



Academy for Five Element Acupuncture

passion • education • community

Late Summer 2013

From the Executive Director

Late Summer

Late Summer Greetings,

We have so much to be thankful for in this season of abundance and riches. We celebrated the graduation of Class 28 in a beautiful ceremony at Gainesville Woman's Club on August 17th.

Pam Smith was the class's guest speaker. **Merry Gerard**, chair of the Governing Board, **Marilyn Mesh**, Governing Board treasurer, and Governing Board member, **Nancy Dowd**, attended the ceremony, along with our fantastic local faculty and a number of our wonderful clinical patients. Congratulations, Class 28! On behalf of the Academy, I wish you the very best as you start this next phase of your journey.

September 9th. We are excited to help them become highly effective, compassionate, and successful Five Element practitioners. Please join me in wishing them good luck as they start their internship.

I am also pleased to announce that the Class of 2016F started their Master of Acupuncture program on August 22nd. Thanks to your referrals and to the success of our marketing initiative, we have 16 students in the new class. One of the most inspiring parts of my job is being present for the opening circle of a new class. I love the energy and enthusiasm of the new students and I am deeply moved and filled with gratitude for the love and support that the interns, recent graduates, alumni, faculty, and administration bring to the opening circle for the new classes. The sense of community and passion reminds me why we do the work, why we care so much about keeping this tradition alive. And as if things needed to get better, **Gary Dolowich** came from California to teach their introduction to the Five Elements.

Chinese medicine divides the year into five seasons, rather than the traditional four that most of us learn about. It gives special recognition to Late Summer. To me, the closest phrase to this is the "dog days of summer." Summer starts with excitement and movement—we are swept up in the onset of summer vacation, of time to swim and be outside.

Even now, I can remember the anticipation and joy of the last days of school, the promise of freedom from classrooms and schedules. In the height of summer, flowers are exploding in color and plants—including gardens—are at their peak. The beginning promises of harvest are visible in zucchini blossoms, flowering tomato and pepper plants, climbing vines.

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And as we say goodbye to one intern class, we get to welcome in another! Class 29 arrived in late August for their clinical residency. They will see their first patients the week of

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Celebrating 25 years
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October 25-27, 2013



Letter, continued

Thank you for your continued help and support. Your referrals keep this medicine alive. The students you send are filled with wonder and excitement about Five Element acupuncture and they are determined to make a difference in the world. So much of that comes from the work you do and the impact you have on your patients, friends, and family members. Our next Master of Acupuncture class will begin in January 2014 and we are actively taking applications. Please keep sending those referrals our way!

The 25th Anniversary celebrations are coming up soon. The deadline for booking lodging at the Paramount Plaza is September 20th. Using the link on the main page of our website (www.acupuncturist.edu), please RSVP so that we know you plan to attend. To kick things off, **Angela Hicks** will offer a two-day CEU course on the emotions, the Officials, and treating the spirit. You can read more about **Angela Hicks** in this newsletter. We're planning a dinner and dance party for Saturday night, October

26th, followed by a faculty/alumni showcase on Sunday, October 27th. Fall is a wonderful time to experience North Central Florida. I hope you will consider joining us in Gainesville to help celebrate this milestone and the community that this institution has helped to create.

Wishing you a season of untold riches,

Misti Oxford-Pickeral

Congratulations Class 28



Sandra Bennett, Rachel Buchanan, Emma Dweck, Marcia Eskridge, John Paul Gallagher, Gina Hamlin, Josey Hastings, Sarah Heiber, Li Pan King, Kimberly Klingele, Angela Kociolek, Mathew Kulas, Mark McClatchy, Erica McLaughlin, Jane Myers, Jennifer Myers, Sarah Paulson, Toni Penery, Alyse Rabinowitz, Natalie Shea, Emily Stenmark, Autumn Ta, Kyle Thomas, and Leigh Withers.

