



THE INCISAL EDGE

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Congrats to LASDA's 2022-2023 Executive Board

Brianna Gill



President

Becca Miller



Vice President

Sarika Polcum



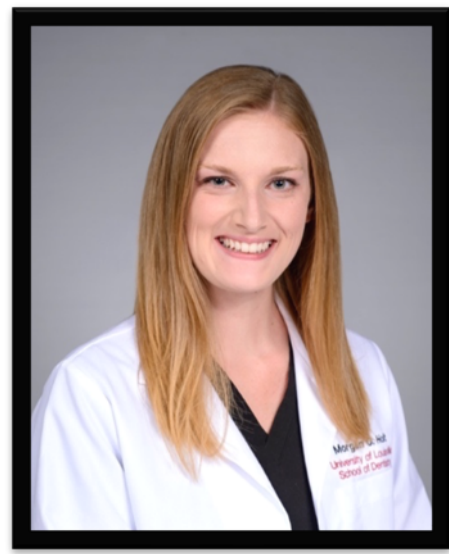
Secretary

Alex Wolfe



Treasurer

LETTER FROM THE EDITOR



Morgan Holt
Class of 2024



Welcome to the Spring 2022 edition of the Incisal Edge! This past semester has been quite busy, but it has also been exciting to record all that LASDA has accomplished during the 2021-2022 school year.

Spring semesters are unique times of completion and new beginnings. For ULSD's current students, Spring 2022 marked the close of one chapter and the start of the next. D1s finished up their first year of dental school...what an accomplishment! D2s are now granted the responsibility of seeing their first patients in the clinic this summer. D3s completed their first year in clinic and are now preparing for their last year at ULSD. D4s closed the final chapter of their DMD education in which we are all so proud of your great work!

In conclusion, thanks to everyone who has contributed to this semester's newsletter. Thank you to all who submitted articles and took time to contribute their stories from anything and everything LASDA. In addition, thank you to the photographers, Sarika Polcum, Josh Montgomery, and Susan Harrison, who graciously shared their amazing work.

PRESIDENTIAL FAREWELL



Hi everyone!

I can't believe we are almost to the end of our 2021-2022 school year! When I look back upon what ULSD and LASDA has accomplished this past year, I am truly so inspired. We came into this year with a goal to kick off LASDA on the right track after a year of little to no social interaction, and we completely exceeded my greatest expectations. We've organized countless social, community service, wellness, and advocacy events, and we brought back many of our beloved traditions that took a few years off for COVID as well as started many new traditions. We attended conferences, made connections, and even received "Most Improved Chapter" - the most highly sought-after award at the District Conference this year. We are going into next school year with Judd Burns, Class of 2024, leading our entire district as the new District Trustee. Judd is only the second ever trustee from ULSD. And, most importantly, we've made so many amazing memories and friendships along the way. None of this would have been possible without you - all of you reading this. LASDA has only been a success this year because of the hard work, dedication, and participation of all our officers, members, and faculty who support this organization. It has truly been such an honor to serve in this role, and I will forever be grateful for all the lessons I've learned while serving as president - thank you for putting your trust in me as a leader and allowing me to represent ULSD.

Kirsten Peterson
Class of 2023





I want to give a huge shoutout and thank you to my Vice President and sidekick, Chandler, who supported and encouraged me and our officer board and helped me lead LASDA beautifully this year. A huge thank you also goes out to the rest of our executive board Macie, Grant, and HeeJue - we've accomplished so much this year, and I couldn't have dreamed of a better executive board to lead our student body with. Thank you for working so hard to make LASDA what it is today. I also want to thank our appointed officer board - you all came in with big dreams and goals for this school year and accomplished so many amazing things. Thank you for working so hard and bringing LASDA back to life. And finally, I want to thank all our members, our faculty advisor, Dr. Harrison, the entire student body, and the faculty who have supported us. ULSD is such an amazing place when everyone supports and gets involved in organizations like LASDA, and we are so grateful to you all for showing up and getting involved. My final word of advice is just that - to show up and get involved. Dental school is a grueling 4 years, but by getting involved, coming to events, and making fun memories, we will all have so much more than a DMD degree to show at the end of our time here. I am confident that next year's executive board will keep this momentum going, and I am looking forward to another great year!

