

THE PERFECT FALL DESSERT FOR

DINNER PARTIES AND THANKSGIVING

GAMEDAY SPOTS OF COLUMBUS

THE BEST LOCATIONS FOR TAILGATING OR WATCHING OHIO STATE FOOTBALL





a publication of The Ohio State University American Student Dental Association

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# "Life starts all over again when it gets crisp in the fall." -F. Scott Fitzgerald

Fall at Ohio State brings with it a breath of fresh air and as the leaves start to change and the temperature slowly declines, campus quickly comes alive. The transition from summer to autumn brings with it sensational tailgates, football games that leave you on the edge of your seat or standing cheering with pride. apple picking and pumpkin carving, holidays and family time, and of course none other than Buckeye dentistry unity. Whether you are a fan or not, Ohio State Football gamedays create an ener-

gy on campus that is electrifying. Just being with friends or family at tailgates, sports bars or even at The 'Shoe itself to watch the game can bring with it

memories of a lifetime. Later in this issue is a spread on Gameday Spots of Columbus. Whether you are looking to watch Ohio State, other college teams or the NFL. some of these locations are a combination of great food, drinks and atmosphere. Some of my favorite gameday memories have been made in the company of friends and colleagues from dental school at the dental fraternity, Psi Omega. Their tailgates as well as those of Delta Sigma Delta, welcome in all dental and hygiene students, faculty, alumni, and any good friends of the latter.

Of course, with fall comes great responsibilites. The dental school schedule is more rigorous than the summer months and for the upperclassmen in clinic, the time is now to treat patients

and work on graduation requirements. But it is enjoying things like pumpkin spice lattes, fresh apples, warm soups, and Halloween candy — not without brushing your teeth immediately after consumption — that can bring us simple joys in life. It truly is chicken soup for the dental student's soul to take time to carve pumpkins with our ever developing handskills. Last year during the very busy and renowned D2 fall, I took the time with my boyfriend to carve an orthodonite pumpkin patient wearing braces, and what

a blast it was to take a break from studying to enjoy what fall has to of-

Lastly, looking back on each week spent in Postle Hall, I have realized that amongst all the students, fac-

ulty and staff there is unabridged unity. It is so exciting to refelct on everyone working together to make great dentists out of us and, of course, ourselves in all our clubs and student groups doing the best we can to make the most of this experience too. Fall at The Ohio State Univeristy College of Densitry is definitely the year's last and loveliest smile.



Editor-In-Chief Class of 2017



# Calendar & Events



— ASDA WELCOME BACK

BAR CRAWL

Ohio State

ASDA's Welcome Back Bar

Crawl was a great event to

meet your future dental

colleagues and have fun.

# ASDA WELCOME BACK SCAVENGER HUNT

Dls in teams of 4
traveled around
Columbus, learning
about the city and ASDA
while competing in
activities and contests
at each stop. Everyone
met at Postle Hall for
announcement of the
winners, food, and
for the official Dl
welcome.



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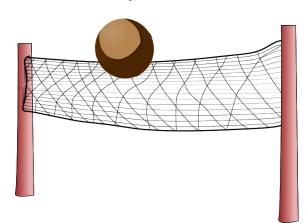
# ANNUAL VOLLEYBAL

We kicked off our shoes and celebrated completing the first week of fall semester at the Annual Beach Volleyball Tournament at Woodlands Backyard. It was free for all ASDA members. Drink specials provided.



# **VENDOR FAIR**

Gave students exposure to some of what the field of dentistry has to offer. From loupes vendors to financial advisors, it offered an insight into many of the products and companies that might interest our members. In addition, there was a raffle giveaway at the conclusion of the fair.







Once a year the schools throughout District 6 & 7 get together in a formal setting to discuss the issues specifically impacting the regional chapters. Speakers give presentations on chapter improvement, and breakout sessions allow the other chapters to learn from one another.

DISCTRICT 6 & 7 MEETING

## ODA ADVOCACY ACADEMY

An event hosted by the ODA where students have the opportunity to learn the proceedings of state government, how bills are enacted into law and how legislation has affected dentistry in recent memory.





