



THE CENTRAL GROOVE



Continuing Ed...In Dental School?



Zach Lechner, D3

“Technology is fueling educational and social advances at breakneck

speeds”.

This was the lead-in during the 3M EPSE Lunch ‘n Learn on digital impression systems. The video went on to state nearly half of the information learned in the first two years of a four year education will be outdated or forgotten upon graduation.

Spoiler Alert: our dental education is no different! Our curriculum is demanding and too frequently we suffer from knowledge dissipation due to the sheer volume of material. It is inevitable, albeit unintentional that some of this amassed knowledge is lost. But the reality is that

most of this dissipated knowledge is important. What if we could readdress some of these fundamental concepts and principles from earlier on in our dental education? Wouldn't that make us even better clinicians today? With that in mind, MN ASDA is looking at a new way to improve our dental education...our continuing education (CE).

As you can imagine there are numerous CE opportunities available for licensed dentists, ranging from local dental district events to large international research symposiums. But what about CE options for dental students? Your first option is Clinical Grand Rounds (CGR). To prepare us for upcoming professional obligations, the School of Dentistry and the SOD Alumni Society have offered to cover the registration costs for students. CGR is a CE & Professional Development series offered on the first Thursday of each month in Moos

Tower. It features dinner at 6pm followed by a lecture about patient-centered “diagnosis and treatment of complex cases” with a question and answer session afterwards.

This is great learning opportunity for all dental students (plus who doesn't like free dinner?). If you are interested in attending, contact the CDE department on the 6th floor or call 612-625-1418.

CGR is undoubtedly a great foundation, but what if we could tailor an educational experience to dental students? In the spirit of the CGR, I would like to propose another CE opportunity for students. The concept would be in the likeness of CGR, but rather meet on a monthly basis for lunch. It will feature faculty members from different departments providing a brief lecture highlighting im-

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Crazy Mazy: An Exclusive Interview with Dr. Meese Himself

Hamid Kanjari (D3)



It was a very early morning in 2007 and I had gone into pre-clinic to work on waxing before the oral anatomy final. I wanted some feedback from my bench instructor at the time, Dr. Tautin, but he was busy talking to another student. I turned to the person sitting next to Dr. Tautin and politely asked him to critique my work while trying not to disturb him as he worked on his crossword puzzle. He looked at me and said, “It’s too early in the morning for me. It looks

fine.” He said this and turned right back to his crossword puzzle. I thought to myself, “Man, that was weird. I’m going to stay away from him and I hope he’s never my bench instructor.”

The spring of first year rolled around and it was the first day in fixed prosthodontics. The new bench instructors were walking toward their respective benches and low and behold, the guy who didn't give me the time of day

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- ASDA: Snowpocalypse!



- Where is SPEC?

Dental School CE, cont



portant information from their area of expertise coupled with clinical case presentations with question and answer session. It would be BYOL (Bring Your Own Lunch) of course.

A few ideas of lecture topics include: Clinical Applications of Biomaterials; Anesthetics/Analgesics/ Antibiotics Indications/ Contraindications; Neuromusculature

How do I make one of these again???

Anatomy and Clinical Examination; and Emergency Response . Be sure to check MNADSA.net for the date, time and lecture of the inaugural MN ASDA dental student CE course. Any concerns, suggestions or topic requests can be forwarded to Zach Lechner at lech0033@umn.edu .

And for you seniors, here is a CE heads up ! Upon graduation , CE will be commitment you will make to improve your clinical skill-set and maintain licensure. The MN Board of Dentistry requires dentists to participate in 50

credits of CE during a two-year CE Cycle. CE credits must be distributed over various topics and categories . For more information about CE requirements in Minnesota visit the MDA's website: http://www.mndental.org/dentist_home/continuing_education/.

Reality is we pay a lot of money for our dental education and it is up to us to ensure we get the most out of these four short years. Research has proven that learning requires multiple exposures to a given concept and CE serves to make sure these conceptual foundations properly established. Let's get in the practice of continually improving ourselves within our profession.

The President's Minutes



Tim Anderson, D3

"An Ideal Achievement"

The Minnesota ASDA chapter has prided itself in continually advancing member benefits and advocating on behalf

of its membership. This year has been no different as is highlighted in Minnesota's annual "Ideal ASDA Book". Each year, ASDA chapters from around the country seek to be recognized as the "Ideal" chapter. Part of this application involves creating an extensive book that showcases the accomplishments of the chapter. During the last month, our MN ASDA leaders have been hard at work creating our chapter's book.

