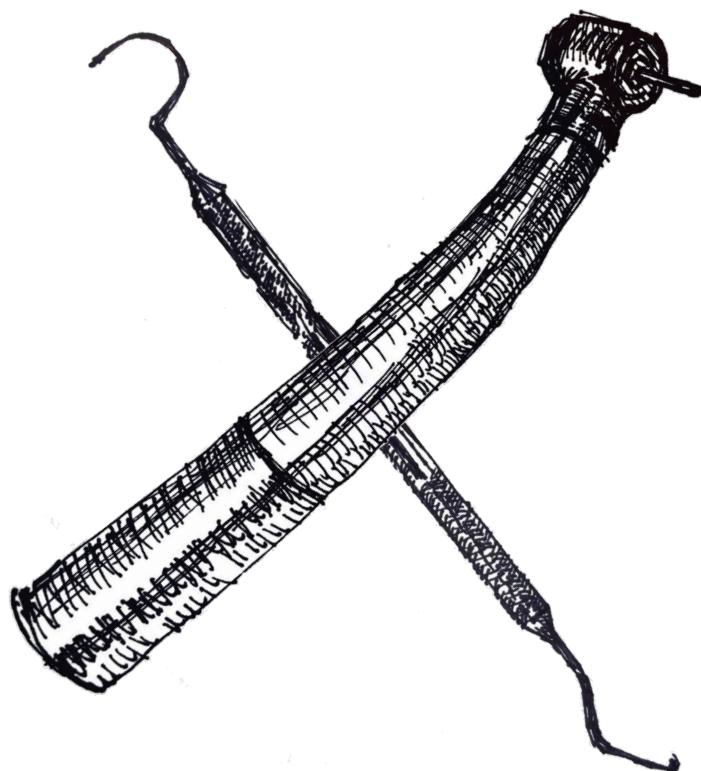


# THE TOURODONT

Dental School  
Survival Guide



# From the Editor



Dear Readers,

Welcome to the first issue of The Tourodont! A couple weeks ago, the Inaugural Class of Touro College of Dental Medicine (TCDM) successfully completed the first year of dental school. It has been a thrilling yet challenging journey to say the least! We hit the ground running the moment we were handed our first pair of navy blue scrubs. Within months, we created our American Student Dental Association (ASDA) chapter, established a student government, stepped into our roles as course representatives, and organized our very own a cappella group, the Chromatic Scalers!

In this premiere edition, we have created a survival guide to help you navigate our school. We hope you hear the unique voice of our class, taste our hunger to succeed, and see all there is to explore. We are proud to showcase the magic of new beginnings here at TCDM! We hope you enjoy the journey.

Sincerely,  
Shreya Jha

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## Presidents

Hi, my name is Morgan Atanasio and I am the current Touro College of Dental Medicine Student Government Association (SGA) President! I was raised in Clark, New Jersey and graduated from Hobart and William Smith Colleges in 2014 with a B.A. in Holistic Health Sciences and a minor in Biology.

As a two-sport NCAA Division III student-athlete and high school field hockey coach, I have always sought to work in a team environment towards a common goal. Although my experience as the Student Government Association President has been rewarding, this leadership position was not one I imagined holding when entering my first year of dental school. After attending the ASDA District 2 meeting in the fall, I was moved by the personal reflections of others within dentistry and was motivated to get involved.

In my first year as President, I have worked diligently with my team, Benjamin Droney and Alexander Black, to communicate the academic and professional concerns of the inaugural class to our administration. In collaborating with the administration, we have been able to provide timely feedback about current and past courses, improve spaces within the Skyline building such as the Library on the ground floor, and complete the first SGA Constitution. My team and I have also worked with Lessing's, the food service on campus, to improve the existing dining services and brainstorm the future services in the Skyline building. We have provided opportunities for our fellow classmates to get involved with National Dental Organizations such as Academy of General Dentistry (AGD) and American Dental Education Association (ADEA).

In addition to building a relationship with the administration, my team and I have maintained an open dialogue with our peers so that we can properly serve as the voice of our class in matters that directly affect our education. Being the first students to ever walk the halls of Touro College of Dental Medicine comes with great responsibilities. Every single one of us has the opportunity and obligation to shape our dental education, which is critical for a first year dental program. Our feedback, ideas, and leadership have already placed TCDM on the map as a "dental school to watch." I am confident that we will become one of the top dental schools in the nation.

As a student of the dental profession, I am committed to building a cooperative relationship between students and administrators. This bond will foster an academic and professional environment that promotes excellence and camaraderie to benefit our dental profession. My vision is that Touro College of Dental Medicine will become known for its collaborative atmosphere and rigorous dental curriculum, and that students will have all the resources they need to become top dental professionals in their communities. This will not be possible without a strong student voice while we are at TCDM.

-Morgan Atanasio TCDM SGA President '20



In April 2016 I thought, the dental spirits have awoken as I read Touro College of Dental Medicine had received their accreditation and I had been accepted! Instead of seeing a new school as a shortcoming, I saw it as an opportunity to join the inaugural class, pioneer personal visions, and trail blaze a legacy that would be woven into the school's historical fabrics.

During the week of my acceptance I decided to spearhead an ASDA chapter, this would be my legacy. I was eager to introduce an organization that could become an integral part of every student's life. By our orientation, I had completed our By Laws & Constitution, created an interest presentation, and had a meeting with Dr. Edward Farkas and Danielle Bauer (Director of Membership at ASDA) confirming our chapter's formation. You may be thinking, "Why spend your last summer doing work for school?" or "Why ASDA?". This decision was inspired by my past.

