

# 12<sup>TH</sup> &

# NEIL

## MAGAZINE

Spring 2015

### GETTING TO KNOW DR. MARK MORRISON

“I ENJOY CREATING ANATOMY  
ON MY RESTORATIONS.”

### Q & A: ASDA ANNUAL SESSION

MEMBERS REFLECT ON  
THEIR EXPERIENCE

### STUDY SPOTS OF COLUMBUS

THE BEST LOCATIONS  
FOR EXAMS AND BOARDS  
STUDYING

### ADVOCACY

ODA  
OPPORTUNITIES  
FOR NEW  
DENTISTS

### STUDENT SPOTLIGHT

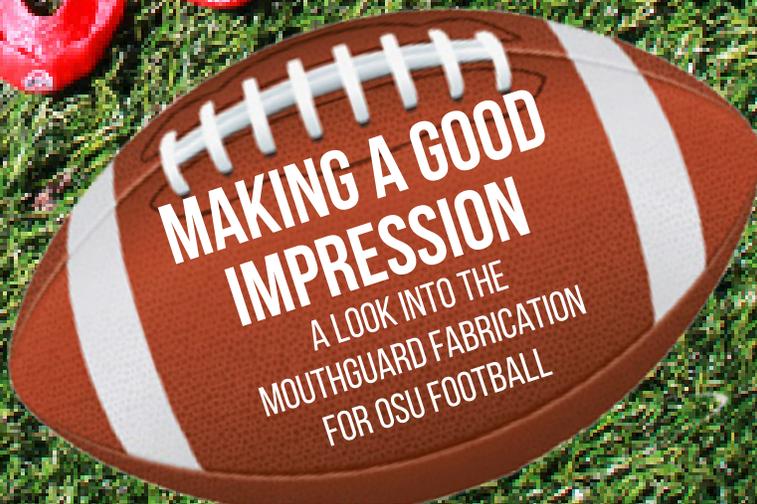
KATY HARRINGTON  
CLASS OF 2017

### THE PALATAL EXPANDER

SPRINGTIME TREATS  
FOR THE CHOCOLATE  
LOVER

### MAKING A GOOD IMPRESSION

A LOOK INTO THE  
MOUTHGUARD FABRICATION  
FOR OSU FOOTBALL



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## What dental school means to me... *More than a doctorate degree*

When thinking back to the process of applying to dental school, my impression of what was to come couldn't be more different than what it truly is. I always wanted to be a dentist, and appreciated my time in the dental office around my mentor, Dr. Elfers (Class of '94). Seeing how much fun she has day in and day out taught me to aspire to have that same positivity when practicing in the future. But, surprisingly, it never occurred to me that dental school could be just the same. The portrait I had painted was one of demanding labor consisting of late nights studying and practicing in the PITS\*, and no time to be anything other than a student dentist. At times, the latter is true but when looking back at my past two years, I can sincerely say the best adjective to describe dental school in its entirety is none other than simply, **fun**.

Its not very often a group of such similar people come together with the same goal. And with that being said, that group of similar people, aka future dentists, entails an assembly of motivated, detail-attentive, and genuinely good souls. There is, undoubtedly, no better way to find wholesome and long-lasting friendships and colleagues. Going through the ups and downs of dental school as one big family of future dentists provides a bond people search a lifetime for.

Here at The Ohio State College of Dentistry, there are many opportunities to showcase your talents or grow as a young professional. With leadership positions ranging from the realm of community service to editing

a newsletter one can find a multitude of ways to really cultivate oneself. I never would've thought that being the secretary of the Class of 2017 or the Editor-In-Chief of this quarterly newsletter could teach me so much about life in addition to being a student in professional school. If anything these positions and this profession has taught me the value of helping others whether its family, friends, colleagues, or patients. And come to think of it isn't that why we all want to be dentists in the first place? Nonetheless, I believe much of my happiness as a dental student came from the fun experiences gained through involvement.

So I ask you to think back to the image you had of dental school when all you worried about was the DAT and AADSAS and reflect on how it did or did not equate to your expectations. Hopefully, you find yourself recalling some great memories and the beginning of marvelous friendships along the way. After you read this Spring Edition of 12th & Neil, I challenge you to do all that you can to make dental school one experience that will bring you memories to last a lifetime, after all, it is fun isn't it?

*Lindsay*

- Lindsay Runyan  
Editor-In-Chief  
Class of 2017



\*PITS =Preclinical Intensive Training Section

# Calendar & Events



PRE-DENT DAY  
POSTLE HALL

Ninety-nine pre-dents attended this past Pre-Dent day. With the help of OSU ASDA members, the pre-dents learned how to take impressions, drill and examine x-rays. In addition, they could ask questions to a student panel.



