



THE CENTRAL GROOVE



The President's Minutes



Tim Anderson, D3

Welcome back and I hope you all had a relaxing time with your family and friends.

Whether you are calling it twenty-ten or two thousand ten, 2010 is bound to be an exciting year for MN ASDA. The fall semester was a huge success as we introduced new events and member benefits. The chapter has been very lucky to have had a number of individuals willing to take on large leadership roles within the organization both at a local and national levels and I thank all of you for your hard work. However, I want to stress the fact that the success of our chapter is based on the active

participation and leadership of each member. This can be as small as participating in Give Kids A Smile or volunteering at the Union Gospel Mission for a night. Now is a perfect time for members to get involved and continue to make our chapter an ideal ASDA chapter. Even if you have not been very involved with ASDA thus far, now is a perfect time to start. Like any successful organization, our strength is in our membership. There truly is a niche for every member. To find out more about where you can get involved, check out our website at www.MNASDA.net or just ask one of the committee chairs.

The spring semester will be jam-packed with ASDA events locally, regionally, and nationally. As many of you probably already noticed, our Lunch and Learn

schedule is back in full swing. Additionally, I hope all of you get the opportunity to participate in two of our most popular events, GKAS and G.V. Black Tie Dance. Both of these events happen in the first two weeks of February. Also occurring in February is the ASDA/ADEA National Dental Student Lobby Day and the Minnesota Dental Association's Dental Day at the Capital. These events provide students with a platform on which they can advocate for their profession along side other students and dentists. As future leaders in the dental community, we need to participate in the political process and advocate for the interests of our patients, the community and the profession. Even if you cannot attend National Lobby Day, I encourage all of you to take the time and

WHAT TO LOOK FOR INSIDE:

- Calendar of Upcoming ASDA Events
- Update from your District 8 Trustee
- Fun Places to try at the U of M/ Dinkytown
- Save the Dates!
- Update on Star of the North

Student Impact: Lobby Day 2010

It's our responsibility to get the message out



Aruna Rao (D2), Legislative Grassroots Network Coordinator

I ended my last Central Groove article with emphasis on the student

voice. How can you use yours? One way is by participating in Lobby Day 2010. It's so easy, that is, with strength in numbers. State Lobby Day is **February 24th**. Mark your calendars! You (yes YOU) and your classmates along with Dentists from all over

Minnesota go to St. Paul and speak to state legislators on issues pertinent to the state. These issues have included the Provider Tax, the elimination of Adult Dental Care from Medical Assistance, and the Critical Access Dental Provider Program among others. Hopefully you as a student will gain insight as to how issues are approached in Minnesota on behalf of the Minnesota Dental Association and the School of Dentistry. Last year, nearly 150 students and dentists attended State Lobby Day. This day is an excused absence, so please sign up! We need your voice! National Dental Student Lobby Day (February 8th and 9th) is held

annually in Washington, DC. Nearly 300 dental students from all over the country meet for a workshop on public policy, followed by rushing Capitol Hill and engaging in discussion with lawmakers and staff on issues critical to dentistry and dental education. You can have an influence on public policy regarding oral healthcare. Think of your voice as insurance to protect your profession and keep being an informed advocate for dentistry! Also, mark your calendar for an ADPAC Lunch and Learn with Dr. John Nei and Dr. Ed Vigna for Monday, Feb 22nd!

President's Minutes, Continued

join your fellow colleagues in St. Paul and speak with your local representatives at Dental Day at the Capital.

As the new semester begins and our D4's begin to plan for graduation, I want to thank all of our active members for their excellence in leadership this year as you represent not only the School of Dentistry, but also Minnesota in organized dentistry. I am certain that with such a strong membership our chapter will continue to take active an role in the future of the dental profession and build upon the foundation that we have already established.



2010 Star of the North Dental Meeting

The Minnesota Dental Association's 2010 Star of the North Dental Meeting is hosting its first-annual Exhibitors Premiere Night. Come on the evening of Thursday, April 22nd between 4:30pm and 7:30pm to enjoy exclusive interaction with exhibitors and avoid the crowds. Complimentary beverages and appetizers are provided and many door prizes will be given away. Enjoy this time to socialize with exhibitors, your mentor dentist and other dentists. Pre- register for this exciting new event at www.starofthenorthmeeting.org . To learn more about this year's Star of the North Meeting, come to the Lunch 'N Learn on Wednesday, March 10th. Questions? Contact Elisa Dommer (domme015@umn.edu) or Anna Seime

Save the Date!

Annual G.V. Black Tie Dance

February 12, 2010
9:00pm – 1:00am

Marriot Hotel Minneapolis

Music provided by A-List Entertainment
Rooms available at reduced group rate
Appetizers, Drinks, Dance, Fun!

Don't Miss This....

Union Gospel Mission Lunch and Learn
on Wednesday, January 20th!

