



Happy Holidays from ACHS!

What's New at the College?

ACHS Is Proud to Announce the 2005 DETC Outstanding Graduate

The Australasian College is proud to announce the 2005 DETC Outstanding Graduate of the Year, Heide North of Colorado Springs, Colorado.



Heide North enrolled in the

Herb 401 Diploma in Herbal Studies Master Herbalist program in January 2003. After a great deal of research, she determined that the ACHS Master Herbalist program held the promise of

being the most rewarding for the type of education she was interested in pursuing. Heide had done previous study in botanical medicine and wanted to gain more integrated theory and practice as well as a recognized credential. She was not looking for an easy program, but one that would give her a solid foundation in natural healthcare practices. Heide found this with ACHS's Master Herbalist program. Read more about Heide online at <http://www.achs.edu>, click on News & Events.

As always, it was very difficult to choose just one Outstanding Graduate. We are so proud of each and every one of our graduates and are very lucky to have so

many wonderful graduates that are working hard to contribute more to their family, community, and the entire natural health industry. There were three other candidates that we would like to give honorary mention to as well: Julie James, Katherine Copsey, and Rose Chard. Please visit <http://www.achs.edu> and click on Alumni to read more about these graduates.

ACHS Holiday Open House

Join us on-campus on Wednesday, November 17th for an Open House to kick off the holiday season. Visit <http://www.achs.edu> and Click on *News & Events* for full details and RSVP information.

There are several activities scheduled throughout the day including a Douglas Fir distillation demonstration, aromatherapy blending, Make a Pomander for holiday decoration, and an evening slide show introduction of Aromatherapy Summer School in Greece by ACHS President Dorene Petersen. We will offer a special discount of 20% off all Apothecary Shoppe products for this one day only, so come and get a jump start on your holiday shopping!

We hope you can join us!



WHAT'S NEW IN THE APOTHECARY SHOPPE?

See Page 3

MORE GREECE SUMMER SCHOOL INFORMATION



Next summer, you could be enjoying aromatherapy lectures by ACHS President

Dorene Petersen

and renowned distillation expert Robert Seidel in the beautiful outdoor Greek classroom pictured here. For 2005, ACHS will offer the following summer travel programs. Early registration is highly recommended, as these programs are already filling quickly. More program information is available online at <http://www.achs.edu>. Click on *Aromatherapy*, then *Courses*.

Week One: May 24 to May 30 2005
Aroma 102 Aromatherapy Summer School in Greece - Introduction

Week Two: May 31 to June 6, 2005
Aroma 203 Aromatherapy Summer School in Greece - Intermediate

Week Three: June 7 to June 13, 2005
Aroma 309 Aromatherapy Summer School in Greece - Advanced

Week Four: June 14 to June 21, 2005
Aroma 311 Aromatherapy Summer School in Greece - Distillation

Space is limited for these programs!

If you would like to join the waiting list for priority enrollment, please contact Tracey Miller call toll free 800.487.8839 or email traceymiller@achs.edu. Once on the waiting list, you will be contacted to schedule your admissions interview for these exciting new travel programs.

What's New at the College? *cont'd*



BAHRIN SAMAH, M.H.

Bahrin is a graduate of ACHS's Herb 401 Diploma in Herbal Studies Master Herbalist program and lives in Selangor, Malaysia. Bahrin became interested in 1988, when his wife was diagnosed to be a Hepatitis B carrier. With little knowledge in herbal medicine, he advised her to take *Echineacea*, then the only available western hepatic immunostimulant herb in natural food stores in his country. To their doctors surprise, she was confirmed free of the antigen in 1998. After this experience, Bahrin sought infor-

mation regarding herbal medicine from books and the internet until one day he found the Master Herbalist program at ACHS. Using his studies with ACHS, Bahrin has successfully developed a number of herbal formulations, which have been sold to and tested by his relatives and friends. With all of his knowledge experience, Bahrin dreams of becoming an international producer of herbal medicine products, which combine east-west herbal medicine knowledge as well as herbs used in formulations.



Bahrin in his hometown Selangor, Malaysia.

October 2004 Assignment Sweepstakes Winner

October's Assignment Sweepstakes Winner was Brandi Bechtel, Nat 201 student. We had 149 students submit an

assignment in October. Great job, everyone! Now it's time to get your next assignment in! Be sure to get your next assignment in before November 30th to be entered in the November Assignment Sweepstakes. November's prize will be a Gentle Aromatherapy for Women Decoder and a 10 ml bottle of Lavender essential oil.