ASDA members in attendance were able to network, learn about the issues affecting dentistry, and meet with legislators. In between meetings they were able to tour the statehouse.

DAY AT THE  
STATEHOUSE

FEB

18 19 20 21 28

MAR

4 27 28



**Annual Session**

ANNUAL SESSION  
BOSTON, MASSACHUSETTS

Nine ASDA Ohio State members were selected to attend this annual session. This ASDA event provided networking and many learning opportunities.

ODA LEADERSHIP INSTITUTE  
HILTON POLARIS  
COLUMBUS, OHIO

ASDA members were able to sign-up to attend courses and speakers. There was also a New Dentist Luncheon.



**NATIONAL DENTAL STUDENT LOBBY DAY WASHINGTON, D.C.**

Students traveled to the Capitol to lobby for current bills affecting dentistry. Monday was dedicated to learning about the political aspect to our profession and the details of HR 539 and 649. Tuesday, students traveled to the Capitol to speak with Congressmen and Senate staff.



**COMMUNITY OUTREACH MAKING DINNER AT THE RONALD MCDONALD HOUSE**

Provided, prepared, and served pasta dinners for families staying at the Ronald McDonald House. It was a wonderful opportunity to step outside Postle Hall and provide a home-cooked meal during challenging times for these families.

**UPCOMING EVENTS THIS FALL**

September 17-20  
ODA Annual Session

October 30-November 1  
National Leadership Conference



**ASDA ANNUAL GOLF OUTING GOLF CLUB OF DUBLIN**

Lunch: 12:00 pm,  
Shotgun Start: 1:00 pm  
Includes 18 holes of golf with cart, grilled lunch, two beverage tickets, and a buy one get one free pass to return to the Golf Club of Dublin. Contests, Prizes, and Raffles will be occurring throughout the day!



**COMMUNITY OUTREACH DENTAL SCREENINGS AT CHAMPION AVENUE FOOD PANTRY**

This event provided oral screenings and OHI in addition to the distribution of toothbrushes and tooth paste.

**COMMUNITY OUTREACH SPECIAL SMILES**

This event is in conjunction with Special Olympics State Summer Games. Will provide dental screening, OHI and give out dental hygiene tools like floss and toothbrushes.



# ODA OPPORTUNITIES FOR NEW DENTISTS

**Karli Hill**

The Director of Membership and Marketing of the Ohio Dental Association

## OPPORTUNITIES FOR NEW GRADUATES

The ODA offers many opportunities to help new dentists transition from dental school to practicing dentists. From financial aid to resources for dentists of all ages, the ODA can help dentists get started in their careers.

## ODLRP

In Ohio, recent graduates can apply for the Ohio Dentist Loan Repayment program, which repays a portion of a dentist's student loans in return for them working in a designated shortage area and providing care regardless of a patient's ability to pay. More information can be found at <http://www.odh.ohio.gov/odhPrograms/ohs/oral/safetynet/loanpgm.aspx>.

## Alternative pathway to dental licensure

The ODA is constantly tracking legislation and advocating for changes that will positively impact the profession of dentistry. One piece of legislation that was recently enacted to help improve access to care is House Bill 463. One provision in this law creates an alternative pathway to licensure for residents who successfully complete a program accredited or approved by the Commission on Dental Accreditation of the American Dental Association and operated by a dental school or hospital. These graduates would not be required to complete a regional board exam to secure state licensure in Ohio.

## Dues

The ODA offers new dentists a discount on their dues payments to help ease the transition after dental school. The first year out of school, dues are free; the second year out, dentists pay 25 percent of the cost of active dues; the third year out 50 percent; and the fourth year out 75 percent.

In addition to the discount, the ODA offers members the opportunity to pre-pay the following year's tripartite membership dues in monthly installments for no additional cost. Monthly payments differ depending on the cost of each individual's dues category, the cost of

component society dues and the time of year a member enrolls.

New dentists in the reduced dues program can benefit even more by enrolling in the pre-pay installment program early on and paying their dues in smaller monthly installments before they transition into paying full active dues, which should make that transition even smoother.

## Resources

The ODA also has a wide range of resources available to help new dentists get started:

- From regulatory updates to legal and insurance information and practice management tips, the ODA provides members with information that is relevant to their practices and can't be found anywhere else. The ODA publishes the "ODA Today;" "NewsBytes," an e-newsletter; and "generationD," an online publication for new dentists and dental students, plus has numerous resources available 24/7 at [www.oda.org](http://www.oda.org).

- ODA staff members are available to provide information and answers to members' toughest questions. This includes everything from assistance with dental board and licensure questions to regulatory compliance to buying or starting a practice.