Ever wonder what you can do at UGM? How to get there?
Who goes there? When it is?

Free pizza and answers to all these questions...



EXECUTIVE COMMITTEE

President: Tim Anderson (D3), ande3515@umn.edu
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President-Elect: Adam Swingdorf (D2),
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Secretary: Sheena Eken (D4)
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Visit us online at:
www.mnasda.net and
see this newsletter in
full color!

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Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 10	11	12	13 Ameriprise Financial LNL	14	15	16
17	18	19	20 Union Gos- pel Mission LNL	21	22	23 ASDA District Meeting, St. Louis
24 ASDA District Meeting, St Louis	25 Pizza and Politics — Rep Erik Paulsen	26	27 AGD LNL	28	29	30
31	Feb 1	2	3 Midwest Dental LNL	4	5	6 Give Kids a Smile
7	8 National Dental Stu- dent Lobby Day	9 National Dental Stu- dent Lobby Day	10 Medical Protective LNL	11 ASDA Leaders’ Meeting	12 G.V. Black Tie	13
14	15	16	17 3M ESPE LNL	18	19	20
21	22 ADPAC LNL	23	24 Dental LOBBY DAY At the Capi- tol, TDIC LNL	25	26	27



Questions about the Calendar? Contact Sheena Eken, D4

Something new...

Rachel Uppgaard, D2

If you are anything like me (scary thought, I know!), you spend the majority of your awake hours in Moos Towers. Maybe you grab a bit to eat at Bridges, visit Coffman occasionally for a textbook or run across the street to Starbucks, but that might be the majority of your U of M experience.

Before I signed my life away to more student loans than I could imagine and chained myself to a handpiece, I had a chance to explore the U and Dinkytown as an undergrad, and I discovered some wonderful, yet well-kept secrets that this area has to offer.

Take them or leave them, here are a few places I found that made undergrad more pleasant.

1. **Salsa at Loring Pasta Bar**, Dinkytown:

Located on 4th St and 13th Ave, Loring Pasta bar offers a unique atmosphere, especially on Friday and Saturday nights from 10pm-2am. It's not as crazy as Wednesdays at the Uptown Famous Dave's, but it's a chance to try off your moves or learn a few new ones...

2. **Weisman Art Museum**: This isn't really a secret and I'm not sure how you can miss it while driving by, but the Weisman offers free admission and you can also find free tours and classes.

3. **Blue Serge**, 4th St and 13th Ave, Dinkytown: For those last minute tailoring needs and dry-cleaning, this is a great option, especially if your regular dry-cleaning venue closes before you get out of lab. It's close enough that you can run there during a break, and not too expensive.

4. **Ice Skating at Mariucci Arena**: For

\$1.50 with your student id, you can skate on the same ice that all your favorite Gopher Hockey Players do, during open skate time. Skate rental is \$2. Call 612-625-8365 before you head over there, as the schedule varies significantly.

5. Need a study place that is not in the Academic Health Center? Try the **Electrical Engineering** building (across Washington Ave). In the center of the building are several floors with study spaces. It's usually fairly quiet and is a great change from the Biomed Library, if that's getting a little old...

6. **Coffman Union** has free movies on the weekends and discounted tickets. If you are trying to cut costs but still want to see new movies, check their website at www.coffman.umn.edu/events/calendar/index.php.

National ASDA Update



Andy Bohnsack (D3), District 8 Trustee

National Update

Happy New Year from the ASDA Board of Trustees. The past year has been a good one for ASDA on the

national level. Despite economic troubles throughout most of the country, ASDA's balance sheet is relatively healthy. We were a little surprised that our advertising/sponsorship did not decline nearly as much as we had anticipated.

Much of what we do would not be possible without the committed support of organizations like that ADA, AAOMS, ACP and businesses like CREST/Oral B, Colgate, and Medical Protective. The money they give makes it possible for us to operate at such a high level. Any chance you get, take the chance to thank any people that are friendly to students and dentistry!

District 8 Meeting

Our Annual District Meeting will be held Jan 23-24 in Lincoln, NE. The weekend will focus on networking with other chapters and sharing ideas for new events. I have found that this time spent speaking with dental students from different schools has opened my eyes and made me realize that every school does things so differently-- some good, some not so good.

Other topics of the meeting will include a very interesting presentation on Forensic Dentistry from a dentist at Creighton University. He has some great photos and a rare look into the world of forensic dentistry. We will also be working on leadership development, Malpractice 101, removable appliance therapy, working with dental labs and a message from ADA insurance plans.

Maryland - Twice!

National Dental Student Lobby Day is on Feb 8-9 in Washington, DC. Then over our Spring Break week, ASDA's Annual Session will be held in Baltimore, MD. If you're interested in becoming more

involved with ASDA on a national level - I would love to chat about the many opportunities available.