Congratulations to everyone on a very successful year, and especially a big congrats to our D4's and DH4's. We are so proud of you and wish you luck in this next chapter of your life!

Yours in leadership,

Kirsten Peterson
Class of 2023

ASDA Annual Session

Fifty and Forward –

Celebrating the Road Ahead



Dr. James Harrison
LASDA Advisor
ULSD Faculty

The 2022 Annual Session of the American Student Dental Association took place in Louisville, KY. With COVID last year not allowing the association to meet in person, this marked the first time that its members could get together and celebrate its 50-year history. This celebration was marked by a video commemorating all the work the association has done over the last 50 years to help represent dental students' interests. This year 61 out of the 67 dental schools were represented, including the newest chapter El Paso.

The keynote speaker was non-other than “Cool Runnings” Devon Harris the first member of the Jamaican Bobsled team. Devon Harris was raised in the slums of Kingston, Jamaica, yet he graduated from the prestigious Royal Military Academy Sandhurst in England and served as an officer in the Jamaica Defense Force. He started off as a barefoot boy trying to win a track race and became a member of his country's first Olympic bobsled team. Circumstances and others constantly told Devon Harris it was impossible, but at every step of the way, he kept on pushing and found a way to make it possible. He shared with the group his philosophy of keep on pushing and never stop dreaming.

The House of Delegates worked on several resolutions that were presented to the House of Delegates to vote on. Of note and interest Resolution 404-2022 Amendment to ASDA's current statement on Position or Policy: L-1 Initial Licensure pathways. This resolution looks at accepted pathways to licensure. There was a proposed change to the current statement that would accept a Postgraduate year one (PGY-1) residency as an acceptable path to licensure. The chair moved that 404-2022 be referred to the 2022-2023 Board of Trustees to research the effectiveness of third-party assessment of PGY-1 and report back to the 2023 House of Delegates.

The House of Delegates elected the 2022-23 National President, Vice Presidents, and Speaker of the House. Congratulations to:

Justina Anigbo, Indiana '23, President
Sammy Huynh, South Carolina '23, Vice President
Ryan Kaminsky, Pennsylvania '23, Vice President
Nicholas Koutrakis, Columbia '23, Speaker of the House



Each dental school in the country is divided into one of eleven districts. ULSD is a part of District 7, along with the University of Kentucky, Indiana University, University of Illinois-Chicago, Southern Illinois University, Marquette, and Midwestern University, which are all overseen by one elected District Trustee who is elected at the Annual Session every year. The candidates give speeches and are asked questions from each school. At the end of the speeches and questioning, each school gets 2 votes to select who will be District Trustee. Typically, the voting goes into multiple rounds, eliminating candidates until a majority winner is selected. This year the vote was unanimous, and Judd Burns, Class of 2024, was elected as district trustee. This is only the second time in school history that the Trustee has been from ULSD.

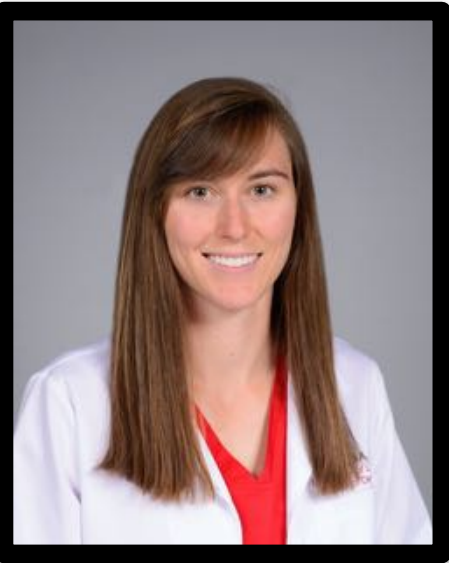
After hearing from our keynote speaker Devon Harris and attending our new chapter training sessions, we hope that all attendees left feeling re-energized and focused on reaching their goals for themselves and their chapters. Throughout the weekend, attendees also met with potential employers and vendors at the Dental Expo, networked with dental students from across the country at our social events, and celebrated ASDA's 50th Anniversary.

