

THE
TOUR OBDON

VOLUME II

The title "THE TOUR OBDON" is written in a large, serif font. The letter "T" features a Star of David inside its top stroke. The letter "O" contains a five-pointed star. The letter "U" has a stylized "U" shape with a small circle at the top. The letter "R" contains a Mercedes-Benz logo. The letter "D" contains a Yin-Yang symbol. The letter "O" contains a traditional Chinese character. The letter "N" contains a stylized "N" shape with a flame at the top. Below the main title, "VOLUME II" is written in a smaller, serif font.

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THE TOURODONT

Volume II: Fall 2017

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Note From the Editor

Dear Readers,

This edition of the "Touroodont" is special to my heart as we welcome the second class at Touro College of Dental Medicine, the Class of 2021! With the semester coming to an end, the students at TCDM are working long hours refining their hand skills, learning new concepts, and overall striving to become the better versions of themselves. I am filled with the sense of unity as I observe my colleagues, dressed in navy and maroon scrubs, congregating in our student lounge to share a few laughs, enjoy a game of ping pong, or study for an upcoming exam. Each student is evolving in the pursuit of becoming a good professional while helping those around themselves grow as well. The unity and integration of the navy and maroon sparked the theme of "coexisting" in this special winter issue. On behalf of the Touroodont team, I hope you enjoy the different cultures and bright personalities here at Touro, enjoy a warm bowl of Thai curry, dive into the traditions of Bali, understand the importance of communication in the field of dentistry, and get to know the faculty and administration that brought Touro to life!

Sincerely,
Shreya Jha

The Touroodont Team



Save the Date

Gives Kids a Smile Day	February 16, 2018
Dentistry 101 Featuring Drs. Chris Salierno & Jason Watts	February 22, 2018
Mentorship Mixer	February 28, 2018
ASDA Annual Session	February 21 - 24, 2018
ADEA Annual Session	March 17 - 20, 2018
SPEA Annual Session	October 19 - 20, 2018



Presidential Address and ASDA Timeline

Hello TCDM,

Congratulations to my fellow Class of 2020 colleagues! Getting into dental school is hard enough, but being the first class of a new school adds a different challenge none of us could have foreseen. Throughout our first year we overcame a great deal of adversity: dealing with the inherent problems a new school possesses, establishing the groundwork for Student Government (SGA) and national organizations such as our ASDA chapter, and figuring out how to balance life and school — we did it and I am so proud of us all.



As the next class, Class of 2021, begins their journey the Class of 2020 wants to tell you that we are here to support you in any way needed. Ask questions, study hard, get involved and find the balance of work and enjoyment. This time is pivotal to set the foundation for developing a great work ethic, interpersonal skills, networks and relationships; all to achieve each of our own personal goals. While we are here with the same passion, we plan to pursue that passion in different directions — take time to connect and learn from one another. We wish you the best of luck in your first year here at Touro!

We at TCDM ASDA are here to learn and grow together and our chapter is working very hard to provide us with the most beneficial resources available to predoctoral students!

To me, the most important thing our chapter can do is provide the resources we need to help each of us develop into great dental practitioners. On a national level there are extensive resources for boards prep, information regarding licensure examinations, legislative issues, free webinars, national positions and more! Here at TCDM we can provide you with the opportunity to undergo personal development and gain leadership skills via holding executive board positions, participating in our committees, networking with other dental students from across the country, fostering relationships with dentists/mentors, and serving the community via outreach opportunities. We hope that everyone can take away a lesson learned from our involvement with ASDA that really helps us thrive after graduation. It would be fulfilling to hear from my colleagues that ASDA gave them something valuable that dental school on its own couldn't have provided.

It is never too late to join all of our endeavors for 2017-2018. Please visit our [website](#) for more information or email Ben at Ben.TCDMASDA@gmail.com. We look forward to seeing you during our ASDA events this school year. Best of luck to the Classes of 2020 & 2021!

Sincerely,

A handwritten signature in black ink, appearing to read "Ben Kahan".

Ben Kahan
Touro ASDA President
Class of 2020



Touro's first appearance at the National Leadership Conference! We learned so much about what it truly means to be a leader in our communities.
November 2017



We expanded our Wellness Week to Wellness Month! Students had an ice cream social with our local ADA component, received massages from Spavia, Second years met and networked with the Class of 2021 at a Welcome Back Bash at a local bar, there was more yoga, fitness, diet and mental health awareness, fruit and healthy snack giveaways, raffles and more!
September 2017



TCDM's first outreach involvement. Students had the opportunity to provide oral screenings to athletes at the Special Olympics.
February 2017



TCDM's first luncheon featuring ASDA's national leadership. Here, students learned about the benefits of an ASDA membership while enjoying lunch together.
October 2016



Creation of ASDA chapter.
July 2016



District 2 Meeting. We traveled to Atlantic City to build relationships with our district members and learn about issues facing dentistry today!
October 2017

The first edition of the Tourodont is released! The Newsletter team worked incredibly hard and it shows! They found a way to balance writing their own articles, edit our colleagues' articles, develop the design and layout, advocate for support from the administration to release the newsletter, all while mastering their first year of dental school. So impressive!
June 2017

Annual Session. We became the first chapter in history to not only apply for Gold Crowns in their first year, but win too! We experienced an in depth look of what ASDA is and what its purpose is for dental students.
January 2017

Wellness Week. Students participated in a week long Wellness event consisting of study habit lectures, laser tag, yoga, nutrition advice and worked those glutes in a martial arts seminar!
September 2016



Meet our Dean

Interviewed by
Brittany Mackesey



He may be the dean of Touro College of Dental Medicine today, but about 40 years ago, Dr. Ronnie Myers was a dental student similar to you and me. Taking a gap year after earning his undergraduate degree in Biology, Dr. Myers was teaching high school science when he determined he wanted to be a dentist. Upon entering dental school, Dr. Myers was not sure where he would end up within the realm of dentistry. With an open mind and an extreme work ethic, Dr. Myers established that he wanted to go into Pediatric Dentistry. If you've ever felt unsure about what path you want to take, Dr. Myers has been there, too, and has advice to share with you.