As an undergraduate, I never ran for a leadership position and I wasn't actively involved in organizations outside of attending the seldom meeting. After being rejected from Rutgers University three times, to almost losing hope on being accepted to dental school - TCDM accepted me, on my first try. A switch went off in my head encouraging me to do something memorable with my time in dental school, to become a go-getter.

I chose ASDA because it was the only organization I knew about and I thought it had the most potential to be beneficial for myself, and my classmates. Every struggle and subsequent accomplishment during the introduction of ASDA encouraged me to become more motivated and passionate to build the chapter. Along the way, I learned some valuable lessons: Patience with my peers and administration is pivotal, my direct personality can be misleading, frequent communication is important, interest reads differently on people, and that I should not personalize any individual's actions.

Being a leader is a challenge and it is something I am actively trying to improve on with each discussion, experience and lesson I share with my colleagues. I constantly reflect and ask for peer feedback. One of my fondest memories from ASDA was our Laser Tag Day. This was the first time I saw genuine smiles on my classmates faces since beginning our grueling summer semester. Seeing my colleagues, my friends, happy - was truly humbling. In that moment, I realized ASDA's potential to provide community, kinship, and positive outlets from dental school's unrelenting difficulty.

Our chapter continued to flourish and was the first school to apply for, and win, Gold Crown Awards in its first year. As we continue to grow, my overall goal is for ASDA to become a platform for involvement, peer collaboration, professional growth and lasting memories. I want ASDA to be the biggest and most involved organization in our school. It is my job to show the students of TCDM the importance of this organization, and it is OUR job to make sure we all benefit from it!

-Ben Kahan TCDM ASDA President '20



# It Saves Lives

By: Robert McKernan '20

"And when I am for myself alone, what am I?" [Pirkei Avot, 1:14]. Dr. Jay P. Goldsmith, DDS, OMFS, and founding dean of Touro College of Dental Medicine at New York Medical College, lives for others. His rich public service record reflects a lifelong commitment to intellectual inquiry, social justice, and service to society, all of which embody the mission of the Touro educational system.

With forty-five years and counting in dental education, thirty-five as a sworn in police surgeon, and decades of forensic dentistry services donated throughout his life—including at ground zero following 9/11—no man is more qualified to nurture future compassionate dentists here at Touro. Events early in his dental career clearly carved Dr. Goldsmith into the compassionate public servant and mentor he is today.

As students of the inaugural class of Touro, we received a glimpse into such an event that threw us back into a different time in the Sixties. The following is an abbreviated version from the media journal script of: Preview of Dentistry: Infection Lecture, given on August 25th, 2016, at Touro College of Dental Medicine at New York Medical College.

## It Saves Lives

Dr. Goldsmith: "I'm going to introduce you to Mr. Wilson. This is a real case, and it happened with me when I was in my earlier years, I only had one year of hospital training prior to me seeing this man and I was somewhat of a novice at the time. And the reason why I'm going to show this to you is to make a few points."

"You're in the wrong hospital. You have your own Hospital."

This man was 46 years old, this was 1966. He was a long distance truck driver. He did have a high school education which was a good thing at that time, and he was considered to be well educated. He lived in the south—I don't remember where—had a family and drove a truck all the way up the east coast delivering goods all the way to Maine, and then back down again. He was a responsible person.

Here he was driving in the south, and had a terrible toothache and didn't know what to do. He pulled off and saw a sign for a hospital. Keep in mind this was in the 60's. He pulled into the hospital and went into the emergency department where he was told, 'You're in the wrong hospital, you have your own hospital'. These were his words to me.

"He pulls off to the side of the road, pulls out his tool kit, gets out a pair of pliers, wipes them off as best he can..."

They were obviously referring to the fact he was African American! He understood, so he said 'Ok, where do I go?' on account of the pain. They told him where to go and he got into his truck and drove 30 miles to a hospital where most of the patients were African



Dr. Goldsmith, DDS, OMFS, and founding dean of TCDM.

American. As it was a smaller hospital and after 5pm, the emergency department had closed. Up here we don't even think twice about that, its 24/7 and that's it.

He didn't know what to do!

He began to drive again. He's not too far outside DC at this point in time, but his tooth was killing him. He pulls off to the side of the road, pulls out his tool kit, gets out a pair of pliers, wipes them off as best he can, and tries to extract the tooth. It was #16. He succeeded only in snapping the crown off. He was unable to extract the roots, but he didn't



know, he heard the snap and thought it was out. He immediately felt better afterwards from what he told me. Why? It drained; there was egress of puss so he felt better. He then got back in his truck, made it to NYC, and went to City Hospital where I happened to be there.

"Be Mindful of infection as dentists. Think about it always"