Thank you to all our attendees, speakers, and sponsors for making ASDA's 2022 Annual Session a success! To another 50 years of ASDA.

Dr. Harrison



ASDA Annual Session Experiences



Meghan Greene
Class of 2024

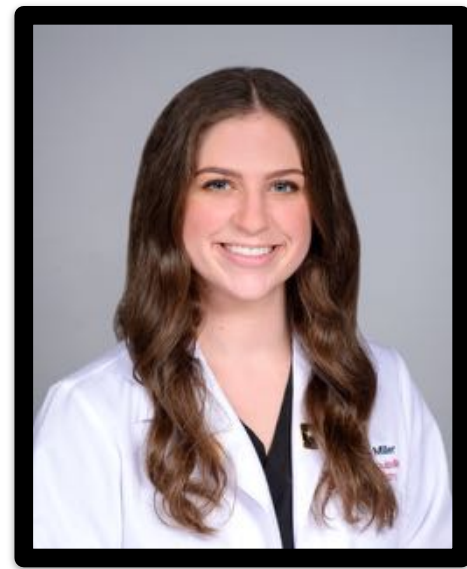
ASDA Annual Session was an experience that I was grateful to be a part of. It allowed me to see another side of ASDA that inspired me to want to share with others and inspire them to get involved with ASDA. This organization is truly for dental students' wellbeing and their experience in dental school. At Annual Session we learned first-hand how ASDA fights for regulations and laws within the ADA for the betterment of student education. In addition, programming was provided in a variety of avenues to be able to equip those in ASDA leadership at local chapters to better serve their student populations. I gained valuable information, experience, and ideas from participating in programming events. I also was able to witness how ASDA national leadership is elected and see our very own Judd Burns become our District 7 Trustee. We loved being able to celebrate him, and we know he will be an excellent representation of ULSD. With all things ASDA, Judd is your bud.

Seeing dental students from across the country come together to vote on proposals and collaborate ideas to better our ASDA chapters was such an honor at Annual Session. Often, we can get caught up in our day to day lives full of projects, exams, and studying on repeat, but this event highlighted the true value that comes with being a dental student. Policies that affect us as students and the future of our profession created captivating discussion as we attended House of Delegates meetings. In addition to these meetings, we also attended focused topic sessions where we had the chance to learn from past ASDA leaders and collaborate with other conference attendees on ways to grow and advance our Louisville ASDA chapter. Each of the three days, I absorbed as much information as I could since I was very excited to bring new ideas back to our school. Having the opportunity to learn about the innovations occurring within ASDA and within our profession was incredible and has grown my passion for LASDA. It was also incredibly inspiring to see District 7's Justina Anigbo elected as the new ASDA President and our very own Judd Burns elected as district trustee. We are in great hands for the upcoming year, and I cannot wait to see what is to come!



Alex Wolfe
Class of 2024

Annual Session was the 2nd ASDA conference I have been to following the District 7 meeting this past fall. Because of that, I was already very excited about ASDA and to see some of the people I had met previously, but other than that, I was unsure of what to expect. The Annual Session was a completely different ball game. For one, the scale of it all blew any expectations I had out of the water. I knew that there would be a large House of Delegates meeting, which is something I had experienced before from different clubs in undergrad, but this was different. It was so special and inspiring to hear people my own age intelligently and passionately discuss policies that would directly affect my peers and myself in the near future. It kind of felt like being a witness to history in the making. However, the weekend's highlight, which I think our entire chapter can agree on, was being able to see our dear friend, Judd Burns, get elected as District 7's new Trustee, which is something we know he will shine at - what a special moment to be a part of.



Becca Miller
Class of 2024



Tamara Kapetanovic
Class of 2024

I attended a dental society conference in Atlanta as a pre-dental student and was amazed to see how many dentists from all over the United States came together to learn from each other and expand their personal skill levels. This spiked my interest to attend the ASDA Annual Session, which was dental student focused. I was very inspired to see how many dental students came together to discuss policies that would directly affect our futures and support our peers in the challenges they were facing. The conference had breakout sessions which allowed me to bring back input and ideas to help expand the benefits of our LASDA chapter. I will cherish this conference since it was my first as a dental student and in our very own city. I was able to meet other students around the U.S and see our District 7 shine with Judd Burns as the new District Trustee and Justina Anigbo as national president. My final thoughts are to encourage dental students to try and attend this conference at least once. It is very inspiring to see the magic behind passionate dental students trying to make history and push for better change.