When he first began dental school, Dr. Myers first experienced independence. Part of this independence included public transit and an early arrival on school days. Due to the bus schedule, he was always one of the first people to class, along with a fellow commuting student. The two became friends, but his colleague constantly complained about the basic sciences and wondered why they were relevant to his future dental career. This negative attitude took its toll on Dr. Myers; however, it's a mantra that many dental students still have to this day. Dr. Myers encourages students to have a positive attitude because his basic science background has helped him to effectively treat patients.

From the first day onwards, dental school provided a unique set of clinical challenges, most

of which were aided by the interpersonal relationships he made. During his clinical boards, Dr. Myers struggled to make a gold inlay. He had accidentally taken off the contact, and had to solder on more gold, which took several attempts. A nervous and sweaty Dr. Myers was supported and calmed by his patient to keep going and make that perfect gold inlay. "Patients that we treat have a tremendous amount of trust in us as providers, and students should recognize that even though you may not think of yourself as an expert, that's how patients view you, and they trust your advice."

In another instance, Dr. Myers had to do his first amalgam pin for a larger restoration in his 3rd year. After asking a professor for help and receiving a degrading response, it was one of his 4th year colleagues who helped motivate him to complete the procedure. "Humanism and professionalism are an incredibly important part of who we are as providers, and we need to recognize as a faculty that humanism in working with students is the same humanism we need when working with patients. We have the same common goal." Relationships play such a big role in this profession, whether it be with a patient, colleague, or mentor, so it is crucial to start building those now.

The mentors we select will have a huge impact on shaping our future. For Dr. Myers, his pediatrics faculty had a particularly large impact on his career path. They were always so welcoming. He thought the specialty offered a unique challenge. It

"Opening a new dental school doesn't happen often. The opportunity to develop an educational program that looks to the future of oral health care is the opportunity of a lifetime".

was more than just the mechanics of dentistry; pediatrics offered Dr. Myers behavior-oriented work as well. Only after starting clinic and doing his pediatrics rotation did he realize he wanted to specialize and applied for a program that allowed him to begin his residency during his 4th year of dental school. This allowed him to finish his dental degree while simultaneously working on his post-graduate degree. Dr. Myers advises current dental students to, “keep an open mind and not be quick to decide you want to specialize. Time is on your side,” Dr. Myers would argue. While doing well in school now is important, taking a year to do a general practice residency and gaining quality recommendations from that program speaks volumes on your post-grad application.

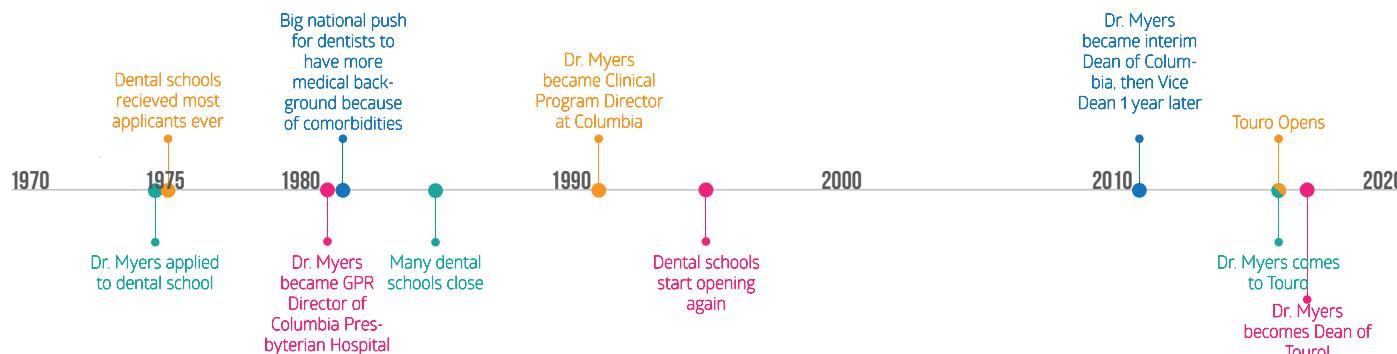
After he finished his schooling, Dr. Myers kept busy working two days a week at the Bronx Developmental Center (an adult special needs facility), two days a week in his private practice, and two days a week teaching pediatrics at Columbia. Based on his experiences with special needs sedation patients as well as in-hospital settings, the Columbia Presbyterian Hospital offered Dr. Myers a position as their General Practice Residency Director. This new venture offered a great opportunity since during this time there was a big national push for changing the dental curriculum. With the population aging and co-morbidities becoming more prevalent, dentists needed a more comprehensive background in general medicine than dental schools had previously been providing.

After 34 years spent at Columbia, Dr. Myers was called upon to be a part of something new. He was offered a position to once again help shape dental education by opening a new dental school. “Why did you decide to come to Touro College of Dental Medicine?” I asked him. He instantly replied, “Why

Ronnie Myers

Hometown: Briarcliff, NY
Favorite cookie: Chips Ahoy! chocolate chip
Favorite pro sports team: Yankees
Favorite college sports team: Syracuse
Favorite hobby: Golf and running
Favorite movie: My Cousin Vinny
Favorite band: The Beatles
Favorite artist: James Taylor
Favorite tooth: Maxillary right central incisor (#8)
Favorite holiday food dish and why: Thanksgiving turkey because he makes it

wouldn’t you? Opening a new dental school doesn’t happen often. The opportunity to develop an educational program that looks to the future of oral health care is the opportunity of a lifetime.” It surely hasn’t been a walk in the park to get this school up and running, but just taking a walk through our simulation lab or clinic, you can tell Dr. Myers and all the faculty here at Touro College of Dental Medicine are passionate about dental education and furthering the profession. “My vision is that oral health care is part of primary care, and therefore we need to educate the provider of the future to work in an environment wherein the totality of health is just as important as the restoration of teeth.”



