

## Introducing UCSD Student-Run Free Dental Clinic Project's 4th Free Dental Clinic in

**Volume 4.2**  
**Spring 2012**



### What's New



**Lemon Grove Clinic**  
 UCSD Student-Run Free Dental Clinic  
 Project's 4th dental clinic



**New Horizons: A Debut Alliance**  
 UCSD Pre-Dental Society joins the United States Air Force humanitarian mission for the first time



**Western University Partnership**  
 San Diego: Clinic hosted and operated by UCSD Pre-Dental Society and volunteers



**A Tooth to Die For**  
 Cincinnati: Man died from a toothache

### Featuring



**Greetings from the Director**  
**Dr. Irvin Silverstein**  
 On exciting up-coming events and more...

#### By Cliff Lee

May 29th 2012, marked the opening of the UCSD Student-Run Free Dental Clinic Project's fourth free dental clinic at Lemon Grove Elementary School. The new two-chair clinic is a temporary site while a 6-8 chair dental clinic is under construction at Lemon Grove Middle School. This new partnership with the Lemon Grove School District marks an effort to provide quality dental care to their elementary and middle school students, and encourage them to continue their education through college, and possibly go on to have careers in the healthcare field. Continued on page 3, LEMON GROVE

## University of Detroit Mercy Externship 2011

#### By Edmund Monsef

Eleven UCSD PDS members were selected to participate in an externship at the University of Detroit Mercy Dental School on September 6-9, 2011. Megan Jennings, Director of Student Affairs, put together a wonderful program that gave us exposure to a day in the life of a dental student. We were integrated with 3rd and 4th year dental students, assisted them in the clinics, and sat in with first year students through a couple courses, namely Ethics and Biochemistry.

Each day of the program was packed with activities. We would come wearing scrubs, then change mid-day into our suits then back to our scrubs then into casual wear to go have dinner somewhere. This made for an exciting time. They did a fantastic job of giving us as much exposure to dental school as possible and every moment was rewarding. The faculty and staff were very warm and welcoming, and the dental students were exceptionally kind and friendly as well. Most were very eager to meet us and offer any form of advice. Continued on page 5, EXTERNSHIP.

## Greetings from the Director Dr. Irvin Silverstein



**G**reetings to all of our friends!

This has been a year of great change and challenges for many of us. The economic problems continue in our country and access to care has been more problematic for many people. We have seen people come to our clinics who would not normally need to use our services. The calls to our offices for emergency services have risen tremendously. We are running our three free clinics 7-8 times per week. We have now given back over 4.5 million dollars of care to San Diego county.

One of the great pieces of news is that we were awarded a federal grant in September to open a fourth free clinic in San Diego. I was amazed this could happen in these times of restricted federal expenditure. In partnership with the Lemon Grove School District, we just opened our temporary 2-chair clinic and have already run three sessions at Golden Avenue Elementary School. Our permanent 6-8 chair clinic facility will open in February, 2013 on the grounds of the new Lemon Grove Middle School. The unique thing about this project is that not only will we be seeing all the kids in the school district, but we will also discuss with the students the possibility of becoming a health professional. Several dental schools have also expressed an interest in sending their dental students to our clinics for rotations.

During my tenure, we have gotten over 485 students into dental and medical school. So far this year, there have been approximately 40 students that we know of who have been accepted. Several of our former students have graduated dental school, returned to San Diego and now volunteer in our clinics.

Right now, the USNS Mercy Hospital Ship has just finished its first mission site in Indonesia and has left to go to the Philippines. We hope to have at least 130 volunteers aboard the USNS Mercy on this year's five

month humanitarian mission.

Our program expanded greatly over this last year. We have maintained a very active schedule of volunteering on international projects in addition to our domestic volunteerism. We participated in the Thousand Smiles/Norcal Clinic project in Mexico to help people who have cleft lip and palate and to provide dental care to the underserved. We also did three international humanitarian projects with the US military. We did our first project with the US Air Force in which four of our student volunteers went to South America to help them with New Horizons, Suriname. We were involved with the US Navy in Pacific Partnership 2011 aboard the USS Cleveland to the South Pacific Islands and Continuing Promise 2011 aboard the USNS Comfort to the Caribbean, South and Central Americas. You can read more about this in our newsletter.