Trust(ee) Yourself



Judd Burns
Class of 2024

I don't claim to excel in dental school; in fact, there have been several projects, exams, and practicals where I flat-out failed. I often must stay longer in lab to drill more preps and make multiple attempts on lab work, only to obtain a poorer result than many of my peers who spent a fraction of the amount of time that I put into it. Some might wonder then, what business a dental student – who has, at best, a tenuous relationship with school – is doing getting so involved with the American Student Dental Association. As if serving as LASDA Class Rep my D1 year and Cardinal Initiative Director and ASDA District 7 Events Coordinator as a D2, were not enough, I now hold the position of Trustee for ASDA District 7. Don't I have an already challenging-enough time at school without being responsible for overseeing the goings-on of and supporting the members of seven local ASDA chapters across four states? Don't these added responsibilities compromise my ability to perform my school duties at an acceptable level? Thankfully for me, the answer to these questions is a resounding “No.”

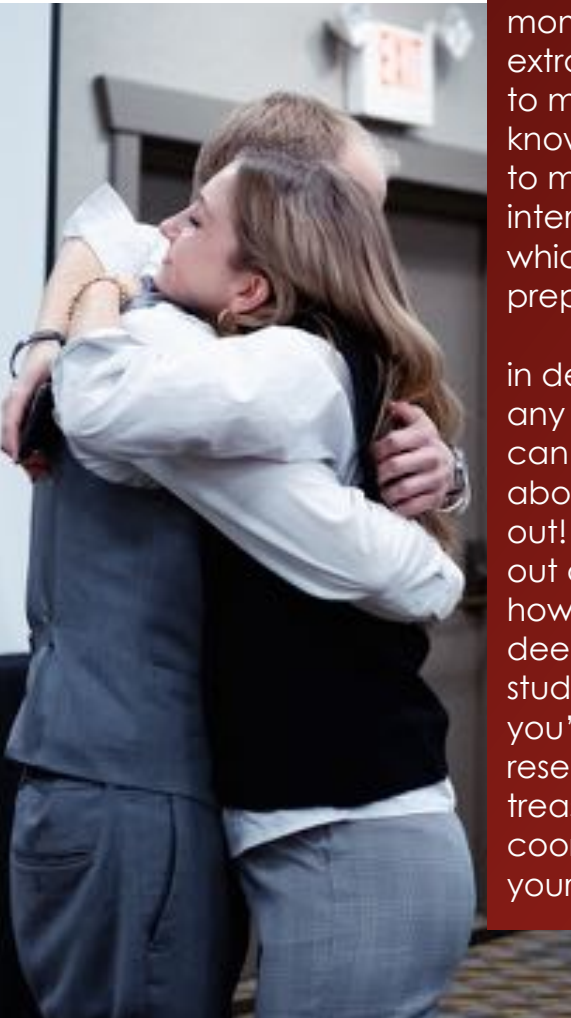
I believe that people work harder, strive more intensely, and give up less readily on those things about which we care most deeply. Before I got involved with LASDA and ASDA, I candidly felt a little wayward and demotivated at ULSD. Prior to dental school, I had always intertwined my academics with extracurricular and service involvement and always felt that my passion for these service works actually bolstered my performance in school. So even though I was pensive at first about being able to balance it all, I decided to get involved with LASDA. And what a smart decision this was as I noticed a near-instant uptick in my motivation levels to strive for excellence in my schoolwork once I got more involved with student advocacy compared to when I was only focusing on school.





Seeing the cultivation of new, lasting relationships in the Cardinal Guide Program – knowing I had a hand in helping these to form – picking up trash at a Clean Up Downtown session and speaking with pre dental students during interview panels augmented my willingness to push through those late nights and study just a little longer. This semester, I had the opportunity to attend ASDA Annual Session, Board of Trustees meetings in Chicago, and ADA Dental and Student Lobby Day in Washington D.C. – where I was able to speak with my state's national senator and advocate for student debt and loan refinancing reform. I also get to serve on the ASDA National Committee on Advocacy to assess and address the relevant issues most pressing to dental students and dental schools today. Certainly, there have still been moments when I thought I would not be able to handle all these extra responsibilities and perform well in school, but by holding true to my love of and passion for advocating on behalf of others, I know I am up to the challenge. Knowing that others count on me to meet a deadline, facilitate an event, and represent their best interests reaffirms the responsibility that I bear to all my patients – which is to be the most readily available, approachable, and prepared clinician I can be.