This 46 page highlight reel was no easy task, but during the process, it quickly became evident that Minnesota truly encompasses what it means to be an incredible ASDA chapter and a strong student-run organization. I would highly encourage each of you to take a quick look at this project at www.mnASDA.net. You may be surprised by all of the events ASDA is involved in. Additionally, many of your will find that you and your classmates are featured on the supplemental pages.

"ASDA Delegates and Washington's Dentures"

MN ASDA representatives will be heading to Baltimore, MD for the 40th ASDA Annual Session. The seaport location is fitting as Baltimore is the location of the National Dental Museum, housing the dentures of our nation's first president and original G.V. Black equipment.

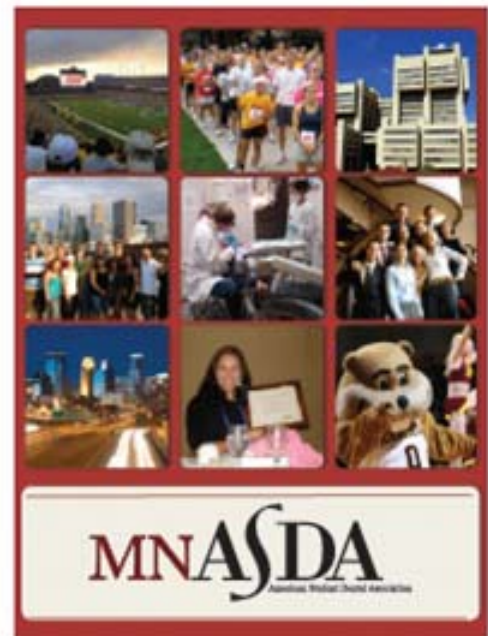
The five day house of delegates meeting will commence on March 17th where delegates from each ASDA chapter will set our associations policy on a diverse range of issues, discuss dental student concerns within the profession, and elect the next group of national student leaders.

"Membership is the Key"

Although we have had a very successful year thus far, our chapter relies on members willing to take on new leadership roles. These roles can be as diverse as those that take them on, and can be in an existing position, or a position of your creation. This year we have had a dramatic increase in the number of new and improved events that were the result of individuals who jumped at the opportunity to become

more involved. Notable events included a record-setting "Mouths in Motion 5K", "Pizza & Politics", and "Adopt-a-Family" programs.

None of these ASDA events would have been as successful as they were without the vast participation of our members and leaders. So find out how you can get involved and make the most out of your ASDA membership.



Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 28	Mar 1	2	3 LNL	4	5	6
7	8	9	10 LNL	11 ASDA Leader's Meeting	12	13
14	15 B	16 R	17 E	18 A	19 K	20
21	22	23	24 LNL	25	26	27
28	29	30	31 LNL	Apr 1	2	3
4	5	6	7 LNL	8 ASDA Leader's Meeting	9	10
11	12	13	14	15	16	17



Questions about the Calendar? Contact Sheena Eken, D4



EXECUTIVE COMMITTEE

President: Tim Anderson (D3), ande3515@umn.edu
 Vice President: Jen Dylla (D3), dyll0007@umn.edu
 President-Elect: Adam Swingdorf (D2), swing024@umn.edu
 Secretary: Sheena Eken (D4)
 Membership: Zee Elovich (D2), elov0002@umn.edu

Visit us online at:
www.mnasda.net and
 see this newsletter in
 full color!



COMMITTEE CHAIRS

Give Kids a Smile: Brian Peters (D3), pete2794@umn.edu
Union Gospel Mission: Rachel Uppgaard, D2, uppg0003@umn.edu, Brandon Penaz, D2, penaz003@umn.edu
Elementary Outreach: Hillary Hunter, D2, hunte230@umn.edu
Activities: Elisa Dommer (D3), domme015@umn.edu
Publications: Rachel Uppgaard, D2, uppg0003@umn.edu
Lunch 'N' Learn: Adam Swingdorf (D2), swing024@umn.edu
Legislative Grass-Roots: Aruna Rao (D2), raox0062@umn.edu
Website, Career Development: Anna Kenney (D3), inga0019@umn.edu

ASDA District 8 Meeting Recap



Katie Divine, D1

Our district meeting weekend started out in style as we cruised to Lincoln, Nebraska, in a 12-passenger van.