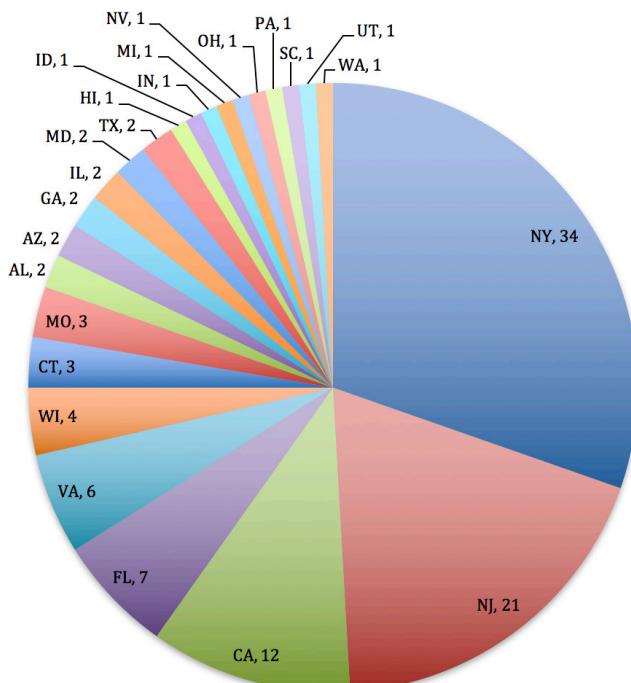
There was severe proptosis of the globe, and he could hardly open his mouth. We knew he had some kind of infection, so we started him on a PICC line right away, and on some intravenous antibiotics—we had antibiotics at the time, not nearly as many as we had today but we did have them—. We then put him in a bed, and he didn't do well to put it mildly.

He didn't respond to the first group of antibiotics, we used every penicillin that would resist organisms. We thought he was young and had no other medical problems from what we knew, it didn't make sense. The next day we took him to the OR and drained his maxillary sinus.

## Get to know the Class of 2020

### Where do we all come from?

2/3 of the Class of 2020 comes from only 4 states... New York, New Jersey, California and Florida! Good thing too... Florida tops the list of Health Professional Shortage Areas (HPSAs) and New York and California are in the top 15!



Reference: Henry J. Kaiser Family Foundation <http://kff.org>

After we drained his sinus he did marginally better, but again the next night he wasn't well. We sent the specimens from before to our laboratory and to the Armed Forces Institute of Oral Pathology in Washington. But it was too late. In the middle of the night he had a convulsion and passed away.

There was a lot of effort to try to save this man. And It was my first time being directly involved. The specimen came back and it turned out to be microaerophilic streptococcus. We had no antibiotics for this at the time. Today we do.

But why would I bother you with all this? At the first hospital if it was drained, and irrigated with chemicals before it was in the bloodstream he may have survived.

What I'm trying to tell you is infection is a major part in dentistry. We see this everyday in City Hospital. Be mindful of infection as dentists. Think about it always. Don't think of the TMJ when you're presented a problem. If you're going to make a mistake, error on the side of infection. It saves lives. That is what dentistry is really about: infection control." [ec]

### Did you know...? Your colleagues are pretty awesome!



**Ahono Gildersleeve**

Sure you know she's an amazing singer! But did you know Ahono listens to electronic music while studying?



**Brian Vu**

Brian is a talented musician who played in the UCLA marching band! He's been playing clarinet for 13 years and the saxophone for 6!



**Robbie McKernan**

Robbie served an LDS mission where in addition to serving others, he learned to speak Spanish! Next time you see him, say "¡Hola amigo!"



**Amanda Vedros**

Amanda was a collegiate athlete, rowing for the University of Miami, all while studying exercise physiology! Makes me tired just thinking about it...



# The 66<sup>th</sup> Dental School

By: Shreya Jha '20 and Aman Kumar '20

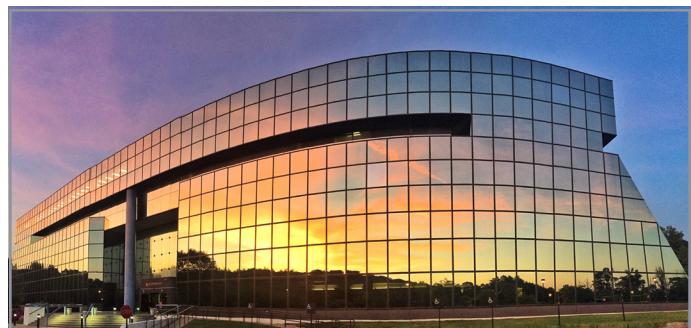


*The first class of Touro College of Dental Medicine on Orientation Day.*

New beginnings can be just as exciting as they are nerve-wracking, whether it's getting accepted into an undergraduate school from high school, landing a new job, or even participating in research at a new lab. It's moments like these where we begin to think vicariously about how the person before us has approached the situation. Well, what happens when you're on the forefront to new beginnings leading the way for others? Just this past month, Touro College of Dental Medicine at New York Medical College became the 66th dental school in the United States with an inaugural class of 111 students. Touro is located in Valhalla, New York, neighboring underserved areas such as the Bronx and the Hudson Valley Region. The location provides an enriching opportunity for us to cater and serve a diverse patient population.

Touro has placed great emphasis on developing well-trained professionals by providing state-of-the-art facilities such as our 112-seat simulation lab, a 132-chair clinic facility divided into eight clinical practice units, a pediatric dentistry clinic, an oral and maxillofacial surgery clinic, and multiple student workrooms. But what is an awesome facility without the best equipment? Yeah, we also have CAD/CAM technology, digital scanners, new cone beam computed tomography scanners, as well as mannequin head and torsos to begin working on our chairside manners. In addition, third year students will be paired with fourth year students in order to learn four-handed dentistry early in our careers. Students being paired up in clinical procedures is a relatively progressive style of learning; we will be able to help and learn from each other, which we believe will give us the proper leadership and teamwork skills to be excellent practitioners.

One of the most valuable experiences as the first dental class is having the privilege to learn from well-experienced and qualified faculty members. Each of the professors have graduated from various reputable dental institutions and include specialists in endodontics, oral maxillofacial surgery, oral maxillofacial radiology, oral maxillofacial pathology, pediatric dentistry, prosthodontics, and general dentistry. We look forward to advancing in our education through the insight, experience, and knowledge in the field of dentistry conveyed through their instruction. Most importantly, they emphasize the importance of establishing interpersonal relationships between the faculty, administration, and student body. This has so far been accomplished through group discussions, lunches with deans, and various social activities. Whether it's hiking together as a class, having a friendly bowling competition with the faculty, or even debating about ethical issues, Touro goes above and beyond to unite the faculty and students as one family.



