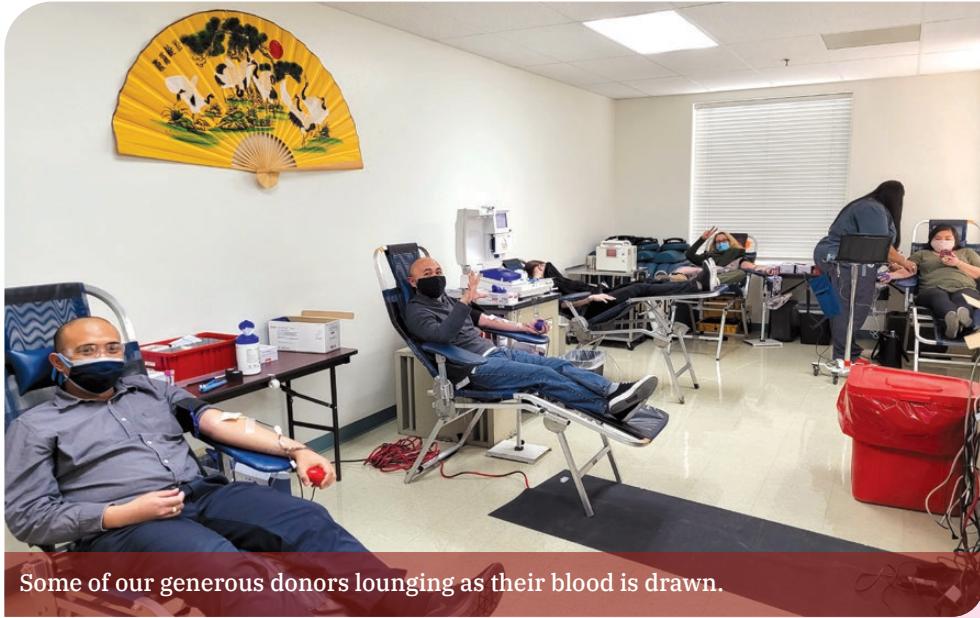


# Term Notes

Photo courtesy of: Casey Carpenter and Rachel Ong



Some of our generous donors lounging as their blood is drawn.



(Above) Our very own faculty member and supervisor, Dr. Stueber, checking in before donating.

(Below) All donors received ear seeds before getting their blood drawn to help relax. Pictured: Yuka receiving ear seeds from intern, Casey.



## WONGU HOSTS BLOOD DRIVE

Wongu Health Clinic partnered with Vitalant to host a Blood Drive on Wednesday, February 24th from 10 AM – 3 PM in Classroom B. Each of the volunteer blood donors were treated with ear acupuncture to help relax by volunteer students, Casey Carpenter, Roberto Irawan, Cassandra Suter and Rachel Ong. The blood drive managed to receive 25 successful whole blood donations and 1 double red blood cell donation. It is reported that the blood donation will serve to save up to 78 lives! Thanks to everyone who donated their blood and the volunteers who made this possible. Thanks to Vitalant, the nation's largest independent, nonprofit blood services provider exclusively focused on providing lifesaving blood and comprehensive transfusion medicine services. And a big thanks to Rachel Ong for taking the initiative and coordinating the Blood Drive.

The Wongu Health Center and the Wongu Student Association are pursuing other social outreach projects. Students should contact the Health Center or WSA if interested in organizing such projects.

### ■ WONGU STUDENT ASSOCIATION

## WONGU MASCOT COMPETITION



The Wongu Student Association (WSA) held a mascot competition where students had the opportunity to design the desert tortoise for a prize of a \$100 gift card! Six original designs were submitted and voting was conducted over the Fall 2020 quarter. On February 13th, the winner was announced as Karin Moeller! Congratulations Karin and thank you to everyone who participated either by

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# 新年快乐 Happy Lunar New Year!

This year, the lunar new year fell on Friday, February 12th. It is officially the year of the Metal Ox. To celebrate, the Wongu Health Center offered some snacks to students and staff. A big thank you to those who contributed and brought in treats to share! George, one of the clinic interns, briefly explained the significance of the zodiac signs and which ones would be affected this year. Then, Wongu President, Dr. Eric Richardson, presented everyone with red envelopes called hong bao (紅包). They contained either \$1, \$3 or \$5 coupons for treatment in the clinic. We hope everyone is blessed with luck and prosperity this year!



