

Colorado School of Traditional Chinese Medicine Newsletter

Issue 89

January 2019

Welcome to the new class of students for the Spring 2019 Trimester. Good luck to all students who will be taking the NCCAOM Exams in 2019. We are always looking for articles about Oriental Medicine from mainstream newspapers, magazines, cartoons, etc. Thanks again to those who have contributed articles and cartoons. We are also looking for articles written by our students, graduates, and faculty. Also, please let us know other things you would like to see in the CSTCM Newsletter.

Newsletters come out three times a year at the beginning of each trimester, in January, May, and September. We are trying to e-mail all newsletters to graduates. If you are receiving a paper copy of the newsletter and not an emailed copy, please send us your e-mail address to admin@cstcm.edu. Please help us save on postage and save some trees too. The newsletter is also always available on the CSTCM website.



CSTCM will celebrate Chinese New Year
on Friday, February 8, 2019.

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CSTCM NEWS

Honors List for Summer 2018

The Honors List recognizes scholastic achievement in any given trimester for accelerated and full-time students (12 credits or more) whose average percentile of all courses taken for that trimester was 94% (3.7 GPA) or better, with no Incompletes. The Honors List will be noted on student's transcripts and posted on the bulletin board. M.S.Ac. and M.S.T.C.M. students are listed by their earliest enrolled course.

Trimester 1 – Jessica Dintrone, Hayley Fox, Cailin Marsden, Mark Tilley, Margaret Weiser;

Trimester 2 – Elizabeth Fuqua, Diana Ishikawa, Devyn Lee, Kevin Moran, Rachel Muich, Samantha Weese;

Trimester 3 – Paige DeBolt;

Trimester 4 – Nabeel Ayyad, Jill Becker, Dierdre Mangan;

Trimester 5 – Chloe Andrews, Layne Bronson, Mary-Ellen Flynn;

Trimester 6 – Joanne Change, Jolie Foster, Jamie Jolley, Heather Stacy;

Trimester 7 – Haley Chiles, Anthony McCloskey, Alayna Prenger;

Trimester 8 – None;

Trimester 9 – Brittney Chowning, Kandi Justice, Christina Wilhelm.

The **Academic Achievement Award**

recognizes the student with the highest average percentile of all courses taken for the year and is awarded annually at the Chinese New Year Open House.

The **2017 Academic Achievement Award** went to **Cherron Dow-Chacon**, and Haley Chiles, Sophia O'Keefe, and Layne Bronson were runner-ups. All four students received \$500 CSTCM and Golden Flower Scholarship Awards for 2017.



Students enjoy snacks, comradery and studying at CSTCM's first Fall Trimester Exam Cram!

The **CSTCM Spring 2019 Graduation Ceremony** will be Sunday, April 28, 2019. We wish those graduates success in the Oriental Medicine profession. See the announcement for more info.

Again, please contact faculty member **Anna Tsang** to volunteer to work on the CSTCM Herb Garden Project. We encourage all faculty, students and graduates to participate in this project. Anna can always use some volunteers. See flyers for meetings.

We continue to plan Winter/Spring, Summer and Fall Trimester social events. The Winter/Spring event will always be the Chinese New Year Open House and Potluck and the summer event has been the Dragon Boat Festival and a barbeque at school. In the Fall Trimester, we have been having a free clinic day for National AOM Day (October 24) and for Veterans Day (November 11) and a bowling night. Anyone who has other ideas should contact **Administrative Director, Jennifer Bell**. Some other ideas that have been suggested are a picnic or something scheduled around National Herb Day, October 14. →

We continue to work very hard to increase the sense of community among students, graduates, administration and faculty. We encourage students, graduates and faculty members to suggest activities they would like to see for all school members to participate in. Any ideas?

Office hours for all administrators for this trimester are posted on office doors, on bulletin boards and can be found on our website <http://www.cstcm.edu/> or call 303-329-6355. Other times are available by appointment. We are doing our best to accommodate students with convenient office hours that meet both student and administrative needs. The easiest way to be sure of talking to someone in the administrative office is to make an appointment. Students and faculty can always use the Message Center on the door of 302 to drop a note through the mail slot in the door at any time and you will receive a prompt reply. We will make every effort to ensure all voice mail messages are returned within 24 hours. Please let **Administrative Director, Jennifer Bell**, know if you are having any problems with messages or e-mails.

The **Academic Dean's Office** hours for appointments this trimester are posted as noted above. Please make an appointment if you would like to talk to the Academic Dean or Assistant Academic Deans; also other times are available by appointment. Anything related to students, faculty, classroom instruction or the curriculum should be taken to the Academic Dean's office.

The **Clinic Director's Office** hours for appointments this trimester are posted as noted above. Other times are available by appointment. Concerns, problems or questions relating to Acu Moxa Techniques, Clinic Forum, Clinical Observation or the Student Clinic should be taken to the Clinic Director.

Yan Jing Supply Store hours this trimester are: Monday, Tuesday, Thursday 9:30 – 9:00 pm; Wednesday and Friday 9:30 - 5:30 pm (closed 1:00 - 1:45 pm for lunch); and Saturday 12:30 - 7:00 pm.

Don't forget **Tai Ji Quan** on Friday's from 4:30 - 5:30 pm and **Qi Gong** on Saturday's from 8:00 - 9:00 am and the combination of **Tai Ji/Qi Gong** on Fridays 6:00 - 7:00 pm. Students must take the required number of hours as part of their curriculum and hours taken above the requirements are free. All others pay \$5 per class. The classes are open to the public.

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We encourage CSTCM graduates who are preparing to take their NCCAOM Board Exams to audit the TCM331 Exam Prep class at no charge. This course will be held on Mondays from 2:00 – 3:30 pm for the first 6 weeks of the Spring 2019 trimester – January 7, 14, 21, 28 and February 4 & 11). If you are interested in auditing this course, please contact the **Dean of Students, Dr. Cherri Spencer**.

2019 CSTCM SCHOOL EVENTS

Spring Open House – January 17
Chinese New Year Celebration – February 8
Bowling – TBD
Spring Graduation – April 28
Dragon Boat Festival – TBD
Summer Open House – May 16
Summer Graduation – August 25
Barbeque – September 7
Fall Open House – September 12
AOM Day - October 24 – CSTCM October 19
Veterans Day – November 11
Deck the Halls – November 29
Fall Graduation – December 22

See flyers for more info.

The **Free Weekly Tutoring** will continue this trimester and is open to all students. The tutor will be **Ziv Greenfeld, L.Ac.**, Wednesdays and Fridays from 11:00 am to 12:00 pm. If you have any questions or comments about tutoring, please contact the Academic Dean and also see the Free Weekly Tutoring flyer. We are always looking for more ways to support our students, so if you are interested in being a tutor please contact the **Dean of Students, Dr. Cherri Spencer**.

The **Free Proficiency Exam Study Workshop** will continue this trimester with Thaddeus Haas on February 17, 10:00 am - 12:00 pm.

