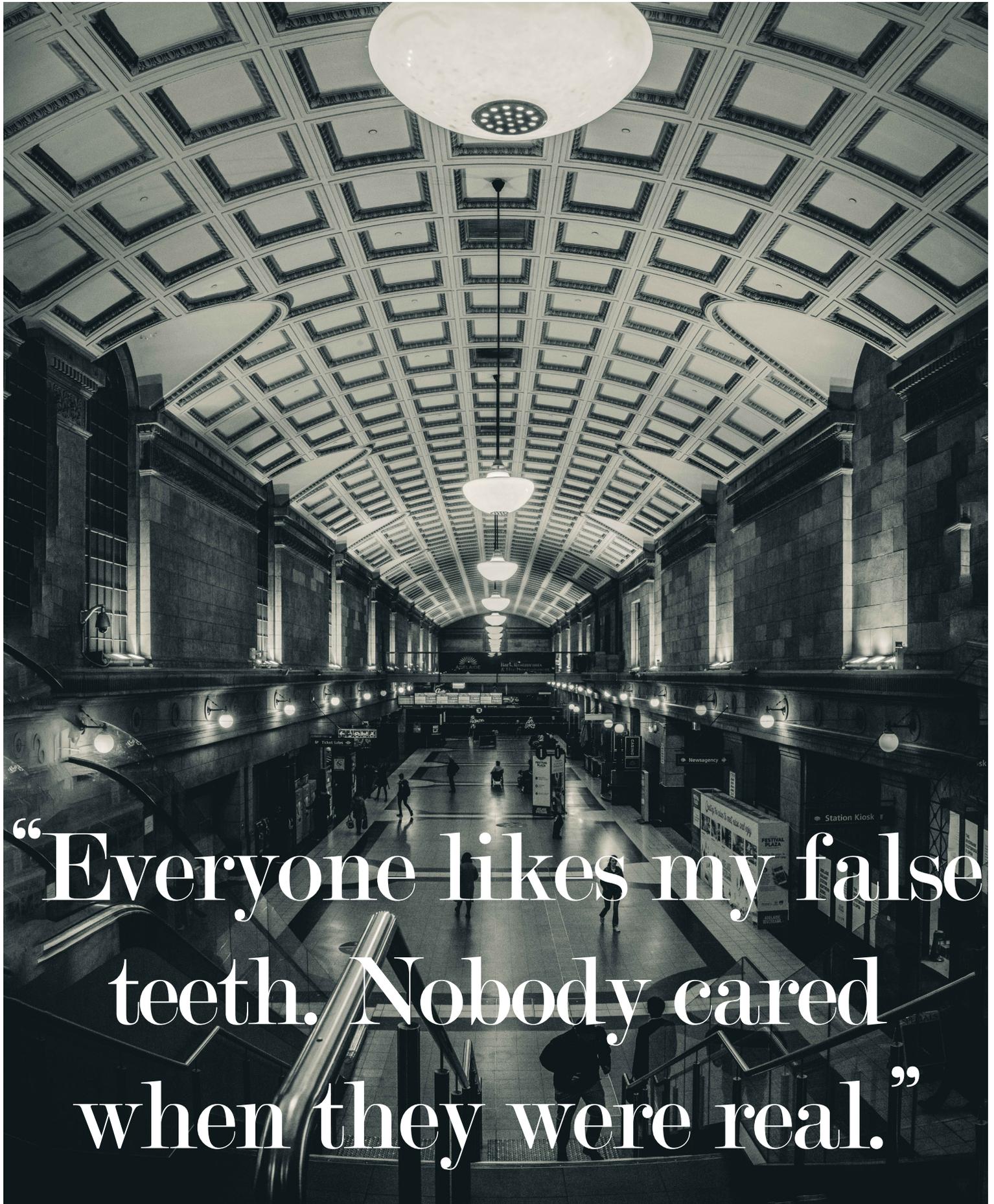


2017 Semester 2

Paperpoint



“Everyone likes my false teeth. Nobody cared when they were real.”



EDITORS' NOTES

DARREN CAI - MR MONOLOGUER

Time again for our regular 6 monthly check up dear reader of Publication. So how's everybody coping with semester 2?

Fourth year is not bad but I'm dealing with the greatest barrier to my profession. Crippling optimism. I'm actually starting to believe that I might be on my way to becoming a half-decent dentist. Seriously, it's an addicting delusion.

So let's bring ourselves back down to reality with this Paperpoint eh? If the Freshers' Paper Point was the welcome card, then this edition is the diary your angsty kid hides under his bed.

What do I tell myself when writing these things?



• Hello 1st years! What are you doing now? Biodental tutes? ILAs? Fissure sealants? I'm still hip enough to relate to guys. I may not know many of you but keep it up younglings.