Dentists in practice for 10 years or less enjoy networking with colleagues at the ODA Annual Session reception for New Dentists



Attendees had an opportunity to take an open air safari tour to see the animals at The Wilds during the ODA new dentist event

- The ODA also offers a free insurance contract analysis service that explains contract language in plain, clear terms and allows dentists to make informed, independent decisions.

- Classified ads are posted online and in the “ODA Today.” The classifieds are available only to members, and are a great resource to dentists and dental students looking for an associateship position, a practice for sale, equipment for sale and more.

- The ODA Services Corp. (ODASC) researches and endorses products from insurance coverage to whitening gel to credit card processing systems and more to help dentists save time and money.

- All employers are required to post numerous employment posters in their offices. The ODA can send all required posters to ODA members for \$6 plus tax, which covers the cost of printing and shipping.

- The ODA’s resource library, which can be found at <http://oda.org/resource-library/>, includes many helpful documents for all dentists. Topics include creating employee manuals, regulatory compliance issues, dental insurance matters and more.

## Annual Session

The ODA Annual Session always has a lot to offer for new dentists. In 2015, new dentists will receive \$50 off of the first CE course they register for. ODA Annual Session also features a New Dentist reception every year, where dentists in practice for 10 years or less can meet up with colleagues their age from across the state.

Annual Session also features one of the largest Exhibit Halls in the area, and it’s a great place for dentists who are planning to open a practice to purchase everything from chairs to handpieces.

## ODA Subcouncil on New Dentists

The ODA Subcouncil on New Dentists meets several times a year to discuss issues important to new dentists and to make sure the ODA is adequately serving young members. New dentists have different needs than older dentists as they make decisions about their careers, and the Subcouncil on New Dentists understands that because it is made up of new dentist members.

## Special Events

The ODA hosts several special events for new dentists each year as a way for new dentists to meet and connect with other dentists their age from around the state.

In 2014, the Subcouncil on New Dentists hosted a free event for new dentists and their families at The Wilds. Attendees had a chance to take an open air safari tour to see the animals, plus the ODA had activities for kids including pumpkin painting, coloring and corn hole.

The ODA also hosted a new dentist reception in conjunction with the 2015 ODA Leadership Institute. Attendees had an opportunity to network with colleagues and ODA leaders plus enjoyed bowling, food and drinks.

Support provided by:

OHIO DENTAL ASSOCIATION  
*Informing · Representing · Serving*

[www.oda.org](http://www.oda.org)

# MAKING A GOOD

The art of impression making

120B

DENTIST  
OFFICE

# GOOD IMPRESSION

## on and off the field

By: Mattie Stowell ('18) Newsletter Co-Editor



With a 14-1 record and a National Championship title to boast their 2014 season, The Ohio State Buckeyes' football team made a statement. And while America was mesmerized by their unstoppable offense, resilience after injury, and the "crop top" fashion trend, we, as dental students, could not help but notice their bright red, top of the line, form fitting mouth guards.

Behind the scenes of the outstanding football program here at The Ohio State University is team dentist, Dr. Deborah Mendel and her "dental squad" including, D4 students Ashley Pappesh and Logan Halderman. Dr. Mendel has been taking impressions on athletes in order to fabricate mouth guards since 2000 as team dentist for basketball, football, lacrosse, field hockey, ice hockey, and wrestling. The NCAA now requires mouthguards for all of these sports excluding basketball. These mouthguards are designed to protect athletes from trauma to the mouth and teeth have been suggested to play a role in concussion prevention. Today, Dr. Mendel has the ability to personalize mouthguards with The Ohio State logo and unmistakable scarlet color.

CONTINUED ON PAGE 9



Pictured is Dr. Mendel, Ashley Papesch (D4) and Logan Halderman (D4).

one another to which they might ask, 'what is Dr. Mendel's secret?' Besides fifteen years perfecting the art, Dr. Mendel reports that it's all in creating the perfect "water to powder ratio." According to Dr. Mendel, it is particularly important to capture the vestibule of each patient which can be accomplished, in part, by "swiping the alginate under the patient's lip and on their teeth."

While it may take a few more tries for the DI's to perfect the art of taking a good impression, we are assured that Dr. Mendel's mouthguards will help keep her athletes' smiles injury free in order to make a good impression on the field during the 2015 season. As Grant Schmidt commented, "making a good impression is challenging," you just have to "look forward to stepping up to it."

Dr. Mendel's favorite part about working with student athlete's is "getting to know the athletes as people"! She had an opportunity to do just that as she prepared the incoming first year football athletes for the annual spring game against Maryland in April. Incoming first year, Grant Schmidt from South Dakota comments that unfortunately the impression material tastes like "spray paint", however he reports that this doesn't frighten him from going to visit Dr. Mendel. Unfortunately, Schmidt cannot say the same about the orthodontist, "that is a different story," he claims.