If I am walking with two other men, each of them will serve as my teacher. I will pick out the good points of the one and imitate them, and the bad points of the other and correct them in myself.
- CONFUCIUS

CSTCM Library News & Update

Library hours for the Spring 2019 Trimester are: Wednesday 9:00 am - 12:00 pm & 1:00 pm - 7:00 pm/Tuesday 9:00 am - 10:00 pm/Monday, Thursday, Friday 9:00 am - 7:00 pm/Saturday 1:30 - 6:30 pm. The Library Guidelines handbook is available in the library to answer any questions about procedures. If anyone has any Oriental medicine or holistic medicine books or journals they would like to donate to the library, we would deeply appreciate it. Also western medicine books or journals published in the last 5 years would be appreciated. Please contact **Financial Aid Administrator, Joel Spencer** or **Administrative Director, Jennifer Bell**, who have oversight of the Library, if you have any questions or comments about the library. Input is always welcome.

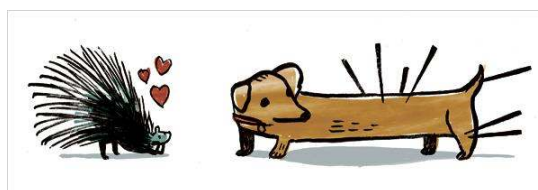
Thank you to the following people who donated books and materials to the library: Billy Quintana and 2 anonymous donors

Welcome to our new faculty members and assistants: **Christina Lee, L.Ac.** is teaching Clinical Ethics; **Takeshi Muro, LMT, Associate of Tuina** is teaching Tui Na 2; **Scott Richardson, L.Ac.** is teaching Injection Therapy in Acumoxa Techniques B.

Welcome to our new Clinic & Teaching Assistants: **Alex Grover**, a 2017 graduate from Emperor's College; CSTCM graduates **Amy Malone** (2016) and **Isaac White** (2017); **Kristen Barritt** (2013)

Welcome the following new Grad Care Clinic practitioners: **Jackie Parra** (2016), **Kendra Bartholomew** (2017), **Suzie Roth** (2015)

We are looking for someone to take over the **CSTCM Internal Arts Club**, formed by student, now graduate and former faculty member, **Joe Wollen**. If you are interested, please contact the **Academic Deans**. The goal is to spread awareness of internal arts and offer the community the chance to learn traditional Tai Chi Chuan of all styles, as well as Qi Gong and push hands. We encourage everyone to participate.



continued

U.S. CONGRESS PASSES “SUPPORT FOR PATIENTS AND COMMUNITIES ACT”

Kallie Guimond, IHPC Director of Government Affairs and David W. Miller, ASA | OCTOBER 28, 2018

WASHINGTON— US H.R.6 of the 115th Congress of the United States 2017-2018 Session

HR 6 is bipartisan legislation signed into law on October 24, 2018. It is intended to address the role of Medicare and Medicaid (under the Social Security Act) in improving services that can mitigate opioid overuse and abuse. Its highlights for the integrative health community center around language that explicitly includes and mandates the study of non-pharmacologic approaches to pain control. **This legislation is the first in U.S. history to specifically name “acupuncture” and “therapeutic massage” in public documents.**

It is critical to understand that this legislation contains no mandates of coverage nor endorsements of specific non-pharmacological approaches to pain management. It does not in any way include these modalities or others yet into Medicare and Medicaid services. This legislation is first and foremost about a mandate for study and the creation of reports covering what is currently being done for pain management and what could be done better. The end result of this legislation is not implementation of new therapies, but rather the creation of at least one guidance document to direct the Centers for Medicare and Medicaid Services (CMS) on how to modify its current offerings to better include evidence based treatment for acute and chronic pain, using both pharmacologic and non-pharmacologic (hereafter “pharm and non-pharm”) strategies, with the end goal being a reduction in →

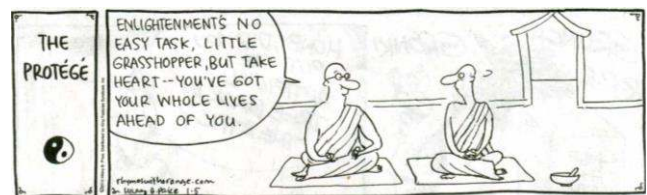


Fall 2018 New Student Orientation

use of and harms caused by opioids. It does provide for significant grant funding to hospitals and free-standing emergency departments for related study, and mandates the creation of educational documents.

This legislation has a number of very significant provisions for the pain management community, and is exceptional in that it mandates inclusion of numerous groups in the creation of its reports. Groups included are noted below, but expand beyond solely an internal process to gather input from all types of healthcare professionals, patient advocacy groups, professional medical associations working to manage pain, and patients themselves. This legislation provides the opportunity for the integrative medicine community and for the patients who have benefitted from integrative care to “step up and speak up”! There will be calls for input, information, evidence, and testimony. Those with an interest in seeing the inclusion of integrative, non-pharm care must act when called upon. If the windows are missed, the opportunity is lost.

Further, it is absolutely critical that all players in the integrative field coordinate care and messaging. More input is not nearly so valuable as high-quality input from trusted sources. Our professional organizations must work together to rapidly create consensus documents, and submit these... **READ THE FULL ARTICLE HERE:** <http://www.asacu.org/wp-content/uploads/2018/10/US-HR-6-Letter-overview-for-the-acupuncture-profession.pdf>



Check out our website www.cstcm.edu. We update the website regularly with new **Employment Opportunities**, new **TCM Blog** entries, new entries for the **Alumni Practitioner Directory** and various links for helpful sites to assist students with study aides. Please give any comments, suggestions or Blog ideas to **Jennifer Bell**. Don't forget to follow us on Facebook [@cstcm.edu](https://www.facebook.com/cstcm.edu), and connect with us on [LinkedIn](https://www.linkedin.com/company/cstcm.edu).

We often find personal items left in classrooms and around the school. The CSTCM Lost & Found is located in the Receptionist's office. Also, students should always put their name in textbooks for easy identification in case they are lost. Anyone could claim a textbook if it doesn't have a student's name in the book.

continued

CSTCM PROCEDURES/POLICIES

The following is repeated in every newsletter to remind everyone of a few important policies and procedures.

Please remember the file holders in the hall across from classroom A. Most forms and procedure/guideline handouts that a student might need are stocked in these file holders. Students should inspect these forms and handouts and make sure they are using the most recent versions. Please notify the office if any file holders are empty.

If anyone is experiencing phone messages or e-mails not being returned, please notify **Jennifer Bell** with details of the problem.

We have had a lot of problems in the past with the computers and printers in the library. Please treat them like they were your own. They continually seem to crash and need repair. Most areas of the school have wireless access for laptops; let us know of any problems.

