NATIONAL DENTAL STUDENT LOBBY DAY

I walked off the airplane and took a breath of the crisp, east coast air. After a long five-hour flight, I was finally here. I made my way to the baggage claim, eagerly awaiting the sight of my green suitcase so I could head out and start exploring. It was my first time visiting Washington DC and I wondered how much sightseeing I would be able to fit in during my short stay. But, these concerns dissipated once I remembered the real reason I was here.

On Tuesday, April 12th, 2016, nearly 400 dental students from across the nation gathered in our nation's capital to take action on legislative issues affecting the future of dentistry. On this day alone, a record 198 meetings were scheduled with legislators and their staff.

CDA CARES And you should too

Twice a year, dentists from all over California volunteer their time at CDA Cares, a large-scale, two-day mobile clinic organized by the California Dental Association (CDA). This recurring event rotates to different locations across the state to provide a wide array of dental services at no cost to individuals from underserved communities. This past April, CDA Cares was held in Ventura County where 14,312 volunteer dentists, dental students, and community members treated 17,964 patients. Together, they collaborated to provide over $14.6 million worth of oral health services.
Dear Readers,

Summer is upon us and so begins another academic year. We would like to express our deepest gratitude to all the students and faculty who have made this newsletter such a success this past year. It has been an incredible honor to serve as your Diastema Editors-in-Chief and we thoroughly enjoyed the opportunity to work with you all to showcase your voices.

This year, we aimed to highlight the individual talents and diversity that our student body possesses and provide them an opportunity to share their gifts with the dental community. The UCLA School of Dentistry is home to some of the most phenomenal dental students in the country. Thus, we can proudly say that this newsletter exemplifies their creativity, knowledge and expertise. We are also proud to pass the torch onto Daniel Lee ('19) and Nicole Lee ('19) - two exceptionally talented individuals with an incredible vision for the future of our newsletter. We have no doubt that they will continue to uphold our publication to the highest standard of excellence and we are excited to see what they will accomplish next year.

Finally, we would like to thank all our contributors and of course, our amazing Diastema family members who have devoted so many hours to make this newsletter possible. We truly appreciate your immense dedication and we wish you all the best of luck on your future endeavors within ASDA and dentistry.

Sincerely,
Darron Miya and Sharlene Cam
2015-2016 Diastema Editors-in-Chief

As we began this past year, UCLA ASDA had but one goal in mind: to continue building upon our tradition of excellence. I am proud to say that this spring quarter marks the end of yet another successful year. At the national level, 17 student representatives from our chapter traveled to Washington, DC this past April to participate in National Dental Student Lobby Day. It was amazing to see so many passionate dental students from across the nation rallying together to increase awareness of legislation that affects us and our profession, ranging from access to care to student loan debt.

Here at home, we held three of our chapter’s signature events this quarter. I would like to recognize Jon Carin ('18) and Manny Gluckman ('18) for organizing another successful Golf Tournament - an important school-wide event that gave us all a chance to take in some fresh air and brush the dust off our clubs to partake in some friendly competition. In addition, Carlynn Chappell ('18) and Taylor Nakashima ('18) did an outstanding job bringing pre-dental and dental students together for the 4th Annual Core Build-Up Day. This pre-dental application workshop was an incredible success, and I know you’ll enjoy reading more about it in this issue. Finally, the success of the 2nd Annual Charity Auction would not have been possible without the efforts of Valentina Babuchayan ('18), Chloe Meyer ('18) and Allyson Taylor ('18). I hope you all enjoyed the many opportunities to get to know our faculty on a personal level and that this event has become one you look forward to year after year.

On behalf of the entire 2015-2016 UCLA ASDA Executive Cabinet, it has been an honor and a privilege to serve as your leaders. I would like to express my sincerest gratitude to all of our past committee chairs for their hard work and extend a warm welcome to the new 2016-2017 UCLA ASDA Chapter Executive Cabinet. I have no doubt that the future of our chapter lies in good hands.