In the process of making a mouthguard, taking the perfect impression may be considered the most important, yet challenging task. This year, the DI's at the College of Dentistry were introduced to the tricky task of taking impressions on



Its all smiles as Dr. Mendel take an impression of Grant Schmidt of the Ohio State Football Team for moutguard fabrication.

# STUDENT SPOTLIGHT: Katy Harrington

*"You look at science as some sort of demoralising invention of man, something apart from real life, and which must be cautiously guarded and kept separate from everyday existence. But science and everyday life cannot and should not be separated. Science, for me, gives a partial explanation for life. In so far as it goes, it is based on fact, experience and experiment."*

— Rosalind Franklin

For me, delving into research at the end of my D1 year was just as Rosalind Franklin described – a way to connect my future day-to-day life with the world of dental science. Research was a way for me to gain experience in a dental specialty and to network with other dentists and faculty. I believed that it would provide a route to take what I had been learning and studying incessantly within the halls of Postle out to the 'real world.' Quite frankly, when I applied to the student research program for the summer of 2014, I had no idea what I was getting myself into – I hadn't yet met or even talked with the resident that would be my mentor, no idea what the project entailed, or even what it was about! I knew that I would be working at Nationwide Children's Hospital with a second year resident to study pediatric sedation. I quickly learned that I would

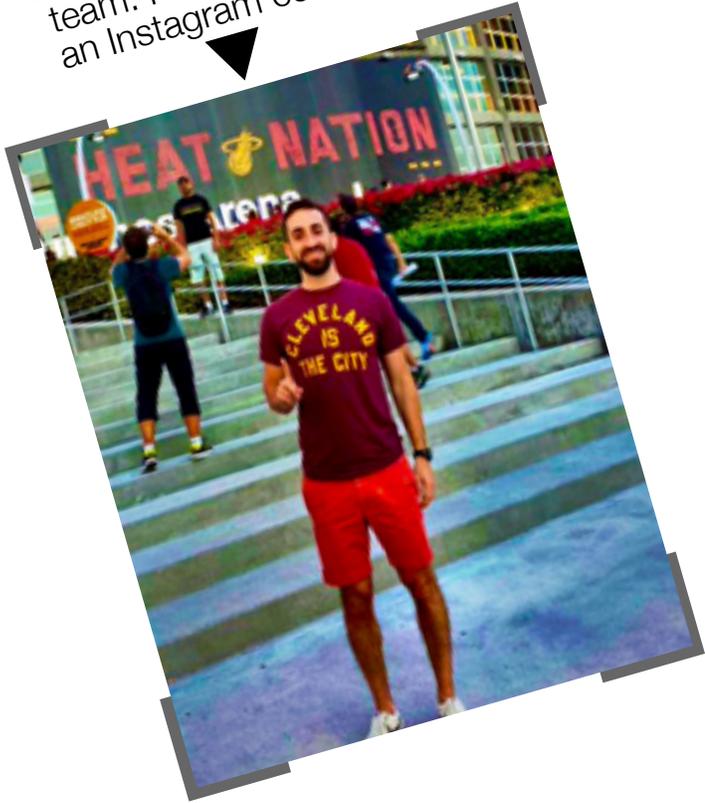
be helping to complete a retrospective study about the variables concerning the selection of pediatric oral sedation regimens that are utilized to complete dental work for children and their potential outcomes or adverse side effects. The resident and I meticulously reviewed approximately 700 patient sedation appointment charts and parent surveys to create a database of information over a time span of few months. I had the opportunity to observe some sedation appointments at the Nationwide Children's Hospital Dental Clinic. I was exposed to multiple ways children can be sedated, and witnessed the effects of some of the drugs we were learning about in Pharmacology class. With the help of the IT and biostatistics teams at Nationwide Children's Hospital, we analyzed our database to determine if there was any statistically significant information concerning our topics. Everything Dr. Rashid had taught us during the fall semester of D1 year suddenly began to make sense! I was able to apply things I had learned about on paper to relevant situations concerning my future career. My portion of the project 'The Prevalence of Post Discharge Outcomes After Pediatric Oral Sedation,' had some interesting findings which I was able to incorporate into my poster for The Ohio State University College of Dentistry



CONTINUED ON PAGE 18

# SPRING BR

D3, Rami Mikati soaked up the sun 90 miles from Cuba, and got to witness the Cavs get crushed by LeBron's ex-team. He also became an Instagram celebrity!



D1, Carson Spornhauer, went to the Dominican Republic. "The weather and the beach were beautiful and the break from studying was much needed."



D2 and ASDA President, Matt Kotapish, visited Key West.