The American Dental Association will be having their annual meeting in San Francisco in which we will be having a booth in the exhibit hall. Most exciting, is that we will host our first ADA reception at the Parc 55 Wyndham on October 20, from 7:30 to 10:30. I hope to see many of our friends and alumni at this reception. Please tell your friends to come and join us.

It was exciting that I was able to attend several graduations this year of our former students. We had over 40 students who graduated this year and we hope that they will come back to help in our clinics.

I hope to see you all in San Diego and at the ADA reception.

Sincerely,  
Dr. Irvin Silverstein

## A Tooth to Die For

By Tina Hsu



August, 2011: A 24-year-old Cincinnati man died from a tooth infection. ABC news reported his passing as due to his inability to afford medications. When Kyle Willis first discovered the tooth infection, he visited the emergency room for the swelling on his face. There, he was prescribed pain medications and antibiotics.

Unemployed, Willis was not able to afford both of the prescribed medications. He only purchased the pain medication for the toothache that had been bothering him. After two weeks of tooth ache, Willis continued to ignore his infection due to the lack health insurance. Without antibiotics and further treatment, the infection spread towards his brain, causing swelling in his brain.

It is unfortunate that Willis passed away at such a young age with a full life ahead of him. The news of Willis' tragedy affected not only his 6-year-old daughter and his immediate family, but also his community, and our society as a whole. We hope Willis's case brought to our society some much-needed attention on access to care issues and the importance the oral health to a person's overall systemic health.

There are many stories similar to this particular incident. For example, in 1997, a 12-year-old boy in Maryland died from a tooth abscess that also spread to his brain. Many Americans who were hard hit by the downturn of the economy in the past few years, like Willis, lost their health insurance and their jobs, increasing the problem of lack of access to care.

The UCSD Pre-Dental Society Student-Run Free Dental Clinic Project (FDC) currently operates 4 free-dental clinics staffed by volunteer dentists, and undergraduates who serve as

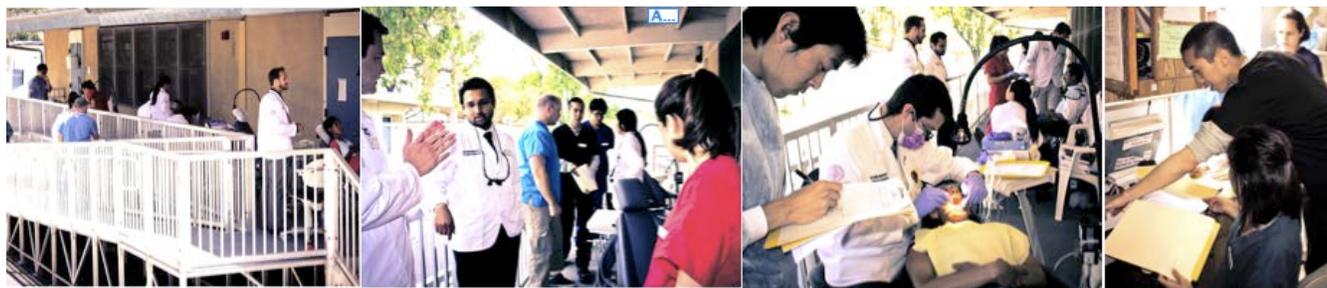
assistants and manage the clinics. Since our first Pacific Beach clinic opened in 1999, the FDC has been a safety net for the underserved population in San Diego.

As one of the volunteers and managers for the FDC, this project is truly unique. Volunteer dentists in our clinics treat over 35 patients a week who, like Willis, are unemployed or simply could not afford dental care. Many of our patients are the working poor, homeless, transitional-homeless or are suffering from other medical conditions that greatly compromise their oral health.

The FDC continues to expand. With the opening of its fourth dental clinic at Lemon Grove Elementary School in May, the UCSD Student-Run Free Dental Clinic Project will be providing dental care to the students as well as encouraging them to pursue higher education.