Ouzhan Kalantari
2015-2016 UCLA ASDA President
CORE BUILD UP DAY

Written by Neil Tamashiro-Miyamoto ’19 & Shanelle Shahery ’19

UCLA ASDA’s Pre-dental Outreach Committee had the pleasure of hosting its 4th Annual Core Build-Up Day this past spring. As an all-inclusive dental school application preparation workshop for pre-dental students, this event was in high demand. We were thrilled to have over 40 pre-dental students in attendance, with many more on the waitlist. To encourage professionalism, we encouraged all pre-dental students to arrive dressed in business professional attire.

Attendees were given a surprise essay right at the start, allowing them to experience the pressure of composing a well-structured argument on the spot. The remainder of the day featured a number of different lectures such as “Hot Topics in Dentistry,” “How to Write an Effective Personal Statement,” and “How to Pick the Right Dental School for You,” just to name a few. Dr. Carol Bibb, Associate Dean for Student and Alumni Affairs and Dr. Ronald Mito, Executive Associate Dean for Academic Programs and Personnel, showed their support for our event this year by serving as guest lecturers and sharing their personal insights with the students in attendance. Of the many workshops we offered, the personal statement review was well-received as an attendee favorite. Here, pre-dental students were matched up one-on-one with dental students, each of whom personally evaluated personal statement drafts. Dental students also conducted mock interviews for the attendees. Pre-dental students were able to experience the dynamics of both a one-on-one and a group interview, as well as receive valuable feedback on various ways they could improve upon their interviewing skills.

Committee Chairs Carlynn Chappell (’18) and Taylor Nakashima (’18) developed several new features that made this year’s event unique. In particular, the “Do’s and Don’ts of the Dental School Application Process” lecture received an overwhelmingly positive response from the pre-dental students. This lecture was given by Joshua Vert (’17), who currently serves as a student member of the admissions committee. He shared his insight, as someone directly involved in making admissions decisions, and gave pre-dental students the exclusive opportunity to ask any questions that they had. Core Build-Up Day also played a prominent role on social media this year: The California Dental Association (CDA) generously donated sunglasses to all attendees, who used them to participate in a fun Instagram challenge. Committee members also oversaw the use of Periscope to provide a live video broadcast of the day’s events for the benefit of waitlisted students who were unable to attend.

Many pre-dental students came to this event with limited knowledge of the application process. However, the events and workshops offered throughout the day provided them with the tools to become stronger applicants. We were more than happy to provide them with so many new resources and note-taking was encouraged throughout the day. We considered the event a success and we are thankful for the enormous effort put forth by the committee chairs and committee members to plan everything down to the last detail. More importantly, this event would not have been possible without the faculty and dental students who chose to spend their Saturday morning volunteering their time with us. We are excited to see how our collective efforts will help cultivate the next generation of dental students and to see what next year’s event will bring.
RECAP: National Oral Healthcare Conference
Written by Ida Gorshtein '18

The National Oral Healthcare Conference (NOHC) is an annual meeting that celebrates the latest research in dental public health. This event encourages the development of public health education and provides networking opportunities among all members of the oral healthcare team, including hygienists, dentists, dental therapists and policy makers. The conference also draws the attendance of many students and young professionals who are passionate about engaging in dialogue and bringing about positive change within the community of oral health care.

As I navigated the tightly-packed lecture halls, listening to all the ideas being exchanged and hearing incredible speakers who flew in from across the country, the energy was almost palpable. I was immediately struck by the creativity and dedication each speaker brought to the stage. Notably, Dr. Robert Lustig, a physician from the University of California, San Francisco (UCSF), presented on the importance of sugar reform and its impact on the oral health industry. He led a fascinating discussion on the connection between liver disease and tooth decay, as well as the nexus of physicians and dentists as part of a comprehensive health care model. He also spoke in support of the sugar tax, which is currently on the ballot in San Francisco and Berkeley, and challenged us to lead by example. As such, UCSF currently does not offer juice in the children’s hospital ward and does not sell sugary beverages anywhere on campus. Beyond sugar reform, Dr. Lustig also proposed revamped subsidy laws on processed foods such as corn and soy. He emphasized the importance of this in adapting a healthier diet model, as well as its impact on decreasing the risk of diabetes and other systemic diseases in children.