• Hey 2nd years. I practise in the SIM lab with you guys every week. Normally I have earphones in but every once in a while I overhear conversations about your current stresses. Believe it or not, your cavity preps and restorations aren't as bad as you think they are. I hope you have good tutors for SIM and clinic. Or at the very least supportive ones (all its takes is one unsupportive tutor to ruin the day unfortunately).

• 3rd years huh. Probably worrying about passing clinic eh? That or trying to memorise oral pathology. I'd say this year is when you realise everything that is right or wrong with our dental school. I recall a lot of - "but this tutor/student said/did this." By now you should at least be proficient at either be part of the system, fighting against it exploiting it. Guess which group I'm in.

• 4th years...

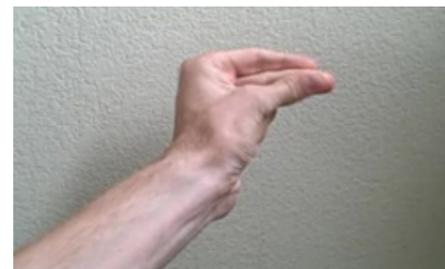


4th year doesn't determine what's right. Only who's left.

• 5th years reading this? I'd be surprised. Haven't seen a lot of you around. Us 4th years have been hungrily eyeing your position.

During one of my downtimes waiting for the tutor to complete self assessments, a friend and I brainstormed methods for gaining the attention a busy DA in a fashion that would result in our prompt dismissal from the dental school. You know. If we ever decided to throw our futures away.

1. Repeatedly snap your fingers



2. Spray them with triplex water

3. Shout "Oi you."

What else...what else.

Elections are coming up. Naturally I've been asked if I'll be running for an executive position again. My go to response is either a nervous laugh or a blank stare. Would I really do that to myself?



...look forward to my election video.

"Do you have to view life through such a cynical lens?"

- Reader 1

Live a Positive Life

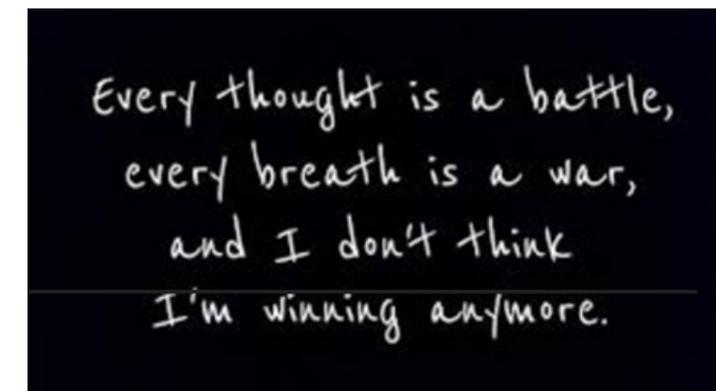


That's like asking why people need glasses. To corrects one's vision I would imagine. It's just like how the darkened version protects my eyes from the harmful and bright high energy light.

I must admit that having a Publications team has made me a much more positive person compared to last year. It's nice to know others who can relate to my experiences.

Righty oh then. **Lets see how they're going.**

OLIVIER NGUYEN - MR EDITOR



DHARISHINI VELLAYADEVAN - MISS JOURNALIST

Coercion would be the perfect word that sum up how the Publications team jumpstarted our new project-the AUDSS blog. We spied on personal profiles and wired almost everyone in the BDS cohort. When something juicy flashes up, we hit it right on the target. I am sure you know how it is all done and Princess Diana's journey to the afterlife (or whichever end you believe in).

Nevertheless, we have quite successfully unearthed a few home-grown talents who have clearly selected the more profitable career, the global party-goers from the half-way there dentists cohort and some quirky food reviews. There's more to come, so keep an eye for what's coming and another eye on your very own antics. You will never guess what would be served out to the hungry audience.

And as for the team, I have learned that the Ghosts are mates with good sense of humor, more in written words than spoken. More read and seen, than eye contacts. Then again, for introverts, we have more information about your social life than you think.

Hope you have had a good 2nd semester and wish you luck for the exams. Also, feel free to drop in an anonymous message if you wish to start a wild, wild bushfire.

Regards,
Dharishini Vellayadevan

We're okay.
<https://www.audss.org.au/im-okay>

President & Vice President's Update



As the year draws to a close, we are pleased to update you on some of the recent developments for the AUDSS. Despite both currently being on interstate placements, Alex and I are more motivated than ever to make the most of the final months of the year.

Given our national and international community within the dental school, we are working with the University Alumni team to create an interstate/overseas mentorship program with alumni from those regions. We hope this will assist those looking for contacts, mentors, experiences and employment beyond SA and hope to see this program develop in future years.

