the Center's core program. [Learn more.](#)

The Five Element Acupuncture Symposium 2010: Continuing the Journey™

October 8 – 10, 2010

Viceroy Santa Monica, Santa Monica, CA

Presenters: Marilyn Allen, Niki Bilton, **David Ford, ACU UK'80**, Stephen "Tuna" Flores, **Pat Gorman, ACU '83**, Neil Gumenick, **ACU UK'80**, Chuck Graham, **Dirk Hein, ACU UK'80**, Eliot Ivanhoe, **ACU UK'79**, Khosrow Khalighi, **ACU UK'78**, George Rodriguez, Linda Simons, **ACU '93**.

For information and registration, visit www.5elements.com or call 310-453-2235

Building Bridges of Integration for Traditional Chinese Medicine Transformation:

Embracing True Body-Mind-Spirit Healing

October 14 – 17, 2010 Chantilly, VA

Heiner Fruehauf, **Thea Elijah, ACU '93**, **CHP '95**, Stephen Cowan, and **Tracey Burde, ACU '91**, will be speaking at the conference along with Christine Page, Brother Bernard Seif, Master Nan Lu and other experts. It's an impressive line-up by any standards! [Learn more.](#)

Tai Sophia will host a special gathering for alumni and students on Saturday evening, October 16 at 5:30 p.m.. This is a wonderful venue to network, re-establish valuable connections, and engage in mentoring relationships with current students. This opportunity to create an extended community with Tai Sophia alums is quite meaningful to our students!