Any dental supplies and equipment donated to support our clinics would be greatly appreciated. We also welcome volunteer dentists who volunteer one night a month to help us provide dental care for the underserved population and prevent another tooth infection tragedy from happening in the United States. If interested in providing donations or volunteering, please contact the UC San Diego Pre-Dental Society director, Dr. Irvin Silverstein at dsilverstein22@cox.net.

## Western University Dental Partners with UCSD Pre-Dental Society Providing Care to the Underserved



**By: Cliff Lee**

In the early morning of Friday, June 17, 2011 seven dental students from Western University (WesternU), located in Pomona, California, drove down to Baker Elementary School in National City, San Diego. Waiting for them was a team of ten UC San Diego Pre-Dental Society volunteers, and dental fellow Dr. Randall Taylor, to begin a new partnership to provide comprehensive dental care for the community. Four dental chairs, completely furnished with a motor unit for suction, water, and a chair light, as well as a NOMAD® portable x-ray unit, were supplied by WesternU and placed in the medical clinic next to Baker's normally two-

chair trailer, expanding Baker to a massive six-chair clinic. With the additional volunteers and chairs, we were able to greatly increase the capacity of our clinic, seeing an average of 15 regular patients and additional walk-in emergency patients. While it was a challenge to handle the larger clinic, our volunteers did a fantastic job shuttling supplies and patients between the two rooms, and attending to everybody's needs.

The WesternU dental students were responsible for the entire treatment plan, diagnosis, and execution of procedures under the supervision of Dr. Taylor. Procedures started out with basic oral evaluations and prophylactic

cleanings, but quickly became more complex with restorative fillings, extractions, and even some pulpotomy and root canal treatments. The growth in confidence and skill in the dental students was evident with every week that passed. Our PDS volunteers acted as chair-side assistants, translators, and radiography technicians, while managers handled patient flow, scheduling, and paperwork, as well as all the instruments and materials needed for the procedures. PDS volunteers were able to demonstrate their extensive experience with patient interactions and procedures. It was an incredible experience for both pre-dental and dental students alike to learn and grow together.

## AGD Outreach gives back to San Diego

**By Isaac Hong**

On July 29-30, 2011 the UCSD Pre-Dental Society (PDS) volunteers joined the AGD outreach event along with volunteer dentists and many other dental assistants to give back to the community of San Diego. Many volunteers spent a weekend of their summer to give a smile to the patients who were in need of dental care.

The event focused on dental outreach, which took place inside two fully equipped trailers parked in the convention center. A company named OnSite provided the trailers with a total of 10 dental chair units. PDS volunteers contributed in various ways from patient management to chair-side assisting, to taking radiographs.



PDS Volunteer Isaac Hong assisting a volunteer dentist in an operatory inside a trailer provided by OnSite

The main goal this outreach was to provide as much quality dental service as possible in a limited amount of time.

We provided treatments to all the scheduled patients on time thanks to the smooth and cooperative effort between the volunteers. The experience of working with the volunteer dentists from different parts of the world was truly amazing and very appreciated. I was very happy to be part of this valuable experience.

**LEMON GROVE** (Continued from page 1) The clinic is the product of careful planning by the director of the Free Clinic Project, Dr. Ellen Beck, and Pre-Dental Society advisor, Dr. Donna Silverstein, and advisor Dr. Irvin Silverstein, with assistance from dental fellow, Dr. Randy Taylor as well as the superintendent of Lemon Grove School District, Ernest Anastos, and Golden Avenue Elementary Principal, Rick Oser. Lee Palmer and Burkhart Dental helped tremendously in planning the physical layout of the clinic and securing equipment. The clinic is equipped with a brand new digital radiography Nomad, practice management, treatment planning software and computers, printing peripherals, and wireless networking. The UCSD Student-Run Free Dental Clinic Project would like to thank Henry Schein, Burkhart Dental, and Kodak Carestream Dental for the generous donations to support our efforts in providing dental care to the underserved.