Settling into the new ADH over the past few weeks has certainly been exciting! We are lucky to be able to practise within the AHMS building filled with state of the art equipment, modern design and \$250 million dollar views.

You may be wondering where the AUDSS Honour Boards have been relocated. Unfortunately the Faculty deemed them unsuitable for the aesthetic of the new AHMS building. The AUDSS made it a priority to ensure that this important piece of history that dates back almost a century was preserved.



By Emma & Alex

After much discussion and negotiation, it was decided that the Honour Boards would be relocated near the Sim Clinic. Due to the weight of the boards, the walls are being reinforced prior to their mounting. Several trophies and miscellaneous AUDSS memorabilia were small enough to display in the AHMS building. They can be found in their new glass cabinet on Level 3.

With the integration of allied health at the new AHMS building, the AUDSS has worked tirelessly with the Medical and Psychology student societies to bring you 'The Vax Bar', a Health Sciences pop up bar that helps save lives. This end of term party will be held on Friday 15 September from 6.30-9.30pm on the Math Lawns. All proceeds go to Shot@Life, an initiative by the United Nations Foundation that brings vaccinations to children that need them most all over the world. \$1 = 1 vaccination. Your shots give a child a shot at life. Eat, drink, mingle with cute singles. For only \$10 entry, you can save lives while meeting the love of your life. Tickets are limited! So keep updated and found out more via Facebook:

www.facebook.com/events/1628071160545413/

It's also campaigning season soon, and the AUDSS AGM and elections are approaching in October. We highly encourage you all to consider getting involved and applying - whether it is as an Executive, General or Subcommittee member. The AUDSS is an opportunity to work with like-minded, passionate peers to create an enriching and memorable university experience. Keep an eye out for the official Notification of AGM and election dates. If you have any questions about the roles of the committee, feel free to ask us or any other committee members. Even if you don't plan on running, you can make a difference and influence the future success of the AUDSS by attending the AGM and voting for your favourite candidates.

While there are only a couple of short months until the end of the year, the AUDSS has plenty of academic and social events organised to keep you busy. We wish you all the best for assessments and hope you enjoy the rest of the year.

- Emma & Alex



shot
@life
shotatlife.org



Where your drinks save lives

The VAX Bar

SEPTEMBER 15

FRIDAY 6:30 - 9:30PM

**What was the last thing
you spent \$1 on?**

A child dies from a vaccine
preventable disease every
20 seconds

\$1 = 1 life saving vaccine

That's all it takes



Available online
or at the door
See facebook
for more details

Supported By



LEARN MORE: SHOTATLIFE.ORG

EVENTS

Phew.

What a year it has been so far for events. From Fresher's BBQ to Final Basement party, and from inter-year sports to pubcrawls, first semester (and start of this semester so far!) have been packed with events. Let's have a little recap.

Upper years celebrated the end of PCPC with Preclin pubcrawl, which was the first event of the year—something chilled, relaxing, and something to act as an imaginary break before the actual semesters start for those who have been back at uni since January.

Uni academic year officially began and we welcomed the new first years with Fresher's BBQ. It was a fun afternoon where first years could meet people from all different years (and a day for some people to pretend to be fresh again). Fresher's also could get to know everyone a little more during the Fresher's

Basement Party. Remember the record being broken at 6.50pm..?

Then followed one of the major event of the year—Dent Camp. People came with their horrific costumes ready for 3 days 2 nights of partying, bonding and chilling at the beach. I hope the some of the video evidences taken for Scav Hunt will never see the light of day.

Pubcrawls are always a classic event. Deadpulp shirts were highly sought after, though the end product did end up looking a little "funny".

2017 is an exciting (or not so exciting for those of you living on east side of city) year where we moved to the new hospital, but sadly this also meant that it was time for The Final Basement Party. A lot of things happened during then, and I'd like to say what happened at Basement Party stays at Basement Party but in reality, I just don't have enough space to write it all. :P

There were 2 sports events that had happened so far—volleyball and soccer. I must say BDS5 showed who's boss by winning both (combined team with BDS2 in interyear soccer), and receiving well deserved cheaper tickets to some future events.

What to look out for in Sem 2:

- Grand Dental Ball: From Dusk to Dawn

(Note: probably already happened by the time this is published)

**Publications: Probably.*

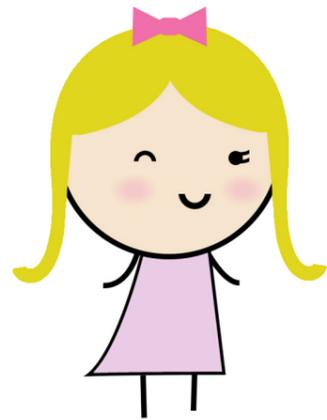
- GV Black Pubcrawl: Make Amalgam Great Again

Note: This probably has already happened too.