The red envelopes contained coupons for \$1, \$3 or \$5 off your next clinic treatment. Hope you were lucky enough to get the \$5 off coupon!



Thank you for all those who brought in food to share at the CNY celebration. We appreciate you!



Those who were present received red envelopes, hong bao (紅包), from Dr. Richardson.

## ■ WONGU STUDENT ASSOCIATION

## WONGU MASCOT COMPETITION

*Continued from page 1*

submitting artwork or voting. The mascot design will be featured on future WSA merchandise.

A brief explanation on how the desert tortoise represents Wongu University: "The desert tortoise is a desert animal that represents the Las Vegas community. It is a symbol of wisdom and knowledge, and is able to defend itself on its own. It personifies water, the moon, the Earth, time, immortality, and fertility. Creation is

associated with the tortoise and it is also believed that the tortoise bears the burden of the world. Their life cycle is symbolic of some of the fundamental principles of Traditional Chinese Medicine, where one should hibernate and preserve energy in the Winter and come out in the warmth of Spring for regeneration. In Chinese herbal medicine, the tortoise is a major Yin tonic."



Winning mascot drawing

# Herbal Highlight »

芦橘

PI PA YE

~ LOQUAT LEAF ~

DONNA TONGCO-NGUYEN, MANAGER, WONGU HERBAL DISPENSARY

The leaves of the Loquat fruit tree called "Pi Pa Ye" in Traditional Chinese Medicine, is bitter and neutral.

According to TCM, Pi Pa Ye enters the Lung and Stomach meridians to direct qi downward to stop cough, expel hot phlegm, harmonize the Stomach, and clear Stomach heat. Pi Pa Ye is used for a variety of issues including cough, coughing of blood, nosebleeds, nausea and vomiting and may be consumed as a whole herb with a dosage of 6-15 grams in a tea or decoction.

To enhance the Lung moistening property of Pi Pa Ye, it is



best to fry it with honey for Lung heat injuring the fluids or Lung dryness with cough due to rebellious qi. To enhance its ability to alleviate nausea, Pi Pa Ye is best prepared with ginger juice, then fried. Pi Pa Ye is one of the main ingredients of "Chuan Bei Pi Pa Gao" or "Nin Jiom Pei Pa Koa", a commercially prepared herbal syrup made according to a century-old recipe which is used for acute and chronic coughs due to external wind. This soothing cough syrup is said to originate in the Qing Dynasty and is still used today for cough and its alleged anti-viral properties.

Pi Pa Ye is available at the Herbal Dispensary. For inquiries or to book an appointment, please call Wongu Health Center at 702-852-1280.

FACULTY FOCUS

## Welcome New Faculty

Sanghyun Lee, OMD, joined the Wongu University program this quarter, teaching CP405 Herbal Dispensary III. Dr. Lee is an acupuncturist in California working at the Psychiatric clinic in West Hollywood and at the Integrative Medicine clinic in Nevada. He received a BS in Evolutionary and Ecological Biology at

UCLA, a MS in Oriental Medicine from South Baylo University, and a Doctor of Acupuncture and Oriental Medicine from Emperor's College. Dr. Lee has presented at the AIHM annual conferences and brings a broad knowledge of herbal remedies typically found in Traditional Korean Medicine.



Dr. Sanghyun Lee, OMD

# Collaborative Research Presentation at Johns Hopkins University

**O**n February 3rd, Wongu University's Academic and Clinic Dean, Dr. Vim Osathanugrah, DAOM, OMD., presented the "Principle and Practice of Auricular Therapy" to the Symptoms Science and Home Exercise Program research team led by Dr. Nada Lukkahatai, PhD., from the School of Nursing Johns Hopkins University. This presentation is a part of the collaborative effort to integrate ear acupressure in a Home-based Nonpharmacological Intervention Research program for cancer survivors. The presentation includes the principles and clinical implications of commonly used auricular acupressure systems such as the NADA protocol and Battlefield acupuncture. The goals of the presentation were to provide 1) a brief overview of auricular therapy principles; and 2) clinical implications of this therapy in symptoms management.

To see more of Dr. Lukkahatai, follow her on:

Twitter: @Nlukkahatai

FB: <https://www.facebook.com/nada.lukkahatai/>



Clinic Dean, Dr. Vim Osathanugrah

## ■ WONGU STUDENT ASSOCIATION

### WSA 2021 Elections

**T**he WSA Election Commission conducted the election for new WSA members for the Spring 2021– Winter 2022 term. After weeks of nominations and voting, the Election Commission is pleased to announce that the following candidates have been elected to serve as President and officers, starting immediately.