Potong Gigi: A Balinese Tooth Filing



Young coconuts: carved to serve as containers to hold the filings, hair, and other discarded elements of the ceremony

These coconuts are buried in the family temple, alternatively they can be ceremoniously returned to the water

Filing of Canines: filing is done to make the teeth less sharp. This is done to help the gods distinguish the humans from animals

In many ceremonies this "filing" is a symbolic process, which does not remove any enamel

Blackening of Teeth: this is also used as a distinguishing factor for the gods to tell the difference between human teeth and animal's super white fangs

Achieved using an Ornate Nut cracker and Areca nuts to stain

Betel leaf: used to anesthetize the mouth and teeth

Turmeric: in a water rinse used as an anti-inflammatory mediator

Cutting of the hair: along with cleansing the hair with the touch of a lotus flower petal
Lotus flower: symbolizes purity/cleanliness: growing up from the mud but despite its beginnings always being clean





Q&A

with Dr. Yancoskie, D.D.S.

Diplomate, American
Board of Oral and
Maxillofacial Pathology

Interviewed by Shreya Jha

Background:

Portland State University - Degree in Organismal Biology; Certificate in Biomedical Ethics

Went to Bible school for 2 years in Southern California

1 Year Non-profit construction Project

NYU Dental School 2008-2012

Honors Program in Oral and Maxillofacial Pathology in Medicine

Research Project with Dr. Kurago

Served on Class Council as Secretary for 4 years of Dental School

Did you know if you wanted to specialize when you entered Dental School?

I was not planning on it. I am part Native American and I was primarily considering a position with the Indian Health Services as a public health dentist. During my second year of dental school, the chair of Department of Oral Maxillofacial Pathology, Radiology and Medicine at NYU gave a presentation which piqued my interest in Pathology.

What do you enjoy most about Pathology?

I like the process of observing an abnormality in the clinic and putting the other pieces of the puzzle together including imaging information, histopathology and other laboratory data to come up with a definitive conclusion. It's like detective work! I also enjoy the variety of responsibilities; I teach, work at the hospital, have a private practice, conduct research and take care of administrative responsibilities.



What traits and values make a good oral and maxillofacial pathologist?

I believe the values that make a good pathologist are the same as those found in any strong professional. Additionally, I would say a distinct characteristic that makes a good pathologist is possessing a degree of intellectual curiosity.

What does your typical day look like?

A typical day entails teaching in the morning and administrative work at the dental school followed by surgical pathology duties at the medical center. Most days also include communication with other practitioners related to patient care. I am usually in my practice in the city on Mondays, but I am also available to see patients on an urgent basis as needed. I do my best to squeeze in some amount of scholarly activity during the week.

Where do most oral and maxillofacial pathologists work?

Most of us work in dental schools. Depending on where one is located, that may include a position in the hospital or a biopsy service within the dental school. I do know a few oral and maxillofacial pathologists who have private biopsy services.

Do you have any tips for our dental students?

Write a schedule at the beginning of every week.

What projects and publications are you working on?

Currently, I am working on projects related to oral squamous cell carcinoma. We are looking at immunotherapies and nutritional supplements which may be adjuncts to treatment.

What was your experience like during your Oral and Maxillofacial Pathology residency program?

My residency was a blast! The residency programs are 3 years long and almost all offer a competitive stipend through GME. You get to see a many rare and common diseases with a broad range of manifestations. You also have the opportunity to work with wide variety of healthcare professionals. It was really a great time!

Would you recommend doing a GPR program first?

I don't think it can hurt, but neither am I certain that it will make for a better pathologist. A lot depends on the GPR program itself.

If you were to go back in time, what would you have done differently while in dental school?

I would have spent less time worrying.



10 Productivity Tips

POMODORO TECHNIQUE

Work in short bursts of 25-40 minutes followed by a 5-10 minute break. During your work time, put away all distractions and only focus on the work at hand.

METACOGNITION

Have a "Distraction Sheet" next to you while you are studying and quickly jot down any distracting thoughts that pop into your head. This way you are observing your mind. Overtime, you may notice a decrease in distracting thoughts and increase in productivity.



~ Humira Khan

I believe that my faith saves me everyday in dental school. From the ample pressure and constant exams that one faces, you need a break from reality to just pray and remember that there is a greater reason for what you're going through and why you're going through it. My faith makes me grateful for getting into dental school and using this as a means of serving others one day.

I grew up in India, a country where religious festivals are celebrated all year round. Out of the numerous festivals, Diwali stands out to me because it represents the triumph of good over evil and light over darkness. Families come together to decorate their houses with lights, clay diyas (oil lamp), and rangolis (vibrant color patterns drawn at the entrance of a house.) At night, fireworks light up the sky to further signify the importance of light. Sweets are also an integral part of Diwali celebrations because they are used as gifts when visiting family and friends. Because of its strong cultural significance, Diwali is also celebrated by people of different faiths other than Hinduism.

~ Yash Desai



A LITTLE BIT EVERYDAY GOES A LONG WAY!

Take notes in class and review them every night. It's simple, yet extremely effective. It can be as quick as 15-20 minutes. At the very least, the information won't look foreign by the time you need to study hardcore.

