

Cuspidor Chronicle

LOUISVILLE AMERICAN STUDENT DENTAL ASSOCIATION

EDITORS: MARI BEITMAN & LAURA SPRAGENS

LOUISVILLEASDA.ORG

FALL 2009



LASDA DECLARES WAR!

Penny War Competition To Support "Give Back A Smile" Charity

Many things signal the start of a new school year at ULSD. More books, new scrubs, tailgates, and an entirely new class of future professionals remind us that we are indeed progressing forward through our dental education. The 2009-2010, however, presents an entirely new set of challenges as our school embarks on a journey that will ultimately result in a state-of-the-art dental educational facility, something we will no doubt be proud to call our alma mater. In addition, this year's LASDA has a council full of upbeat new faces and an entire calendar full of events to look forward to. Possibly the event generating the most excitement is the first annual ULSD "Penny War," during which classes will compete to raise money for a charity that helps restore the smiles of those affected by domestic violence. However, this is no ordinary fundraiser. Normal monetary values will be discarded, and class members will compete by placing "negative" funds in their competitors boxes. Official rules and regulations will be explained at a later date. In addition, students should keep their eyes open for brand new apparel sales, including a design featuring the ongoing "Restoration" of our school. Also on the agenda is a Bowling Fundraiser, Ball Off the Belle at a new and exciting location, the annual Cornhole Tournament, and of course class-sponsored UofL tailgates. To see the full calendar of this semester's events, see page two of this edition. Let the excitement begin!



"We would like to CREATE and encourage a positive atmosphere among faculty, staff, and students during the trying times of renovation process."

**-Render Parkman
LASDA President**

Laura Spragens, 2012

FROM THE OFFICE OF THE DEAN...

A Short Note on the Renovation of the School of Dentistry

I would like to keep you up to date on the plans and strategy for renovation and renewal of the School of Dentistry. Beginning in the Fall of 2010 the University of Louisville School of Dentistry will undergo a renovation of its facilities. In conjunction with this effort there will be an increase in the entering DMD class size from 85 to 120 students. A strategy is in place for staging operations to maintain our educational mission during the two-year renovation and renewal process.

The building renewal includes a 20,671 square foot addition to the existing 191,500 square foot facility that is located in the heart of the Health Sciences Center. The addition and renovation will improve patient care, consolidate and reorganize clinic space, improve operational efficiencies, provide new dental equipment, update technology and upgrade the existing infrastructure to meet current building codes. Operatories will be increased in size and number (60 operatories per clinic) to accommodate the increased number of students. A number of support functions (e.g., Central Sterilization) will be upgraded and relocated to better meet needs. Several multipurpose/conference rooms will be created, upgraded or enlarged. New elevators will be added to the East side of the building to provide the public with a dedicated access route to all floors without crossing student and staff areas. The addition will also provide new public restrooms for the facility, as well as ADA improvements and modifications to existing restrooms.

In order to accommodate this transition some lectures will be held in the adjacent medical school facility while the dental school is undergoing renovation of select areas. The clinic day will be extended by an hour in order to stage the renovation and accommodate the clinical education program. The current schedule to stage this renovation is depicted on a table that is posted opposite the elevators on the second floor.

DMD students will have their offsite experiences throughout the academic year to treat patients with oversight by a select group of faculty preceptors. A plan is in place to recruit 19 additional faculty to meet the needs of the entire DMD curriculum. Discussions are ongoing with basic sciences faculty to determine ways in which to teach additional students and maximize the use of technology. This staging plan will have no effect on our abilities to meet Commission on Dental Accreditation (CODA) standards and will not jeopardize

2009-2010 LASDA OFFICERS

President	Render Parkman, 2010
President-Elect	Mike Hunzinger, 2011
Secretary	Jessica Hancock, 2010
Treasurer	Mike Groover, 2011
Legislative Liaison	Anne Marie Ross, 2011
Community Service	Tabitha Ikpechukwu, 2011
Pre-dental Chair	Lauren Spencer, 2012
Membership Chair	Katie Skahan, 2011
Lunch-N-Learn	Carl Gioia, 2011
Historian	Erin Dobbins, 2012
Social Chair	Nick Kochenour, 2011
Webmaster	Jeff Peter, 2010
Newsletter	Laura Spragens, 2012

LASDA's MISSION STATEMENT FOR 2009-2010:

- Increase member community service participation/and opportunities
- Add at least one major fundraising event in each semester
- Continue to build new relationships and encourage up and coming leaders to become involved
- To CREATE and encourage a positive atmosphere among faculty, staff, and students during the trying times of renovation process
- To be much more approachable as a chapter, "it is my personal feeling that this year's LASDA/SGA is one of the most easy-going and approachable groups of student leaders since I have been a student at ULSD. Any member of our council including class president/VP's will be happy to field any questions via email, phone, or in person. We welcome any question, concern, and especially suggestions to create the best possible environment for our students."