# WEEK 2015

an beautiful ed!"

D2, Urvi Shukla and her family posed for O-H-I-O on their cruise to Jamaica.



D2, Lindsay Runyan and her boyfriend rode in a dune buggy to a fresh water lagoon on their visit to Punta Cana, Dominican Republic.



D1s, Mike Vieth, Kala Warner, Kyle Boyd, Isaac Raptou, Akshi Patel, Karishma Patel, Maria Schneider, Wade Settler, and Cameron DeMarsh, visited Hawking Hills, OH.

# Q&A

# ASDA ANNUAL SESSION 2015

BOSTON, MASSACHUSETTS

Members in attendance from different classes answer, “What was your experience like at the Annual Session?”



Jimmy Zimmerman (President Elect '18)

As a D1, I wasn't sure what exactly to expect from Annual Session, but I soon found out the trip to Boston was a blast! It really helped develop me as a student, advocate, professional, and just a friend in the College of Dentistry. For example, I attended a seminar on how to understand your personality traits to leverage them into becoming a better leader, as well as the different stages of leadership development. Furthermore, I learned from other ASDA chapters their best activities, fundraisers, and social events to help improve our chapter in Columbus. My favorite sessions, though, were the House of Delegates meetings; I really enjoy Parliamentary Procedure, and getting to see the organization on a national level and join the discussion on dental students' biggest issues was thrilling. Matt and Morgan even let Justine and me sit on the House Floor for one session as Ohio State's official delegates (don't worry, we didn't vote on anything)!

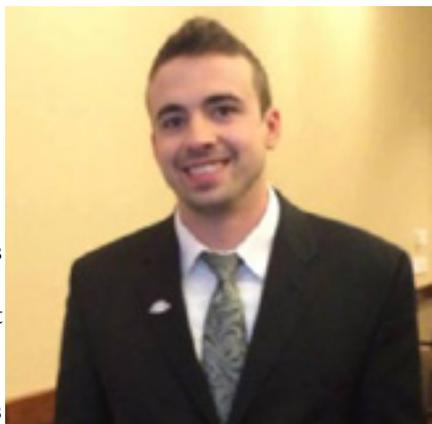
On a personal level, though, Annual Session was a great opportunity for networking and building relationships with other students, especially the ones here at 12th and Neil. Spending five days with the same people really brings you closer, and I now feel more connected with the upperclassmen who went on the trip, and consider them good friends. We all even had time to explore Boston itself, seeing Fenway Park, the “Cheers” replica set, and walked the Freedom Trail to Paul Revere's house and the Old North Church. We didn't sleep much those five days, but it was an experience I will remember for a long time as when I really caught the ASDA fever. I'm really looking forward to creating great events for our members and meaningful programming to help serve you all better, as well as dentistry as a whole. I recommend anyone, regardless of year in school, to sign up for these experiences so you, too, can catch the ASDA fever and watch it spread!

Justine Bednarski (District 6 Events Chair '18)

When I heard the news that I was going to the ASDA Annual Session in Boston a few weeks ago, I couldn't have been more excited. As a first year in dental school, I really had no idea what to expect aside from attending conferences and meeting other students from across the country who were involved with ASDA. After arriving in Boston, the eight of us on the trip settled into our hotel rooms and quickly made it to the welcome reception where we mingled with other dental students and practicing dentists. Each morning was spent participating in various meetings where resolutions were discussed and voted on and students running for executive positions were questioned during each district caucus. The afternoons were mainly split into different break-out sessions with topics like licensure and how to be a more effective leader, and each person was able to attend the session that they found the most interesting. This trip gave us the opportunity to meet influential leaders in dentistry, like the president-elect of the Academy of General Dentistry, along with students who have executive positions at their local chapters. One of the greatest experiences of the trip was when Morgan and Matt allowed Jimmy and me to represent Ohio State in the House of Delegates for the closing meeting. Having had the opportunity to see how ASDA runs on a national level was definitely eye opening and helped inspire me to want to get more involved with ASDA by running for a national position next year. Aside from the conferences and meetings, the best part of the trip was exploring Boston and really getting to know Jimmy, Morgan, Clare, Lydia, Ben, Matt, David, and Tony. Hearing all of their stories and how much they have gained from being involved in ASDA was both inspiring and motivating for me to see how I can continue to get more involved with this great organization.