If you are interested in serving at an extracurricular level while in dental school – be that with ASDA, ADEA, AAWD, SPEA, SNDA, or any other of the many extracurricular organizations with which you can get involved in your time here – and are at all on the fence about whether you can juggle it all successfully, I urge you to try it out! Start out small; join one club and attend or volunteer to help out at an event. When you feel like you have a good handle on how to swing both school and extracurriculars, consider going deeper by getting involved with more events or by becoming a student leader for that organization. You'll surprise yourself at what you're capable of doing if you can push through your own reservations and doubts. Being a class representative, or a treasurer, or an intramural chair, or a community service coordinator, or a trustee all comes down to trusting and believing in yourself.



Wise Word from the KDA President



Dr. Jonathan Rich
KDA President
Class of 2004

Hello ULSD!!!

I am Dr. Jonathan Rich and am presently your president of the Kentucky Dental Association. I greatly appreciate the opportunity to share with you some information about myself as well as organized dentistry.

I am originally from Grant County, Kentucky which is on I-75 between Lexington and Cincinnati. I am from a family of dentists starting with my great-grandfather, father and now myself. I still practice in Grant County as a general dentist. In 2004, I graduated from THE University of Louisville School of Dentistry and immediately joined the family practice. To say I have a favorite part of dentistry is difficult. While there are parts I do not care for (uncooperative patients), all in all I enjoy many of the aspects of practice. As dentistry continues to evolve there are always new things to learn and explore!

Your Kentucky Dental Association is the culmination of dentists for all types of practice modalities and specialties working together for the common good of oral health and our profession. We work in conjunction with local societies and the American Dental Association to address issues affecting dentistry on all levels. As students, it is extremely important to be involved. What happens today will affect how you practice tomorrow. Be part of the solution for your future! This does not mean you have to have an extensive role or be in a leadership position. It does mean it is important for you to support those who are in those positions and lend a hand if need be.

As president, I feel I have been elected to serve the association's dentists and dental students, promote our profession, and improve access to care. As of today, a very important piece of dental insurance legislation has passed out of the Kentucky Senate HB370. Many years of hard work have gone into this, and many are to thank for its passage. I am honored to have been part of the process. I would also like to thank Cynthia Godwin, Kierra Dages, Manuela Cadena and HeeJue Hong for representing dental students in Frankfort and helping with the effort. Once the governor signs this into law it will have a significant impact on your privately insured patients that are seen in your practices!

Please know that if I, or the KDA, can assist you in your journey we will do all we can to help you succeed. If you are looking for a practice in a semi-rural area, I'm looking for an associate☺ Feel free to reach out!

Jonathan W Rich DMD
KDA President
859-816-9702

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KDA Lobby

Day 2022



HeeJue Hong
Class of 2023

Howdy, my name is HeeJue Hong, and I am the third-year dental student at the University of Louisville School of Dentistry. I currently serve as the Legislative Liaison for the Louisville American Student Dental Association.

This year, I had the honor of being able to attend Kentucky Lobby Day and invite a couple of my fellow dental students. As legislative liaison, I am responsible for informing the student body of the current state and national legislative priorities. On the day of lobby day, I walked into the capitol building with no previous lobbying experience and no idea what to expect. The entire KDA dental group from Libby, Mr. Whitehouse, Dr. Lowdenback, and Dr. Rich were on top of all the numerous meetings and how they were going to approach everyone. Meeting with representatives was much more of a relaxed environment with many whom impressed me with their knowledge of oral health and its systemic involvement. We were also able to attend the press conference for Volunteers of America's new campaign *Healthy Mouth, Healthy You* Campaign with the Redbird Clinic partnership. Lastly, being able to share the senate floor with Dr. Rich and Senator John Schickel was the cherry on top of the day.

