

Fall 2017, Issue 2. Volume 2

# THE INCISAL EDGE

UNIVERSITY OF LOUISVILLE SCHOOL OF  
DENTISTRY  
AMERICAN DENTAL STUDENT  
ASSOCIATION NEWSLETTER



## Let's Recap! Wellness Week

Written by Kimia Mirzadeh c/o 2019

This year we had our first annual LASDA wellness week! Our chapter just started its wellness program, so Brooke Mensah ('18) and I had to start from scratch and feel things out as to what students were interested in. We chose the last week of September and decided that we would give out prizes for the two people who participated the most based on a points system.

We started off on Monday with a 5k race, won by Jonathan Belfore ('19). Tuesday's CycleBar spin class was the most popular event, drawing in about 50 people. The class "winner" was Keegan Chandler ('18). It was an absolute BLAST! The energy in the class was so positive, and everyone agreed that it was a great workout no matter your fitness level. On Wednesday, we did BUTI Yoga at the HSC gym. I'll have to say this may have been one of my favorite yoga classes I've been to! It's somewhat hard to describe the class but I would say it's a combination of yoga, pilates, and dance. I HIGHLY recommend it for people who want to do yoga but want something more upbeat.

*continued on pg. 2*

IN THIS ISSUE:

---

**LET'S RECAP! WELLNESS WEEK**

---

**LETTER FROM THE EDITOR**

---

**WORDS FROM THE VICE PRESIDENT**

---

**QUICK FIT WITH DARIUS**

---

**LIFE AS A DENTAL STUDENT, HUSBAND, AND FATHER**

---

**THE IMPORTANCE OF COMMUNITY SERVICE**

---

**TAILGATE SEASON!**

---

**STUDENT AFFAIRS SPOTLIGHT: AUDRA FRENCH**



*continued from pg. 1 "Let's Recap! Wellness Week"*

Thursday, we did a step challenge, and Friday we presented prizes, which included a \$45 Lululemon gift card and a \$35 Nike gift card for the first and second place winners. The winners of these prizes were Christina Cardwell ('19) and Saira Ahmed ('19) based on participation throughout the week. All in all, we were very happy with how things turned out for Wellness Week and we're hoping to incorporate more mental aspects of health next time around in addition to the physical activities. As always, we encourage the student body to send us any recommendations or tips for school Wellness activities!



## Letter from the Editor

*Written by Esther Lee c/o 2019*



Welcome to the fall issue of the Incisal Edge!

As dental students and professionals, we owe it to our patients to be focused and informed on the current trends and innovations of dentistry to provide them with the highest standard of care. I encourage our growing passion for oral health care, but I also strongly encourage everyone to allocate their times to other aspect of their lives to enrich our lives that can enhance ourselves.

In this issue of the newsletter, we explored different outlets and way that can enrich our lives—volunteering, socializing, exercising, and more. By balancing other parts of our lives, we can be more ready to provide the best service for our patients. In order to be the best versions of ourselves, we need to work on all aspects of our lives, but the greatest part of this journey of bettering ourselves is that we are all in this together. Just from the contributions of the newsletters alone, we see that every one of us is just trying to fully take advantage of the opportunities that we were given through dentistry but also trying to balance other parts of our lives as well. We are all going through this same journey. And we also have wonderful resources and support that ease the burden and stress of school and work.

Whether you are wearing multiple hats as a parent and professional or just trying to improve yourself as an individual, we can always strive to be better. And so I hope that this issues encourages and motivates you to enrich the many aspects of your life.

Thank you to the writers and photographers that contributed to this issue of the Incisal Edge. Your contributions are what helps achieve the newsletter's goal of offering a platform for the many voices and thoughts that ULSD offers. I hope you enjoy their work!





# Words from the Vice-President: ASDA District 6 & 7 Meeting

*Written by Clay Jackson c/o 2019*

From the horsing racing, to the interactive breakout sessions, the ASDA District 6 and 7 meeting was one for the books! 190 students (the highest attendance for a District 6 and 7 meeting in its history) came from all across the United States to Louisville, KY to meet other members of ASDA and learn from other chapters about programs they have been using at their own schools. The future is bright for ASDA and dental students everywhere from the comments the American Dental Association (ADA) President Joseph Crawley had to say during the District meeting. He wants to help dental students on a national level when it comes to eliminating live patient exams for licensure, and having one licensure exam that is accepted in all 50 states, which is something that ASDA has been advancing for many years, and much more. Most schools highlighted their Fundraising and Wellness ideas during the breakout sessions, and LASDA was able to share ideas for Membership and our own App that we started last year. 32 members from LASDA attended the meeting, including Kimia Mirzadeh, '19 and Wellness Chair for LASDA, who highlighted her experience at the meeting by saying: "I really loved hearing and learning about the activities other chapters do for wellness!