Please do not make over 8 copies at a time on the copier in the library (Room 202). The cost is 10 cents per copy. We have always had a usage policy, but the copier still gets over-used and always seems to need service. If you need to make over 8 copies, you must get permission from the Receptionist, the Librarian, or the library staff. Also, please do not print over 3 pages on the printer in the library. **The copier in the Administrative Office is not for student use.**

Please make every effort to pick up around you when class is over and put back any tables and chairs that have been moved around. We also have had problems with the classrooms and the building being left unlocked, which has led to theft problems.

Please, please, everyone make every effort to check that all windows are closed, the classroom doors are locked by the last person leaving the classroom, the handicap side door and the building front door are all locked by 10:30 pm. The treatment tables in the classrooms also need to be locked up every night. Also, please turn off all lights at the end of the night classes and turn up/down thermostats.

Don't forget the "What's New Board" in the hall by classroom A. This is a way for the administration to communicate with students concerning issues like NCCAOM news and exam dates, Clean Needle →

Technique Courses, CSTCM policy changes, student representative meetings, faculty meetings, etc. The bulletin boards are organized into sections like CSTCM workshops, other workshops, housing, for sale, national organizations, etc. Also you can use the suggestion boxes in the hall by classroom A and in the library for suggestions or comments. Replies to suggestions will be posted on the board periodically.



Exam Cram – time for Point Location!

We want to continue to encourage all faculty, students, and graduates to join our state (AAC) <http://acucol.com/> and national (AAAOM) www.aaaonline.org or (ASA) www.asacu.org organizations to help support Oriental medicine in the U.S. Applications are available in the office or apply on-line. Our profession is relatively small in numbers and everyone has a voice as to the direction it will take in the future.



continued

星星之火可以燎原

(*Xīng xīng zhī huǒ kě yǐ liào yuán*)

Literally: A spark can start a fire that burns the entire prairie.

Moral: Don't underestimate the potential destructive power that a seemingly minor problem can cause.

Scholarships for OM students

Mayway Scholarship Program

<http://www.mayway.com/scholarships>

Nuherbs Scholarships

<http://www.nuherbs.com/giving/scholarship>

Trudy McAlister (Scholarship) Fund

<http://trudymcalisterfoundation.org/index.php/contact/>

<http://trudymcalisterfoundation.org/index.php/application/>

AAUW (Women only)

<http://www.aauw.org/what-we-do/educational-funding-and-awards/>

Other Scholarships & Grants

Tylenol

www.tylenol.com/page.jhtml?id=tylenol/news/subptyschol.inc

FastWeb www.fastweb.com

College Collection www.collegescholarships.com

CSTCM STUDENT SERVICES

Students can show their CSTCM ID Card and receive discounts at: Apple, Microsoft and Dell; and places around town like movie theaters and some restaurants may still be giving discounts with an ID card. Please let us know if you find any other discounts so we can inform everyone. All CSTCM student services can be found in the CSTCM Student Services Guide. Some other businesses reported to give discounts with a college ID are: Ann Taylor, Banana Republic, J. Crew and Eastern Mountain Sports.

Also with ID Card at some participating stores: join Amazon Prime including Student Free Two-Day Shipping, Spotify 50% off membership, Supercuts 20% off, Sam's Club discounted membership & a \$15 gift card, AMC movie theater discounts on Thursdays, Burger King 10% off, Chick-Fil-A free small drink, Arby's 10% off, Buffalo Wild Wings 10% off, some Chipotles 15% off, Radio Shack 10% off, Amtrak 10% off, TCBY 15% off, Subway 10% off, Ann Taylor 20% off, McDonalds 10% off, Domino's

Pizza, Jo-Ann Fabric 10% off, Goodwill 10% off, some Dairy Queens, Greyhound Bus 20% off.

UPCOMING 2019 WORKSHOPS

CSTCM scheduled workshops for 2019:

- **Treating Significant Facial Syndromes with Motor Points and Chinese Medicine**, Mary Elizabeth Wakefield, L.Ac., March 9-10, 2019 (15 PDA's)

Also see the flyers for the **CSTCM Proficiency Exam Prep, Tongue Workshop, Pulse Workshop**, and **Business Management** workshops in 2019; free for all CSTCM students and graduates.

All workshops and registration are available on our website. Continuing Education Program Administrator, **Parago Jones** is working on arranging more workshops for 2019. Suggestions for workshops can be submitted to Parago. For more information see the flyers on the bulletin board as they are posted, and check the CSTCM website.

ACUPUNCTURE FOR ANIMALS

Alternatives to Medications / Natural Healing / Holistic Care

I recently learned about animal acupuncture and how much this has been done within recent years to help improve overall quality of life for some pet pigs. Dr. Kristie Mozzochio is a practitioner of this type of alternative therapy and can be found in the North Carolina section of our veterinarian list. Acupuncture is not a new method, it has been practiced for thousands of years in other cultures, but bringing it to the animal world is relatively new but it has found to be very effective in some cases. Dr. Kristie is an expert in this arena and has done acupuncture on pigs and that treatment has produced excellent results.

There is a variation to acupuncture called aquapuncture whereas a liquid is injected into acupuncture points in an effort to increase the effect on the acupuncture point as well.



This is Dr. Mozzachio treating with acupuncture on Tina Cliff-Harvey's piggy.

<https://www.minipiginfo.com/natural-or-alternative-healing-and-mini-pigs.html>

ALUMNI CORNER

Any CSTCM Diploma graduates, who wish to obtain the M.S.T.C.M. or M.S.Ac. Degree, must meet all admissions requirements and curriculum of the programs at the time they enter the program. They should get a catalog from the office and submit an application and application fee. Graduates who are interested can also get an information sheet from the office on their Transfer Credit into the programs and courses they will need to take. The Summer 2019 Trimester begins May 6, 2019. Contact the office for a schedule. There are currently 13 graduates from the old Diploma program who have graduated with their M.S.TCM or M.S.Ac. Degree.

Missing Grads

Patricia Householder (93), **Darin Levine** (98), **Mike Mitchell** (96), **Martin Pahl** (96), **Hyo Jin Park** (05), **Ai Sato** (98), **Kaeryn Silvera** (03), **Jessica Steyn** (99), **Jeffrey Taylor** (99), **Alejandra Vidarte** (98), **Cindy Wells** (95).

We continue to update our graduate database and want to be sure graduates receive surveys, newsletters and flyers for upcoming workshops. Please contact the **ADO** or **Jennifer Bell** if you have not talked to them recently. CSTCM currently has 692 graduates (218 Diploma grads, 356 M.S.TCM grads, and 118 M.S.Ac. grads).

Alumni Updates

There are no new updates from our Alumni.

Any CSTCM graduates who need transcripts should go to <http://cstcm.edu/transcripts>. You can download and print the form, fill-out, and fax to 303-388-8165, or email to admin@cstcm.edu.

We are interested in what our graduates are doing and your classmates and schoolmates would be interested also. Please let us know if you appear in any articles or on TV, publish anything on OM, teach workshops, are faculty or administration of another OM school, etc.