This event is held at the Hilton Chicago. Students receive training in both general and specific areas of dentistry in dental school. This includes ethics, treatment options and patient care. The Conference covers the difference between the classroom and the real world by providing leadership training to all years of dental students. and even predentals. NATIONAL LEADERSHIP CONFRENCE

20 28 OCT 13 15 16 28 30 31 NOV 1

# **INVOLVEMENT FAIR**

This fair was a great way for incoming dental students to learn about the benefits of membership, and the different ways they can get involved. Each officer position had a booth that explained their role in the organization.



# **ADA SUCCESS SERIES**

This year, there were three one-hour presentations. They were presented by a volunteer dentist or subject matter expert. The first presentation was on Practice Management followed by The Future of Dentistry. The following day there was another presentation for the first and second year students on managing debt and wealth.



American Dental Association®



## TRIVIA NIGHT

This event supports the Ohio Dental Political Action Committee and organized dentistry. It is \$5 per attendee. Friends and family were welcome. It was located at World of Beer in the Brewery District.

# UPCOMING EVENTS

Representative Stivers Fundraiser
Dr. Henry Fields Home
Novmeber 15<sup>th</sup>

# District 6&7 Annual Meeting

By: David Gorenz, Vice President '17

or the first time in a long time, we hosted the District 6 and 7 Annual Meetings here at our very own Ohio State University College of Dentistry. The District 6 cabinet, which includes several of our OSU classmates, planned and put on the meeting under the guidance of the District 6 trustee, our very own Lydia Lancaster. I was looking forward to the meeting ever since Lydia announced over the summer that it was coming back to Ohio State. The opportunity to share our school and city with students from the eleven other schools making up districts 6 and 7 was exciting, and knowing Lydia as a good friend, I could foresee that the weekend was going to be a well-run, first-class meeting with opportunities to have fun, learn about organized dentistry, and network with dental students from around the Midwest.

The meeting began on Friday evening as students from the eleven visiting schools arrived in Columbus. Lydia and Erin Fraundorf, the District 7 trustee from the University of Lousiville School of Dentistry, welcomed everyone to Postle Hall with classy gift bags, a tasty catered dinner, and presentations on a couple topics. One of the topics on the agenda was the new district



mentorship program that will pair up dental students in the district with pre-dental students in the area. We learned about the benefits of the mentor/mentee relationship, and were given tips on how to best utilize this program. We also heard talks by leaders at the other dental schools about their chapter achievements and how they went about improving their chapters. This part was especially interesting to me as I'm always looking to better our chapter as the vice president. Plus it was fun just to hear about what's going on in the other chapters. The Friday meeting concluded with a chance to meet and discuss ideas with the other students in our district, and then a trip to Callahan's on Park St. for the ODA Bash social, which was fun as it is every year.

By Saturday morning, the ASDA fever was palpable. Meetings were held in the Franklin Room at the Hyatt downtown, and students were greeted by another gift bag full of ASDA goodies. We enjoyed talks from various speakers on different topics, most of which were focused on our future as dentists. We heard from Jason Watts, the

past Vice President of ASDA, about kicking off our careers with success after graduation. It was helpful, especially for the third and fourth years in attendance, to hear about getting jobs after dental school. We also received a talk from Dr. Tom Paumier and Dr. Joseph Crowley, leaders in the ODA and ADA, about the future of dentistry and the new task force in the ADA. Dr. Joe Crowley has been very active and generous with our chapter at the various national events we have attended over the years, so it was exciting to hear about his running for ADA President-Elect. Over the course of the morning, we also heard from ODA Executive Director Dave Oswiany on the importance of advocacy in dentistry, Lydia and Erin on ASDA's Strategic Plan, and in addition to the College of Dentistry's significant support, our very own Dean Lloyd gave a greeting for all assembled.

A productive morning in the books, we headed down to the ODA Annual Session for lunch and then boarded the buses to Psi Omega Dental Fraternity for an ASDA tailgate for the Buckeyes game. The tailgate was a blast and proved to be a big hit among the visiting dental students. I personally enjoyed getting to meet many of the students from the other dental schools, and it was fun to share clinic stories and experiences with the other D3's that I met. Satisfied with another Buckeye victory, we headed to Bar Louis to continue the socializing and grab some dinner. Saturday proved to be a really fun-filled day, and I am grateful for the opportunity to network and meet so many students from all over the Midwest.