## David Gorenz (Vice President '17)

Attending Annual Session allowed me many opportunities that I am very thankful for. Having served as the Membership for our own ASDA branch last year, I arrived in Boston eager to discuss membership issues and share ideas with leaders at the other colleges across the country. Over a couple of networking lunches and dinners, I gathered



a number of potential ideas to implement here at Ohio State from several student leaders of schools ranging from Houston to Nebraska. I also attended a break-out session one morning devoted to Membership planning, and I am excited to share what I learned with Mike Vieth, our new Membership Chair. Annual Session also allowed me to gain a more complete insight into how ASDA works on a national scale, and how the leadership is split up and decided. It was interesting (and entertaining) to watch each of the candidates for president, vice president, and speaker of the house answer questions and speak their cases in front of all of the 600 plus ASDA leaders that were in attendance. I think the greatest benefit I took out of attending Annual Session, though, is the so-called "ASDA fever" that I caught the first night of the session and still, remarkably, have going strong. The energy and enthusiasm that everyone had for organized dentistry and improving our profession was contagious. It was inspiring to see students from all over coming together to share ideas and work towards unified goals. I am very thankful and humbled to have been given the chance to attend Annual Session. I left Boston with a greater knowledge of ASDA on a national scale, and a stronger direction of how I want to lead our chapter here at Ohio State over the coming year.

## Lydia Lancaster (District 6 Trustee '16)

Over 600 dental students gathered in snowy Boston for ASDA Annual Session. The keynote speaker, Neil Pasricha, presented a talk titled "Awesome Leadership". Specifically, he discussed how small, ordinary events can collectively result in a major, "awesome" effect. As a seasoned ASDA leader, my Annual Session experience could be described similarly—a collection of instances that significantly impacted me personally and professionally.

As a leader who has been to several meetings at this point in my ASDA journey, a special part of any national meeting is spending time with colleagues across the country. Through the years, several of these students have become personal friends, and Annual Session serves almost as a reunion. It has always been interesting to learn about other dental schools and their student experiences, especially the clinical aspect. Though schools vary drastically, the similarities of the challenges that students face is striking. What is most inspiring, though, is meeting student leaders who care so greatly about preserving our profession.

Naturally, my District Trustee election was a major part of 2015 Annual Session. The trustee position in ASDA is the link between ASDA's national and local chapter levels, providing resources for the chapters within his or her district and also serving nationally ASDA's Board of Trustees, among other responsibilities. Though the foundation of campaigning for the position is simply befriending District 6 members, I also was required to give a five-minute speech and answer questions related to organized dentistry. Being my second election processes, becoming trustee was an even sweeter and more humbling experience.

Another exciting part of Annual Session is the House of Delegates. Members are the heart of ASDA, but the house is our foundation that maintains order and structure in our ever-growing organization. Any member can propose resolutions that introduce new policy or amend old ones. (Policies are the official stances ASDA makes on behalf of dental students, e.g. a position on licensure exams or the safety of using amalgam.) Though this year's House of Delegates was less lively, it is always reassuring that ASDA is functioning efficiently and in democratic fashion, keeping the welfare of students as its focus.

The unequivocal favorite aspect of that week was Ohio State ASDA. Let it be assured that our chapter leaders represented our school excellently. As we shared many fun times together, we also focused and accomplished work in our caucus, the House, and throughout the week. From repeatedly listening to my speech rehearsals to pure moral support, the encouragement they provided me throughout my election week was immensely generous. The group became more like family than friends, and many memories were made together. Though I may be in the national realm of ASDA now, OSU ASDA will always be my home.

Truly, "awesome" is the one word that can collectively describe the ASDA Annual Session experience. This reflection barely covers the many aspects of the week, the Executive Council elections, the vendor fair expo, the research poster session, the breakout sessions, the Gold Crown awards, and the other exciting events occurring through its duration. I can only hope that my perspective provides at least a glimpse of the awesomeness of ASDA and organized dentistry.



# study spots of

## CAFFE' APROPOS

3rd Ave & Michigan Ave

This cozy European caffe' captures the true essence of an espresso bar. There is a wide range of seating as one can find a spot to sit by the fire, in the main seating area or outside on the patio. Not only can you caffeinate, but also you can order from a wide variety of draft beers and purchase from a selection of over 700 wines and 70 beers located in their wine boutique. Hungry for some dinner while hard at work? There are daily specials ranging from personal pan pizzas to chicken sandwiches in addition to their display of cakes and pastries in the case. Looking to enjoy this slice of Europe with friends? Drop by on Fridays at 8pm to enjoy wine tasting!



## CHOCOLATE CAFE

1855 Northwest Blvd

For the chocolate lover, this café is a dream come true. In addition, its spacious seating area is extremely accommodating for the spread-out studier. However, if you sit across from the chocolate case it may be difficult to contain salivation! In addition to a wide variety of chocolate, chocolate covered treats, and ice cream, one can order a satiating meal. The Chocolate Café serves soups & salads, sandwiches, and the drink of choice for most studiers, coffee. This café is always a delight due to its lively décor and friendly staff.