Dr. Randy Taylor (in royal blue scrubs) and clinic volunteers: (left to right) Ladam Kang, Dale Lai, Edmund Monsef, Maria Angle, and Sonia Ventura inside the new Lemon Grove Free dental clinic

## New Horizons 2011: A Debut Alliance



By Michael Wang

As part of a pioneer collaboration with the U.S. Air Force, four UC San Diego Pre-Dental Society students participated in the New Horizons Medical Readiness Training Exercise (MEDRETE) to Suriname for two-weeks as civilian volunteers in August 2011. The students played integral roles within the New Horizons dental team, assisting military dentists throughout surgical procedures, triaging patients, sterilizing dental instruments and, making this inaugural U.S. Air Force and non-governmental organizational partnership a successful one.

As one of the four civilian participants on this military deployment, I witnessed the dire need for health care within the impoverished South American nation and experienced the potential for international philanthropy in dentistry. Our mission was carried out at three clinic sites, which included a community center and two elementary schools, in northern Suriname. With portable dental chairs, dental instruments, materials, sterilization equipment, and the support of our dental team, the dentists were equipped with the capacity to alleviate the pain and suffering of hundreds of Surinamese citizens in multiple rural villages. Due to the paucity of a national healthcare infrastructure in Suriname, the most accessible dental and medical clinics were over two hours away by car.

Throughout the ten clinic sessions that were held at the three mobile sites, about 66 patients were treated a day, with a total of 567 patients of all ages. A total of 1,076 dental procedures were carried out, including 694 oral surgeries, 98 fluoride treatments, and 245 oral hygiene instructions. In addition to the dental team, the humanitarian enterprise encompassed a diverse range of other medical and non-medical operations. There were doctors and staff members for adult, pediatric, and emergency medical clinics, along with teams from dermatology, optometry, and pharmacy as part of the greater medical operation.

Military engineers remodeled one of the elementary school clinic sites as a dedication to the people of Suriname.

As I move forward with my future endeavors, this experience will remain a powerful source of inspiration to me for making a positive difference among underserved communities.



## USS Cleveland Pacific Partnership 2011



By Diewitt Duong

For the past six years, the UCSD Pre-Dental Society has worked with the US Navy to send civilian volunteers from all across the United States to participate in US Navy humanitarian missions. Last summer, we sent eight individuals aboard the USS Cleveland to join Pacific Partnership 2011; a team consisting of a dentist, a dental hygienist, and six dental and pre-dental students. Pacific Partnership treated over 3,300 patients and provided instant pain relief to people in Southeast Asia and the Oceania islands.

The UCSD Pre-Dental Society consists of undergraduate students interested in not only the dental profession, but in giving back to their community. The chance to be able to educate and provide quality healthcare on an international scale is a fantastic opportunity.

Our team has participated in medical clinics with the dental department, oral hygiene subject matter expert exchanges (SMEE), and community service events at Tonga, Vanuatu, Timor Leste, and Micronesia. In addition, we have worked alongside Australian, Canadian, Papua New Guinean, French, and Japanese military healthcare providers, which fostered a fantastic exchange of cultures and ideas.

One unusual scene was the chewing of betel nuts. Betel nuts are an engrained part of culture in the Federated States of Micronesia. Teenagers who grow up chewing betel nuts suffer from gum degradation and major teeth staining. The mission taught everyone aboard the USS Cleveland that dentistry is not just about a set of teeth, but a part of the interdisciplinary health care system that treats a patient as a whole individual.

I am very fortunate to have been involved with Pacific Partnership 2011, and am very thankful for those who have made it possible for my entire team to participate in this mission. UCSD Pre-Dental Society volunteers have gained immense respect for everyone we have met and worked with on the ship and at each medical site. Our experiences have forever changed our approach towards dentistry, patient relations, international aid, and overall healthcare.

## USNS Comfort: Continuing Promise 2011



By: Chris Traxler

Summer 2011 marked the sixth year that students from the UC San Diego Pre-Dental Society have partnered with the United States Navy on humanitarian missions. This time aboard the USNS Comfort hospital ship for Continuing Promise 2011 (CP11). Nineteen students and professionals from our organization were fortunate

to volunteer aboard the USNS Comfort through the Caribbean and Central and South America in countries including Jamaica, Peru, Ecuador, Colombia, Nicaragua, Guatemala, El Salvador, Costa Rica, and Haiti.