During this entire process of going room to room and explaining the house bill H.R. 370 to senators and representatives made me realize the importance of dentists lobbying. No one will discuss or bring up these issues such as insurance groups trying to take advantage of dentists whilst providing less coverage to patients if no one has tried to emphasize the importance. Individuals of the legislative body see hundreds of bills across their desk on a regular basis, but when they can remember the faces and lives that are impacted by those bills, it provides me a greater hope that our ball will be moving in the positive direction.

Each one of the students who went to KDA Lobby Day started with no previous experience lobbying or being involved in dental legislation but left with such a positive and insightful knowledge. When students think of lobbying and legislature, the idea seems so much more daunting and overwhelming full of legal jargon. Yet I realized, advocating for your profession and patients is much more realistic and reachable. This day showed us the power of taking one day off to advocate for something that will affect your profession for the foreseeable future.



Wellness: Tips and Tricks



Robert Baldau
Class of 2024

Whether you are embarking on your journey into dental school or are in your 4th year thinking about graduation plans, it is essential to maintain your health & well-being. It is easy to get caught up in the flow of studying lectures, working on lab projects, or seeing patients in the clinic. Even though it may seem convenient to go for the bag of potato chips out of the vending machine when you are on the run, I have personally found these tips to stay healthy & active during my first two years of dental school.

1. Get Outside! Staring at a laptop /tablet for long periods not only wreaks havoc on your eyes, but also begins to take a toll on your efficiency. Taking a break and getting some fresh air for either just a few minutes or even exercising outside can serve as a relaxing break.

2. Get at Least 6-8 Hours of Sleep. When I first started dental school, a D3 told me to get as much sleep as possible when I can because there are times when it wouldn't be available. I know you are probably thinking this is not possible, but it is. Sleep helps to reinforce what we have learned by converting short-term memory into long-term memory. Sleep also helps our bodies recharge & relax.

3. Balance School Work & Personal Time. Time management is essential while in dental school. At times, the curriculum may seem overwhelming, and you might feel tempted to just keep studying to try and get ahead. However, taking time for yourself is more beneficial than you realize. I know I struggled to find this balance my first year because I wanted to get ahead with studying and certain lab projects. I ended up sacrificing time with friends/family, opportunities to travel around and see the city, and even simple things that made me happy to want to study. Try and commit time each day to do something you enjoy.

4. Healthy Eating/Drinking. I know it may seem cliché to have this as a wellness tip, but I do think what we put into our bodies directly affects how we feel and perform. For those that know me, I love coffee. So, for me, replacing my morning coffee with a smoothie or a tea helps to deliver that caffeine boost to get me going. As for my meals, I try and keep them healthy & fresh to give me the needed energy throughout the day as I know for most of my days I will be sitting in a lab or clinic.



What's Next?

D4 Spotlights





Ellie MacLeod
Class of 2022

Hometown: Columbus, Ohio

Undergrad Education: Miami University (OH)

What did you choose ULSD?

I chose ULSD because it was within driving distance from Ohio, and I enjoyed their interview process the most.

What has been the biggest challenge of dental school?

The biggest challenge adjusting to dental school was balancing all the coursework D1/D2 year and managing your time efficiently.

What was your favorite part about your time in Louisville and at ULSD?

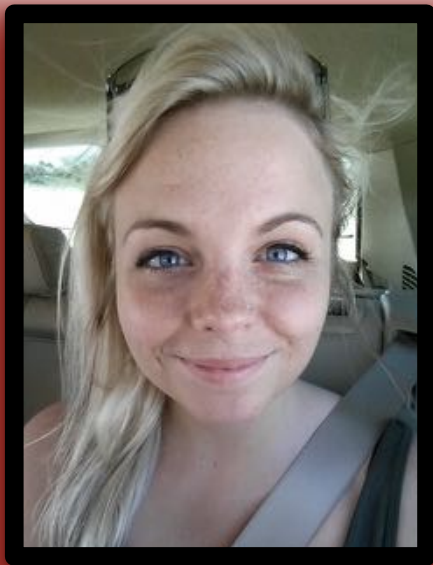
My favorite part about my time in Louisville/ULSD is the friendships I have built with my classmates and some faculty. I have made some of my best friends at dental school.