The weekend concluded on Sunday with a breakfast and another morning of presentations. Among the speakers was ASDA Vice President Niveditha Rajagopalan on licensure and ASDA's progress in bringing about changes to the licensure process, and Dr. Jonathon Rich on wealth and debt management for dentists. We also received a very informative presentation by our chapter and district Legislative Liaison Spencer

Tepe. With that, the meeting was adjourned and everyone departed to head back to their respective schools, undoubtedly with a renewed ASDA fever, a greater knowledge of current topics impacting dentistry, and some new friends from around the Midwest.

I feel very fortunate to have been able to attend this conference and have the opportunity to network with other students and hear from some great speakers. This was my second time attending districts, and my fourth ASDA conference I've attended, and it surpassed all of my expectations for the weekend. It was great that we were able to get students from all four of our classes involved in the meeting, and I know everyone in our chapter that attended gained much from the meetings. I hope the ASDA fever continues through the semester and our chapter benefits from everything we took from the meetings.

I want to give a big thanks to our District 6 and 7 trustees, everyone involved in the district cabinets, all the speakers that came out, and our sponsors for providing another great ASDA experience! I also want to encourage any members who have not yet had the chance to attend an ASDA conference to apply for our future conferences and get more involved! I promise, the ASDA fever is contagious.

A video recap of the event can be found at <a href="https://youtu.be/fsbbqFlzeU">https://youtu.be/fsbbqFlzeU</a>





**District 7 Trustee Erin** Fraundorf, ADA District 7 Trustee Dr. Joe Crowley, and **District 6 Trustee Lyd**ia Lancaster pose for a photo at the District 6 & 7 Meeting

Dr. Crowley presented an update on what the ADA is working on, including the new student loan refinancing plan available to ADA members.

**Ohio State ASDA President Matt Kotapish and District** 6 Trustee Lydia Lancaster enjoying a tailgate at Psi Omega

The District 6 & 7 Meeting attendees had the opportunity to enjoy an Ohio State Gameday while tailgating at one of our fraternities, Psi Omega.







# District 6 & 7 Meeting attendees pose for a group photo

The event was held at The Hyatt Regency near the Greater Columbus Convention Center.

# Psi Omega Tailgate 85 W. 13th Ave

Members of District 6 and 7 enjoyed an Ohio State Football Pre-Game Tailgate before the game vs. Northern Illinois.





The Ohio State
University
College of
Dentistry
students in
attendance pose
with speakers.

The District 6 & 7 Meeting took place from September 18th-20th.





# Dean Lloyd, of The Ohio State College of Dentistry gave a greeting prior to lunch at the District 6 & 7 Meeting

Attendees from the dental schools Case School of Dental Medicine, The Ohio State University College of Dentistry, The University of Michigan School of Dentistry, University of Detroit Mercy School of Dentistry, West Viriginia University School of Dentistry, Indiana University School of Dentistry, Marquette University School of Dentistry, Midwestern University College of Dental Medicine - Illinois, Southern Illinois University School of Dental Medicine, University of Illinois at Chicago College of Dentistry, University of Kentucky College of Dentistry, and University of Louisville School of Dentistry watch the opening remarks.



# Community Outreach in Dentistry

By: Katie Seymour Community Outreach Comittee Chair '17

"As you grow older, you will discover that you have two hands - one for helping yourself, the other for helping others." - Audrey Hepburn uring dental school, our schedules are busy - full of labs, studying, and boards. When treating patients in the clinic, we only rarely have opportunities to serve patients outside of the typical school day. Whether it's a screening event at a Head Start program, a health fair at a local school, or an extraction at a free clinic, community outreach opportunities can manifest in many different ways.

Taking advantage of opportunities to engage with the local and global community as a part of outreach programs can help you break the bubble of Postle - you'll interact with faculty in a different environment, bond with your classmates, and put our busy schedules back in perspective. You'll remember that early Saturday morning you went into school for the Give Kids A Smile event, or the elderly lady in a nursing home you helped with her dentures many years after graduation.

Ohio State ASDA members have worked with special needs populations through Special Smiles at the Special Olympics, with kids at a variety of school-based programs, and with geriatric populations at local nursing homes through Smiles for Seniors. While each population has a unique set of oral

health care needs, the opportunity to work with each group reminds us of the great privilege and responsibility we have as health care professionals.