College Holiday Hours

The Australasian College will be closed to observe the following holidays:

Thanksgiving: Offices closed Thursday, November 25 and Friday, November 26, 2004.

Christmas: Offices closed Friday, December 24, 2004.

New Years: Offices closed Friday, December 31, 2004.

All of us at ACHS wish you and your family a safe and joyful holiday season!

Staff News

Amie Fortuna-Murphy, Student Services Advisor

Amie joined the Australasian College in 2004. She has a background in the hospitality industry and graduated with a degree in psychology from the University of Oregon. She also is a metaphysical practitioner with a certificate from the University of Metaphysics. Currently Amie is a student in the homeopathy and Master Herbalist program and enjoys using her knowledge for herself, family and friends.

Amie enjoys spending time with her family, friends, her two cats Bala & Siva, and her two dogs Bodhi & Tat. She also spends much of her time outdoors and hiking when ever possible.

ACHS IS DELIGHTED TO ANNOUNCE SEVERAL NEW STAFF MEMBERS TO THE ACHS TEAM!

Linh Huynh, Admissions Advisor

Linh is a graduate of the University of Minnesota - Twin Cities with a degree in sociology and teaching license in 5-12 social studies education.

Linh brings strong admissions experience to the Australasian College from her position as an admissions counselor for the University of Minnesota - Twin Cities. She is excited to utilize her experience and background to help prospective students reach their goals with ACHS.

Linh also enjoys travel and has spent time in Vietnam, Malaysia and Singapore.

Cherie Bolton, Promoted to Human Resources Manager

Cherie has been with ACHS for over a year. She has a wealth of information about management and human resources, and a passion for natural health to bring to the College. We're delighted that she has accepted this position.

Farewell to Amy Swinehart

Amy Swinehart is stepping down from her position as Dean of Student Services to spend more time with her family. She will continue to work part time assisting with College design projects. Erika Yigzaw will assume oversight of the Student Services department until a replacement Dean is appointed.



WHAT'S NEW IN THE APOTHECARY SHOPPE

The Apothecary Shoppe is always adding new products to inventory.

Be sure to visit <http://www.apothecary-shoppe.com> to view the newest products. For a listing of current promotions, click on *Promotions!*

The Apothecary Shoppe is full of great gift ideas for the natural health lover this holiday season including supplies for homemade gift-giving, gift certificates, and organic herbs and essential oils.

Holiday Gift Ideas:

- * Give the gift of natural health with a \$25 gift certificate from the Apothecary Shoppe
- * Perfect for the animal lover in your life: *Holistic Aromatherapy for Animals* book by Kristen Leigh Bell
- * *Airborne*: sick of catching colds in class and on airplanes? Try this supplement at the first sign of symptoms.
- * Know someone that is interested in Chinese and Ayurvedic systems of herbal therapies? Get them the new *Planetary Herbology* book by Michael Tierra, LAC, OMD.

All of these great gifts and more are available at the Apothecary Shoppe.
Shop online or at the campus store in Portland on November 17th,
and receive a full 20% discount on your order!*

Research News

This year's Nobel Prize for Physiology or Medicine was awarded for research discovering how humans recognize individual smell and how they can remind us of our past experiences. The two American researchers, Dr. Richard Axel of Columbia University and Linda B. Buck of the Fred Hutchinson Cancer Research Center in Seattle.

The research by Axel and Buck found that the nose contains a family of odor receptors which all respond differently to each scent. These responses create a unique scent identification in the brain. Until now, no one had understood how our sense of smell truly worked.

The Nobel Assembly said the sense of smell "helps us detect the qualities we regard as positive. A good wine or a sun ripe wild strawberry activates a whole array of odorant receptors."

2004 NOBEL PRIZE FOR PHYSIOLOGY OR MEDICINE

The Karolinska Institutet in Stockholm, Sweden chooses the Nobel Prize for Physiology or Medicine winners each year, accepting nominations from previous recipients and respected members of the medical research community.