When I let go of what I am, I become what I might be.

Lao Tzu

Are any graduates interested in forming a committee to create an alumni association?

Would you like to become a mentor to a current CSTCM student?

Would you be willing to offer tutoring services for CSTCM students?

Please contact the Academic Deans if interested.

Graduates, did you know that CSTCM receives 1-2 referral requests for acupuncturists each day? That's a potential of many new patients yearly. We will gladly provide your clinic information to these callers. Please send us your clinic information by sending your business cards and in writing or e-mail ado@cstcm.edu to request to be placed on the referral list. We need your name, name of clinic, address, phone number, treatment specialties, etc. Also, we have added a section on the CSTCM website for all of our grads with links to their clinic and website, and a world map locating our grads. If interested in having a link to your website, please email us, the website link to ado@cstcm.edu. For more information contact the ADO, **Kirsten Weeks**.

Again, we really would like to do more alumni updates each newsletter, as this has been a popular part of the newsletter. We are sure other classmates and graduates would be interested, especially those that haven't stayed in contact. This alumni column could also be about students who have just graduated and what they have decided to do about practicing. Graduates can send us a note (attention **ADO**) by mail, fax 303-388-8165, or e-mail ado@cstcm.edu.

We would like to thank all CSTCM students, grads and faculty who have referred prospective students to CSTCM. We deeply appreciate your loyalty and help with student recruitment.

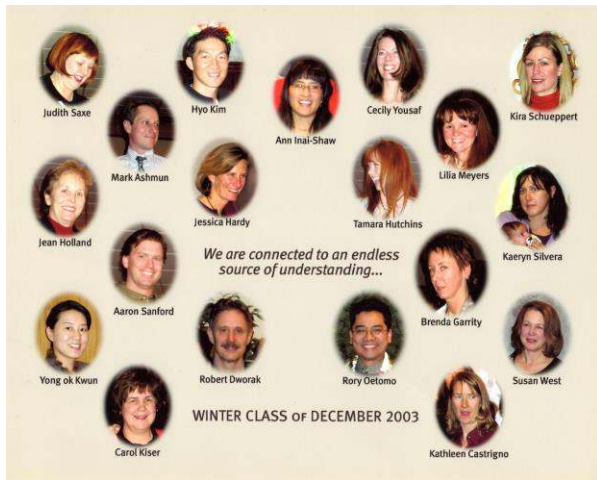
We are always looking for grads or others with a bioscience background to teach bioscience courses and those with 5 years or more experience to teach TCM courses. If interested, please submit a CV and call the Academic Dean at 303-329-6355, ext 15.

continued

BOUND & GAGGED by Dana Summers



We have a section on the CSTCM website for all of our graduates with links to their clinic and website, and a world map locating our grads. If you are interested in having a link to your clinic and website, please email us the website link, to ado@cstcm.edu. For more information contact the ADO, Kirsten Weeks.



CSTCM Photo Archives
Graduating Class – Winter 2003

Summer 2013: Mark Ashmun, Cathy DiMaggio (not pictured), Geri Korri (not pictured), Yong ok Kwun, Judith Saxe. **Fall 2003:** Kathleen Castrigno, Robert Dworak, Brenda Garrity, Jessica Hardy, Jean Holland, Tamara Hutchins, Ann Inai-Shaw, Hyo Kim, Carol Kiser, Lilia Meyers, Rory Oetomo, Aaron Sanford, Kira Schueppert, Kaeryn Silvera, Susan West, Cecily Yousaf.

SHEN NONG SOCIETY

The Shen Nong Society is a professional organization formed to support the vital and committed community of practitioners of East Asian medicine who design and recommend individualized formulations of herbs and natural products for their patients in North America.

They provide educational opportunities including, but not limited to conferences, websites, blogs, bulletins and newsletters. <https://www.shennongsociety.org/>

CLEAN NEEDLE TECHNIQUE COURSE SCHEDULE 2019

2019 CNT English Course Dates in Colorado:

| Exam | Application Deadline | Location |
|-----------|----------------------|----------------|
| 6/1/2019 | 4/1/2019 | SWAC (Boulder) |
| 11/3/2019 | 9/3/2019 | CSTCM |

[See schedule on bulletin board for other dates, locations, and most recent CNT info]

NCCAOM

Continued reminder, you can download a Candidate Handbook and Application and Recertification info at the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM), at <http://www.nccaom.org/>.

Students don't forget to check out the NCCAOM On-line Practice Tests (\$45 per exam). An informational exam webinar is also available on their website. The updated [exam blueprints](#) for Foundations of Oriental Medicine, Biomedicine, Acupuncture with Point Location, and Chinese Herbology are now accessible from the [Examination Preparation page on the NCCAOM website](#). All NCCAOM exams administered beginning January 1, 2019, will adhere to these new blueprints, based on the outcomes of the 2017 JA Analysis Survey.

The Apprenticeship Route of eligibility for certification as a Diplomate of Acupuncture and a Diplomate of Chinese Herbology will be eliminated effective December 31, 2021. Please review the Apprenticeship Route FAQ for more information.

NCCAOM Social Media Sites: The NCCAOM continues to promote its Diplomates and the AOM profession via its [Facebook Page](#) and [LinkedIn Page](#) as well as its new [Twitter](#) and [YouTube](#) pages.

The NCCAOM will administer the exams in a linear format beginning January 2020. The NCCAOM will work with the schools to understand the steps needed to assist their students register for the 2020 linear exam administration. For more information, view the [Student Webinar](#) on their website.

NCCAOM has created the *Certificate of Qualification* program to garner the public's support of the AOM professional, and to demonstrate accountability and responsibility for patient safety in regards to herbs.

CCAOM

The Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) will hold their Spring 2019 Conference in Herndon, VA, on May 6-10th. **Mark Manton** will attend the meetings to represent CSTCM.

At the Council's fall meeting in Columbia, MD, the Executive Committee introduced CCAOM's new executive director, who is Roberta Herman, MBA, CAE.

CCAOM offers a CEU course on-line. The 4 PDA point course is titled *CNT and Blood-Borne Pathogen Review* and the cost is \$50, including course & certification; satisfies NCCAOM safety & ethics requirement. The course can be found at <http://www.ccaom.org/continuingeducation.asp>.

The 7th edition of the CNT Manual is on the website as a free download. There are many key changes. CCAOM adopted but delayed the revised TOEFL English language competency requirement for all degree programs, effective date of January 1, 2020.

AAC

The AAC has an e-mail discussion group. It is only open to AAC members. You can send an e-mail introducing yourself to www.aacforum@egroups.com or www.aac-list-subscribe@yahoogroups.com. The AAC address is 13918 E. Mississippi Ave., #67482 Aurora, CO 80012, phone 303-572-8744. Their website is <http://acucol.com/>, and e-mail to AAC@NTW.net. The AAC is also on Facebook at [Acupuncture Association of Colorado](#). The AAC has their newsletter & blog & posts upcoming events, seminars, and OM related news on their website: <https://acucol.com/news>; membership renewal is available online. Being a member of AAC also qualifies you for free membership in the ASA.