This 8-hour drive provided ample time for discussion and bonding between the nine students attending. These students were: Tim Anderson, Andy Bohnsack, Adam Swingdorf, Zee Elovich, Aruna Rao, Katie Divine, Elizabeth Lambert, Chad Larson, & Cleo Vidican. Representatives from the four other universities in District 8 (Nebraska, Creighton, Iowa & Missouri-Kansas City) joined us in the meeting led by the District Trustee, our very own Andy

Bohnsack.

The meeting included information about ADA insurance and malpractice insurance, as well as an in-depth look at National Leadership positions within ASDA and the experience one can gain from holding such a spot. We also discussed National Dental Student Lobby day and looked ahead to the ASDA Annual Session in March.

Dr. Kenneth P. Hermsen of Creighton University gave one of the highlight presentations at the meeting on Forensic Dentistry. Forensic dentistry, or forensic odontology, involves examining dental evidence for identification purposes of human remains, particularly in mass fatalities. Dr. Hermsen explained the basis of this aspect of dentistry and its significance to provide closure for the family.

Specific examples were given where deceased individuals had lost any way of visual identification (perhaps due to burns or extensive decay) and dental records were the only means of determining the individual's identity. A few notable events that Dr. Hermsen was present include September 11th, Hurricane Katrina, and major plane crashes. In addition to presentations, we also had the opportunity to network with other dental students and learn more about their schools and ASDA chapters. It was helpful to be able to bounce ideas around between schools and gain insight from their successes and challenges within



National ASDA Update



Andy Bohnsack (D3), District 8 Trustee

National Update

Part II Boards Failure Rates

Fourth year dental students across the country have reported an increase in the failure rate of the Part II NBDE as compared to previous years. Additionally, whether students passed or failed the exam, their reported results were significantly closer to their raw score performance than expected when compared to scores derived using the approximate curve from previous years. A 2008 national failure rate of about 6% saw a drastic jump to 14% in 2009. Furthermore, there seems to be a more significant increase in the failure rate after May or June. Some anecdotal evidence suggests that rates may be as high as 35-40% at schools that typically have 2-5% fail rate.

While I have not heard of this being an issue here at Minnesota, we want to keep it that way. Obviously, this has a significant

impact on the plans for graduating seniors across the country. If any fourth years would like any more information or share their personal perspectives, I would like to hear more about what is going on.

ASDA has spearheaded a campaign to rectify this issue and there are a few details that could use clarification. While the fees for the exam appear to go to the ADA, the administrator of the exam is the Joint Commission on National Dental Exams (JCND), an entity overseen by but separate from the ADA. ASDA has one representative on the JCND. The JCND claims that the exam results are valid and the psychometric calibrations they have performed by a third party are still statistically accurate.

ASDA has aggressively approached the ADA, ADEA, dental school deans, and others who may have a stake in this issue. This is a great example of how your ASDA membership goes towards the best advocacy efforts for all dental students across the country and how the unified voice of organized dentistry can make a difference.

Annual Session

ASDA's 2010 Annual Session will be held in Baltimore, MD March 10-14. The agenda is jam packed with information about dentistry's role in the health care debate, licensure, national boards, and midlevel providers. Thursday morning's keynote speaker will feature FDNY Battalion Commander Richard Picciotto, one of the few surviving first responders from the tragedy on Sep. 11.

Thank You

For the past year, I have had the privilege of representing you and the five dental schools in our district on ASDA's National Board of Trustees. In March, we will elect a new Trustee at the meeting in Baltimore and my term will come to a close. It has been a great experience and I hope we have made progress as advocates for dental students and dental education. I hope you all continue your membership and involvement with organized dentistry; it is a worthy and necessary cause.

Crazy Mazy, cont.

was our bench instructor. His name was Dr. Bruce Meese. As the semester progressed, I saw a different person. His knowledge and genuine care for students was clear and evident. I convinced myself that Dr. Meese was in a bad mood that fall morning and he has served as an incredible bench instructor in the pre-clinic. I didn't know that he'd be a great mentor and friend. His back to back "bench instructor of the year" awards from the class of 2011 shows that I'm not the only one that thinks so.