Many underserved populations simply did not have the access to dental or medical care. UCSD Pre-Dental Society volunteers gained invaluable perspective on the global problem of access to care.

**EXTERNSHIP** (Continued from pg 1)

We were also invited to give a presentation about our organization in hopes of inspiring the local pre-dental club and to update the faculty, staff and dental students on our activities. Our group worked really hard to deliver the best presentation possible, taking every opportunity to practice. Many members in our group formed strong friendship bonds on this trip.

The Detroit Mercy campus is a hospital that was purchased and converted into a dental school. This lends to a very interesting setting that felt appropriate in the context of dentistry addressing overall wellbeing of individuals. I really appreciated how new the clinic was and the various operatory wings for the different specialties.

Dr. Aksu, the dean of UDM Dental School, has a modern outlook on dentistry and his vision shines throughout.

We sincerely appreciated the time he took to sit with us

for lunch on the last day. We had very casual conversation in which he shared about himself as a person and as a dean. Outreach and access to care was a prominent topic and one that is ingrained in the school's mission statement. Being situated in Detroit is a perfect setting to develop programs that can help address these issues given the socioeconomic state of the city and beyond.

These opportunities are so valuable; I



hope they persist with offering this program as the more exposure one receives the more informed one can be, not to mention the spiritual connection one can potentially make with a school that can only be achieved by personally touring it. I have had the privilege of visiting a handful of dental schools now, albeit not all to this extent, and find each of them to be different and special in their own unique way.

*The UCSD Pre-Dental Society Student Run Free Clinics and Humanitarian NGO will be hosting a reception at the American Dental Association Meeting in San Francisco on Saturday, October 20, 2012 from 7:30-10:30 at the*

*Parc 55 Wyndham Hotel*

*55 Cyril Magnin Street  
San Francisco, CA 94102 , (415) 392-8000*

*Please attend and we hope that PDS alumni will be able to make it. We will also have a booth on the main exhibit hall at the American Dental Association convention.*

*For more information Please contact PDS Student Directors:  
Monica Yeo at monicayeo1@gmail.com & Diewitt Duong at diewittduong@gmail.com*

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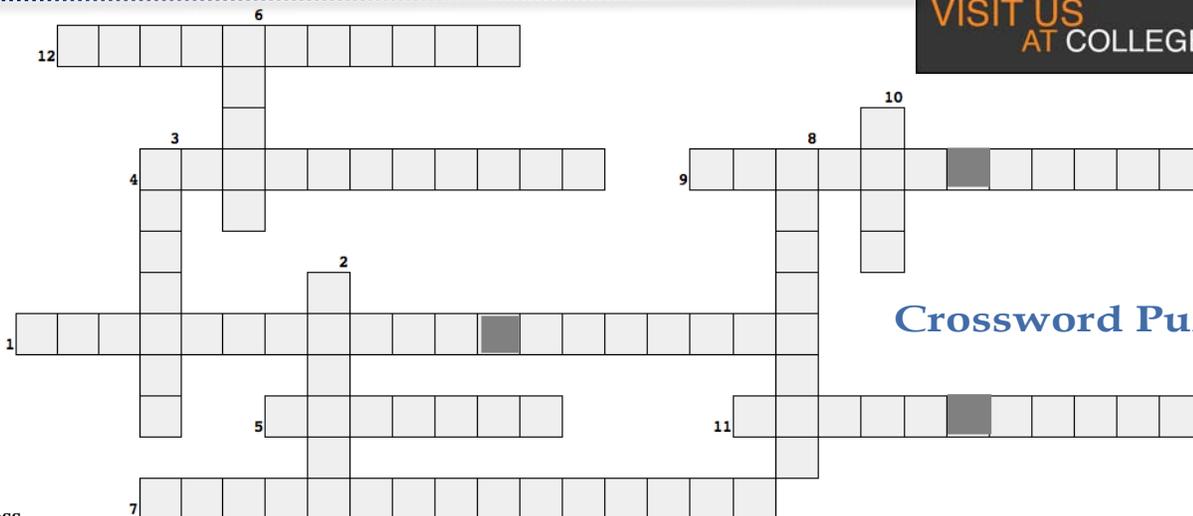
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**Crossword Puzzle**