You can become an acupuncture provider through the Acupuncture Association of Colorado membership and get involved in the care of our U.S. Military Veterans.

Student membership is free while being enrolled.

Go to <http://acucol.com/amember/signup.php>.

We encourage all graduates, students, administrators, and faculty to join the AAC in order to support the profession. CSTCM graduates Mark VanOtterloo (11) is the AAC President Emeritus, Stephanie Shober (09) is the Treasurer, and Sandi Lyman (15) is a Board Member.

AAAOM

Check out the American Association of Acupuncture and Oriental Medicine (AAAOM) website at www.aaaomonline.org. You can also check out job postings on their website. They currently have 34 postings for job opportunities on the website.

The AAAOM is also on Facebook at @aaaomonline. We encourage all graduates, administrators, students, and faculty to join the AAAOM to support the profession. AAAOM professional membership is \$99; membership is free for students.

AAAOM went to Washington for acupuncture legislation. The AAAOM visited with the legislature in Washington D.C. on September 27th-28th, 2018 because the Opioid Crisis Bill includes acupuncture.

ASA

The American Society of Acupuncturists encourages Licensed Acupuncturists to join their state association that is a member of ASA. You will be considered a member of the ASA at no additional charge. The Colorado association, AAC, is already a member. To find out if your state association is a member of ASA, go to their website www.ASAcu.org.

ACAOM

The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) website, acaom.org. The website lists all accredited and candidate programs, ACAOM news, frequently asked questions and other areas.

Technical and non-substantive updates to the ACAOM Comprehensive Standards and Criteria authorized by the Commission at its August and October meetings have been posted to the ACAOM website; these affect the Revised Masters and the Professional Doctorate (PD) degrees in Acupuncture and/or Oriental Medicine.

ACAOM has begun the process of creating Comprehensive Standards and Criteria for the Postgraduate Doctorate (DAOM).

ACAOM has published the revised Complaint Policy and related FAQ in November, 2018.

ITM

Institute of Traditional Medicine (ITM) on-line has an internal java based search engine to quickly find any topic. Check out the ITM website:

<http://www.itmonline.org/>. The ITM Start Group Journals are one of the best OM journals published, especially related to Chinese herbal medicine. The full set is in the library in 3-ring binders, from 1999 to 2005, when they stopped publishing the journal.

AOM IN MEDICAL JOURNALS & RESEARCH AT MAINSTREAM UNIVERSITIES

New England Journal of Medicine, Gold Thread Acupuncture for Rheumatoid Arthritis, November 9, 2017.

New England Journal of Medicine, Trial of Contralateral Seventh Cervical Nerve Transfer for Spastic Arm Paralysis, January 4, 2018.

Medical Acupuncture, Application of Polyvagal Theory to Auricular Acupuncture, June 2018.

Healthcare Medicine Institute, Acupuncture Methamphetamine Addiction Discovery, May 2018.

JTCM, Mechanism underlying treatment of diabetic kidney disease using Traditional Chinese Medicine based on theory of Yin and Yang balance, October 15, 2018.

JAMA Dermatology, Complementary and Alternative Medicine Therapies for Psoriasis: A Systematic Review, November 1, 2018.

Obstetrics & Gynecology, Assessing the Impact of Acupuncture Therapy on Medical Resident Well-being: A Feasibility and Acceptance Study, October 2018.

Journal of Nutrition, Both Oleanolic Acid and a Mixture of Oleanolic and Ursolic Acids Mimic the Effects of Fructus ligustri lucidi on Bone Properties and Circulating 1,25-Dihydroxycholecalciferol in Ovariectomized Rats, December 1, 2018.

RECENT ORIENTAL MEDICINE IN THE MAINSTREAM MEDIA

Science-Based Medicine, Kratom – An Emerging Herbal Drug, August 29, 2018; *ABC Good Morning America*, Alternative Medicine Use Rising, December 4, 2018; *NBC 9 News Denver*, Report: Woman dies after 'live bee acupuncture' treatment, March 21, 2018; *NBC 9 News Denver*, Acupuncture Can Actually Change Your Brain, April 25, 2018; *AARP Bulletin*, Natural Remedies for Menopause that are Backed by Science, July 30, 2018; *U.S. News & World Report*, Acupuncture: A New Look at an Ancient Remedy, September 19, 2018.

Pigs and dogs are reared for a purpose. For what use do you rear your discipline?

Deng Xi, Zhou Dynasty

APPS & DIGITAL RESOURCES

AcuCharting – <https://www.acucharting.com/demo/>

AcuGraph –

<https://www.acugraph.com/demonstration/>

TCM Clinic Aid – <https://appcrawlr.com/ipad/tcm-clinic-aidhd>

Easy Acupuncture 3D –

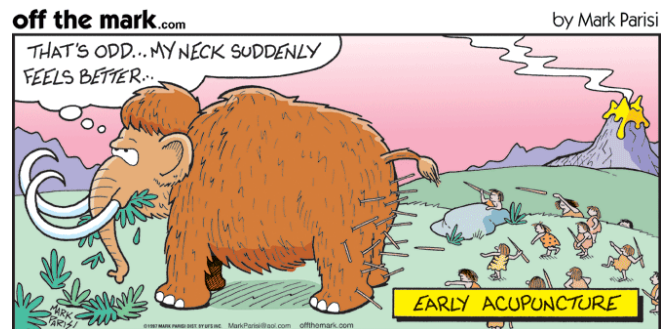
<https://appcrawlr.com/ios/3d-acupuncture-and-meridians-fu>

Deadman App -

<https://amanualofacupuncture.com/digital-membership/>

NATIONAL AND INTERNATIONAL ORIENTAL MEDICINE NEWS

San Francisco, CA -- (SBWIRE) -- 11/19/2018: The demand within the global market for wellness tourism is expanding and poised for healthy growth in the years ahead due to large hotel chains with health and wellness centers offering massage, spa treatments, meditation, spiritual healing, and herbal therapies. Also travelers seeking to experience local culture tend to experience local age-old health remedies in their travel. The U.S., Canada, India and China are the top destinations in the wellness tourism market.