*Skyline - The home of Touro College of Dental Medicine  
- Photo by Jessica Li '20*

It has been less than a month since we've all started our journey as the inaugural class of TCDM, and as each day passes by we eagerly sit on the edge of our seats knowing that we are at the forefront of modern dentistry. It's hard not to crack a smile knowing we're equipped with sincere and dedicated faculty members at an arm's length. What makes the experience so much more enriching is that our team of 111 students is made up of those who will go the extra mile to help one another as we progress. With Touro's principles as our foundation, we are taking great strides towards the advancement of our education, growing as role models to future dental students, and maturing to become educators of oral health.



# Inaugural: Marking the Beginning of an Institution

By: Brittany Mackesey '20

"Marking the beginning of an institution" is a simple definition for the word inaugural, yet being part of an inaugural class has been anything but simple. After receiving my acceptance to Touro College of Dental Medicine at New York Medical College, I was ecstatic. My dreams of pursuing dentistry were finally coming true, and all my hard work and dedication had paid off. With that, I packed my dad's truck up to the brim, and started on my journey to New York, hoping the apartment I signed for off Craigslist really did exist and that my roommate wouldn't turn out to be the Craigslist killer. I had no idea what the future held for me other than simply: I would be part of an inaugural class.

Much to my excitement, the apartment was legit, and my roommate was a normal person who ended up being my first friend in this new place. But finding a place to live was the easy part; the hard part (school) came next. Orientation week seemed to fly by, trying to devour all the information on the school and loans, not to mention all the names of faculty and fellow students. I started to forget my own name as the week went on after meeting so many people. After hearing my name read incorrectly so many times off my nametag, I actually pronounced my own name wrong when introducing myself one time. Needless to say, I was off to a great start.



*Students with Dean Goldsmith and ADA President, Carol Summerhays, on the inauguration of TCDM.*

Classes started and spare time became scarce. During the hustle of summer semester, it became difficult to get to know my classmates and I felt as though I was simply joining study groups and not actually making friends. I had moved too far away from home to enjoy the luxury of a weekend trip back, so FaceTime quickly became my new best friend. I could swear summer semester lasted an eternity, yet in retrospect, it's one big blur of biochemistry. I had never been so happy to go home in my entire life as I was at the end of summer. Coming back to school after a short week break

was hard, yet surprisingly, I had missed my classmates. I was overjoyed to see these people again. These people that I didn't even realize I was becoming friends with over the summer because we were too bogged down by school. These people whose names I once had to study were now words I looked forward to saying (wouldn't it be nice if that happened with our basic sciences?). Somehow over the summer semester, I hadn't even noticed the relationships I was making.

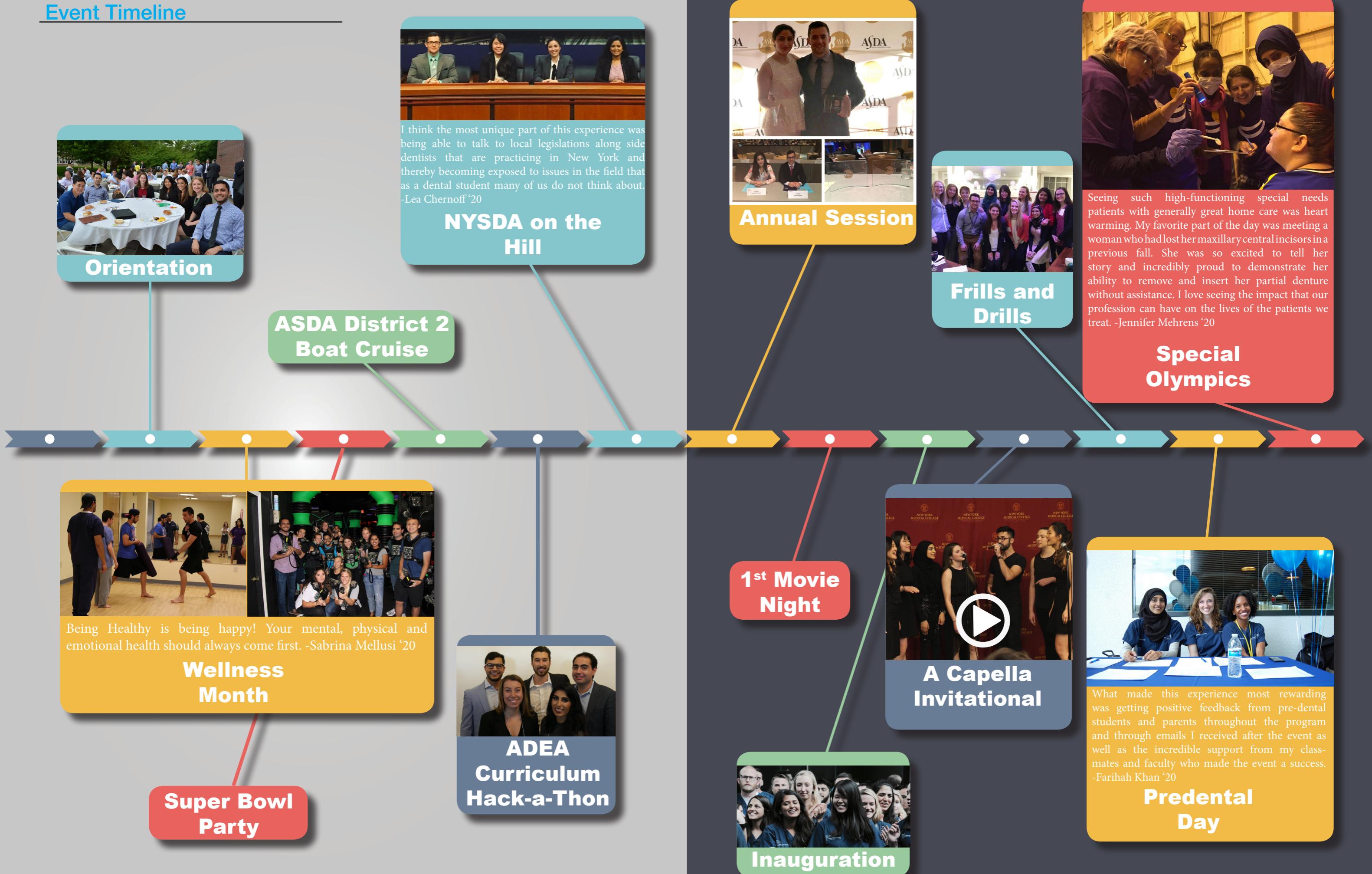
Fall semester started up and was just as hectic as summer semester, if not more so with the addition of more classes and labs. In the six months we've been in school, we've started our own ASDA chapter, built a student government from the ground up, began a newsletter, started clubs, beat the medical students in basketball and flag football (maybe next year we can beat the PTs too), created a performing acapella group, and much more all while keeping up with classes and labs. We are more than just dental students; we are pioneers, innovators, and trendsetters. What we create here now will last for the students that come after us. The student government that we built will set the bylaws for all student government leaders to come. The clubs that we've created are paving the way for future clubs. Nothing about this is simple, but we've been achieving it little by little by setting realistic parameters. By coming to Touro College of Dental Medicine, we chose the path less travelled, though none of us could take on this challenge on our own.