**Across**

1. People with diabetes have high risk of \_\_\_\_ (2 words).
4. Often served as dentists in early America
5. Also known as "silver filling"
7. Loss of calcium, leading to weakening of the teeth
9. Third molars that usually erupt around ages 18-25 (2 words)
11. Device used to separate the teeth to relax jaw muscles (2 words)
12. Who exchanges money for teeth under the pillow

**Down**

2. The hardest substance in the human body
3. Clenching and grinding habit of the teeth
6. An average adult \_\_\_\_ has 32 teeth
8. Untreated oral diseases can become \_\_\_\_\_.
10. \_\_\_\_\_ have 42 permanent teeth

KEY: Across: Periodontal disease, Blacksmiths, Amalgam, Decalcification, Wisdom teeth, mouth guard, tooth fairy; / Down: Enamel, bruxism, human, systemic, dogs.

# Spring 2012 Events

## MARCH

- 31<sup>st</sup>, Sat – Pre-Benefit Managers and Department Head Meeting – Led by Dr. Sussi Yamaguchi and Dr. Randy Taylor  
*Where/When: Location PSB rooms 2 & 3, 10 am to 1 pm*
- 31<sup>st</sup>, Sat - UCSD Student-Run Free Clinics Fundraiser and Awards Banquet  
*Where/When: Price Center Ballroom, starts at 6 pm.*

## APRIL

- 5<sup>th</sup>, Thurs – General Body Meeting and Department Head Position Interviews  
*Where/When: Liebow Auditorium 6:30 pm*
- 12<sup>th</sup>, Thurs – General Body Meeting and How to Get Involved  
*Where/When: PSB Rooms 2 and 3, 6:30 pm*
- 19<sup>th</sup>, Thurs – General Body Meeting and Clinic Manager Position Interviews  
*Where/When: PSB Rooms 2 and 3, 6:30 pm*
- 26<sup>th</sup>, Thurs – General Body Meeting & Warren Lockette, MD, Deputy Assistant Secretary of Defense for Clinical and Program Policy  
*Where/When: Garren Auditorium, begins at 6:30 pm, TGIF reception to follow*