Another lecture featured panelists from various accountable care organizations (ACO), focusing on how government programs can incentivize private practitioners to accept Medicaid. Various states have also developed innovative models of implementing health care programs. In the Pacific Northwest, the Permanente group has successfully integrated dental and systemic care under one system to serve their patient population. In Iowa, a pilot ACO program features a three-tiered system of care in which a patient must complete a certain number of appointments in the first tier - such as cleanings - before they are eligible for second tier care - such as crowns and fillings. The primary advantage of this system is that it encourages accountability and personal responsibility in patients, rather than perpetuating “emergency room cases.” In Minnesota and Alaska on the other hand, dental therapists are being licensed to treat patients under dentist supervision, in hopes of increasing access to care in health professional shortage areas.

As you are reading this article in California, you are hopefully inspired to take action. You may have the next great idea, or you may rise to the challenge of leading by example. We are young, but we hold bold aspirations to be more innovative and open-minded. Use this to your advantage by getting involved in dental public health research, learning more about public health policy and exchanging ideas with your peers. The future of oral health care needs your energy and there’s no better time than now.

STRESSED?
Dry mouth, feeling like you are about to fail all your classes?

Concerned you spent the last hour on facebook becoming ‘prepared to study’?

Piano Music, Raggae

Acoustic

Downtempo, Trip-hop

The Grateful Dead, Folk

TIRED?

Drink coffee?

Dubstep, House, Trance

Teen Pop

Jazz

UNFOCUSED?

Any “genre” of Classical Music

Minimal Techno, Deep House

Baroque Classical

Online?
THE ADAT: ANOTHER DAY, ANOTHER EXAM

Written by Imran Ahmed ’19

The Advanced Dental Admission Test (ADAT) is a new exam developed by the American Dental Association (ADA) for the purpose of assessing the potential of students applying to advanced dental education programs. It covers topics such as biomedical sciences, clinical sciences, principles of ethics and patient management, research interpretation and evidence-based dentistry.

Such an exam became necessary for a number of reasons. As of January 2012, the Joint Commission on National Dental Examinations no longer reports scores for the NBDE Part I and NBDE Part II. Instead, a Pass/No Pass system has been implemented. Likewise, a number of dental schools have also implemented a Pass/No Pass grading system that may or may not report class ranking. With all this in mind, comparing one applicant to another is a major challenge for program directors in assessing a candidate's potential for success.

Prior to the change, program directors utilized board examination scores as part of their assessment. This begs the question: why not return to having scored NBDE results? Ultimately NBDE Parts I and II are designed to address whether a candidate for licensure has the cognitive skills needed to practice dentistry safely - a baseline competency. On the other hand, the ADAT is meant to identify qualified candidates for advanced dental education programs that exemplify an ability to go above and beyond.

Despite the increased stress that comes with having to take yet another high-stakes examination, having such an exam can be very beneficial for applicants. For students whose dental school has a Pass/No Pass system and does not report class ranking, letters of recommendation have become, arguably, the most important aspect of the application. The ADAT would provide a more standardized mode of comparison between applicants, eliminating disadvantages for these students.

Despite the prospective advantages, whether the ADAT will effectively assess the potential of applicants remains to be seen. To address this, dental students from across the nation passed a resolution at the ASDA Annual Session 2016 to reflect ASDA’s current stance on the ADAT.

Until several years of results have been collected, advanced dental education programs should not heavily weigh the ADAT.

The pilot period should extend 3-5 years. Presently, the period is only from May 2016 to August 2016.

Until the pilot period is completed, the ADA should completely subsidize the cost of the ADAT, saving students the current cost of $250.

The ADAT score should have the same weight as GPA and class ranks.

During the pilot period, ADEA should not publish the ADAT scores on the PASS application. Currently, scores are automatically reported to PASS.