USE APPS!

We recommend using Quizlet to make your own Flashcards every dang day. Then use the learn feature after making them to really set in the learning. Download the Habitica app! You make an avatar and it gives you little rewards for doing things you're supposed to be doing.

PACE YOURSELF

Give yourself micro deadlines every day so you're not cramming for tests. Reward yourself when you've met them. Find the right place to study, at the right time. If you find yourself being productive, ride the wave until it's over and do more than you had planned. If you get tired, go to sleep and wake up early to study.



~ Avi Tokov

The most celebrated holiday that first comes to mind is Rosh Hashana which marks the Jewish New Year. A popular tradition on this holiday is eating apples with honey following a prayer to mark a sweet new year. It's a memorable time where we gather with our families and it's very important in my family and culture.

I don't celebrate either Christmas or Easter. To me, when I celebrate Christmas and Easter is every Sunday. That day is a day I remember Him by participating in communion—breaking bread and drinking the wine, which is what the Lord commanded us to do at the last supper. Really, to be a Christian is to be in these things every day. Be immersed in the Bible. Take the blood to be washed clean of our sins and forgiven. The Bible is food and nourishment to our spirits. These things I partake in every day for our whole Christian community.

~Tracy Liang



SWITCH IT UP!

If you've got a full day of catching up and studying ahead of you, switch up the material by moving on to a different subject every 2-3 hours. You'll definitely cover ground in that allotted time frame, and won't get lost in one class or end up feeling like you haven't accomplished much. Keep your learning active!

VISUALIZE

Make your goals visual and stay motivated by putting up your favorite quotes or reminders of what you want to progress on onto your fridge or above your desk where you can see them everyday. You'll be surprised at how well this subconsciously works, and you'll recharge every time you see them!



CULTIVATE YOUR INTEREST

Before you start studying pretend what you're about to read is really interesting and then give a fake presentation on it after you're done going through it.

TEST DAY DETOX

On the day of the test, I like to detox my brain by closing my laptop and notebook an hour prior to the test to let my mind wander and think about whatever it wants. I find that this helps me relax. Like, "Girl, chill. You're smart. You got this."



Spotify

Recommended Study Playlist

Tourodont Picks



Travis Greene

INSPIRATION TO KEEP GOING



Movie Scores Study

LATE STUDYING



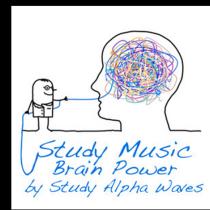
Piano Guys

FOR SOME CALMING INSTRUMENTALS



Chilled R&B

SMOOTH COLLECTION OF MODERN R&B FOR LATE NIGHT STUDYING



Study Alpha Waves

FOR FOCUS MUSIC WITHOUT WORDS



Study Vibes

FOR CHILL BACKGROUND MUSIC



Chillout Lounge

STUDY WHEN YOU'RE NOT

PRESSED FOR TIME



DancePop

A PICK ME UP FOR WHEN YOU START FALLING ASLEEP



Jazz Vibes

COFFEE SHOP VIBES FOR YOUR

MORNING STUDY SESSION

Persian New Year starts on March 21st. It's actually 13 days. It's kind of like the 4th of July, fireworks, stuff like this. Families get together and go out to each other's houses. On day 13, we go outside, more like Easter, we try to spend our day outside of the house. We call that "Sizah Bedar". We get together and have like a picnic, kids play volleyball and football.

~ Kourosh Rz



Muslims basically have two major holidays: Eid-ul-fitr and Eid-ul-adha. Eid-ul-fitr is to celebrate the end of the month of Ramadan where Muslims fast everyday for a month from dawn to sunset. This is usually celebrated with going to the mosque, exchanging gifts, and dressing up in new clothes. Eid-ul-adha is to celebrate when Prophet Abraham was asked to sacrifice his son in the name of God and his intention was to sacrifice him, but then God saw his intentions and told him not to. This Eid is usually celebrated by sacrificing a goat, sheep, camel or cow and 1/3 is kept, 1/3 shared with friends and neighbors, and 1/3 is given to charity.

~ Sidra Malik



I would have to say that the Korean Lunar New Year is the significant holiday that all Koreans celebrate, including myself. Traditionally, all families gather from all over Korea at the house of their oldest male relative. There is a ritual of ancestor worship, but my favorite part of this day is "Sebae" where young children and students bow to their elders and receive money as small gifts. Unfortunately, I have not been able to collect money from elders for years since all my relatives are in Korea, but so what? I got accepted into dental school. Thanks to TCDM!

~ Bryce Kim



Since have a loving relationship with my higher power, I know that as long as I put forth my strongest effort to do my best, and honest effort to do what's right, that everything will always turn out okay.

~ Jason Heideman



exist



Cheers to Our Positive Journey

The quality or state of being healthy in body and mind, especially as the result of deliberate effort. Wellness. (n.d.). Dictionary.com Unabridged. Retrieved November 28, 2017 from Dictionary.com website <http://www.dictionary.com/browse/wellness>.

As a dental student, striving toward personal wellness can seem like a daunting task. With so many hours of class, lab, studying and extracurricular activities, it becomes difficult to dedicate time to taking care of yourself. Although the demands of dental school may make it difficult to exercise, eat well, and socialize, you are never too busy to be cognizant of the mentality you have on this journey.

During wellness month, the ASDA Wellness Committee hosted events focusing on the various dimensions of wellness, one of which was a presentation from Life Coach, Jamil Sayegh. The hour Jamil spent with us focused on our mental approach to life and how a positive perception can completely change our mental well-being. He reminded us that while there may be a whirlwind of things going on around us, we are in control of a great amount of our mental state.

