



What's New at the College?

SPRING CLASSES STARTING! APPLY TODAY TO START EARNING YOUR CREDENTIAL!

ACHS 2005 classes are filling quickly! With classes limited to 30 students, you'll want to register early to ensure your place in class!

March classes begin on March 21st. It's not too late to register for these classes:

◆ AROMA 101 Introduction to Aromatherapy. This is the ONLY intake of this program for 2005 and is the required prerequisite for Aroma 201. If you'd like to earn your Certificate in Aromatherapy, you'll want to start with this class.

◆ NAT 308 Holistic Nutrition. This is the first requirement for the Diploma in Holistic Health Practice program. This intensive, 12-week holistic nutrition course is a great way to begin your natural health education.

◆ NAT 205 Certificate in the Holistic Structure & Function of the Human Body. This class presents a holistic perspective of Anatomy & Physiology.

◆ HERB 401 Re-Certification Program. This is the ONLY intake for this program. This course is being offered as a Re-Certification program for graduates who completed the Herb 401 program prior to ACHS's accreditation in June 2003. This program allows graduates to upgrade their Diploma to an accredited credential.

◆ NAT 306 Natural Health Consulting. This class provides you with the tools and legal information you need to establish a successful natural health consultancy.

◆ April classes begin April 18th - Certificate in Aromatherapy, Diploma in Herbal Studies Master Herbalist, and Certificate in Iridology.

◆ Please note, the April intake of Herb 101 is already full! We are offering an accelerated 12-week Herb 101 program beginning May 23rd. Be sure to register early to ensure your place in class!

Space is limited, so register early! Contact Admissions to schedule your admissions interview for these exciting programs and plan ahead for upcoming classes.

The ACHS 2005 School Calendar with upcoming classes and events is available online at <http://www.achs.edu> under *News & Events*.

AROMATHERAPY SUMMER SCHOOL IN GREECE - IT'S NOT TOO LATE TO REGISTER!

You could be here this summer! Join us in Greece for the ACHS 2005 Aromatherapy Summer School. Call today 800.487.8839 to find out how you can become part of this once in a lifetime learning experience!

These programs are the highlight of our Aromatherapy department. Our summer school 2005 will be held on the beautiful island of Syros in the heart of the Cyclades, amongst wild thyme, helichrysum and other aromatic Mediterranean botanicals.

Summer School in Greece offers four unique weeks of study, come for one or stay for all four! This is an aromatherapy travel experience you don't want to miss! For herbal students and practitioners, this is a wonderful opportunity to learn to make herbal preparations and experience sustainable wildcrafting. Aromatherapy students will leave these programs with a deeper understanding of essential oils and all of the

therapeutic uses of aromatherapy! And, you will learn about the fascinating and rich Greek culture while enjoying the relaxing island life!

There are still some great pre-summer airfare rates available, so don't delay to register and make your travel arrangements.

We hope you can join us!



Syros, Greece 2005



WHAT'S NEW IN THE APOTHECARY SHOPPE?

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What's New at the College? cont'd

ACHS CAMPUS EVENTS



The ACHS 2005 Community Wellness Classes are starting

April 6th with our kick off event, the 1st Annual ACHS Spring Open House. ACHS's Open House events were very popular last year, giving prospective and current students an opportunity to join us on campus for an afternoon of activities and informational lectures.

The Spring Open House will be held Wednesday, April 6th 12-6:30 pm. From 12-5 pm, ACHS Admissions Staff and Faculty will be available to answer questions and discuss your program options with you. Whether you're just getting started with your natural health education or are looking at options for continuing your training, this is an event you won't want to miss!

At 2 pm, Dean of Admissions Tracey Miller will present information about the importance of Accreditation as well as the upcoming classes for Spring & Summer. At 3 pm, weather permitting, ACHS faculty will give a short tour of the ACHS Botanical Teaching Garden. The garden is beginning to show new growth, so this will be an interesting time to view the garden. It is fascinating to see the herbs you study slowly emerging from winter dormancy. When you visit us over the summer, you won't believe how much growth has taken place!

Finally, at 6 pm, we will present a slideshow presentation of the ACHS 2005 Aromatherapy Summer School in Greece. There's still time to register for these exciting travel programs, so join us for the slideshow and learn more about the beautiful Greek culture!