INTERESTING TCM & BIOSCIENCE STUDY WEBSITES

Everything from Foundations to Points to D & D, plus Biomedical Studies as well:

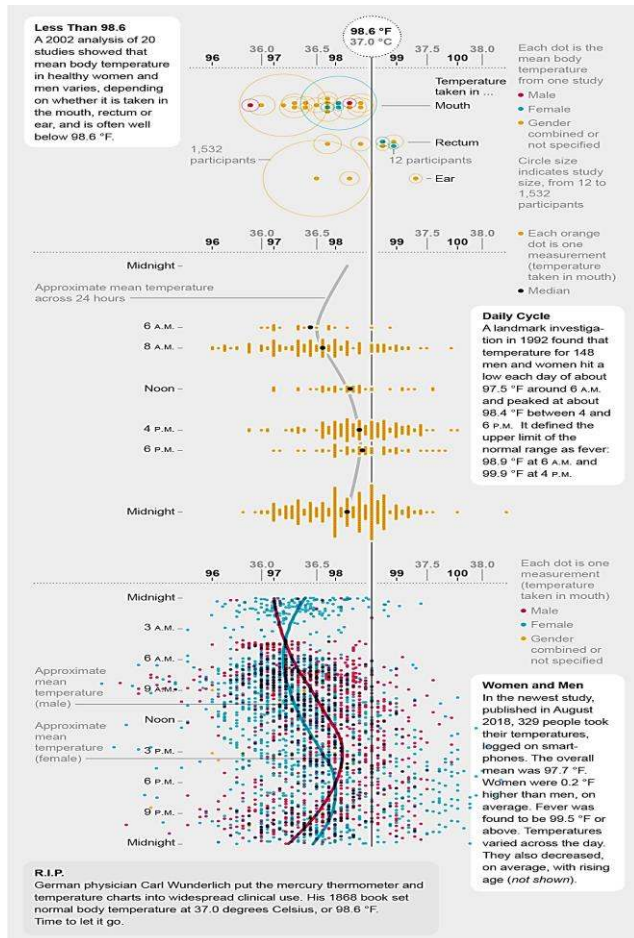
<http://catstcmnotes.com/pages/Class.html>

NORMAL BODY TEMPERATURE IS SURPRISINGLY LESS THAN 98.6

By Mark Fischetti | Scientific American December 2018

Healthy body temps are surprisingly lower

Normal body temperature is 98.6 degrees Fahrenheit, right? Not so. There is no baseline for humans, and even if there was, it would be closer to 97.7 °F. Temperature also varies across the day, peaking in late afternoon and bottoming out in early morning. It is slightly higher for women than for men as well. For two decades research has debunked the benchmark, set way back in 1868, yet it persists. One important ramification, says Jonathan S. Hausmann, a rheumatologist at Boston Children's Hospital, who led the latest study, is to redefine fever. Most doctors use 100.4 °F or higher, but if "normal" is lower, then the fever threshold should be, too. It also should vary with the daily pattern and be tailored to each individual, Hausmann says: "A child at 99.0 °F at 4 A.M. may be highly abnormal but at 4 P.M. could be within normal limits." →



Less Than 98.6

A 2002 analysis of 20 studies showed that mean body temperature in healthy women and men varies, depending on whether it is taken in the mouth, rectum or ear, and is often well below 98.6 °F.

Daily Cycle

A landmark investigation in 1992 found that temperature for 148 men and women hit a low each day of about 97.5 °F around 6 A.M. and peaked at about 98.4 °F between 4 and 6 P.M. It defined the upper limit of the normal range as fever: 98.9 °F at 6 A.M. and 99.9 °F at 4 P.M.

Women and Men

In the newest study, published in August 2018, 329 people took their temperatures, logged on smartphones. The overall mean was 97.7 °F. Women were 0.2 °F higher than men, on average. Fever was found to be 99.5 °F or above. Temperatures varied across the day. They also decreased, on average, with rising age (not shown).

R.I.P.

German physician Carl Wunderlich put the mercury thermometer and temperature charts into widespread clinical use. His 1868 book set normal body temperature at 37.0 degrees Celsius, or 98.6 °F. Time to let it go.

EMERGENCY: TRUE STORIES FROM THE NATION'S ERs

In a book titled – *Emergency: True Stories from the Nations ERs*, by Mark Brown, M.D., emergency-room doctors and nurses from across the United States share their most memorable stories from today's war zone of medicine: the emergency room. The following is an ongoing column in the newsletter from the book.

Continued next newsletter.

MD DOCTORS TALK ABOUT THEMSELVES

In a book titled *M.D. Doctors Talk About Themselves*, by medical journalist John Pekkanen, doctors are portrayed by a portrait that sometimes damns, sometimes exalts but always humanizes the men and women who spend their lives meeting human suffering head on. The true stories come from interviews with doctors from all over the country. The following is an ongoing column in the newsletter from the book.

Continued next newsletter.



CHINESE NEW YEAR – YEAR OF THE YIN EARTH PIG

By KarmaWeather and astroclub.org

The Chinese Calendar is cyclical and is based on the lunar cycle. The Chinese New Year or the New Lunar Year as the Chinese like to call it, starts at a new moon phase and may fall between the last days of January and the middle of February. The Chinese New Year 2019 will start at the 5th of February, at the first day of the first new moon phase of the classic western calendar year.

What is Chinese New Year 2019'S Animal Sign and Element?

Chinese New Year 2019, which marks the beginning of the Year of the Earth Pig, follows the ending of the Year of the Earth Dog 2018. The Pig (Boar) is the animal of Chinese New Year 2019. His energy is going to be prevalent during the year, along with Earth, which is the element of the year in 2019.

The Pig's Personality

The Great Year of the Chinese zodiac consists of one year for each of the 12 signs. 2019 is the year of the Pig, the last in the sequence of the Chinese zodiac. While the Pig may represent the end of the cycle, it also looks forward to new birth, similar to the balsamic moon phase for Dane Rudyhar (The Luration Cycle). And as with the western sign of Pisces, the year of the Pig brings peace and contentment.

The year of the Pig also brings mental reflection. Inborn intelligence rises through the Pig's goodness, often expressed in loving acts of kindness for others. In fact, the Pig often will give generously to those around him, while denying things for himself.

While social activities bring pleasure, a Pig often wishes to retreat to the quiet confines of his/her home and family. In more meditative modes, a Pig can feel a hopeless sense of overwhelming sadness. It is →

important to have a family structure in place – such as dinner together each evening – for a Pig to feel secure with those closest to him. These simple get-togethers are a cherished part of the Pig's personal life, and allow him to reflect on the pleasures that life can bring. It allows him to ponder his past and look forward to greater happiness in the future. And for the Pig late evening is the best time to ponder, especially between 9:00 and 11:00 at night.

While the Pig's nature is inclined towards quiet, peaceful living, if provoked a Pig will fight for what is Right. A Pig is willing to sacrifice all if openly attacked. He will look for every means to avoid a confrontation, but if necessary can be heroic in his response. And if so engaged, a Pig will only be defeated by death. While Pigs may often exhibit a strong appearance, they can be physically very sensitive. When in distress they may suffer from stomach or skin ailments.

The last appearance of the Mutable Earth Pig was in 1959. In 1995 and 1935 we met the Strong Wood Pig. In 1983 and 1923 we had years of the Quiet Water Pig. In 1971 and 1911 we had the Caring Metal Pig. And in 1947 we had the year of the Illuminated Fire Pig.