The collaboration brought about some great ideas for the future." Darius Sanford, Class of '20 and Secretary for LASDA, commented: "I enjoyed engaging with students from other schools about the ASDA...During the break out session, it was fulfilling to see so many people interested and dedicated to improving the daily lifestyle of a dental student!" District meetings is not just breakout sessions and listening to speakers, it is also a time to relax and have fun with social events. There were social events throughout the city of Louisville like IceHouse, Tavern on Fourth, and Churchhill Downs – Downs After Dark. Those social events help students unwind from the stress of dental school and go experience what Louisville is all about. This is what ASDA meetings are all about, making connections and seeing our other schools relate to each other in improving their chapters. District 6 and 7 meeting has come and gone, but the memories and lessons learned will always be remembered and we are excited for next year's District meeting.







# Quick Fit with Darius

*Written by Darius Sanford c/o 2020*

I am so excited to announce that I am teaching a brand new 30-minute fitness class at the Health Science Center on Tuesdays at 5:30 and also at the Student Recreation Center on Monday's and Thursday's at 6:15pm. I have worked incredibly hard to advocate for a class on our campus that will accommodate student doctors who are battling their hectic schedules to find time for personal wellness. As the year continues and we become bogged down with projects, tests, and the stresses of dental school, I hope that we can all keep our health and wellness at the forefront, regardless of which way we decide to do so.

However, if you should decide to attend my fitness classes, I am an AFAA certified personal fitness trainer who has been teaching group fitness for 3 years. My goal for this class is to provide students with a QUICK way to engage in a 30-minute full-body work out that incorporates strength training and cardio. It is my wish that everyone values and understands the benefits of staying fit and how it positively affects our productivity, body, and attitude.





# Life as a Dental Student, Husband, and Father

*Written by Brandon Clayton c/o 2019*

On March, 11, 2017, my life changed forever when my wife and I welcomed our first son Bruce into our family. As excited as I was, I was also terrified because I was in the midst of one of the worst/ most stressful semester of dental school I had yet undergone and was also trying to learn how to be a dad. Family means the world to me and it is definitely one of the biggest motivators to what I do. My wife Kimi and I got married in 2012 and eventually I got an acceptance letter to the University of Louisville School of Dentistry. So we left our home, family, and friends and moved out to Kentucky with us and our two cats Loki and Sif. When I first came to dental I made a promise to myself that although dental school was a great opportunity that I couldn't be more grateful I still had a life outside of dental school. I was still a husband. So I promised Kimi that no matter how crazy dental school got we would spend at least once a week where we go out and do something together. A lot of times we ended up going to the movies on Saturday mornings and that was our escape time together when I didn't have to think about school or be glued to an iPad trying to memorize the next PowerPoint for an upcoming exam or competency.

My wife has always been so great and understanding to let me study and work hard to accomplish all the requirements of my studies. Now with Bruce in our lives things have changed and I've had to modify the deal or more appropriately make a new deal. I try and spend at least some time every night having fun with him whether that's reading to him, playing with him, really just anything that lets him know how happy I am to be his dad.



---

---

---

## The Importance of Community Service

*Written by Jonathan Belfore c/o 2019*

I'd go ahead and agree with anyone in dental school if he or she said we live pretty busy lives. If you aren't studying for the next test, you are concerned about treating your patients and fulfilling requirements. Often times, dental students get lost in all of our tedious and stressful schoolwork, and we forget the benefits of dental community outreach (Remember back when you wrote about how much you loved giving back on your personal statement?). However, the benefits of volunteering should not be undermined by our busy schedules.

Networking opportunities prove to be an invaluable benefit of volunteering. In the field that we currently study, volunteering gives us the opportunity to interact with various people, patients, and doctors. Not only will it provide you with networking opportunities, volunteering can often let you see a change of pace. Maybe your opportunities at the dental school are waning and everything seems a little overwhelming or redundant (i.e wake up, drive to school, class, clinic, study). Volunteering provides you the space to work with different people and experience something different.