Going forward, the ADAT may just be another exam to take for a long path towards a career in dentistry. To ease some of the challenges, the ADA has provided resources for individuals preparing to take the exam, including a practice exam and an up-to-date list of programs that require, accept, or do not accept ADAT scores. Over the next few months, once the pilot period has ended, we may have a better sense of the ADAT and its place in the application process. Stay tuned.
Fifty UCLA student dentists drove to Ventura to assist the volunteer dentists and to better understand the magnitude of the need for oral health care in California. We were fortunate to have had the opportunity to build friendships with both dentists and fellow dental students in attendance. Some would say we were even more fortunate to be in an arena where we were able to interact with many appreciative patients, helping them feel a little more at ease in the dental chair by listening to their stories. Here are some stories that UCLA participants shared from their personal experiences at the event in Ventura. If you have not yet attended CDA Cares, I would highly recommend experiencing it for yourself and seeing the magic happen before your eyes. For more information, please visit cdafoundation.org/cdacares.

“I met some amazing doctors at CDA Cares in addition to seeing some interesting dentistry we wouldn’t otherwise see under normal circumstances. It was great seeing all of the appreciative patients who slept over from the night before just to get dental work done. It truly was eye-opening to see how severe oral disease can get if patients don’t have access to care and how appreciative they are for our work.”

-Mariah Aron ’19

“How long have you been waiting today, sir?” I asked a middle-aged Hispanic man in line for an X-Ray. “Well, I got in line around 2am and it’s almost 2pm now so around 12 hours I guess, but my teeth are falling apart so…”

I gazed around the giant fairground to see him and the hundreds of people in line waiting. For the first time, I truly saw the lack of oral care in California and the repercussions this has on low-income populations. It was one thing to learn about underserved regions at pre-dental meetings. Yet, actually witnessing the pain and suffering of the people living in these areas and seeing what they had to go through because they didn’t have a regular dentist or a dentist who took their insurance left me dumbfounded. Being at CDA Cares allowed me to put faces and stories to the statistics that I had only heard about.

While volunteering at an X-ray station, I was able to talk to one of the supervisors, who once served on the CDA Board of Trustees. I shared with him the shock that I felt being surrounded by hundreds of people in desperate need of dental care. He told me that these events often influence dentists and future dentists to be conscious of the lack of care people face and hopefully motivates them to start addressing these issues. As a pre-dental student, I hope to grow into a dentist that will fight to make dental care more accessible to underserved communities.”

-Daniel Shen, UCLA Pre-dental Student
“I would like to share my experience with a dentist whom I assisted on Saturday during the week of CDA Cares Ventura. He had practiced dentistry for over 30 years and emphasized that dental school was one of the best times of his life since he truly enjoyed and treasured lifelong learning. Dr. Horuchi was a jovial dentist who really put everybody, especially the patients, at ease. Our first patient even exclaimed, ‘I’ve never had THIS much fun seeing a dentist before!’ The whole experience was filled with smiles and laughter, and I really enjoyed learning from him since he provided me with an active role in clinically examining each patient case with the mouth mirror. He even urged a pre-dental student to look inside the patient’s mouth! Nevertheless, since Dr. Horuchi worked in the UCLA SOD clinic many years back, he truly upheld the UCLA clinic standards by testing me on the spot on pertinent topics related to the patient’s treatment plan and history...the experience was very rewarding.”

-Holvin Louie ’18

“I saw our faculty at the event and learned a lot from them. For example, one-day dentures aren’t by any means the best treatment, but for patients who have nothing, it’s a big deal. Using principles they taught us, they were able to make serviceable dentures in a day. You can’t provide comprehensive treatment in a day, but it was nice learning how to have as much of an impact as you can, without compromising quality of care.”