Congratulations to all new members and thank you to the previous Board for their commitment and dedicated service. The 2020 term was not easy and they went above and beyond conducting online meetings in order to find ways to foster a strong Wongu community despite the social distancing. Once again, thank you to all of the members of the Spring 2020 – Winter 2021 term.



#### New WSA members for the Spring 2021–Winter 2022 term

Roberto Irawan as President  
Dr. Nancy Brandt as Vice President  
Socheata (Sochy) Pann as Secretary  
Yuka Sakai as Treasurer  
Danielle Lewis as Community Liaison

#### WSA members for the Spring 2020 – Winter 2021 term

Shawheen Alavi Moghaddam as President  
Roberto Irawan as Vice President  
Sarah Mulligan as Secretary  
Renae Haldeman as Treasurer

Stephanie Tanner as Treasurer  
Karin Moeller as Community Liaison  
Dr. Rachel Ong as Community Liaison



# Anatomy Software Enhances A & P Course

**T**he courses in the Anatomy & Physiology (A&P) sequence plus the Acupuncture Anatomy course incorporated Visible Body's Human Anatomy Atlas into the curriculum. The software is a comprehensive 3D atlas of the human body with thousands of 3D models that span multiple systems: nervous, skeletal, circulatory, muscular, digestive, urinary, lymphatic, endocrine, and reproductive. The software allows the student to interact with every structure in 3D to simulate a dissection lab experience. Rotate, zoom in and out, dissect through superficial anatomy to study deep and hidden structures, or see structures in complete isolation. Also, students may test their knowledge with hundreds of quizzes.

A&P Professor Nancy Brandt commented, "Visible Body allowed me to show a 3-D rendering of the body as I was teaching. I could dissect to find deeper structures and highlight each to better illustrate location. This quarter, I used the program to show the tiniest details of the skeletal and muscular systems in our online course. I prefer this program to the physical models in the classroom as there is so much more detail and discretion that can take place."

Student Roman Gramarye commented, "...thank you for the Online Atlas. It is greatly appreciated and was of immense benefit." Suzane Yao exclaimed, "This is awesome! Thank you!"

## ■ ALUMNI

**O**riental Medicine Practitioners have a broad array of opportunities beyond solely a conventional health practice. Wongu graduates from 2018 Erica Tseng and Sarah Breaux started an online group on Facebook for women who are interested in holistic healing and reaching their full potential. They provide weekly live training on Wednesdays at 10:30 AM PST, covering a different topic each week related to natural health and healing. The group offers a safe space for women to share about their issues and difficulties, receive support and be provided with strategies to improve their health conditions. Some of the conditions include depression, anxiety, inflammation, low energy/fatigue and sleep problems, to name a few.

Sarah has put her own rheumatoid arthritis into remission, and Erica has gone from having to quit her job to fully functional with her Fibromyalgia, both without the use of medications! They are now helping others make positive holistic changes to their health.

Erica's and Sarah's innovative use of social media to affect the healing of people is commended. We wish them

Submit alumni articles to [start@wongu.edu](mailto:start@wongu.edu). We love rooting for our alumni, so please update us on news and achievements of the alumni.

## Join Our Facebook Group

### Reaching Full Potential Through Holistic Healing

- Fatigue/low energy
- Insomnia
- Inflammation
- Anxiety
- Depression
- Overwhelmed
- Stress
- Feeling Stuck
- Other
- Health Concerns

Live trainings every Wednesday at 10:30am PST



luck on their endeavors and spreading the knowledge of Oriental Medicine.

If you think their Facebook group is something that could benefit you, please join them at:



<https://www.facebook.com/groups/reachingfullpotentialthroughholistichealing>

# Virtual Info Sessions

**O**n February 10, Wongu University conducted its first virtual info session. There were 6 prospective students in attendance. Following the success of the first session, 2 more sessions were conducted in March. On March 5, there were 2 potential students and 5 on March 9. Thank you to everyone who invested to make these virtual events possible, and a special shoutout to Casey Carpenter who helped make the videos of the school and clinic that were used in the presentation.



## Welcome New Students!

- The Wongu family grew by 2 new students this Winter 2021 quarter.
- Although we were not able to meet in person due to COVID, we wanted to extend a warm welcome! We look forward to seeing you in person soon.

Mikyoung Lee

Kristi Resener, DOM, New Mexico