Nevertheless, it is much more than a prime study location. If you're looking to host a party, they have a tremendous party-planning menu that makes hosting a breeze. And if you want to bring all the pleasures of The Chocolate Café to a different location, they even cater!

### SPECIALTY DRINKS INCLUDE:

- Hot Chocolates
- Mochas
- Chai Teas
- Coffee
- Smoothies
- Frozen Drinks



# columbus



## GIANT EAGLE MARKET DISTRICT

Grandview Yard 840 W 3rd Ave

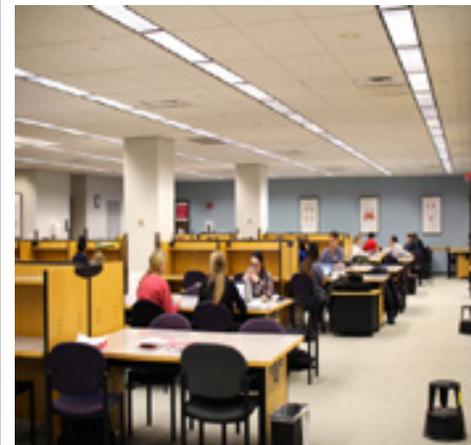
Drive down 3rd Ave in Grandview Heights and you're destined to see this Giant Eagle booming with business. This Grandview Yard location has become a go to for many of the professional school students at Ohio State. What can be better than a grocery store with fresh served foods, a Starbucks, a bar, and an upstairs study space decorated with a modern rustic atmosphere?... Not to mention free samples! It is exceptionally easy to study the day away while enjoying all three meals here. The fresh food options include sushi, soups,

pizza, sandwiches, sizzling wok, a smoke & fire rotisserie, and a cold bar. This Giant Eagle location is equipped with a study space of booths, tables and even upstairs outdoor seating. There is no doubt one can find the perfect nook to have a productive study day. If you're a first timer and enjoy sushi, you haven't really lived until you've tried the delectable Buckeye roll! Follow this location on Facebook or check their website to find a range of events to attend.

## PRIOR LIBRARY

376 W 10th Ave

If you enjoy studying in a library setting and around fellow professional students then this is the library for you. There are plenty of study rooms available for group study and a mixture of quiet and talking floors. Upon walking in the front doors you can grab a coffee from the Caffeine Element café. There's no doubt this a health science library when looking at the chemical formula for caffeine on the glass next to the café. For most professional students this library is in the perfect location for daytime studying and night time cram sessions.



# Some of Columbus's best spots for successful studying!

## THOMPSON LIBRARY

1858 Neil Ave Mall

As one of the most impeccable libraries in America, one can find a multitude of undergraduate students studying here. Being 11 stories tall, there are many tables and comfy chairs to stake out and study at. This library comes furnished with an immaculate Reading Room that to library-lovers is breathtaking. However, this is not the only aesthetic component to Thompson Library as a quick elevator ride to the 11th floor provides one with views of the Oval, the Shoe, the MedCenter, downtown, and the lovely Postle

Hall. Most of the time this library is a whirlwind of students but during the summer months when campus isn't as populated this library provides the perfect studying spot for dental students, especially the D2s studying for Boards.

Pictured below is the view looking South from the 11th Floor. In the far distance is the city skyline, to the right is Postle Hall at 12th and Neil, and directly south is Mirror Lake.



## STAUF'S COFFEE

1277 Grandview Ave

Best known for their latté art and fresh coffee, this café is bound to have you coming back for more. Immediately after entering, one is greeted with barrels of fresh coffee beans and an abundance of tables to call home for studying. Need a break from studying? Take a tour of this café and you're certain to learn something new about coffee or tea. Whether you're talking to staff, aka coffee connoisseurs, or gazing at the shelves of products for at-home brewing you will definitely be mystified by the wonderful world of coffee. This is by far the best place to soak up some knowledge while smelling the sweet aroma of freshly ground coffee.



# STUDENT SPOTLIGHT: *Katy Harrington* CONTINUED...

Research Day and the International/American Association for Dental Research meeting. Presenting my poster at The Ohio State University College of Dentistry Research Day was an interesting experience. I was able to converse with multiple faculty members, fellow classmates, and others from the dental community about the information I had helped to piece together. It allowed me to network with other people about a topic that interested me. I used that time to prepare myself for the International Association of Dental Research conference in mid-March. Over spring break, I hopped on a plane to Boston, once again, without a single clue about my upcoming experience. After walking into the convention center, I think my jaw dropped to the floor! Nothing could have prepared me for the extensiveness of the conference. There were hundreds of rows of posters lined up in multiple rooms accounting for about 5,000 presentations that were occurring over a time span of four days. The committee handed me a book of the presenters, and after going through it, my head was spinning! There were presenters from countries all over the world covering topics relating to all aspects of dentistry, some using words