-Max Bachour ’16

“To be honest, for most of the ride there, I wondered why I signed up to wake up at 4:30am on a Saturday morning. However, spending the morning at the Oral Surgery department was an awesome experience. Hearing all of the patients’ stories about how much pain they had been living with, how far they drove out, and how long they camped out just to be seen opened my eyes to how important a service CDA Cares provides. For anyone that feels that dentistry doesn’t make a big difference in peoples’ lives or needs to be reminded why they decided to go to dental school, please sign up for CDA Cares! It really is amazing to see everyone come together with the sole purpose of serving the oral health needs of the community.”

-Thomas Poelman ’18

“I had a great time volunteering at CDA Cares Ventura. I was in the Triage Clinic, where a group of about 6 or 7 dentists quickly evaluated patients’ main concerns and made the appropriate referral within the event. While it was fun to meet and talk with the other dentists, it was also extremely gratifying to have countless patients express their sincere thanks and appreciation for literally anything you could do for them. I often feel that events like these kind of re-energize you and serve as a great reminder of why we went into the profession in the first place. It was also amazing to see so many UCLA students there! I was so proud of all of those who showed up and sacrificed time from their weekend and studies to help those truly in need. You guys inspired me!”

-Dr. Marc Hayashi, UCLA Faculty
Written by Brandon Skenandore ’19

Seventeen students from UCLA ASDA joined me in representing the 22,000 dental students across the nation to lobby for three bills on Capitol Hill. Though it’s not something that many of us think about everyday, legislation significantly impacts student life. From our federal loan interest rates to the accreditation of our universities, the government plays a role in regulating many areas in accordance to policies that are in place. Being a part of ASDA allows dental students to voice their concerns and opinions as a single body - one that can enact change and help set new legislation. This allows us to not only shape the future of our profession, but also enables us to provide improved quality of care.

National Dental Student Lobby Day took place across two days: one day in which we learned about lobbying and one day where we applied what we learned by lobbying directly to legislators and their staff. On the first day, we heard from many speakers who explained the process of lobbying and how legislation works as a whole. Dental students also prepared themselves for lobbying by learning more about the three bills and took this time to finalize appointments with legislators. The next day, we traveled to Capitol Hill together to meet with members of congress and their staff. Everyone we met with was professional and receptive to hearing more about our cause. We were able to strengthen relationships as well as form new bonds. By lobbying support for these bills, we hope to not only improve the future of student debt outlook, but also the future of dental care nationwide.

"BEING A PART OF ASDA ALLOWS DENTAL STUDENTS TO VOICE THEIR CONCERNS AND OPINIONS AS A SINGLE BODY - ONE THAT CAN ENACT CHANGE AND HELP SET NEW LEGISLATION."

Learn more about the three bills we lobbied for:

**HR 539: Action for Dental Health Act**
This bill seeks to amend the Public Health Service Act in order to improve oral health promotion and disease prevention. It would allow dental non-profit organizations, such Give Kids a Smile, to apply for federal grants offered by the CDC as a measure to reduce emergency dental visits and increase oral health education.

**HR 649: Student Loan Refinancing Act**
This bill seeks to amend Title IV (Student Assistance) of the Higher Education Act of 1965 by allowing dentists to refinance their federal student loans at any time during the life of the loan. This would allow dentists to take advantage of current market rates. Currently, student loans can only be refinanced once, after graduation.

**HR 4225: Protecting our Students by Terminating Graduate Rates that Add to Debt Act**
Subsidized federal loans for graduate students were cut in as part of the Budget Control Act of 2011. Now that the economy is no longer in a recession, many other programs that were previously cut are now being reinstated. As such, this bill seeks to once again allow graduate students to be eligible for federally subsidized student loans, through which interest would only start accumulating after graduation.

If you would like to get involved, consider visiting http://caprimgage.com/asda to write your lawmakers and ask them to co-sponsor these three bills.
MEET YOUR 2016–2017 DISTRICT 11 LEADERS

The American Student Dental Association is made up of both local chapters and regional districts. UCLA ASDA belongs to District 11, which encompasses all the dental schools within California. Each year, dental students from each school are elected and appointed to serve as part of the regional governance. Here are the UCLA ASDA members who will be representing your interests as district leaders over the next year. Please do not hesitate to reach out to them if you are interested in getting more involved in district events.