Our next on campus event will be Wednesday, May 18th with the Introduction to Ayurveda class.

Space is limited for these classes and events, so register early by calling 503.244.0726 (Local) or toll free 800.487.8839.

You can keep up to date with classes and events at the college by visiting our online college calendar. Go to <http://www.achs.edu> and click on *News & Events* to view the 2005 Calendar.

HERB 401 RE-CERTIFICATION PROGRAM BEGINS MARCH 21ST

Don't forget, the Herb 401 Re-Certification program begins on March 21st. This program allows graduates of Herb 401 prior to our accreditation to upgrade their credential to an Accredited Master Herbalist Diploma. This is the **ONLY** time this program will be offered for Re-Certification, so don't miss this opportunity to earn an accredited credential! Contact Admissions at 800.487.8839 for more information and to register.

It's Almost Spring! Get ready with these ideas:

It's almost Spring and that means it's time to dust off the winter blues and get ready for longer days and warmer weather. Getting ready for spring means getting our bodies in shape, cleaning out the cobwebs, and getting your garden ready to bloom!

ACHS recommends these fun tips for getting ready for Spring:

Create fresh spring scents to liven and clean your home.

Lavender oil: 15 drops
Orange oil: 10 drops
Lemon oil: 13 drops
Grapefruit oil: 13 drops
Nutmeg oil: 3 drops
Distilled water: 2 oz.
Alcohol, Vodka, or Grain 150 %: 2 oz.

Mix ingredients together in a spray mister and enjoy! All of these ingredients are available from the Apothecary Shoppe online at <http://www.apothecary-shoppe.com>.

Get in Shape!

With Spring comes better weather, so take some time and get outside! Try to walk for at least 20 minutes a day. You'll get a chance to breathe fresh air and get your body in shape for summer fun!

Prepare your Garden

Enjoy a blooming garden this spring by planting some extra bulbs! Now is the time to plant bulbs and enjoy blooms through spring and early summer. Try adding crocus', dahlias, tulips, or irises!

It's also time to start thinking about your food garden. While it's too early to start planting food crops, it's a great time to plan your garden. We recommend that you grow an extra row of food in your garden to donate to your local food bank. ACHS can provide you with row markers if you're planning on growing extra to donate this year! Contact achs@achs.edu to request your row markers.





WHAT'S NEW IN THE APOTHECARY SHOPPE

New Recommended Reading Libraries

Start your studies off right with a natural health starter library from the Apothecary Shoppe! ACHS encourages students to read outside research to complement your studies and help you become a holistic practitioner. We have put together a comprehensive set of recommended reading that is program specific. Whether you're studying for general interest or working on establishing your consultancy, these texts will be invaluable in your research. And, when you order one of these starter libraries, you'll save 15% on the total price of these books!

ACHS Recommended Reading Libraries:

PROGRAM	DESCRIPTION	COST
Aroma 101	5 Great Starter Books including <i>Holistic Aromatherapy for Animals</i>	\$ 140.12
Aroma 201	6 Reference Books including the <i>Complete Guide to Aromatherapy</i>	161.33
Herb 401	5 Reference Books including <i>Principles & Practice of Phytotherapy</i>	219.26
Nat 201	3 Great Start Books including <i>Encyclopedia of Natural Medicine</i>	50.91

Order your Starter Library online at <http://www.apothecary-shoppe.com>!

Earning your credential requires hard work, dedication, and commitment. ACHS is proud to have so many successful graduates. ACHS has now formed a chapter of the Delta Epsilon Tau (DET) Honor Society to further recognize your academic achievements!

Now, when you qualify to graduate with Honors, you will have an opportunity to join this exclusive Honor Society. Currently, ACHS students are eligible to graduate with Honors after completing an extra honors project and receiving an average of 90% on all written assessments and the final exam.



Industry News

ACHS FORMS CHAPTER OF DELTA EPSILON TAU HONOR SOCIETY

When you join the ACHS Chapter of the Delta Epsilon Tau Honor Society, you will receive a Membership Certificate, Honor Society Gold Key, Congratulatory letter, and information regarding the DET Honor Society.

The DET Honor Society is sponsored by the Distance Education and Training Council and was established to:

- ◆ Recognize the academic achievements of students who study at a distance;
- ◆ Publicly demonstrate that distance study is truly a viable educational option;
- ◆ Inspire both students and faculty in the distance study community; and

◆ Bring honor and earned recognition to individuals who have worked diligently to acquire new knowledge and skills from an accredited distance learning institution.