UPCOMING EVENTS

September:

18—UK vs. UL Flag Football Games
25—Ball off the Belle at Frazier Museum Rooftop

October:

2—UL vs. Pitt (Senior Tailgate)
3—Cornhole Tournament
5—Penny Wars Begins!
10—Race for the Cure
12-13—Fall break
16—Alumni Day
24—LASDA Bowling Fundraiser
30—Campaign Cares Chili Cookoff
31—UL vs. Arkansas State (Junior Tailgate)

SEE THE UPDATED
CALENDAR @
louisvilleasda.org



In Recent Months...



Pictured Above:
Several students represented ULSD at LASDA's Annual Session held here in Louisville this past March.

At Left:
Several members of the Class of 2012 enjoyed the hot brown lunch at our most recent Annual Student Convention

Below:
ULSD students spent a weekend providing free dental care to Appalachian residents in Pikeville, Kentucky during the RAM project.

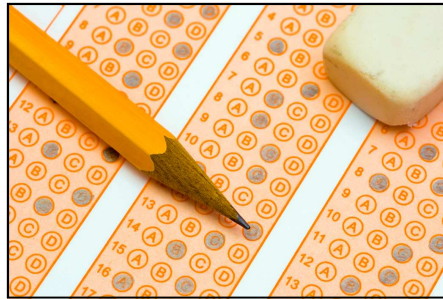


NBDE PART I PREPARATION— IT'S ABOUT TIME

This past summer the DMD Class of 2011 studied diligently through the months of June and July for Part I of the NBDE. In late July and early August the class completed a survey of study methods and materials in the hopes of aiding future test takers, as well as provide faculty with information on their preparation. It's the hope that these surveys will help future test takers narrow their focus of study materials from the vast amount of resources available to all dental students.

While exam results still trickle in, the surveys collected showed that there are a number of good review guides, but the key is to put in your time. From Kaplan to First Aid review books, released ASDA exams to Decks, everybody is going to study differently, but the key is to put in good, efficient study time. Two years of material is a lot to go over, so the more time spent studying, the better your chances of improving your score.

The majority of students used the First Aid review books, released ASDA exams, and Dental Decks. Students that used the First Aid book said while it was a very good resource overall, there are a few mistakes in print that one must be mindful of. Its question guide was also found to be quite valuable. Almost every single student that used the released ASDA exams said that these are a MUST STUDY resource. There are quite a few questions from these released



papers that show up on tests, and that all of them are a great barometer for how studying is progressing throughout your study time.

Students also said that the Dental Decks are great reviews to quiz yourself, especially for the DA section. There is a lot of information contained in these cards, but they are another great resource. Students that used Kaplan said the lecture notes were often over-kill information,

but the anatomy section did have very helpful reviews of cranial nerves and histology. The overwhelming response on Kaplan's Q-Bank is that the anatomy section was excessively detailed, but the explanations found in other sections did prove helpful. The notes from courses taken here at ULSD which proved to be most helpful are DA and Biochemistry. The DA text book also proved to be very helpful according to the Class.

No matter how helpful some thought various books and old exams to be, the response that came up again and again was that the more time spent reviewing these resources, the better. The more time you put into it, the more you'll get out of it!

Carl Gioia & Mike Groover
Class of 2011

ULSD EATS!!

So we all know that ULSD loves to eat. From the lunch and learns to the delicious dishes popping out of the microwaves in the lounge, there is no doubt that ULSD knows good food! Since we lead a hectic student doctor lifestyle, I thought it would be neat for us to share recipes that fit our lives - ones that are quick, easy, and fun! So get our your oven mitts and cooking utensils, who said the kitchen couldn't be just as fun as clinic and class? Enjoy!

Please submit your recipes to ulsdnewsletter@gmail.com or contact Tabitha Ikpechukwu

Dr. Ann Windchy,

"When I was in school, my husband was also in school. We didn't have much money to toss around or to use at restaurants. This is a dish we had almost every week, and we still enjoy it."