Stress is most often something inflicted on us, by us. We internally create stress as we fear falling short of our own expectations, fear what others may think of us, and fear failure. While it is our duty to our future patients to always try our best to learn so we can better serve them, it is unreasonable to expect us to be perfect during this journey. We will all experience failure in one way or another during our time in dental school, but how we perceive these failures and rebound from them is what shapes who we are.

Jamil said, "The past is over. The future does not yet exist. I am who I decide to be. All that matters is now." If we choose every day to make a deliberate effort to be more positive, to perceive all of our successes and mistakes as a learning experience, to try our very best and to live in the moment, we can work towards creating a healthier mental state during this incredibly difficult journey as dental students.

-By Sabrina Mellusi



882 likes

SGA In just our second year of existence at TCDM, the original team of three who comprised the Student Government Association (SGA) has grown to more than ten times to a team of 30 elected members this year! In addition to our Committee Chairs, Expanding our leadership team within each TCDM class year and SGA Committee will allow us to accomplish even more this year! Our primary commitment as the SGA is to enhance the student experience at TCDM, by monitoring professional development opportunities and excellence within TCDM. This year, we look forward to our first ever TCDM Spring Formal and new Committees such as the Community Service Committee and also the FEC, which is dedicated to keeping our student lounge and common spaces in tip top shape!



805 likes

Alpha Omega The Alpha Omega International Dental Fraternity is the oldest international Jewish dental organization that is open to all! I'm so humbled to be able to start an inaugural chapter at Touro! AO allows students to come together as a family and it gives students a sense of unity and community. AO will create long lasting bonds between dental students, alumni, and working possible with the dentists of tomorrow. AO has the potential to create powerful relationships and collaborations. And we know that greatness and collaboration go hand-in-hand!



503 likes

Dental Oral Maxillo-facial Society To encourage, foster, and promote student interest in scientific research. To help develop clinical thinking skills using evidence based research. To cultivate a long-term habit of continuing medical education.



608 likes

SPEA Mission 1: The Student Professionalism and Ethics Association in Dentistry is a national, student driven association that was established to promote and support a standard of professionalism to ethical behavior in order to benefit the patients they serve and further the dental profession.
"Small people learn from their mistakes. But the real sharp ones learn from mistakes of others." Brandon Mull
I like the above quote from Brandon Mull, but, I would love it if the word "mistakes" were replaced with "experiences." SPEA is a unique organization that focuses on interpersonal relationships and communication. It is a space where questions that don't typically have a right or wrong answer. It is an association that provides a non-punitive, open-form environment for students to ask questions and express themselves. It promotes ethical standards and familiarizes students with a variety of issues and situations in dentistry. I believe that SPEA imparts invaluable wisdom on students – better preparing them for the reality that comes beyond the world of right and wrong answers.



834 likes

Chromatic Scalers Touro College of Dental Medicine's (TCDM) Original Co-Ed a Cappella Group!
We were founded in 2016 by TCDM students, but our musical family includes students from both the TCDM and New York Medical College (NYMC) communities.



781 likes

AAWD TCDM AAWD hosted its first social event ever, which was a "Wine and Cheese Night" at Dr. Levine's home. It was an awesome night full of great food and even greater company. The chapter hopes to bring girls together to not only have fun, but form meaningful friendships while gaining valuable experiences and giving back to the community.



From the Kitchen of: *Alaina Delmuth*

Easy-Peasy Crock Pot Thai Curry

Instructions:

1. Place all the ingredients into your crock pot and mix'em up. Set your crock pot to cook on high for 4 hours or on low for 8 hours.
2. Top with a little cilantro, lime, and, if you like it extra spicy, some chopped chili peppers.
3. Can be served over thin rice noodles, basmati rice, brown rice, cauliflower rice, quinoa or strait up.

Option #1: Red Thai Beef Curry

Pantry Ingredients:

- 1 – 14 ounce can **coconut milk**
- 2 cups of **water**
- 2-4 tablespoons **Thai red curry paste**
- 1 tablespoon **soy sauce**
- 1 tablespoon **coconut sugar** (or substitute maple syrup, honey or brown sugar)

Fresh Ingredients:

- 1 tablespoon minced **ginger** (can substitute with 1 tablespoon of powdered ginger or 3 frozen ginger cubes)
- 3 **garlic** cloves, minced (or 3 frozen garlic cubes)
- 1 lb. chuck or stew **meat** cubed
- 1-2 **sweet potatoes** peeled and cubed (can usually get at grocery store already prepped)
- 1 pkg of frozen **spinach** or 1 bag of fresh
- 1 medium **yellow onion**, chopped
- 1-2 **chili peppers**, if you like extra heat

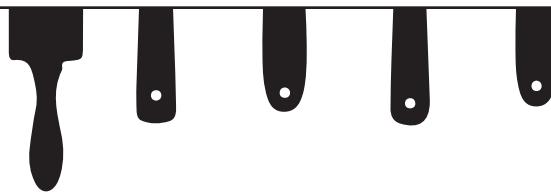
Option #2: Green Thai Chicken Curry

Pantry Ingredients:

- 1 – 14 ounce can **coconut milk**
- 2 cups of **water**
- 2-4 tablespoons **Thai green curry paste**
- 1 tablespoon **soy sauce**
- 1 tablespoon **coconut sugar** (or substitute maple syrup, honey or brown sugar)

Fresh Ingredients:

- 1 tablespoon minced **ginger** (can substitute with 1 tablespoon of powdered ginger or 3 frozen ginger cubes)
- 3 **garlic** cloves, minced (or 3 frozen garlic cubes)
- 1 lb. boneless, skinless **chicken** breast or dark meat in large chunks
- 1 small **butternut squash** peeled and cubed (can usually get at grocery store already prepped)
- ½ lb. **green beans** rinsed and cut into thirds
- 1 medium **yellow onion**, chopped
- 1-2 **chili peppers**, if you like extra heat





P.S. For all you health nuts out there, these recipes can be made on the slim and clean. Add any additional species of leafy green, root veggie or cruciferous morsel that make your crunchy granola self happy.