CHANTELLE GHIAM ’18
Member-at-Large
South

HAWA CHOPAN ’19
Fundraising & Sponsorship Committee

MANA NAEM ’19
Fundraising & Sponsorship Committee

Chantelle will be responsible for connecting monthly with chapter leaders to discuss solutions to improve membership engagement and involvement within local chapters.

Hawa will be working to develop various district fundraising initiatives. She will also be recruiting vendors and securing sponsorships for the District 11 Meeting.

Mana will be working to develop various district fundraising initiatives. She will also be recruiting vendors and securing sponsorships for the District 11 Meeting.

SACHI MEHROTRA ’19
District Planning Committee
Pre-Dental Chair

SOGOLE TABATABAIEPUR ’19
District Planning Committee
Outreach Chair

WALTER FUENTES ’19
Advocacy Associate

Sachi will be helping to plan the District 11 Meeting, primarily focusing on recruitment and the development of activities for pre-dental attendees.

Sogole will be helping to plan the District 11 and Leadership Advance Meetings, primarily focusing on recruiting speakers and developing breakout sessions. She will also be helping to develop district community service events.

Walter will be assisting the District Legislative Liaison in coordinating Advocacy Academy and State Lobby Day. He will also be working to keep members up-to-date on legislative news and encourage advocacy on behalf of all district dental schools.
Guide to UCLA

Written by Sachi Mehrotra ’19

At this point in the quarter, we’ve all probably settled into a familiar study spot routine: Biomed Library, Café Med, Health Science Store quad, study rooms in Weyburn… but there are so many other areas at UCLA that merit a visit! As a returning Bruin, I want to remind everyone how great our campus is, and encourage everyone to explore some new areas at least once. The following are some of my favorite spots from my undergraduate days to hang out, study, or just drop by from time to time.

It may seem like our campus is way too big to explore in its entirety, or that your course load is way too huge to allow for such adventuring, but I guarantee it’s worth it. Have fun!

Sunset Recreation Center
Here, you can soak up some Vitamin D by the pool(s), throw a barbecue on the lawn, or tackle a challenging ropes course. If the two pools don’t meet your standards, try the other ones on campus at Kaufman Hall and the Student Activities Center (SAC). Pro Tip: With the Weyburn parking permits, you can park at the RC lot next to Sunset Rec from 12 pm Friday–7 am Monday if you want to avoid the long walk.

Drake Stadium/Wooden Center/Pauley Pavilion
Rest your brain and grab a workout at the newly-renovated track and stadium, or go next door to the main UCLA gym. Complimentary towels and filtered water are offered, and workout classes (like Zumba or yoga for example) are available to purchase. Also, check out the rock climbing wall, racquetball courts, ping-pong tables, and chair massage service offered. Sports enthusiasts can also swing by the neighboring Pauley Pavilion to watch a basketball or volleyball game.

Royce Quad/Powell Library
Take a picture under the iconic Royce Hall arches before proceeding into the (rather beautiful) library to cram for your next test. Fun fact: Ray Bradbury penned Fahrenheit 451 in the basement of Powell Library, and a copy of his original work can be found in Special Collections.

Dining Halls
UCLA – where dining halls have 4.5 star ratings on Yelp. I’m talking about our newest dining hall, Bruin Plate, which features sustainable, organic, and frankly delicious buffet-style food. Buy a single meal ticket for less than $12 using your BruinCard, or try the UCLA Swipe Swap Facebook page at the end of the quarter when undergrads have leftover meal swipes.

Bruin Walk/Janss Steps Hill
Bruin Walk is arguably the busiest, most chaotic path through campus—and therefore very entertaining if you don’t mind being flung by student organizations and solicited to buy food for club fundraisers. In contrast to this mayhem, you’ll find a vast lawn next to Janss Steps that’s perfect for laying out and/or napping. Bonus points go to anyone who sets up a hammock or slackline in between the trees.