*continued on pg. 6*





*continued from pg. 5 "The Importance of Community Service"*

Even though volunteering can provide you with opportunities, let's not forget why we volunteer. Volunteering provides individuals with a service that can't be matched. Whether you are doing head and neck screenings, giving oral hygiene presentations to kids, or just simply providing a meal at a shelter, remember that volunteering builds community and helps make difference in others' lives.

If you are interested in volunteering more or just getting started, the University of Louisville School of Dentistry consistently provides excellent dental related volunteer activities for its students. Don't miss out and help build community through dentistry!



## Tailgate Season!

*Written by Kati Hornbuckle '20, Andrew Griebel '19 and Tyler Bowland '18*

The best time of year has just wrapped up! This season's tailgates were a great time for all Cardinal football fans to come together, enjoy good food and be around great company. The 2017 tailgates did not disappoint!

Most notably, the Clemson tailgate was a huge success. Students, faculty, staff, and friends enjoyed the large amount of food and beverages provided. We were proud to present the following spread: Raising Cane's chicken tenders with sauce, Little Caesar's pizzas, vegetable trays, a variety of chips and cookies, and, a fully stocked mimosa bar followed by kegs and spirits of choice! Emily Ann Galloway ('20) was quoted as saying "Oh, did we win?" as she packed a few leftover Cane's chicken tenders into her purse, post-tailgate. (We didn't.) Patrons enjoyed the lively musical selections, corn-hole games, and camaraderie! Overall, there was a wonderful turnout for what was a delightful, cloudless day, teeming with friendship, football, and food! The recipe for success!

It was a great season of tailgating together and supporting our Cardinals (especially Lamar Jackson)! GO CARDS!





# Student Affairs Spotlight: Audra French

**1. Hello! First, tell me a little about yourself.**

Hi! My name is Audra French, and I've been employed at the ULSD since 2012 in the Office of Dental Admissions and Student Affairs. I received my BSW and MSW from the University of Kentucky and have spent most of my career in student affairs and higher education. Outside of work, I stay super busy with my two beautiful, energetic children Angeliah and Andwele.

**2. What brought you here to ULSD?**

I moved back to Louisville to be closer to my husband's family. The position at ULSD was very interesting because it combined higher education and student success... two of my passions!

**3. What are your roles at ULSD?**

My current role is as the Academic Counselor for the DMD and DH students.

**4. What do you enjoy most about working in student affairs?**

I enjoy developing strong relationships and helping students reach their academic/career goals. Working with all of the wonderful students, faculty and staff at ULSD has been a real treat!

**5. What is your advice to students to stay motivated at dental school?**

My best advice is to remember the BIG picture, focus on your goals, prioritize and don't let failure derail your focus! Don't be afraid to seek out support because getting good advice can often provide the motivation to keep trying.

**6. Anything else you would like to share with the faculty and students at ULSD?**

I've worked hard to be supportive in my role at ULSD, but I've also benefitted from support from the awesome student body, faculty and staff. ULSD Rocks!



**Thank you for everything you do for us, Audra!**





Carissa Smardo '18  
*President*



Clay Jackson '19  
*Vice-President*



Darius Sanford '19  
*Secretary*



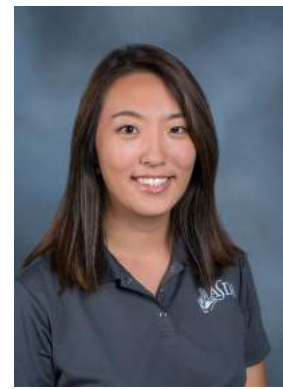
Hannah Jackson '19  
*Treasurer*



Monali Haldankar '19  
*Legislative Liaison*



Sean Aiken '18  
*District 7 Trustee*



Esther Lee '19  
*Newsletter Chair*



**LASDA welcomes Dr. James Harrison  
as the LASDA faculty advisor!**

---

---

## Thank you for reading the Incisal Edge!

Please contact Esther Lee at [eclee002@louisville](mailto:eclee002@louisville) if you would like to get involved in the *Incisal Edge*  
*ULSD Building Photography: Monica Lee c/o 2019*