P.P.S. Don't fear vegetarians! The chicken and beef in these recipes can easily be substituted for extra firm tofu, Tempe, seitan, red beans, split peas, lentils or white fish (like haddock or pollock). If you want to use fish, place all other ingredients in crock pot and let cook for the prescribed time, then throw the fish in for the last 20-30 minutes after the veggies in the curry are fully cooked. Cut the fish into 1 inch cubes for faster cooking and absolutely NO SKIN!

As always, these recipes can be made gluten free and Kosher. Kosher curry paste is hard to come by, but an approximation can be made with some spices and a Cuisinart. Below is a recipe you can use; it's a little potschke, but it can be frozen and used whenever you want and it's totally worth it!

Thai Green Curry Paste

Instructions:

Throw all ingredients into the food processor and blend until a paste forms. This should be enough paste for at least 2 recipes of the crock-pot curry.

Ingredients:

- 4-6 medium **green chilies**, de-seeded and roughly chopped
- 2 **shallots**, roughly chopped
- 5cm/2in piece of fresh **ginger**, peeled and grated
- 2 **garlic cloves**, crushed
- Small bunch of fresh **coriander** (AKA cilantro), stalks and roots attached if possible
- 2 **lemongrass** stalks, chopped (if unavailable, use 2 tbsp dried)
- 1 **lime**, grated zest and juice
- 8 **kaffir lime leaves**, torn into pieces (if unavailable, use the grated zest of 1 extra lime)
- 2.5cm/1in piece **galangal**, peeled and chopped (if available)
Galangal is also known as Thai ginger or Siamese ginger (because it resembles fresh ginger so much), but it really is its own ingredient. It's commonly found in Thai, Indonesian, and Malaysian cooking. The skin of galangal is smoother and paler than ginger and its flesh is much harder. It can't be grated like ginger can, but instead must be sliced. The flavor of galangal is much stronger too; it's earthy, sharp, and extra citrusy.
- 1 tbsp **coriander seeds**, crushed
- 1 tsp ground **cumin**
- 1 tsp black **peppercorns**, crushed
- 2 tsp light **soy sauce**
- 3 tbsp **olive oil**





Student Spotlight: Jaleel Bolden

By Jaleel Bolden

I decided to become a dentist because they make good money and their job is easy. These were misguided thoughts of a 12-year-old trying to determine what to do for the rest of his life. Though this may not be suitable information to present to an admissions committee, I hope to convey that now as a 24-year-old man, I possess the same goal with different motives. I share this information to show my growth, and how I live by a certain code of honesty. I view honesty not simply as telling the truth, but not being burdened by confusion from external or internal sources, in turn leading to a happier life. To obtain this lifestyle, I logically derived that setting goals that make me comfortable yet happy are the key to success.

After telling my parents I wanted to be a dentist, neither were happy with this career choice, and saw fit to present me with alternatives. None suited me as well as dentistry as it enables me to use intuition and problem solving skills to come to a conclusion for each case I receive. I became aware soon after high school that a four-year university followed by dental school was a far-fetched idea so I then concluded that an associate degree in dental hygiene would suffice for it was within the same realm of my interest. However, after high school, life changes such as living on my own, working full time, and becoming a father proved very challenging as I began a college career. To direct focus on my education, I returned to my hometown of Brooklyn, New York.

After real world experiences I was able to view the importance of education and then apply academic potential that I previously never cared to explore. I was presented two options as my first official form of education in oral hygiene. I chose to obtain my first degree in Dental Laboratory Technology in lieu of Hygiene being that I believe that the knowledge I obtain within the field would help me to become an overall more knowledgeable dentist. Upon beginning the program, I realized that my affinity to the functionality and esthetics of the mouth were beyond my expectations, as I seen such beauty in the anatomical features of teeth. With this academic devotion combined with my newfound passion of oral

education, I graduated at the top of my class within my program. I have spoken of the path I have taken, but not of who I am. I am at times labeled as eccentric or outgoing as far as my sense of fashion or art is concerned. While creating restorations in dental labs, I was able to view the artful side of dentistry by seeing how unique every person is, yet so similar. Outside of dentistry, I have a strong passion for watching and making films. Ideally, as a dental professional I would continue to write, shoot, and edit short films, and have them pertain to dentistry for entertainment or educational purposes. More importantly I would want my films to inspire love and acceptance of natural teeth, for I did not in my youth.

Growing up I received much ridicule for the size of my gap, which resulted in me not wanting to smile. I've grown to embrace my smile, as well as every aspect of my person. This has oddly lead to a fear of judgment, which is based on not being accepted into a social or business setting for simply remaining myself. It is common for misevaluated judgment to be preemptively conceived based on ones appearance, be that person have a gap, be black, or even have green hair. There requires an immense amount of time and analysis to understand someone, as it takes a lifetime for someone to understand themselves. As a dentist, I would communicate with each of my patients to help them see the natural beauty of their smiles along with the beauty within themselves, for that would lead to a more healthy fulfilling life.

Deciding upon a career is one of the single hardest decisions to make, as it essentially defines who you are. By sheer chance or intuition, I was able to make my decision at the age of 12. The path that has led me to dental school is surely not amongst common stories, but a different background will lead to a different outcome as I see diversity an important factor in any aspect. Over time I've realized that my life is driven by three personal laws: honesty, logic, and happiness. With these, I plan to become an ethical dentist that efficiently informs patients of oral health using logical methods, that would in turn lead to a happier life for them and more so myself.