Tuna Casserole:

1 can of Star Kist tuna fish (6 oz)
1 package of frozen peas
1 8 oz package of wide noodles
1 can of Campbell's Cream of Mushroom Soup
Shredded Mozzarella or Parmesan cheese

First cook the noodles in water according to directions, until soft or to your liking. Drain off the water. Cook the peas until they are all separated and not in frozen clumps. Drain the water off of them. In a medium sized casserole dish, place the Star Kist tuna. Add one can of Creme of Mushroom Soup and one can of milk. Add the noodles and peas to the casserole dish and mix all the ingredients together. I liked to place some shredded mozerella cheese or parmesan cheese on top of the casserole. Place it in an oven at 350 degrees for about an hour. Enjoy!

Kendall Peebles, class of 2011:

"I love this dessert any time of the year. It smells and tastes delicious."

Apple Crisp:

8 apples, peeled and sliced
1/2 cup brown sugar
1 tbsp flour
1 tsp cinnamon
1/4 tsp salt

Topping:

3/4 cup rolled oats
1 cup brown sugar
1/4 cup melted butter

Directions: Combined the sugar, flour, cinnamon, and salt and mix the in with in sliced apples. Put it all in a greased baking dish and cover with the topping mixture which you have rubbed into crumbs. Bake in a 375 degree oven for about 30 minutes or until the top is nicely browned and the apples are soft. Serve with ice cream or whipped cream. Serves 4-6.

THE AHEC EXPERIENCE:

RISING SENIORS GET INSIDE LOOK AT REAL-WORLD DENTISTRY

A summer externship proved truly valuable as the class of 2010 ventured to various parts of the United States to experience dentistry outside the walls of ULSD's clinics! Featured below are just a few of their stories:

"I was fortunate enough to be able to spend my AHEC rotation working with the Indian Health Services in Wewoka, OK. It was a truly amazing experience!! I was given my own patients to treat each and every day. The majority of my time was spent doing large restorations and extractions. I

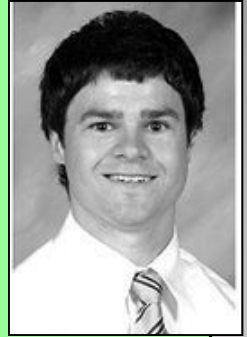
absolutely loved having the opportunity to spend 5 weeks in a completely new place and learning more about the culture and values of the area. The people were all so very nice and more than willing to facilitate a learning environment filled with respect and patience. I would definitely recommend working with the Indian Health Services to anyone who may be interested."

-Jessica Hancock



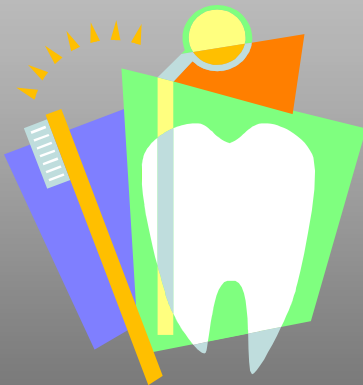
"I did my AHEC with an orthodontist in Middletown/Prospect named Dr. Paul Tran. His office was extremely busy and the most important things I learned were the value of a good office staff and how important organization is. I would say that overall AHEC is a really valuable experience because it is so nice to get out the dental school, especially for those of us that don't have much experience in a dental office."

-Eric Buchner



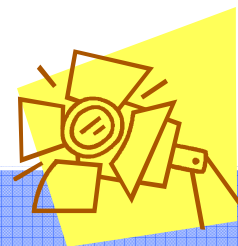
"My AHEC was in Anchorage, Alaska. I went to the Alaskan Native Med Center. I got to scrub in the OR 3 days a week and help oral surgeons and pedo docs. The center is huge, they have 30 doctors and 72 assistants. Unfortunately, it was observe only, but with so many doctors, I made some great connections and saw some gnarly procedures. My favorite procedure was an Oral Surgeon fixing a mandible that was severely broken in two places. It was well worth it for me because I made great connections that will help me decide where I want to work in the Public Health Service after graduation. I fell in love with Alaska, so its likely that i could end up in a village in the middle of nowhere Alaska...my dogs would love it!"

-Jen Wilson



Spotlight on...

ULSD ORGANIZATIONS



PSI OMEGA

The Omicron chapter of Psi Omega has recently been reinstated at the ULSD with the help of our Deputy Councilor, Dr. Wendy Hupp. Psi Omega is a community service oriented fraternity that is devoted to service of others as well as continually developing and advancing our skills and knowledge in dentistry. With successful fundraising over the past year we have been able to donate our time and resources to the Ronald McDonald House organization. In the past year we have had several social events including bowling, meeting for drinks at Fourth Street, and putt-putt golf in order to draw closer as a fraternity.