Not only do outreach events bring much-needed oral health care services to people who otherwise could not access or afford oral health care, but they also provide an opportunity for students to broaden their understanding of public health disparities something that is more easily demonstrated in outreach activities than taught in the classroom. These types of experiences during dental school create a generation of dentists who are socially aware and committed to lifelong community engagement.

Community outreach can take a wide variety of forms, which will evolve as we graduate from dental school and become established health professionals in the community. Later in our careers, we will have the time, financial means, and resources to give back to the community in increasingly impactful ways. Whether you give a few hours locally or a few weeks internationally, community outreach can be an enriching component of a successful and fulfilling career in dentistry. Your potential impact can exceed your expectations.

# The Ohio State University College of Dentistry:

A Celebration of 125 Years of Excellence

By: Urvi Shukla Secretary '17



n my daily route up to Clinic I, I walk past the endless class pictures that line the Administration Offices Hall, and I sometimes find myself pausing to catch a glimpse into Postle Hall's history through these antique photographs. As I look at these pictures I am amazed by how many dental students stood in these same halls before me with the same goal in mind: becoming the best healthcare professional they could be. I am also astounded by how much history there is behind the walls of our dental school and how many great practitioners received their dental education here.

This year marks The College of

Dentistry's 125th Anniversary—one hundred and twenty five years of producing exceptional dental care to the Columbus community and training proficient dental students since 1890. In the early years the dental, medical and pharmacy colleges were all a part of a single university named Ohio Medical University (OMU). The College of Dentistry was known as the Dental Department, which was a free-standing, private institution.

The Dental Department of OMU (and later The Ohio State University College of Dentistry) has been demonstrating its progressive and culturally advanced academic culture since the beginning of its creation in many ways. For example, in 1896-- just two years after the first dental class grad-

uated--OMU "Medics" played their first football game against the Ohio State Buckeyes. The pre-professional students at that time were definitely not only smart but also athletic! Shortly after, Nina Dunlop and Sophia Kimball become the college's first female graduates in 1900—twenty years before the women gained the right to vote. Two years later another woman named Gillete Hayden graduated from OMU and she would later become the organizer and co-founder of the American Academy of Periodontology in 1914. OMU Dental Department

(and later The College of Dentistry) was well ahead of its time and helped create the progressive and research-driven College we

see today.

However, the success of the College wouldn't have been without the leadership of Dean Wendell Postle (from whom the building is named). Wendell Postle grew up around Ohio State and his love for this university ran deep within his veins, as his father graduated from OMU's

Medical School. He came to Ohio State to attend the College of Dentistry—becoming the first member of his family to graduate from this program. He served as an instructor and then after was named the dean of the College of Dentistry in 1939. At the ripe age of 39, Wendell became the College's youngest dean and served for 25 years.

Dean Wendell Postle was not only passionate about dentistry, but also about football. He was one of the few representatives who served as a representative to the Big 10 athletic conference in 1947 and was part of the group that hired Woody Hayes in 1951 as well. I suppose it is safe to say that Wendell Postle made an impact on the success of the football prgram as well!

As dean, he was loved by students and faculty alike. He also collaborated with other Deans of the university to raise funds to construct Doan Hall (part of the medical center) as well as the dental school. He was known as a pioneer in dental

education and pushed forth efforts to create the College of Dentistry's very

first Dental Hygiene program.

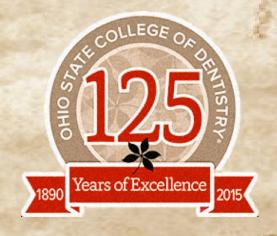
With all of this amazing history of Postle Hall in mind, it is important to continue the progressive ideals and vision of Wendell Postle and others who shaped the Ohio State College of

> Dentistry. The College's 125-year Anniversary reminds us about the dynamic culture of dentistry and how we can look towards the future. As I walk through the Administrative Halls and see the faces of the dental students who graduated be fore me, I will remember to work hard and contribute all I can towards the future of this profession because together we can also make advances in our field while deliver-

ing quality care just as our forefathers

envisioned.

More information can be found at: https://dentistry.osu.edu/journal/story/postle-family-legacy



# GAME DAY SPOT

## Varsity Club (Lane Ave)

Interested in joining one of the largest tailgates that Columbus has to offer? Varsity club is located less than 500 yards from The Shoe and features plenty of TV, bar, and outdoor access. They offer a menu that is full of your game day favorites and plenty of drafts to keep the crowd spirited. Night game? Don't worry, Varsity club has a late night menu that keeps you from being hungry.