Kerckhoff Patio
Sip on coffee, people watch, study, and blend in with the undergrads at the spot that was filmed as a backdrop for Harvard University in the movie, Legally Blonde. Don’t forget to take advantage of the upstairs study rooms that have large couches and reclining leather chairs!

Murphy Sculpture Garden
Pretend you’re an art student and ponder the meaning of life while admiring the 70 statues and various fountains in this scenic “North Campus” spot—home of the humanities courses.

Geology Building/Planetarium
As if UCLA wasn’t impressive enough, our Geology Building happens to house the largest collection of meteorites in California, along with displays of various dinosaur fossils. For those interested in astronomy, the roof of the Math Sciences building doubles as a planetarium, with free public shows and telescope viewings available. Find more information here: http://www.astro.ucla.edu/planetary
**BITEBLOCK: Mini S’more Cups**

Summer is just around the corner and I can’t think of summer without thinking of beaches and bonfires. What’s the best part about bonfires? S’mores! The melted chocolate, ooey-gooey marshmallow center and crunchy graham crackers take me right back to my childhood. This recipe is super quick with easy ingredients - most of which you probably already have in a cupboard. I think I might like them even better than the traditional beach side S’more! It only takes 15 minutes to make these perfect mini S’more cups that’ll brighten any mood, impress your friends and most of all, satisfy your sweet tooth. No bonfire, burnt twigs, or sand in your shoes required. Enjoy!

**Ingredients**

- 1 1/3 cup All-purpose flour
- 1 1/4 cup of crushed graham crackers
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup of unsalted butter at room temperature
- 1/3 cup of granulated sugar (can substitute with coconut sugar)
- 1/3 cup of brown sugar
- Mini Marshmallows
- Hershey’s chocolate, preferably mini (can substitute with Nutella)

1. Whisk the flour, graham crackers, salt and baking soda together in a bowl.
2. In another bowl, cream the softened butter together with the granulated and brown sugars. When well-combined, add the egg and vanilla extract. Mix again until well incorporated. An electric or hand mixer can be used for this step, but I was able to do it by hand.
3. Mix half of the dry ingredients into the wet ingredients. Add the second half of the dry ingredients after the initial mixture is well combined. It may seem like it won’t come together, but the mixture will eventually form a ball.
4. Spray a mini muffin tin with non-stick cooking spray and roll out balls of dough approximately the size of a ping pong ball. Place one ball in each cup of the muffin tin.
5. Use something round to form an indentation in the center of each ball. I used a little bottle opener, but the end of a rolling pin works as well.
6. Bake the cookies at 375°F for about 6 minutes.
7. When they come out the cookie cups will be a bit soft, but they’ll set as they cool. Gently push down the center of each cup with the tool again, as they tend to puff up.
8. Set the oven to broil. Fill each cookie cup with a tiny wedge of chocolate. Alternatively, a small dollop of Nutella would work just as well.
9. Top with 3-4 marshmallows. Be careful not to overpack them – they will puff up.
10. Put the tin back in the oven for another 2-3 minutes. Keep an eye on them. We want the cookie cups to be light brown in color and the marshmallows to be toasted.
11. After removing the tin, top each cup with another piece of chocolate (or Nutella) and let rest for a few minutes so that the chocolate has time to soften.

Enjoy! Makes ~24 mini S’more cups.

**The Smile Line**

by Angel Wu '19

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*IN VERONA AS MERCUTIO DIES... A PLAQUE ON BOTH YOUR FAMILIES!*
special thanks to

Dr. Carol A. Bibb
FOR HER CONTINUED
SUPPORT & MENTORSHIP

Dr. Carol A. Bibb is Associate Dean for Student Affairs and Clinical Professor in the Division of Oral Biology and Medicine at the UCLA School of Dentistry. She has served as faculty advisor to the UCLA ASDA newsletter since 2005.

SUBMISSIONS
If you would like to submit an article and/or photos for the Diastema, or have any suggestions, please email the editors at ucladiastema@gmail.com

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