## May

- 3rd, Thurs – General Body Meeting & University of Detroit Mercy Dental Students – Joelle Abed Elahad, Frank Fu, Tiki Le, and Shawn Nguyen  
*Where/When: PSB Rooms 2 and 3, 6:30 pm*
- 4<sup>th</sup> to 5<sup>th</sup>, Fri-Sat – Thousand Smiles – Ensenada, Mexico  
 Details: Thousand Smiles is a non-profit organization that travels multiple times a year to Ensenada, Mexico to provide medical and dental care for not only the surrounding communities, but for children afflicted with cleft lip and palette. Volunteers will assist volunteer dentists and have an opportunity to witness surgical procedures, including palatal surgery, rhinoplasty, and bone grafts. To sign up/ if interested, contact Joshua Lange at [Joshua\\_lange@yahoo.com](mailto:Joshua_lange@yahoo.com)
- 3<sup>rd</sup> to 5<sup>th</sup>, Thurs – Sat – California Dental Association 2012 - Anaheim  
 Contact Ryan Fleming at [ryanwfleming@gmail.com](mailto:ryanwfleming@gmail.com).
- 10<sup>th</sup>, Thurs – General Body Meeting & Captain Jesse Wilson, Commodore, Pacific Partnership 2011 Humanitarian Mission, Ryan Baker, ASDOH Dental Student  
 Captain Jesse A. Wilson, the former Commodore of the US Navy's Destroyer Squadron 23, will be sharing his journey in the US Navy, including his experiences as Commodore of Pacific Partnership, the Navy's annual humanitarian mission to Southeast Asia. Altruistic, light-hearted, and gracious, Captain Wilson embodies the heart and soul of the Navy humanitarian missions and you will not want to miss his insight on what it takes to lead THE flagship humanitarian missions in the Pacific. *Where/When: PSB Rooms 2 & 3, starts at 6:30 pm*
- 11<sup>th</sup>, Fri – Mandatory New, Training, and Current Managers Meeting  
 Details: This will be a **mandatory** meeting for new, training, and current managers. *Where/When: PSB rooms 2 & 3, starts 6:30 pm*
- 17<sup>th</sup>, Thurs – General Body Meeting & Kaplan Pre-med/Pre-dent Personal Statement Writing, and Mandatory New and Current Department Head Meeting  
*Where/When: PSB Rooms 2 and 3, begins at 6:30 pm*
- 24<sup>th</sup>, Thurs – General Body Meeting & Mahvash Navazesh, DMD, Associate Dean of Academic and Student Affairs at USC, Michelle Levine, International Executive Director for Jerusalem free clinics  
 Details: Dr. Mahvash Navazesh is the dean for student affairs at USC as well as the leading expert in oral pathology and medicine. Michelle Levine, the International Executive Director for free clinics of Jerusalem, will be showing a film and discussing volunteering in the multi-cultural Jerusalem free clinic project. Local and international dentists are also invited to attend this meeting. *Where/When: Liebow Auditorium, 6:30 pm, with TGIF reception to follow*
- 24<sup>th</sup> – 27<sup>th</sup> – American Academy of Pediatric Dentistry International Convention  
*Where: San Diego Marriott and Marina (headquarter), the Embassy Suites, the Hilton Gaslamp, the Omni Hotel and the Marriott Residence Inn. San Diego Convention Center and Marriot will host the Scientific Program. Contact Ryan Fleming at [ryanwfleming@gmail.com](mailto:ryanwfleming@gmail.com).*
- 25<sup>th</sup> – 26<sup>th</sup> Fri – Sat – Norcal Project – Ensenada, Mexico  
 If interested, contact Joshua Lange at [Joshua\\_lange@yahoo.com](mailto:Joshua_lange@yahoo.com).
- 31<sup>st</sup>, Thurs – General Body Meeting & Edmond R. Hewlett, DDS, Professor and Associate Dean of Outreach and Community Affairs, UCLA School of Dentistry  
 Edmond R. Hewlett is a professor of restorative dentistry at UCLA and Associate Dean of Outreach and Community affairs.  
*Where/When: PSB Rooms 2 and 3, 6:30 pm with TGIF reception afterwards*

## JUNE

- 7<sup>th</sup>, Thurs – General Body Meeting & Student Panel  
*Where/When: PSB Rooms 2 and 3, 6:30 pm*
- Date TBD – PDS Annual Graduation Party  
 Details: Join us for our annual festivities celebrating the end of the school year, graduation, and the pre-dental students that will be leaving us for dental school! There will be food, fun, and drinks! *Where/When: To be announced!*
- 11<sup>th</sup> to 15<sup>th</sup> – Spring Quarter Final Exams
- 16<sup>th</sup> to 17<sup>th</sup>, Sat-Sun – UCSD Class of 2012 Commencement
- 21<sup>st</sup>, Thurs -- General Body Meeting & special speakers Dr. Ellen Beck, Director of UCSD Free Clinic Project, and Edmund Monsef, Pre-Dental Society officer  
 Details: Dr. Ellen Beck will talk about humanity, how to form free clinics, as well as the history of the UCSD Free Clinic Project. Edmund Monsef will discuss communication using Google Docs. *Where/When: PSB Rooms 2 and 3, begins at 6:30 pm*

If you would like to get involved, please contact:

Student Directors: Monica Yeo at [monicayeo1@gmail.com](mailto:monicayeo1@gmail.com) and Diewitt Duong at [diewittduong@gmail.com](mailto:diewittduong@gmail.com)  
 or

Director: Dr. Irvin Silverstein at [dsilverstein22@cox.net](mailto:dsilverstein22@cox.net)

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Questions or Comments?

Contact the Newsletter Coordinator and Editor, Tina Hsu, at [yesitstina@gmail.com](mailto:yesitstina@gmail.com)