Blurbs By: M Newsletter C

## Alumni Tailgate in Postle Courtyard

Alumni came to watch the Buckeyes take on the Maryland Terrapins on October 10th, homecoming weekend. Dental students and dentists hung out at Postle for a reason other than treating patients and heading to the P.I.T! Alumni, faculty, students and friends were welcome to come to the Postle Hall courtyard for a tailgate brunch. Kickoff was at noon!



Delta Sigma Delta
Dental Fraternity (Neil Ave)
More well known as D-Frat, this
dental fraternity is sure not to
disappoint on game day. Sponsored free food and beverages,
games and music that create
the perfect tailgate atmosphere. Got tickets to the game?
D-Frat is located on Neil Ave
and is only a short walk to the
stadium!



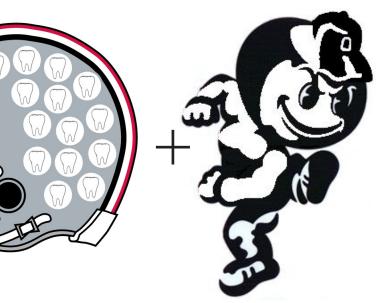
# S OF COLUMBUS

lattie Stowell ommittee '18



## Psi Omega Dental Fraternity (W 13th Ave)

Let's face it, no one knows how to celebrate a Buckeye game better than the dental students (or dental alumni), so check out the Psi-Omega Dental Fraternity house on E. 13th! Sponsored free food and beverages in their spacious yard and house as well as plenty of yard games and music to get you excited for the game. Located conveniently close to the campus bars, you can stay on campus or make your way there to watch the game!



# Big Bar (High St.)

Located close to the student union on High Street, Big Bar is definitely full of Buckeye pride on game day. You can hear the roars from the stadium on their rooftop bar area, which features flat screen TVs, sunlight and arguably the best view of High Street. When it gets colder, walk downstairs to their even larger floor that serves food and drinks and is home to a 30 foot jum-

botron.



# y friendship



## Eddie George's Grille 27 (High St.)

This modern, up-beat sports bar is owned and named after the 1995 Ohio State Heisman Trophy winner. Eddie George's is located in the heart of campus and serves everything from award-winning food, to beer and creative drinks. This game-day spot will not disappoint with its die-hard crowd and constant Buckeye pride.

# The Palatal Expander

# PUMPKIN PIE CRESECENTS

**Ingredients** 

-1 roll of Pillsbury crescent rolls

-1/2 cup of canned pumpkin pie filling

-1 egg yolk Glaze

-1/2 cup powdered sugar

-1 tablespoon maple syrup

-1/2-1 tablespoon of milk

# **Directions**

-Preheat oven to 375 degrees.

-Combine pumpkin pie mix and egg yolk.

-Unroll crescents and place 1 slightly heaping tablespoon of pumpkin pie mix on each crescent.

-Roll the crescent over once and pinch the sides to contain the filling.

-Place on a parchment paper lined pan.

-Bake 10-12 minutes or until browned.

-Combine glaze ingredients. Place in a small Ziploc baggie.

-Let cool on the pan 10 minutes.

-Snip off a corner of a Ziploc bag, and drizzle the glaze over the crescents.



# Dr. Henry W. Fields The Ohio Dental Association PAC

# CORDIALLY INVITE YOU TO A RECEPTION

HONORING

# UNITED STATES CONGRESSMAN STEVE STIVERS Senior Deputy Whip

Sunday, November 15, 2015

2:00 p.m.

AT

Dr. Fields Home 1393 Harrison Pond Drive New Albany, Ohio 43054

\$100 Practicing Dentist \$15 Dental Student Attendee

To RSVP or for more information, please contact Lara Lashutka Crotty at 614-456-2042 or lara@stevestivers.com

Make Checks Payable to: Stivers for Congress 211 South Fifth Street Columbus, Ohio 43215

Paid for by Stivers for Congress

# Dr. Sarah FOWLET

# Getting to

En

By: Kyle I



# •Where were you born and raised? "Columbus, Ohio"

### •What is your favorite childhood memory?

"Hanging out with my cousins and sister on the farm where our dads grew up. We still do that a couple times per year, now with our own kids, and it's the best."