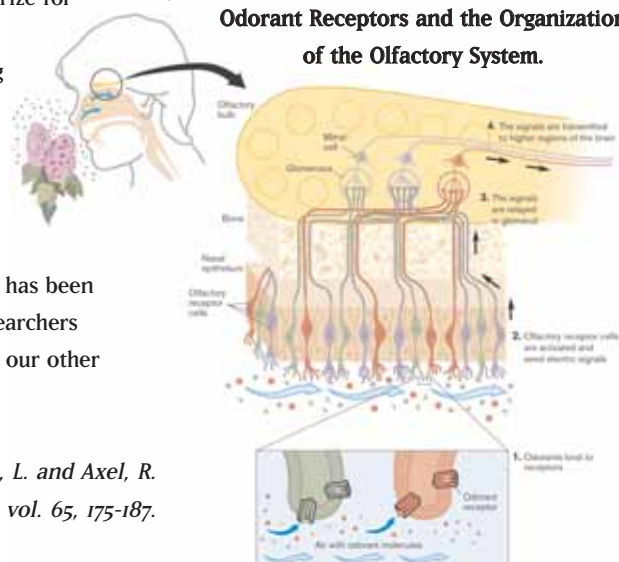
Dr. Axel and Buck's research has been revolutionary in helping researchers understand more about how our other senses work as well.

Diagram to the right: Buck, L. and Axel, R.
(1991) *Cell*, vol. 65, 175-187.

This award for scent research lends further validity to the efficacy of aromatherapy for therapeutic use, both for physical and psychological ailments.

For more information about this year's Nobel prize, visit www.Nobelprize.org.

Odorant Receptors and the Organization of the Olfactory System.





Congratulations to Our new Graduates

Please note that graduates listed in this section graduated during the previous two months.

Aroma 101 Introduction to Aromatherapy

Ross Rosenquist, British West Indies.

Aroma 201 Certificate in Aromatherapy

Tracey Fisher, MA; Michelle Fitzgerald, IL; Sara Cyr, WA; Donna Evans, Canada; Brandy Cravens-Zender, CA.

Nat 201 Certificate in Nutrition, Bodycare & Herbalism

Spela Vodopivec, Slovenia; Jackie Thomas, China; Reza Delftkant, Netherlands; Patrizia Sommerauer, Germany.

Nat 202 Certificate in Flower Essences

Elena Perez, CA; Rosine Andre-Trippel, IL; Alexa Doleva, MA; Elizabeth Bloomquist, NC; Wendy

Tisdale, LA; Marie Temmen, MO.

Nat 204 Certificate in Homeopathy

Holly McCaffree, WA.

Nat 205 Certificate in Holistic Structure and Function of the Human Body

Donna Devine, OR; Mary Haeberle, CA; Florence Quesnel, France.

Nat 301 Certificate in Natural Therapies

Kathleen Weidenfeller, MI.

Nat 308 Holistic Nutrition

Lisa Alvarado, AZ.

Herb 101 The Basics of Herbalism

Jasmine Butler, OR; Alicia Gahn, CA; Carrie McConnell, SD; Amber Earheart, CA; Malania Breazeale, NV.

Herb 401 Diploma in Herbal Studies

Maureen Jeanson, NH; Angela Toci, AK;

Susan Avalos, OR; Michael-Linn Jasmine Norman, WA; Angela Goldor, WA; Fawndove Ward, OR; Korrylee Wirtes, TX; Ann Nelson, AZ; Tracy Jahnke, WI; Andrea Rottermann, CA; Amy Cooper, OR.

Homb 401 Diploma in Homeobotanical Therapy

Maria Funk, ID.

ACHS DONOR ALUMNI

Brigett Camarena, Shawn Howe, Cheryl Maze, Enriqueta Rivera, Marvin Bondi, Patricia Burnett, Smilkja Kitanovic, Melanie Rae, Peggy Kubbo, and Mendy Baker.

To become a donor member of the ACHS Alumni Association, go to www.achs.edu and click on Alumni. Submit your completed alumni application with your minimum donation of \$50 and begin receiving enhanced graduate benefits!

Upcoming Events

ACHS Holiday Open House Wednesday, November 17th

Be sure to join us on-campus for the 1st Annual ACHS Holiday Open House. Activities are scheduled throughout the day. Visit us online for a full details and RSVP information: <http://www.achs.edu>. Click on News & Events.

If you're not able to join us on-campus, enjoy shopping online at the Apothecary Shoppe for all your holiday needs and recipe ideas on November 17th and receive an additional store discount for one day only!



ACHS is a State Licensed Private Career College with the Oregon Department of Education and Nationally Accredited with the Distance Education and Training Council. Founded in 1978, the College is recognized as the oldest and most experienced Natural Health College worldwide.

The ACHS Reporter is published by the Australasian College of Health Sciences

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