From meeting everyone at his/her best during orientation week, to seeing people break down during the time surrounding exam weeks, this has been a crazy ride. And believe me, this would not be an enjoyable ride if it weren't for the amazing people around me. Our faculty works hand in hand with us to smooth out bumps we encounter as we go. But in my opinion the best thing our faculty did for us, was choose us. I spend all day everyday with my classmates, yet somehow I miss them over holiday breaks. I hang out with them everyday in lab, but still look forward to seeing them all over the weekend. I've even FaceTimed my classmates over breaks just to see what's going on with them. This inaugural class brought a crazy, diverse, unlikely group of friends together. My classmates make it simple to see the light at the end of the tunnel. Dental school is by no means easy, and beginning something new adds its own unique set of challenges but to put it quite simply: your classmates make dental school bearable.

Six months ago I moved my entire life to New York with aspirations of becoming a dentist. Six months ago I met 110 new faces at orientation week. Six months ago I had no idea what these people would mean to me, but six months ago I met my dental school family.



## Event Timeline





**Bear Mountain** – When you simply need to get away from it all, clear your head, chase some butterflies, or generally surround yourself with nature, visit this beautiful scenic gem. The drive is forty minutes, so make a day trip out of your escapade in the great outdoors: hiking & biking trails, ice-skating, boating, picnicking, etc. There's even a merry-go-round for your inner child. Need a closer option? Plenty of bike trails abound in our own backyard of White Plains.

**Hudson River** – In warmer weather, grab a drink at classy Sunset Cove (or load up your own cooler), and watch the sunset along the Hudson with friends. Softball fields, picnic tables, and grills are nearby for additional entertainment.

**Muddy Waters Café**  
 + Bohemian chic décor: local artists' paintings displayed on a rotating basis contribute to a unique study atmosphere  
 + Drinks and treats are not to be missed  
 - The menu is a bit pricey  
 - Not great for intensely focused study sessions; café noise included  
 - Closes at 7pm most days

**Silver Tips** – Fancy a classic high tea experience? Serving more than 100 varieties of teas, traditional finger sandwiches (sans crust, of course), and scones with freshly whipped crème fraîche, this charming parlor is a great choice to bring your visiting family to. Seating can be limited.

**Bibillé** – No need to travel to K-Town for good bi bim bap; visit this make-your-own-bowl-style establishment for exotic flavors and generous portions. Pair with imported Asian drinks and kimchi offered à la carte.

**Taco Project** – Any taco aficionado knows that if a place can successfully serve fish tacos, the rest of the menu is usually quite solid. Case in point.

**Main Street Sweets** – The perfect way to end (or begin) any culinary adventure in Tarrytown, all year round. Check out the seasonal flavors like the St. Patrick's Day Lucky Charms Cereal Milk, in the customary green shade, or the classic, Cookie Monster. Some flavors even include a splash of liqueur!

**Franklin D. Roosevelt State Park** – If you're looking for streams with a beautiful bridge, humongous trees, hiking/biking trails, ambling horses, or killer picnic spots, look no further than this nearby park.

#### Au Bon Pain Café (Westchester Medical Center)

- + Open 24/7, relatively empty in the evenings
- + Constant food available
- + Revolving variety of study muzak
- + Situated on the NYMC campus
- Difficulty navigating through the maze of the hospital to find this café

#### Greenburgh Library

- + Within 2 miles of our school
- + Huge windows line the walls, affording a beautiful view with sunlight
- + Plentiful outlets and free wifi
- Hours of operation are during school hours
- Fills up quickly

**Touro College of Dental Medicine**



**Lola's Mexican Kitchen** – \$3 tacos of all kinds, including a vegetarian option, with drinks at half-price on Tuesdays. Go early, and you'll have the whole place to yourself.