## •Where did you go to college and dental school?

"College: University of Nevada, Reno. Dental School: UNLV School of Dental Medicine. Post-grad: Ohio State College of Dentistry (GPR, Endo Fellowship, Endo Residency)"

# •What is your favorite tooth to endo? "Tooth #3"

100111 #3

### •What is your family like?

"Husband, Ron, who is also a dentist (met in dental school); son Evan, 5 years old; daughter, Eleanor, almost 2 years old; old mutt dog, Bully (Mr. Bulls, Doggie Bulls, the B Dogg)."

### •What do you like to do for fun on the weekends?

"Watching sports or going to sporting events, playing outside with my kids, bike rides, cooking/baking, and CrossFit."

### •What is your favorite holiday and why?

"Thanksgiving. Food, friends & family, football, its fall, etc."

### •Pancakes, Waffles, or Other?

"All three, but WAFFLES every day if I could."

### • Favorite Food?

"Hang Over Easy's Chicken & Waffles!"

### •Best concert you have been to?

"Kenny Chesney and Zac Brown Band at Heinz Field in Pittsburgh in 2012. Before that one, I would have said Rolling Stones with Pearl Jam at the Oakland Coliseum in 1998."

### •What is your favorite movie?

"That's a tough one because I love a ton of movies. Current favorite (and Dr. Drum's too, BTW): Magic Mike XXL"

### •Who is your celebrity crush?

"All time: Paul Newman. Sam Heughan on a global scale. Eddie George on a more local scale."

# •If you could be transported to any time period, what would it be and why?

"Elizabethan England, just for a bit to see what it was really like, but not to stay forever."

# •What 3 things would you bring if you were stranded on a deserted island?

"Sunscreen, a case of Trader Joe's Maple Leaf cookies, and a Mason jar."



# Vicky Grubbs

•Where were you born and raised?

"Born in Manhattan, New York...raised in Miami, Florida in the 50's, 60's and 70's."

•What is your favorite childhood memory?

"When my oldest brother Fred would come home on leave from the Navy:)"

Where did you learn assisting and how long have you been at Ohio State?

"Trained on the job dental assistant since 1972, mostly private practice, but also taught dental assisting in an evening program, so I could help with grandkids during the day. Here at COD for 3 years now!

Also I am a Licensed Massage Therapist for the state of OHIO!"

- •What is your favorite dental tool? "Snap-a-Ray"
- •What is your family like?

"3 AWESOME children, Jessica, Jon and Carly. Two beautiful grandkids Jake (9) and Maddie (6). Bella our dog"

•What do you like to do for fun on the weekends? "Weekends are spent chilling on the deck with my husband, and/or the entire family, and grandkids as much as possible."

•What is your favorite holiday and why?

"Thanksgiving hands down fav. Fun, Food, Family, and lots of board games and sleep overs:)"

• Favorite Food?

"A Latin dish called 'Ropa Vieja."

•Best concert you have been to?

"First concert with my husband (Philsey), Elton John in 1973."

• What is your favorite movie? "Sound of Music"



# Tammy Harris

- •Where were you born and raised? "Columbus, Ohio"
- •What is your favorite childhood memory? "Spending the summers on my grandparents' farm."
- Where did you learn assisting and how long have you been at Ohio State?

"Been at The Ohio State College of Dentistry for almost 2.5 years. Dental assisting program in high school is how I got into dental assisting."

•What is your family like?

"Married, 15-year-old son, dog, cat and a bird."

- •What do you like to do for fun on the weekends? "I enjoy spending time with my family on the weekends and motorcycle riding with my husband."
- •Pancakes, Waffles, or Other?

"No pancakes, biscuits and gravy for me."

• Favorite Food?

"Chicken and Dumplings"

- •Best concert you have been to? "George Strait"
- •What is your favorite movie?

"I have several, so I'll go with National Treasure."

- •Who is your celebrity crush?
- "Owen Wilson"
- •If you could be transported to any time period, what would it be and why?

"The time period would be the 1950's. Love the cars, clothes and music!"

•What 3 things would you bring if you were stranded on a deserted island?

"3 things I would take on a stranded island: Lifetime supply of Cheez-Its and sweet tea, a hammock, and a Swiss Army Knife."