that I would probably never understand! In addition to the posters, there were representatives from hundreds of dental product companies, dental schools, and dental residency programs promoting what they had to offer. As I stood at my poster, there was a constant stream of dentists, students, and fellow researchers from all across the globe perusing the posters. Some stopped to read my poster and wrack my brain about the work I had done. I didn't realize that my work would have a small impact on the way clinicians utilize and analyze their conscious sedation drug regimen selections in their offices – not only in America, but in countries such as Colombia and Japan. The conference was much more laid back than I had imagined, and I did not expect the experience to be as profound as it was. The opportunities the research program has provided for me have gone way beyond my expectations, and it has opened my eyes to the opportunities that are available for me to strengthen my career as a student and as a future dentist!

## ASDA Annual Golf Outing Golf Club of Dublin

**Saturday, May 16, 2015**

Lunch: 12:00 pm, Shotgun Start:  
1:00 pm

18 holes of golf with cart, grilled lunch, two beverage tickets, and a buy one get one free pass to return to the Golf Club of Dublin.

Questions? Tom Sarko  
(sarko.10@osu.edu or  
call (330) 240-2127)



# The Palatal Expander

## BIRDS' NESTS SPRINGTIME TREATS

### Ingredients

- 1 tbsp of unsalted butter or cooking spray
- 1/2 a bag of semi-sweet chocolate chips
- 1/2 a bag of butterscotch chips
- 1 cup of creamy peanut butter
- 1/2 a large bag of chow mein noodles
- Cadbury mini eggs

### Directions

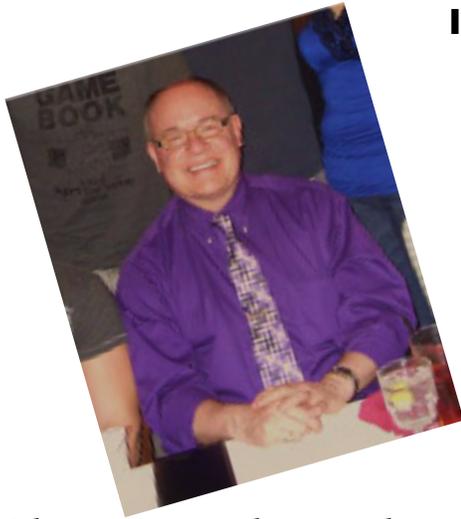
- Grease the wells of a muffin pan
- Melt the chocolate and butterscotch down in a large microwavable bowl (best results when stirring every 30 seconds)
- Add peanut butter and stir
- Add chow mein noodles and stir until completely covered
- Place the covered noodles into the muffin pan wells and use a spoon to slightly indent the tops
- Chill the nest in the fridge for 1 hr
- Place eggs in the nests!



# Getting to know

# Dr. Mark Morrison

Interviewed by Kyle Keller ('17)



## •Where were you born and raised?

“Born in Burlington, Vermont 64 years ago. Dad was a research scientist and college professor. Mom was a 1950’s style stay-at-home mother. Both my parents are in their late 80’s and living here in Columbus now.”

## •What is your favorite childhood memory?

“Family reunions in Vermont. Many of my older relatives had farms-great for a city kid to explore and experience. All my Aunts were wonderful cooks.”

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

“Went to Kent State and Cleveland State for undergrad.” (OSU Dental School)

## •How long have you been at OSU?

“I’ve been at the COD since 2006. This is my 9th year.”

## •What is your favorite...Dental Tool?

“I enjoy creating anatomy on my restorations. Got to be the Hollenback for precise carving.”

## Tooth?

“Has to be # 30!! All of us started out with this 1st molar in dental school here at OSU. Great for a right hander too.”

## Prep?

“I loved inlays, onlays and crowns. These require some intricate hand skills.”

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

“I enjoy being with people on my time off. No staying at home! Movies or dinner out with friends and family. Being out in my 1967 New Yorker for a road trip.”

## •What is your favorite holiday?

“Thanksgiving. No “baggage” attached. No gifts or unmet expectations. Just great food, laughter and quality time with family and friends.”

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

“1920’s-30’s. I collect music and furnishings from the past. This was a time in US history that was wild, uninhibited and crazy. The Jazz Age. Amazing music.”

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

1. Matches for fire, heat and food.
2. A college student’s survival food- a case of Ramen Noodles.
3. A picture of my family.”

There are so many more interesting things about Dr. Morrison, such as his neck-tie collection, love of comedies, food, and his Dachshund Roz! Ask him for yourself to know more! He will be more than happy to share with you!

The Ohio State University College of Dentistry