**Pizzeria Veloce** – Customized, high quality salads and pizzas that are freshly baked every time. Paying for parking can be a bummer, but there's lots to explore in this part of downtown White Plains to make your visit worthwhile.

**Aberdeen Seafood & Dim Sum** – If ever you have an insane craving for turnip cake or har gow, this is probably your premier destination in this neck of the woods, West of Flushing and North of Manhattan's Chinatown. The house special crispy chicken with garlic sauce is a must.

**Spa Via** – Whether after hours of working in the simulation lab, or falling asleep over books in the library, your muscles are screaming for relief. Cost of monthly membership is less than a single massage. You can also get facials and spray tanning. The scalp treatment with hot oil is especially good. In this small, quiet, and relaxing environment, student Lana Hashim reports that the "massage therapists treat you like family."

#### Hastings Café

- + Tasty coffee drinks
- + Cozy and comfortable atmosphere
- + In the heart of downtown White Plains
- Very busy. Appropriate for light studying and review, unless you work well with café noise



## Places to Go; Things to Do Locally

You walk out of the testing center and see sunlight for the first time in weeks. You're simultaneously jittery from caffeine and nearly passing out from serious sleep deprivation. Exam upon exam with relentless lab work can be downright overwhelming. Cheer up! The Tourodont has made this little places-to-go-and-things-to-do guide to help you take a mental break, de-stress, and find balance again.

Your Munchies Fix

Relaxation for the Mind, Body, and Soul

Switch Up Your Study Spot

#### More Ways to Refuel

**Black Cow Coffee House** (Pleasantville, NY) – Well known for its signature drink, the black cow, which is chock full of mocha. Aside from the specialty drinks, including the dirty chai as well as the London fog, the morning glory muffins are a solid investment.

**Coffee Labs & Roasters** (Tarrytown, NY) – Good for purchasing premium specialty small batch coffees.

#### Group Adventures

**Muse Paintbar** (White Plains, NY) – Take the adult coloring book trend to the next level with acrylic and oil paints. Like a regular Vincent van Gogh, paint a masterpiece while sipping on some classy adult beverages. Some ground rules: go easy on the absinthe, and no ear-cutting allowed!

**Blueline Tactical Range** (Elmsford, NY) – For \$30 and other reasonable rates, relieve your stress with an hour of range time. Coaching from range officers is available to help work on rifle calibration and shooting stance. Have a beer at Captain Lawrence Brewing Company next door – responsibly.

**Castle Hotel & Spa** (Sleepy Hollow, NY) – Walk the scenic and historical grounds of this bona fide castle. Play an outdoor game of chess Harry Potter style, or enjoy a glass wine from the bar housed in the fine dining area.

#### Bowlmor (White Plains, NY)

- + Fun clean group activity
- + Good food and drinks
- Somewhat pricey

#### Pete's Saloon (Elmsford, NY)

- + Group activities like karaoke & trivia
- + Live bands play here
- + Cheap drinks
- \$5 cover on Fridays & Saturdays

Last but not least, don't forget that restaurants and bars all over White Plains have Happy Hour on weekdays from 5 to 7 pm along Mamaroneck Avenue.

# Wellness

## Stretch! Because Treating Patients Starts with You.

As dental students, keeping our bodies in tip-top shape is important as we continue in our careers. For me this means needing to stretch out from time to time. I don't claim to be an expert by any means but know that simple stretches can make all the difference in releasing some of the tension I hold, especially in my wrists. These stretches are meant to help, not hurt, so please take caution and listen to your body if something doesn't seem right. That being said, I hope you enjoy trying these simple stretches for your wrists!



Exercise 1

### What you'll need:

- Some open floor space
- A yoga mat or something soft to cushion your knees

### Exercise 1:

Start on your hands and knees with your knees spaced hip-width apart. Place the palms of the hands flat on the ground with your fingers pointing towards your knees. Your fingers should just barely touch your knees. Hold this position for 20 seconds. Slowly begin to lower yourself towards sitting on your feet. Only do what is comfortable and only sit completely on your feet if you are able. Hold this position for 20 seconds as your wrists are stretched, keeping your palms flat on the ground. Release.



Exercise 2

### Exercise 2:

Starting in the same position, place your hands on the ground this time with your palms up and the back of your hands flat on the ground. Your fingers should still point towards your knees and barely touch them. Again slowly lower towards a seated position and hold to stretch.

## Recipes - Food for Your Mind Body and Soul

### Roasted Butternut Squash & Rice Salad by Sabrina Mellusi

#### Ingredients (Makes 12 servings.)

- 3 Tbsp. brown sugar
- 3 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil
- 1 Tbsp. salt
- 1 medium butternut squash (peeled and cut into cubes)
- 2 cups uncooked jasmine rice
- 2 large sweet red peppers (diced)
- 1 cup pine nuts (toasted)
- 6 green onions (thinly sliced)
- 3 Tbsp. snipped fresh dill
- 3 Tbsp. chopped fresh parsley

#### Dressing

- ½ cup olive oil
- 3 Tbsp. red wine vinegar
- 1 tsp. salt
- ¼ tsp. pepper

#### Directions

1. In a large bowl, combine brown sugar, balsamic vinegar, oil and salt. Add squash; toss to coat. Transfer to greased, foil-lined baking pan. Bake at 425 degrees for 25-30 minutes or until tender, stirring occasionally. Cool completely.
2. Meanwhile, cook rice according to package directions. Remove from heat, cool completely. Since the recipe does make so much, this is a great recipe to meal prep with.
3. In large bowl, combine red peppers, pine nuts, green onions, dill, parsley, squash and rice. In small bowl, whisk the dressing ingredients. Pour over salad; toss to coat. Serve at room temperature. Cover and refrigerate left overs.