Welcome to the Academy Class of 2016 Fall



Bonnie Barrow, Mariana Beckman, Devynne Berry, Alpha Bond, Alana Debow, Colleen Durkin, fAe gibson, Matt Goolsby, Jennifer Growden, Debra Long, Stephanie McCall, Jean-Yvon Pierre, Karmal Spaeth, Telma Tavares, Jodie Treloar, and Aven Whitmire.

Alumni News



Upon graduation I wanted to create a rural practice in an underserved area and established my office in

Alfred, New York, a small, rather remote college town 90 miles south of Rochester, New York. After two decades serving the community here, my wife Megan

and I have decided that it is time to make some big shifts and we are embarking on an urban adventure. This month we are moving to Brooklyn and I will start seeing patients at my new office near Union Square in Manhattan at the beginning of October. I decided that for this move I needed a website. Here it is:
www.grahammarksacupuncture.com.

-Graham Marks
WICA V



I'm happy to announce the launch of Hillside Healing Arts in Boise, Idaho and my new website:
www.hillsidehealingarts.com.

-George Mackie
WICA V

Late Summer

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As summer progresses a visit to the farmer's market proves summer is

here. Some of the bitter greens of spring can still be available, but all the colorful, vibrancy of quality food is seen everywhere in a rainbow offering of summer goodness. When late summer comes around, much of the rainbow is going out of season—gone is much of the peak harvest, and now foods like squash start to make their debut as they can see us through the fall and winter.

These post-peak days are indicative of Late Summer, and the Dog Days—when the heat becomes more oppressive, and the heaviness of humidity settles into many parts of the country. The heat and weight of humidity temper our upward movement of summer, leaving us to seek out cooler spots, to rest in the hot parts of the day. Afternoon siestas seem ever more appealing as the heaviness and heat make us more lethargic. The Ancient Romans first spoke of the Dog Days—the time from July to August when Sirius, the Dog Star, is in the daytime sky.

One of the brightest stars in the sky, they theorized that Sirius was adding to the heat of the Sun by rising and setting along the Sun.

Late Summer is the turning point from the climbing energy of spring and summer to the waning energy of fall and winter. In not-so-long-ago times, Late Summer meant a change of attention to storing the harvest. The peak of summer and the exuberant growth that it brings has gone, the garden is wilting, flowers are looking a bit tired, and work shifts from producing a harvest to preserving it to see us through the fall and winter. Many no longer do much preserving, but can remember methods our mothers and grandmothers used like canning or drying. This also expands into the realm of herbal medicine—late summer is a time of preserving the flowers, leaves and roots of many plants. Cleaned and dried, they would be welcome helpers and remedies throughout the next year.

Here in Gainesville, Late Summer takes a hefty portion of the year. While the calendar has the seasons

divided neatly into four segments, north Florida sees much more time that feels like summer and late summer, especially to those who have lived further north. Late summer, with its dampness and humidity, heaviness (and for many of us discomfort) outdoors, begins in July and lasts until late September. Once in the middle of the unending humidity, I anxiously wait for September and those first mornings where I open my door and feel something different in the air—crispness, a lighter, drier quality that hints of autumn.

-Carrie Chauhan, M.Ac.
Assistant Director of Herbal Studies



In Memorium

Soyoung Le passed away May 9, 2013 in her beautiful home in St. Marys, GA, surrounded by loved ones including Steve Le, her husband of 27 years. She was 50 years old. Though battling cancer, Soyoung completed her Master of Acupuncture degree and Certificate of Chinese Herbal Studies at the Academy in August 2012 with Class 27. She was a gifted practitioner and a compassionate, courageous woman with a generous and radiant spirit. Her courage was matched only by her love and caring for the people around her. Soyoung was honored at a memorial service on June 8, 2013 at Allison Memorial Chapel in St. Marys. We will miss her beautiful presence. In remembrance of Soyoung's life-long devotion to animals, donations can be made in her name to the Humane Society of Camden Co. Inc. PO Box 1270, Kingsland GA. 31548.