Probing Issues

House of Delegates approves new commission to recognize dental specialties (Nov 3, 2017)

The ADA House of Delegates (HOD) voted October 23rd to establish a new board for recognizing, defining and establishing dental specialties. The ADA National Commission on Recognition for Dental Specialties and Certifying Boards will be composed of nine general dentists and one dentist from each of the nine currently ADA recognized specialties. Its purpose is to help dentists who have gained expertise and board certifications in areas such as implants, oral facial pain and anesthesiology obtain specialty recognition by the ADA. In the past, these fields applied for specialty acknowledgement to the HOD but were denied, with many speculating that these decisions carried biases of “financial and reputational risks”. The new advisory board will have its first meeting in spring or summer 2018. This is exciting news for current dental students as we may see the introduction of new specialties in our near future.

[ADA News](#)

— Jillian Grant

U.S. House approves funding for children's healthcare program

The US House of Representatives approved legislation to continue a federal insurance program for low-income children and pregnant women. In an email, sent to House and Senate staff, 119 health care organizations, including the ADA told legislators that “if Congress does not act swiftly, 9 million children are at risk of losing medical and dental coverage. CHIP is a 20-year bipartisan success story [and] is a critical safety net for American children who do not qualify for medicaid, but whose families would struggle to afford private coverage, primarily dental coverage.” Federal funding for CHIP expired on September 30.

CHIP has been a bipartisan program since it's creation. However, this

House Republican measure was approved along party lines and Democrats say it will not be approved by the Senate.

The bill became controversial after Republicans added provisions that would affect the Affordable Care Act. Such as decreasing funding from the law's Prevention and Public Health Fund.

According to Kaiser Family Foundation, most states have enough money to continue the program past 2017, but 11 states expect to run out of funds by the end of the year.

[Reuters](#) and [ADA News](#)

— Alexander Black

Periodontal Disease and Cancer

Using informatics from the Women's Health Initiative Observational Cohort, researchers have identified a potential link between periodontal disease and cancer incidence in post-menopausal women. Presence of self-reported periodontal disease increased the risk of developing some site specific cancers including breast, lung, esophagus, gallbladder and melanoma skin cancers. The increased risk of cancers was irrespective of smoking in the 65,869 older women surveyed, While a direct link between periodontal pathogens as a potential carcinogen has not been studied in detail, the association indicates a need for further research of these pathogens and their potential role in development and promotion of cancerous lesions.

[PubMed](#)

— Jennifer Mehrens

Two New Dentists Address Being a Leader in the Dental Office

As dentists, learning how to be a better leader every day is inevitable, but great leadership rewards professional success.

Dr. Alexandra Otto (VCU '13), who practices in the Fort Worth area of northern Texas, has found that consisten-

cy in behavior was key to success in the workplace. Dr. Otto is consistent with her attitude and expectations of herself and others. She is also consistent with her expression of appreciation to her staff for great work. There are never surprises on responsibilities, but there are tons of positive reinforcement.

Dr. Gabriel Holdwick (Detroit-Mercy '14), who practices in the town of Harbor Beach, Michigan, finds that his community presence outside the clinic has built positive relationships with his patients. He believes his community participation also nurtures a healthy, collaborative environment amongst his staff. Building this strong team effort will be important in managing stressful situations.

Of course, these two perspectives are just small windows into different angles of leadership. However, the importance of leadership is evident and new dentists should be encouraged to find their own creative ways to be a successful leader in a healthy work environment.