# You Always Have Time to Eat Well

By Jennifer Mehrens

If there is one thing all dental students can agree upon it's that we are all busy.... Very busy! And with that comes the question of time management. Each of us at one point or another has asked ourselves, "What can I cut from my To-Do list today in order to get a little more study time?" For some of us that means less gym time. For others: less social time. And for many of my colleagues it means grabbing a frozen dinner instead of preparing a home cooked meal. Having spent a large amount of my childhood in the kitchen with my mother, cooking is one thing I will never give up. I love to eat way too much to let studying get in the way of my favorite part of the day. That being said I have found ways to minimize the time spent in the kitchen so that on days when I physically can't find the time to cook I can pull a home-cooked meal from the freezer and still get my taste of home. The following recipe is one of my favorites from my mother and can be made rather quickly in large batches. I have adapted and improved upon (Sorry mom!) the recipe and hope you enjoy both making and eating Sandy's Chicken Chili Stew.



## Sandy's Chicken Chili Stew

### Ingredients

- 3 whole chicken breasts-> boneless, skinless, and cut into 1" cubes
- 1 medium yellow onion, chopped
- 1 medium bell pepper, chopped
- 2 cloves garlic, finely chopped
- 2 Tbsp. vegetable oil
- 2 cans (14 ½ oz.) stewed tomatoes
- 1 can (15 ½ oz.) pinto or black beans drained, and rinsed
- ½ c. picante sauce medium or hot
- 1 tsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. pepper

### Directions

1. Heat oil in a medium to large pot on medium-high heat. Add chicken and season with salt and pepper. Cook chicken while stirring periodically for about 8-10 minutes, or until chicken is cooked through and slightly golden brown.
2. Add the onion, garlic, and bell pepper and cook for an additional 5 minutes.
3. Add the rest of the ingredients. Bring to a boil and then reduce heat. Let simmer on low heat for 20 min.
4. Serve with your choice of tortillas or tortilla chips, grated cheddar cheese, fresh cilantro, cubed avocado and sour cream.

### Suggestions

Try it with different color bell peppers for some additional color!

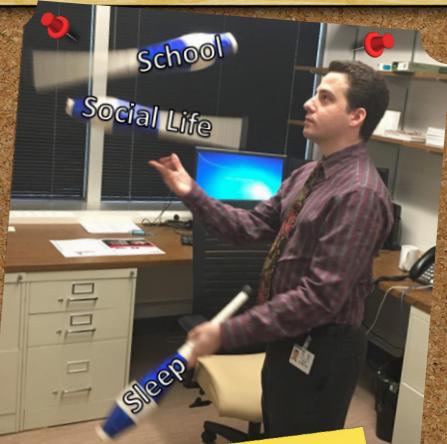
Try adding a second can of different beans (like kidney beans) for a thicker, heartier version!

Like it spicy? Add in a diced fresh jalapeño or a few dashes of your favorite hot sauce!



## TouroDON'T:

- Leave your retainer in the student lounge
- Lose your student ID on a Wendy's run #WhereISTheBeef
- Be a DUDE
- Even think about missing a lab session with Dr. Peters
- Come into the testing center 20 minutes late to the exam
- Work on the wrong tooth for your practical
- Accidentally rip the ears off your manikin #FirstPatient
- Leave your lunch in the fridge for 2 weeks
- Make Skyline your Airbnb
- Forget your clicker #PollIsOpen
- Cry in the PCOD Lab
- Worry, everything you need to know is on the slides