Dr. Meese grew up in Albert Lea, MN. He attended Gustavus Adolphus College, located in St. Peter, MN where he graduated with a BS in biology in 1973. Dr. Meese decided to pursue a career in dentistry versus medicine because he liked to work with his hands. His special interests were sculpting, pottery and drawing. Dr. Meese also knew that dentistry would provide him with more freedom, allowing him to lead a better life. As he put all of this together, he was accepted to the University Of Minnesota School Of Dentistry and graduated in the class of 1978.

Fresh out of dental school, Dr. Meese worked in private practice and was an instructor in DAU and team clinic at the University. His focus was to teach small prac-

tice dentistry and ergonomics, but his ultimate goal was to impart real world experiences into academics and to establish an atmosphere where you can learn and have fun at the same time.

I asked Dr. Meese what his favorite moment in dental school was as an instructor. He smiled and without hesitation said, "When your class picked me as bench instructor of the year. Feeling appreciated is always nice."

Dr. Meese wanted the entire student body to know (especially D1's and D2's) that pre-clinical courses are meant to serve as foundational teachings. He went on to explain that they're meant to provide us with baseline principles that can be altered with respect to any given clinical case.

We then went off on a tangent and talked about other things when he suddenly brought up the topic of dental therapy and wanted to provide his two cents on the topic. He said, "Don't be afraid. Dental therapists will serve underserved populations that dentists can't or won't want to. Also, dental therapists can be utilized as profit centers in private practice as an adjunct."

To conclude our interview, I asked Dr.

Meese to provide a few words to every class and this is what he had to say:

D1's: "Forget about grades. Concentrate on what's important and what you'll use in the future."

D2's: "Continue to review basic fundamentals and principles. You're almost done with 2nd year so go have fun with real patients and build relationships."

D3's: "Breathe easy. Have fun. You're done with all the heavy coursework. Continue to do what you did in pre-clinic up in the clinics."

D4's: "Graduates do many different things. Some go into private practice, some go to the military, some go directly into specializing, etc. My advice is to work as an associate for a year or two before starting or buying a practice and spend that time at 2 or 3 different offices so that you can learn different strategies at each practice."

Dr. Meese is one of many members of the pre-clinical faculty that devote their time to educate us. Their presence in the institution goes beyond monetary benefits; they simply want to be here. These individuals have an innate passion to teach us the foundation of dentistry. These teachings guide us daily as we treat our patients and should not go unappreciated.

Congo Bars

Something to try your chompers on....from the Uppgaard kitchen!

1. Sift together: 3- 3/8 cups of flour
3-3/4 tsp baking powder
3/4 tsp salt
2. Melt: 1 c margarine
Stir it into 3-3/8 cups of brown sugar
Allow to cool slightly
Beat in 4-1/2 eggs, one at a time, beating well after each addition
3. Add flour mixture from step 1 and 1-1/2 package of chocolate chips, 1-1/2 c coconut, and 1-1/2 tsp vanilla.
4. Place in greased 9 x 13 pan and bake 50 minutes in a preheated 350°F oven
5. Cool and cut into squares.



Note from the Editor: I have had many requests to include recipes in the Central Groove. Send your favorite recipes to uppg0003@umn.edu and look for them in the next edition!

Give Kids a Smile

Brian Peters, D3

On Saturday, February 6th, 2010, the U of M School of Dentistry and ASDA hosted the fifth annual Give Kids a Smile event. This event is an opportunity for children with limited access to dental services to receive free dental care. With an increase in appointments from 132 last year to 162 this year and a record low failure rate of 13.5% it made for a busy day throughout the clinic.

The children received oral hygiene education both in the clinic and in the waiting room area. In addition, 260 student, faculty, and staff volunteers provided a variety of dental services including x-rays, cleanings, fluoride varnishes, sealants, fillings, stainless-steel crowns, extractions, and pulpotomies. If treatment was not able to be completed, parents and patients were told of any remaining procedures and encouraged to seek treatment. Each child also went home with a toothbrush, toothpaste, floss and a healthier smile.

Overall, care was provided to 140 children with \$86,046 worth of treatment being provided at no cost to patients. At times, the day was hectic, but all the volunteers walked away from the event knowing they helped a lot of kids who would likely have not received the quality dental care they deserve.