What is your next step?

Next year I will be doing an AEGD-1 with the Air Force under their HPSP scholarship.

Any advice for your D1-D3 colleagues?

My advice for student colleagues is to get a small study group started ASAP and keep each other accountable. As far as projects go, don't be afraid to ask an upperclassman for help. We just went through those projects too, and everyone is eager to help.



Jillian Richardson
Class of 2022

Hometown: Lexington, KY

Undergrad Education: Bachelor of Science in Psychology from DePaul University in Chicago, IL, Master of Public Health concentrating in Epidemiology from the University of Kentucky

Why did you choose ULSD?

They had a larger class size, it was a new place to live, and I felt welcomed on interview day.

What has been the biggest challenge of dental school?

Just one? Whew, that's tough. Dental school isn't a walk in the park, but I think my biggest struggle has been learning to hold myself accountable for my progress and my clinical work in a way that is meaningful but also kind. I've done a few fantastic restorations, and I've done more than few I really hope never trace back to me. Beating myself up because 'that marginal ridge was flatter than I'd have liked' ultimately serves no one but being honest with myself about how a procedure went helps me learn where I can improve and what I need to focus on. It reminds me how far I've come since starting dental school. We're here to learn, and sometimes that means less than perfect work at the beginning. But even the end of dental school is just the start of our careers: there's nowhere to go but up.

Also, I've *still* not managed to prepare for an appointment without – at minimum – three trips to the dispensary window. Maybe by graduation?

What was your favorite part about your time in Louisville and at ULSD?

It might sound really cheesy, but I made some amazing friends who helped me get through the tougher days of dental school. We laughed, we cried, and we made the best of every day. And I will forever be grateful to each of them.

What is your next step?

Prosthodontics Residency at University of Alabama Birmingham

Any advice for your D1-D3 colleagues?

Get rid of the idea that practice makes perfect. Because it doesn't. Perfection is not attainable. Practice makes progress. As long as you're making progress, you're doing okay. You're going to have a lot of good days in dental school where you do something great in clinic or make a good grade on an exam, but you will have bad days in the classroom, in the lab, and especially in the clinic. You will fail. *And that's okay.* No one is born with the knowledge or skills to be a dentist; we all must learn and practice. Don't beat yourself up because your first ten crown preps were awful. When you've done your first hundred, the first ten won't matter. And after a thousand, you won't even remember how bad you used to be. A bad day at the beginning is not a death sentence for your career. Forgive yourself, take a breath, and learn from each failure. Failure leads to fixing, fixing leads to functional. You will fail. You will also succeed. Practice makes progress.

Social Happenings



Thanksgiving Lunch
November 2021



Cusp of Carabelli
November 2021





Odontoball
March 2022





2021-2022 Leadership

President – Kirsten Peterson

Vice President – Chandler Unfried

Treasurer – Grant Berry

Legislative Liaison – HeeJue Hong

Secretary – Macie Berry

District 7 Officers – Judd Burns, Alizey Ayesha

Immediate Past President – Jake Fooks

Community Outreach – Brandi Hall, April Johnson

Pre-Dental – Jillian Jones, Hunter Pitman

Alumni Relations – Andrew Way

Advanced Standing Student Representative – Rohit Vadlamani

Wellness – Courtney Day, Ellie MacLeod

RaiseRED – Madison Chumbler, Colin Cummings

Cardinal Initiative – Judd Burns, Brianna Gill

Dental Hygiene Representative – Olivia Bass

Fundraising – Chaney Brown, Becca Miller

Membership – Caylin Levin, Jordan Noble

Social – Gillian Casey, Taylor Smith, Alex Wolfe

Community Service – Stephanie Dawson, Stuart Mills

Social Media – Deepa Gadde, Tamara Kapetanovic

D1 Class Representative – Kathleen Connelly, Noah Connolly

D2 Class Representative – Meghan Nay

D3 Class Representative – Stephanie Russell

D4 Class Representative – Taylor Walker-Smith

Student Engagement – Michelle Moure, Virginia Dunlap

Newsletter – Morgan Holt

Photo/Video – Sarika Polcum

Photos provided by Susan Harrison, Josh Montgomery, Sarika Polcum



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