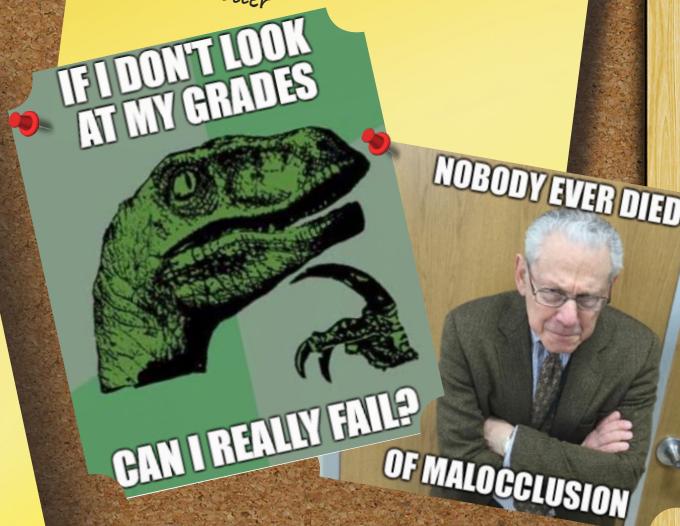


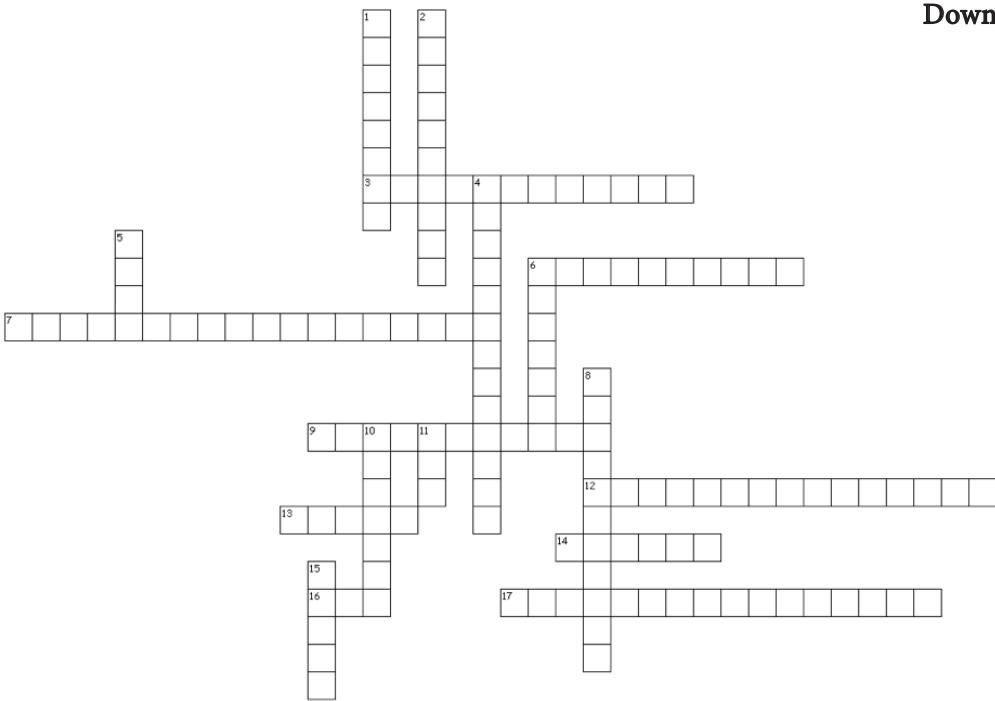
Confessions of Dental Student: Remember that Time I...

- Called Dr. Yancoskie "Yanc" to his face
- Drilled through my nail practicing for a practical
- Posted my car karaoke audio instead of a lecture recording
- Accidentally uploaded my personal pics to the Google Drive
- Lost my wedding ring in a disposable glove in preclinic
- Decided to join the school scribe group and thought that the contact for the group was a faculty member and not a student? Sorry "Mr. Katz!"

We asked students what the weirdest thing in their car was... and they didn't disappoint.

- A bottle of Noodler's ink in Eel Black (fountain pen ink)
- A grape soda cap (it's good luck)
- An extra lid for my trash can - if you put a pizza on it while driving it stays flat
- Pepper spray
- A deer call
- An ab roller





### Across

3. Nobody ever died of...
6. High tea starts here at 11 am
7. Stay put and listen to Black Beatles
9. Listen closely to Dr. Rosenblum or you'll have to ask
12. Many of our students enjoy volunteering for these events
13. An easy-to-throw-together home-cooked meal
14. What your dental school friends might become
16. Before 19 Skyline Dr. was part of TCDM @ NYMC, it was occupied by
17. TCDM's premier performing group

### Down

1. "I miss you, let's \_\_\_\_\_"
2. Where you might find a room-mate if you didn't know anyone
4. The classic flavor to try at Main Street Sweets
5. Aim to be a dentist, not one of these
6. Something each dental student should do after a long day in clinic
8. Is it the Wild West or Elmsford?
10. Mix it, compress it
11. Dr. Farkas' favorite pronoun
15. We get invited to a lot of great events by this district's dental society

### Answers

Across: malocclusion, silvertips, mannequinchala-, Lenege, whatwasthat, specialolympics, chili, family, Down: FaccTime, craigslist, cookiemonster, dude, stretch, petessalon, amalgam, who, night bim, chromaticscale, perfume, watertight, specialolympics, chili, family,

## The Tourodont Behind the Scenes: 2 Truths 1 Lie



**Tracy Liang**

- 1) My dream is to eventually live and practice dentistry in Europe. Post-doctorate degree in Germany? Sign me up!
- 2) I'm super passionate and adventurous about food. My motto is, "Don't knock it till you've tried it!" Seriously -- with the exception of fugu fish, I'll try anything once.
- 3) I could see myself settling down somewhere in Westchester. It's easy to get around; everything is available here. What's not to love?



**Amanda Morgenthal**

- 1) The Tourodont about crying in PCOD lab was inspired by me.
- 2) I'm a huge fan of Game of Thrones.
- 3) I've watched about 170 hours of America's Next Top Model this spring semester.



**Shreya Jha**

- 1) I loved going to the dentist as a kid. My experience inspired me to pursue a career in dental medicine!
- 2) I hold a diploma in Indian classical Kathak dance and am working toward a bachelor of arts in Kathak!
- 3) I work as an art director in my free time or whenever I get my hands on a good project!



**Jennifer Mehrens**

- 1) Growing up I played the taiko drums, a traditional Japanese style of drumming.
- 2) I live on a vineyard in my hometown of Napa, Ca. (Poppa Mehrens is the winemaker!)
- 3) I've been to 4 of the 6 Disney Theme Parks around the world - Anaheim, Orlando, Paris and Tokyo.



**Alexander Black**

- 1) I lived in London and Singapore before moving to New York.
- 2) My undergraduate major was Computer Science.
- 3) My father is a practicing dentist right here in Westchester.

### Answers

Tracy: 3 Amanda: 2 Shreya: 1 Jennifer: 2 Alexander: 3



The Tourodont  
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