“Snowpocalypse 2010”

Aruna Rao, D2



In general, Minnesotans and upper Midwesterners alike know how to handle snow. While the first snowfall of the year creates more chaos than is necessary and brings out the worst in our fellow drivers,

school is never cancelled due to “severe weather”, and somehow we all make it where we need to be. It is difficult to imagine that with a 72-inch snowfall in the epicenter of the United States, there are fewer snowplows than the small town of Slayton, MN. Nonetheless, eight very motivated, unstoppable individuals made the long, arduous trek to Washington, DC to

do what they were meant to do: use their voices to make a difference.

A record-setting attendance was expected at National Dental Student Lobby Day 2010, but only a fraction arrived. Nonetheless, the Legislative Grassroots Network (or what was left of them) handled the meeting with strength and poise, and provided information on the bills at hand. The two bills, Student Loan Interest Deduction (SLID), and HR 855 – Enhancing SIMULATION Act – were decided upon by ASDA and ADEA as the pertinent issues facing dental students. We can definitely relate to both of them here at Minnesota. Obviously we know about being hundreds of thousands of dollars in debt, and we also are aware of the importance of having technologies (like in preclinic) to help prepare for our clinical and patient experiences. We

wanted to represent our school and reach out to our representatives in Congress, so individual letters and emails were handwritten to all ten representatives (including both Senators’ offices) who we were supposed to meet. The response, so far, has been very positive, and there is definite support out there for the interests of dental students.

Therefore, I can close with my year-long theme of using your voice to make a difference. It can be used in different ways, and honestly, people do listen. This was evident at both Lobby Days this year, in DC and State Lobby Day in St. Paul. I encourage you to ask questions, keep up with the current news that affects you as a future professional, and don’t hesitate to reach out if you want to be involved. It has been a great year in the LGN, and we’re looking forward to the next one and continuing to



Stuck in D.C.: a D1’s Perspective



Aaron Bumann

When I first heard that all of our meetings were cancelled due to the closure of the federal government, I must admit I was disappointed, and all for a blizzard that was not even supposed

to start until 5 o’clock the next day! Well blizzard it did, and there we were, stuck in our nation’s capital.

While a real Midwest-style blizzard consumed the D.C. area, I came to find that there is more to an ASDA trip than just

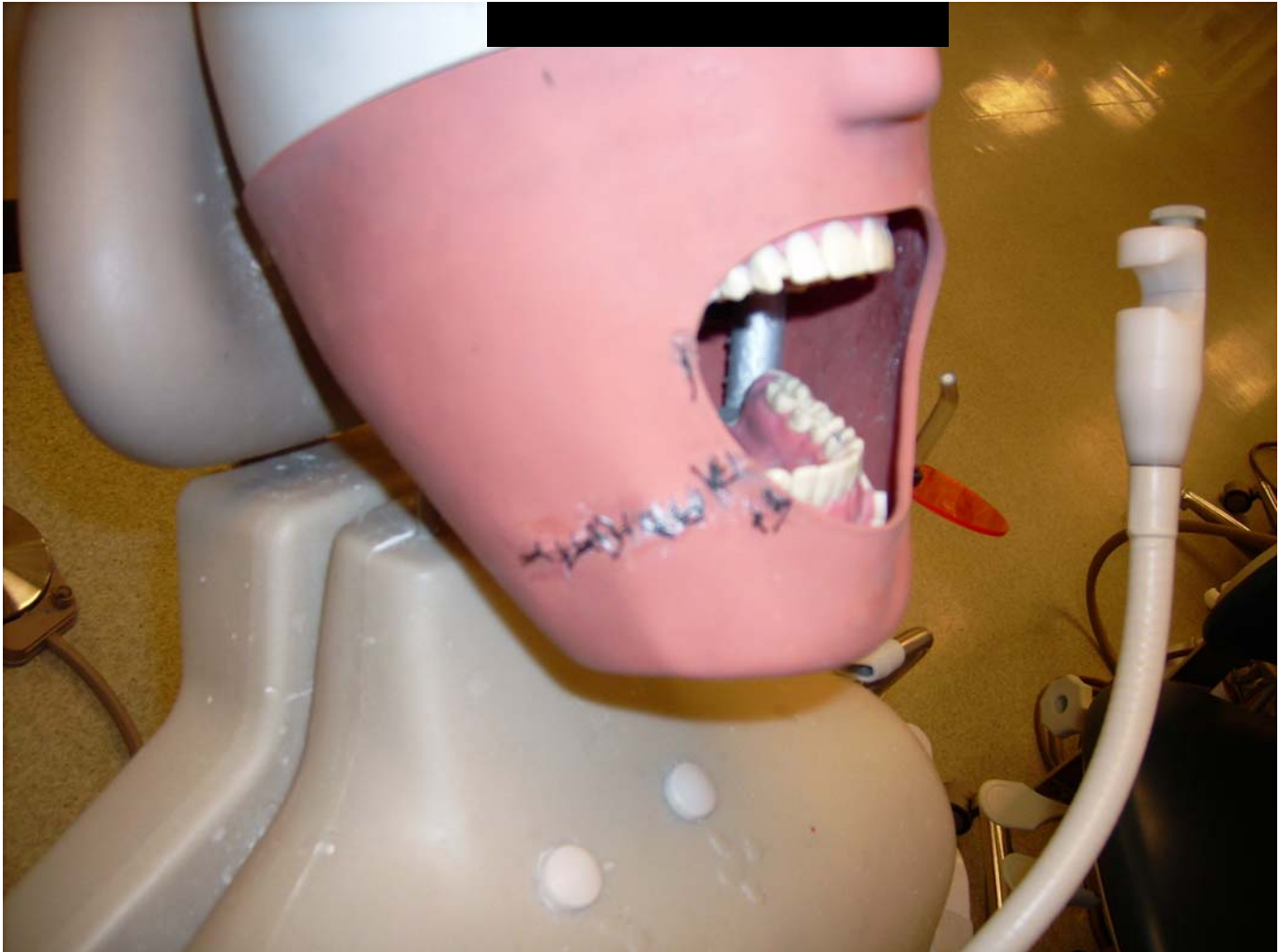
meetings. The next few days of being stuck in the same hotel with a bunch of dental students became a great opportunity for all of us to get to know other students from all over the country. We had a chance to ask how their ASDA chapters went about their business, see how they ran their clinics, and how their schools worked.