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— Steven Lin

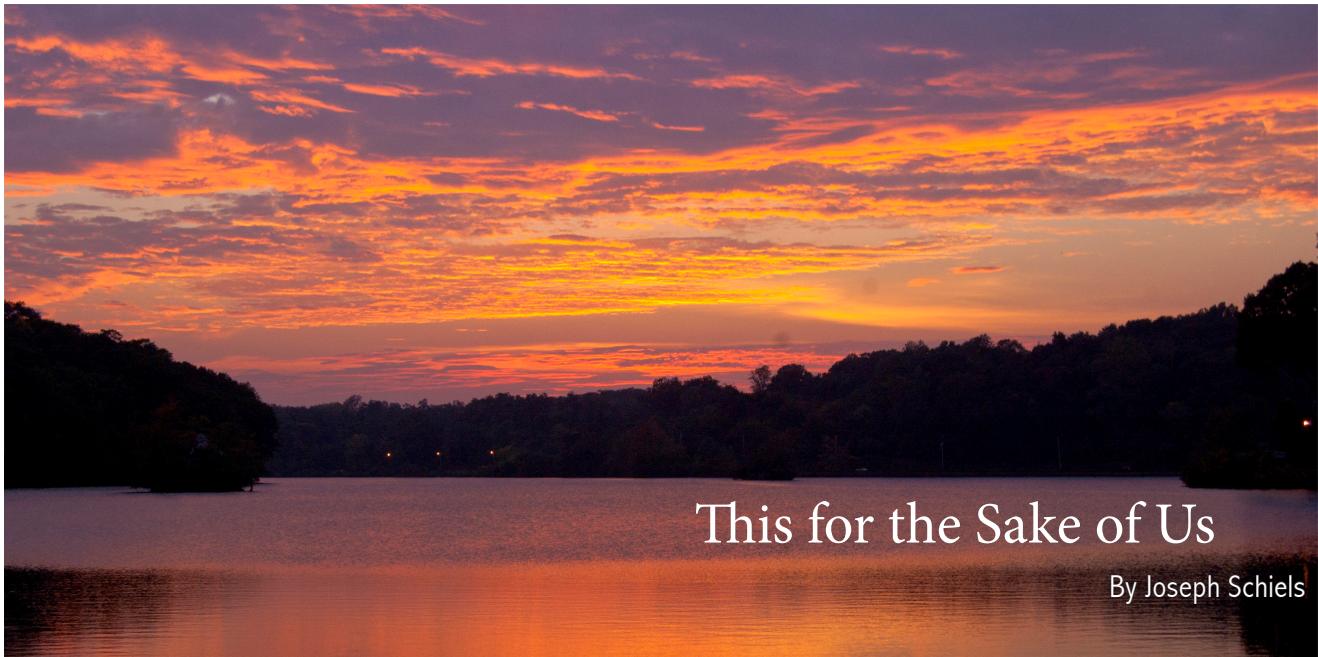
ADA asks FDA to update OTC process

The ADA wrote a letter to the FDA about better regulation of over the counter dental products. The ADA asked the FDA to revisit OTC anti-caries drug, oral health care drug, oral wound healing drug, and nail-biting/ thumb-sucking drug products. The letter stated that, “Many of the oral health-related OTC drug monographs have not kept pace with latest science-based testing standards”. Many consumers can be buying products that are based on decades old science. The ADA thinks that everyone will benefit from the oral OTC have met the latest scientific standards.

[ADA News](#)

— Arlyn Fraim





This for the Sake of Us

By Joseph Schiels

We cannot hope to communicate with tact and fluidity without first realizing the importance of listening as a form of communication. Anyone who has played a game of "Telephone" can speak to the necessity of accurately interpreting others before speaking. It's a simple child's game with a powerful message: listening is a key component of communication. However, this notion that effective communication starts with first listening and understanding others has become all but defunct. Too often the means by which we communicate with each other is fueled by a 'this for that' mentality. We barter our ears to others with the expectation that they will be indebted to hear what we feel important to communicate.

As members of the dental community, we should not fall victim to this mundane form of communication. Unfortunately, this selfish form of communication has manifested itself into dental offices and schools across the country. Many dental practitioners will ask the same perfunctory questions to patients visit after visit; any other communication outside of the immediate treatment plan is done only as a way of observing social niceties. This disengaged form of listening often transcends beyond the operatory within the dental practice. More often than not, meaningful communication to dental staff is only achieved after a problem has occurred. It seems as if some practitioners only value communication with patients and staff if it directly translates into profitability.

Dental students feel pressured to perform at a high level and often too slip into the 'this for that' mentality of communicating. Within dental schools the phrases,

"Do we have to know that for the exam... can you sign it off... what was your score... can I have your notes..." are used incessantly. The student who shows up to a review session without doing any preparation hopes that his attendance will serve as a non-verbal justification to ask, "Do we have to know that for the exam?" The student who 'listens' to a professor's critique of a tooth preparation and asks, "Can you sign it off?" is operating under a 'this for that' mentality of communicating. All of these remarks share a common theme of communication that is rooted in self-interest.

Would it not be better to foster an environment where others feel encouraged to listen and participate in meaningful communication? Why not hold weekly or even daily meetings where employees are free to openly address issues? A successful dental practice requires that every employee perform at his or her best each and every day. By engaging in open dialogue, potential problems and challenges can be eliminated before they manifest. Keeping an open mind and open ears allows voices that might otherwise be silenced to be heard. This mantra should be implemented when interacting with patients as well. In fact, it is an essential component of providing patient-centered care. Why not choose to get to know your patients and be more engaging with them? As dental students, why don't we make the most of our four years and choose to gain and share as much as possible from everyone we meet? The dental community would benefit immensely if we could just transition from a 'this for that' to a 'this for the sake of us' mentality when communicating with each other.



The Funnies Page

Fall Edition

WE ALL REMEMBER THE FIRST TIME



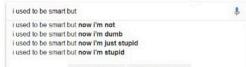
WE USED A POINTED DIAMOND BUR

How you think you look running with a backpack vs how you actually look



Dental student that projects confidence in public but has no idea how to deal with their feelings starter pack

Why am I doing this



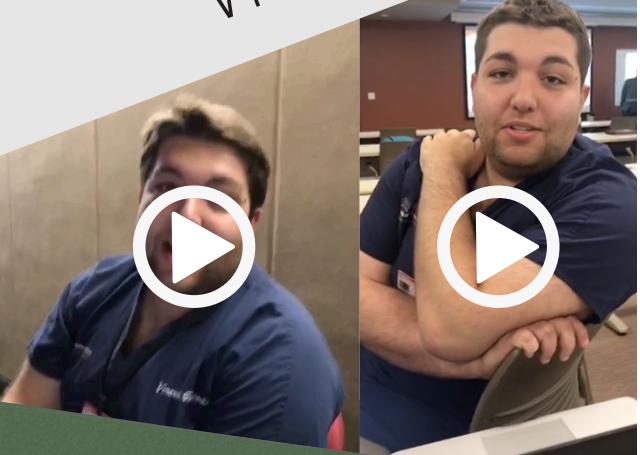
Why does diarrhea come up so often



"when you accept your flaws no one can use them against you"



Vinspo



TouroDON'T:

I DON'T KNOW WHO YOU ARE,
OR WHY YOU TOOK MY YETI



BUT I WILL FIND YOU, AND I WILL KILL YOU.

- Steal someone's Yeti thermos
- Try to play ping pong without your own paddle
- Even try to click in for someone else #Clickergate2017
- Forget to download the exam the night before



- Wait until the last possible day to get your perio treatment assignment checked off...
- Ask Manny for too many teeth
- Be two minutes late for your exam or you'll be kicked out
- Try to get your exam pushed back
- Walk into lab an hour and 18 minutes late
- Forget that cholesterol is ALWAYS the answer
- Go to Brazen Fox on a Wednesday