A membership with Psi Omega also means that you will be a member of the Academy of Sports Dentistry, an organization in which we will be making mouth guards for various sports groups. Currently, we are in the process of making mouth guards for the U of L Women's Lacrosse team.

Members of Psi Omega enjoy many benefits including the ability to be part of an environment of classmates with similar interests, enriching your knowledge in dentistry while not distracting you from your coursework, provides a well-rounded education by promoting knowledge, morals, and integrity as well as life-long friendships on the local as well as the national level. Other benefits include a national magazine twice a year, loans that are available for students, as well as insurance policies that are available to members.

If you are interested in joining Psi Omega, applications are continuously being taken. For more information, please contact any of our executive officers: Brittany Stroope, President; Melvin Washington, Vice President; Elizabeth Kandel, Secretary; Jefferson Newburn, Treasurer or Dr. Hupp. Psi Omega is a great opportunity to continually develop your dental skills in a practical way while giving back to the community. We hope

SNDA

The Student National Dental Association (SNDA) is at the forefront of community outreach and represents ULSD's premier service organization with a track record of providing a wide range of care to Louisville's underserved and underrepresented citizens. While members have travelled from Pikeville, Kentucky to Red Bank, Belize to provide service to those in need, an emphasis is placed on caring for the disadvantaged citizens in ULSD's very own back yard.

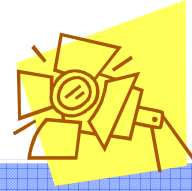
SNDA's members participate in a Halloween fair annually which gives approximately 60-70 children an opportunity to play games, create art, and enjoy unwinding in a fun, safe environment. Other projects include providing food for families during the Thanksgiving holiday, sponsoring families during the Christmas holiday, and volunteering in multiple soup kitchens throughout the year. Clothing drives and canned/nonperishable food drives are staples in SNDA's efforts to provide the basic necessities to those in dire need.

SNDA aims to reduce health care disparities by educating underserved communities in oral health awareness. We further encourage members of these communities to aspire towards careers in healthcare to continue the cycle of service through recruitment, retention, and outreach. In accordance with this goal members mentor students in the Whitney M. Young Scholars Program and the Lincoln Foundation ranging from grades seven to twelve. This provides the opportunity to plant seeds of success in the minds of tomorrow's lawyers, teachers, artists, and hopefully a few dentists to round out the bunch!

Although SNDA completed a successful membership drive the week of August 17-21, it's not too late to become a member. Dues for the 2009-2010 year are \$45 for DMD students and \$25 for Dental Hygiene students. All applications AND dues must be submitted by September 18 and can be turned in to Melvin Washington or Aronica Boyle. If you are a community service oriented individual who cares to make an impact in the community, SNDA is the organization for you!

Spotlight on...

ULSD ORGANIZATIONS



ALPHA OMEGA

ULSD's Phi Chapter has grown considerably in the past few years. In 2006, the chapter had seven active students. This year, our chapter has thirty-seven students and ten officers. The Alpha Omega fraternity is unique in that we are the only dental school organization with alumni members. One Monday of every month, a dinner is held at a restaurant for both alumni and student members. At each dinner, there is a time of socializing, followed by a multi-course meal and a mini-CE lecture by a speaker. Each alumni has put in time towards his or her biannual CE credits, each student gets to network among alumni, and everyone gets a wonderful meal! We have had speakers from London to Chicago and lectures from Extreme Makeover dentists to Laser specialists.

The ULSD chapter is also known for the St. James Art Show hand sculptures that are ordered by customers who have had hands or feet impressed into alginate bowls. Every year during St. James the organization meets at Dr. Larry Gettleman's residence on Third Street in Old Louisville to place orders, take impressions, and pour up models in the garage-turned-wet lab. The models are then sent back to the school to be fine-tuned by students. A plaque is placed at the base of every sculpture, the blemishes are removed and the final product sanded down into a fine work of art. Last year the chapter raised twelve hundred dollars through this project, much of which was used to subsidize the membership dues for each student.

Community service is also a big focus, with our directors Ashley Lee and Blair Jones revamping our program. Our main projects have been going to nursing homes to train the staff on OHI for residents and going to schools to educate children. We also have a big brother/sister program for connecting students with alumni who are in an area of interest...and of course, what organization would be complete without socializing? We have multiple get-togethers throughout the year, both formal and non-formal. This also includes the alumni and student conventions that are held each year for leadership and camaraderie purposes, full of CE classes and social mixers.