Despite our lack of success in the realm of lobbying, the trip was still a great success. The students that we met and spent our time with made the experience worth every minute. The associations that we formed with students from other schools will follow us into the working world where we can continue to foster

those relationships at future meetings, continuing to learn from one another for years to come.



What not to do to your patient in clinic...



While the manikins in pre-clinic don't seem to mind the constant abuse that we subject them to, recent studies have shown that patients expect not to come home from a visit to the dental office with multiple sutures.



SPEC

Andy Bohnsack, D3

What do you do if you see your instructor having a beer over lunch? What if your classmate comes to clinic after a late night celebrating finals? What do you do if your benchmate is working on projects benchtop after-hours?

ASDA is interested in reviving the Student Professionalism and Ethics Club (SPEC) here at the U of M. If you are interested in becoming more involved with this group or have ideas for events and discussions, email Andy Bohnsack at bohns015@umn.edu.

Ethics has been a hot topic in dental education for the past few years and a big reason why ASDA created its White Paper on Ethics & Professionalism in Dental Education. You can check it out at asdanet.org.

MN ASDA'S MOUTHS IN MOTION RAISED \$3700 FOR U OF MN ORAL CANCER RESEARCH THANK YOU TO ALL OF OUR VOLUNTEERS AND SPONSORS!

[MOUTHS IN MOTION SPONSORS]



Congrats to the top finishers of 2009!

Last Name	First Name	Time	Age Division	PLACE
Schulz	Julie	27:50:00	Masters-Women's	1
Solberg	Jan	30:33:00	Masters-Women's	2
Swedell	Andrea	33:18:00	Masters-Women's	3
Blendermann	Cindy	19:39	Open-Women's	1
Renier	Erin	23:41	Open-Women's	2
Maier	Lacey	24:03:00	Open-Women's	3
Madden	Claire	26:22:00	Youth-Girls	1
Schulz	Paul	25:57:00	Masters-Men's	1
Madden	Michael	26:55:00	Masters-Men's	2
Rhodus	Nelson	27:56:00	Masters-Men's	3
Johnson	Bart	16:22	Open-Men's	1
Holmberg	Kyle	17:49	Open-Men's	2
Anderson	Timothy	18:38	Open-Men's	3
Schulz	Tyler	23:29	Youth-Boys	1
Storlie	Ben	24:42:00	Youth-Boys	2
Hildebrandt	Adam	30:42:00	Youth-Boys	3