After the Year of the Earth Dog, the Year of the Earth Pig 2019 is taking over, completing at the same time a full rotation cycle of the 12 zodiac signs of the Chinese calendar

The date of the Chinese New Year 2019 is February 5, 2019. According to the Chinese horoscope, the Pig (Boar) is the animal sign who reigns from Chinese New Year 2019's day and during the whole Chinese year of 2019, which ends on January 24, 2020. Earth is the main Chinese zodiac element all year long.

Chinese Horoscope 2019: The Year of the Earth Pig 2019

In 2019, the 12 Chinese zodiac signs of the lunar calendar can expect to spend a joyous year. The atmosphere is festive and relaxation widespread. It is important, however, not to be numb by the promises of this happy and promising wind. On a personal level, well-considered actions shall be rewarded much more than risk taking during the Year of the Pig 2019.

With the feeling of abundance and lightness that reign throughout the Year of the Earth Pig 2019, a lack of attention in the management of your budget, or even money losses are possible. However, the dominant presence of the Earth element under its Yin polarity, which is the main Chinese element of the 2019 Chinese Lunar Year, has the effect of stabilizing and fixing the often joyous and ephemeral year-long energies which are specific to a Year of the Pig.

continued

Chinese Year 2019: End of a Complete Cycle of Rotation

The carefreeness of the Year of the Earth Pig 2019, since it marks the end of a complete rotation cycle of the twelve signs of the Chinese zodiac, is also the signal to make a well-deserved break, and for everyone the opportunity to do the analysis of previous years, in order to be ready to project ourselves more serenely into the new cycle that begins the following year, with the Year of the Metal Rat 2020.

At this end of the Chinese calendar cycle, it is time to reflect on the past 11 years. A period of joy and relaxation, the benevolence of the sign of the Pig during is being felt in many areas all along 2019. All good wills and motivations are renewed and strengthened.

The personality of the Earth Pig imbues with his mood the specific energies of the Chinese New Year 2019 and the Year of the Pig 2019: more reasonable and more robust than his peers, the Earth Pig manages to make his projects a reality thanks to his strategic vision and his business skills. Happy and responsible, greatly attached to his family, the Pig doesn't count his time or energy when it comes to feeding and protecting his family.

EARTH: Chinese Element of 2019

The Earth element with a Yin polarity, which is the element of the Chinese year 2019, carries positive energies throughout the year of the Pig 2019. Synonymous with organization and availability for others, the Earth element brings flexibility, modesty and intuition to those of us who manage to be carried away by its beneficial aura.

Teaching, philanthropy and spirituality are particularly important throughout the year.

We should avoid to stay lonely as much as we can in 2019, keeping our friends and family nearby. It can also be a time when we finally decide to put an end to certain toxic relationships.

LIFESTYLE AND HEALTH

Those among the 12 signs of the Chinese calendar who feel a little febrile and unstable during the year of 2019 must take special care of their well-being, even if that means they appear to lack consideration for their relatives. If the periods of doubt are fortunately fleeting, the questioning they entail is always beneficial. Changing lifestyle (or living environment) forces us to find within ourselves new resources that we did not even suspect.

Be careful not to indulge yourself in gluttony during the Year of the Pig 2019. Watch for the quality and portions of your meals if you want to keep getting into your trousers by the end of 2019. Practicing a →

regular sport activity adapted to your body type is highly recommended.

It is better during the Chinese year 2019 to moderate one's expenses and limit one's generosity to the people who are the most in trouble and who really deserve it.

In addition, administrative tasks should not be neglected. Be as regular as possible in keeping your accounts up to date and don't waste too much time to settle your potential debts.

The commercial and industrial trades are particularly favored in 2019, but also the intellectual activities where writing is at the heart. In companies, the relations between colleagues are softer and the mentalities more tolerant and constructive. A career development or the success of a professional project can be successfully considered only by showing dialogue and an always positive perseverance. Any demonstration of impatience and anger will only contribute to drive away people who might have supported you in your projects.

In 2019, money is certainly not synonymous with absolute happiness. It is a year under the sign of security, while the possible financial constraints you may have to face remain perfectly surmountable.

LOVE, FRIENDS, FAMILY AND BIRTHS

During the Year of the Pig 2019, love relationships can be as passionate as short-lived, without arousing regret or despair in return, but rather sensual and diffuse nostalgia, similar to the voluptuous nap that prolongs an agape. Hedonism and the pleasures of the flesh are honored during a year placed under the sign of the Pig. However, if you are single or starting a romantic relationship, you should be careful not to getting attached to your lover until you are sure of the reciprocity of his / her feelings towards you.

Social activities, festive occasions and family reunions are numerous during 2019, Year of the Pig. The open-mindedness and warm atmosphere of a year of the Pig make friendships easier to weave. The family is at the center of attention as 2019 is a good year for marriage or to have a child.

General Predictions For The Year Of The Pig 2019

While February the 18th is the 49th day of the traditional western calendar, it is actually the first day of the year for the Chinese and other eastern cultures. The 2007 Chinese New Year is affected by the sign of the Pig. The attributes of this Chinese sign are (for the year 2007) combined with the element of fire, and here's what that means.

The Pig is the last Chinese sign of the Chinese

continued

zodiac cycle and it is generally ruled by the element of Water. But it is also the universal element of Earth who is the major ruler for this year. So it is Earth over Water for 2019. It is a great time to finish anything you have started the previous year or the past years. It is not a good time to start a new major and important project. The Pig and the element of Earth instructs you to go back and see what you've got, make any necessary changes, improve your goals and your strategy, finalize situations and get rid of what is bothering you whether it is emotions, feelings, friends, lovers or whatever.

The 2019 Chinese Year of the Pig is also an ideal time to think about the next year and prepare for some major changes that are very likely to happen during the new animal cycle that will begin with the year of the Rat in 2020. So try to carefully visualize your future goals and plans. Don't go into action yet. This is not a year for new beginnings. Just think of the future and visualize what you want to happen next year. Always keep that in mind and be careful not to be overwhelmed by the Pig's sensual or sexual temptations. You may be fooled.

The Chinese horoscope 2019 shows that this is also an excellent year for legitimate business and ventures. The Pig is quite aggressive and cynical when it comes to frauds, stolen properties/money or other illegal activities. You will be probably punished severely if you don't play by the rules this year. And it will be a final and strict punishment since the Pig is awaiting its turn in the zodiac cycle to punish bad people. Remember it is the last animal of the Chinese Horoscope and it must make sure everything is in place for the new animal cycle to begin.

It is highly likely that you will be presented with a plethora of dilemmas this year. Maybe you will have to make important decisions, maybe choose between sides, you know black pill and blue pill stuff. The Pig favors you to open your mind and soul and start expressing yourself and talk sincerely to others about your feelings, thoughts or plans. Take a stand and act on what you want. It is not a good time to hide and go through shortcuts. Instead you have to select that what fits you the most without any hesitation or fear. If you act smart you will be rewarded afterwards. All your paths will be cleared and justified.