ADEA

The American Dental Education Association (ADEA) is the voice of dental education. ADEA has over 16,000 members, which include both dental professionals as well as students, in the U.S. and Canada. ADEA supports dental education by advocating for public policy, reviewing educational practices and supporting research. The goal of the ULSD ADEA chapter is to educate and play a role of service to the general public and to its fellow students. ADEA works to achieve these goals by providing oral health seminars, encouraging middle and high school students to explore professions in oral health, sponsoring post-graduate seminars for ULSD students and various other community service activities. Join ADEA and have a voice in your education!

FOR MORE INFORMATION ON JOINING THIS ISSUE'S FEATURED ORGANIZATIONS, PLEASE CONTACT:

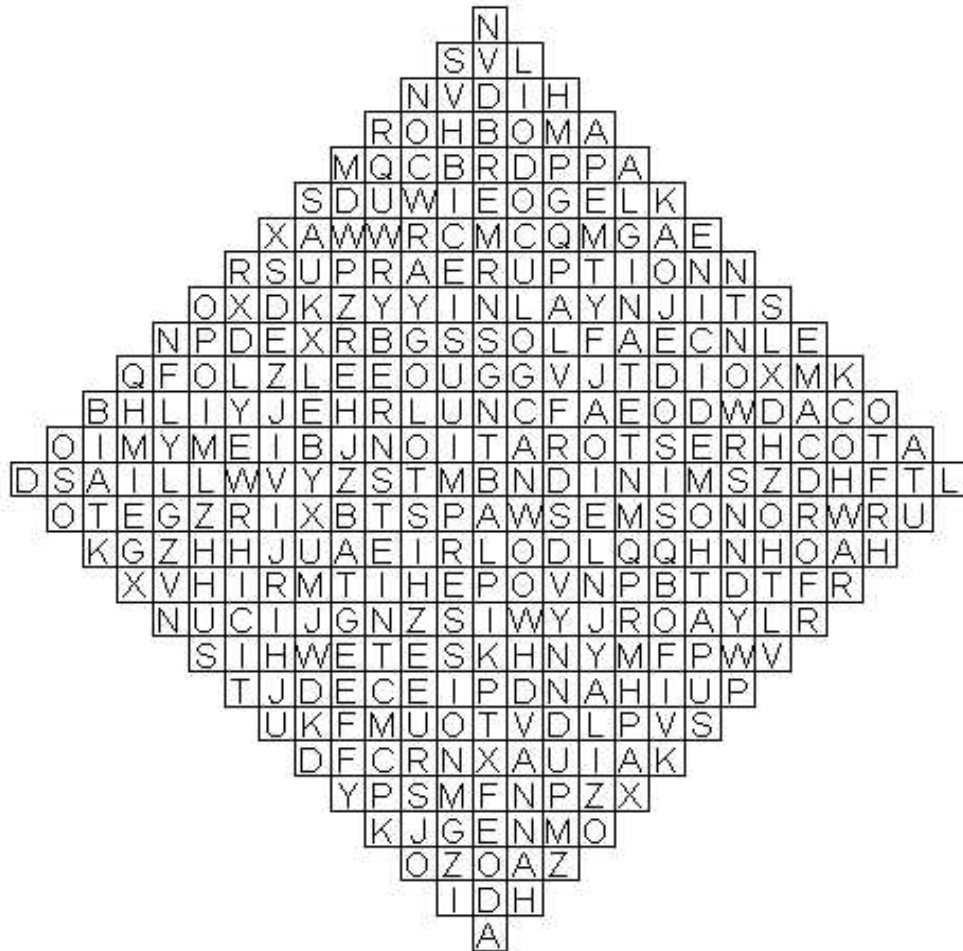
Psi Omega: Brittany Stroope, President
Alpha Omega: Callie Matthews, President
SNDA: Melvin, Wasington, President

IF YOUR ORGANIZATION IS NOT FEATURED AND YOU WOULD LIKE TO BE IN THE FOLLOWING ISSUE, PLEASE CONTACT:

Laura Spragens, Cuspidor Chronicle Editor
ulsdnewsletter@gmail.com

Word Find Fun

Another Fall Semester at ULSD



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|-----------|---------------|---------------|
| Alginate | Implant | Restoration |
| Bernstein | Impression | Sauk |
| Bur | Inlay | Scrubs |
| Crim | Mattingly | Study |
| Decay | Mesiodens | Supraeruption |
| Esposito | Odontoma | |
| Floss | Pathomedicine | |
| Haake | Patient | |
| Handpiece | Prophy | |
| Histology | Renovation | |