ACHS is recognized as an industry leader, and we could not have achieved this without all of our outstanding graduates! Honor yourself by achieving excellence in your studies and joining this distinguished Honor Society.

For more information about the ACHS Chapter of the Delta Epsilon Tau Honor Society and to become a member, please contact Chapter President Tracey Miller via email to traceymiller@achs.edu or toll free 800.487.8839.



Aroma 101 Introduction to Aromatherapy

Miyoko Suzuki, TX.

Aroma 201 Certificate in Aromatherapy

Jana Gould, ID; Kelly Ann Rohlfing, IN; Cori Ruthruff, WA; Mary Haeberle, CA; Lori Crosswhite, WA; Andrea Rotterman, CA; Yukari Boelen, Shanghai; Johanna Pedranti, Wales; Kelly Swayne, TN; Valerie Michalski, IL; Nina Dolese, OK; Jane DeSanti, CO; Donna Rover-Ruggiero, PA.

Aroma 401 Diploma in Aromatherapy

Sara Nameth, MI.

Nat 201 Certificate in Nutrition, Bodycare & Herbalism Tara Bafus, WA; Christine Proctor, NH; Rhonda Bartley, OK; Andrea Parmar, OH; Sherry Hamilton, KY; Amber Franklin, UT; Joelle Wilson, WA;

Helpful Hints...

If you need any technical assistance with your online classroom, eCompanion...

we have technical support available to you 24 hours a day, 7 days a week. Contact Technical Support via email to Helpdesk@achs.college.com or call 303-873-0005. The Help desk does not have a toll free number, but simply ask them to phone you back, and they will be happy to do so!

The majority of students experience trouble-free use of the online classrooms. Most problems can be quickly resolved, so don't hesitate to call or email for help with any technical issues.

Congratulations to Our New Graduates

Please note, graduates in this section are from January/February 2005. If you graduated after February 28, 2005, your name will appear in the next issue.

Christy Zito, ID; Michelle Medeiros, CA; Judith Stone, MN; Brandi Bechtel, ID; Tamera Mensink, MN; Armand Tedesco, PA; Donald Bockelmann, FL.

Nat 202 Certificate in Flower Essences

Kim Gillaspie, CO; Roxanne Bare, IL; Eva Sapi, CT; Diana Vanderbilt, FL.

Nat 204 Certificate in Homeopathy

Tony Garrison, IL; Amie Fortuna-Murphy, OR; Spring Moffitt, AZ; Reza Delftkant, Netherlands.

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

Patrizia Sommerauer, New Zealand.

Herb 101 The Basics of Herbalism

Jacqueline Mitchell-Ciavatta, IL; Mindy Ator, OR.

Herb 201 Certificate in Herbal Studies Cori Ruthruff, WA; Kristen Randall, OR.

Herb 401 Diploma in Herbal Studies Kimberly Phelps, CA; Kristy Viaches, OR; Carene Campbell, NY; Katherine Huether, MA; Emily Jones, TX; Christine Zaremba, CT; Andrus Shilling, VA; Joseph Peterson, OR; Yvonne Hunter, KY; Shi Li, OR; Gea Barker, OR; Jessalynn Hall, UT.

Homb 401 Diploma in Homeobotanical Therapy

Louise Kennedy, WA.

ACHS Donor Alumni 2005

A big thank-you to our Donor Alumni. Your support helps to fund our botanical garden, scholarships, and community wellness classes. 2005 Donor Alumni: *Brigett Camarena, Shawn Howe, Cheryll Maze, Enriqueta Rivera, Marvin Bondi, Patricia Burnett, Smilkja Kitanovic, Melanie Rae, Peggy Kubbo, Mendy Baker, Bernadette Bennett, Donald Bockelman, Donna Devine, Rebecca Mount, Norma McDonald, and Jane DeSanti.*



ACHS is a State Licensed Private Career School with the Oregon Department of Education and Nationally Accredited with the Distance Education and Training Council. Founded in 1978, the College is at the forefront of holistic health education worldwide.

The ACHS Reporter is published by Australasian College of Health Sciences

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Accredited Member,
Distance Education and
Training Council