The Pig year can motivate the travel industry.

As this past year of the Dog built structure and a symbolic "home" it is now time for the Pig to "furnish" said castle making it a comfortable, cozy place of safety and security. Occupying the life palace of home & family life with the Dog, the Pig proceeds to complete what the Dog has laid foundations for. Finishing touches, tying up loose ends, last stands, curtain calls and closures will be the urging of the year. So, prepare to finish projects, complete goals and even say some goodbyes. Put your ducks in a row, cross your T's and dot your I's in 2019 and the proper Pig will be gracious to you.

All things that occur this year can be looked on as →

closing or final conclusions in some way. An auspicious year to complete projects, bring projects to fruition or arrive safely after completing a long life journey.

Behaviorally, we may see the choosing of sides and the emergence of the 'white hats and the black hats' – as the 'good guys' and the 'bad guys' square off, so to speak. Basically, in 2019, the good become superior and the bad become worse. The enlightened continue on their path to understanding and contentment, while the spiritually bankrupt slip farther away from their true selves. Take a stand, speak your mind and feel the closure of this Pig year.

Pig years are known for their respite from strife, patience and passivity, but also for indulgence, sensuality and fleshly delights. As the last sign of the zodiac, the Pig represents "resignation" accepting human nature as it is – content to live and let live. The greatest risk will be naiveté, so by all means avoid confidence schemes and being fooled or duped throughout 2007.

2019 is also a yin year, so in 2019 there is a need to take care of the health of the heart and mental well-being. People born on a yin earth day in particular need to learn to relax more and pay more attention to a healthy low fat diet.

Economically, it is likely that the stock exchange will rise in the first half of the year, again with the excess of the pig. It may not be building on reality though, just speculation and this can see a readjustment in the 2nd half. It is not likely to be the extremes of a boom and bust year though. NASDAQ itself was born in a Pig year, although this was not that surprising given the nature of the stock market.

The Pig also tends to coincide with extremes of weather, but don't be fooled by the Earth component as there will be extremes of cold as well as heat. The year of the Fire Pig, 1947, saw much of Canada buried under snow during a ferocious blizzard, it was also the beginning of the 'Cold war'

continued



Fall 2018 Graduation ceremony

between the USA and USSR. It was also the year that U.S. President Harry S. Truman signed the National Security Act into United States law creating the Central Intelligence Agency, Department of Defence, Joint Chiefs of Staff, and the National Security Council.

The Pig is a Chinese sign that is also associated with good luck and prosperity and if you follow the rules described above, the magnificent Pig will bring you harmony during the year and unexpected lucky events by the end of 2019. New opportunities may arise as the Pig year ends and depending on the job you've done with yourself during the year, these beneficial opportunities will actually be embedded in your life in a way that you cannot miss them or disregard them. Then it is up to you to make decisions and accept or reject new ideas or changes for the coming New Year.

The most important thing to remember about this Chinese Year 2019 is that the Pig is the last Chinese Horoscope sign. A cycle ends and a new one is about to begin. Don't forget that the Pig is also empowered by the universal element of Earth. The influence of Earth will be severe and powerful. Earth is here to help the Pig do some maintenance and clear/destroy what must go and disappear.

So, another cycle that started 11 years ago is about to finish and a new one will soon begin. Chinese strongly believe that the new Chinese horoscope cycle that will start in 2020, will be the most important for the human race as a whole. Chinese prophets and a lot of Chinese Astrologers (including me) agree that the new Chinese Zodiac cycle and the next few years will have a tremendous impact to humanity. We should expect a lot of pleasant and unpleasant surprises, but in the end all this will lead people to a new magical era. So say the analysts.

Chinese Horoscope 2019 Predictions: Is It a Good Year For You?

With Chinese New Year 2019 approaching it's again time to know the Chinese Zodiac 2019 Predictions.

The Pig is associated with excess, an over the top attitude. As the Pig is the last of the animals in the Chinese zodiac, 2019 is also a year of endings and a time to be bringing things to completion, rather than new beginnings.

As this is an earth year, those born under a earth year can expect a little luck on their side, with those born under the animals that are friends of the Pig gaining the greater share. The Pig itself is considered to be of the water element, so water is also favoured in 2019. Earth and water in combination do create harmony during the year.

What does the Chinese Year of the Boar (Pig) mean for you in 2019?

→

RAT

A busy year; many changes. Opportunities & innovations; Personal adjustments are necessary for success. Keep track of possessions.

OX

A busier year than usual. Doing things together with a pig-born person can be helpful. Travel is likely – if so, watch your possessions.

TIGER

Lots of laughter, happy occasions. A new partner, possible in business, love, or both. In business, ensure a good action plan – things happen fast!

RABBIT

A great year: lots of support & friendship. Finish any 'strange stuff' from the past so you're ready for the future. Hook up with pig-folk.

DRAGON

Good for socializing; Not for ground-breaking new projects. Exercise patience! Avoid stress-outs. You'll need to fit in with the plans of others.

SNAKE

If you feel out of synch, remember it's a good time for resource consolidation, for research & getting up to date. Going incognito leads to discoveries.

HORSE

The Horse will appreciate the social aspects of the year. Opportunities can arrive by strange means: – Keep an open mind.

GOAT

The year's flow is in harmony with your energies. Significant projects & opportunities. Keep highest integrity in romance: your reputation is at stake.

MONKEY

You may be run off your feet; Don't trust hunches until you've done the research: facts, figures, stats. Look behind the scenes. Take time out.

ROOSTER

Public recognition, but more important things need attention. Learn how you're contributing to any chaos. Re-evaluate what's important to you.

DOG

You may have to go on rescue missions. Don't fret if the 'dog's bone' goes to others. Be aware, keep focus, avoid get-rich-quick schemes.

PIG

A happy, optimistic, comfortable year. Avoid excess, indulgence, being carried away in the moment, & making promises you can't keep.

continued

2019 Chinese Zodiac Summary:

Best Year for: Tigers.

Amazing Year for: Goats, Rabbits, Dragons.

Good Year for: Roosters, Rats, Horses, Dogs, Oxen.

Mixed Year for: Oxen, Pigs.

Difficult Year for: Snakes.

Chinese New Year and Horoscope 2019: In Short

In 2019, love and generosity are in the air. A tendency to sacrifice self-interest for the benefit of the loved one can also dominate the year. Gifts and offerings are numerous. Finally, we shall be better able to forgive insults more easily and be more benevolent towards the weakest among us. In a broader way, the joy of living and pleasure are the order of the day.



Ellision address has changed; 738 Washington St.

MEMORY

This is a continuation of the subject of memory from previous newsletters.

In learning TCM, all the rote memorization is one of the biggest difficulties. We will continue the subject of memory in the next newsletter.

When you are content to be simply yourself and don't compare or compete, everybody will respect you.

Lao Tzu

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Colorado School of Traditional Chinese Medicine
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www.cstcm.edu