**Publications: Give us some credit*

- Inter-faculty event: The VaxBar
- Inter-year netball
- Final Year Farewell

BDS / BOH / Med / Psych student at *The VAX Bar**

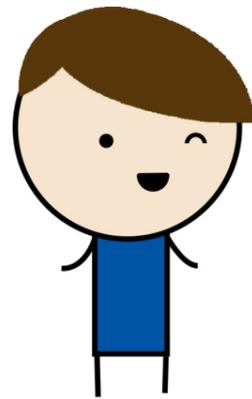


Hey! You owe me a drink.
I dropped mine when you walked by.

I see you've got some syringes. Does that
mean you want to give you and me a shot?

Are you a 33 Gauge needle?
Because you are ultra-fine!

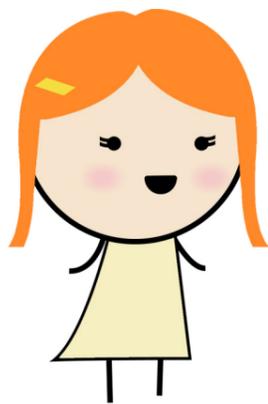
Can I take your temperature?
'Cause you're looking hot today.



Are you my appendix?
I have a gut feeling I should take you out.

You'd better be a cardiologist, because
something about you makes me want to give
you my heart.

Are you COPD?
Because you take my breath away.

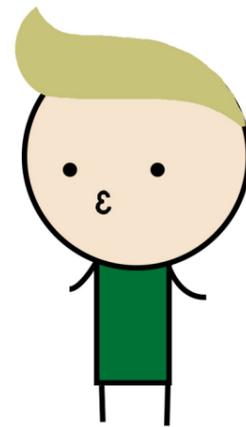
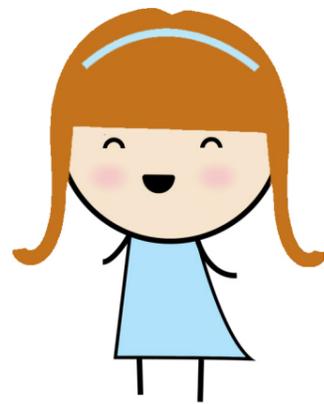
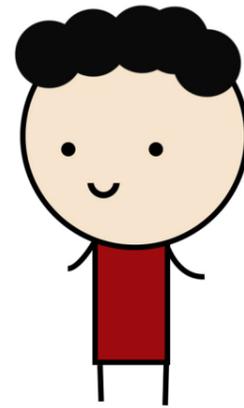


Hey baby, if you were a polishing disc,
you'd be superfine.

Baby, all I see in my Rorschach Tests
is you and me!

I have a slight OCD.
Care to be my obsession?

* 60% of the time, it works every time.



Student Affairs

all good

(Lee and Kenyon, 2017)

Reference:

Lee, J. M., Kenyon, L., 2017, *PaperPoint*, 'Student Affairs
Report', vol. (??), no. 1, pp (whichever Darren puts them
on)

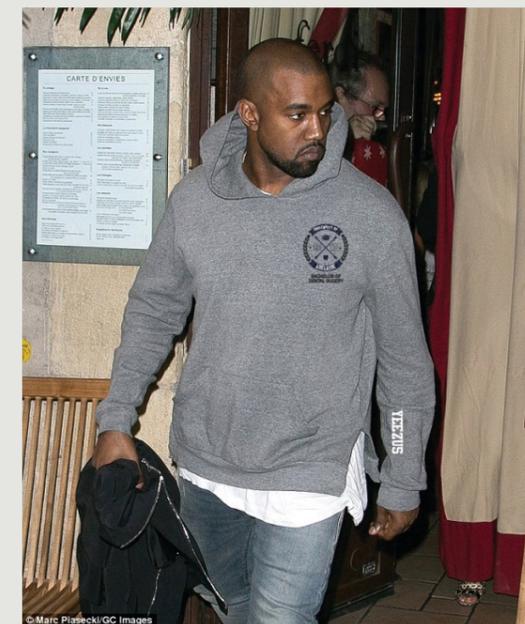
Marketing

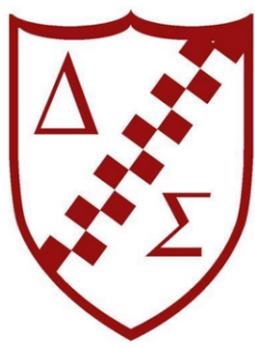
Hey all,

Winter has come and the marketing team have been hard
at it keeping our members toasty warm. Both sets of our
hoodies received a design overhaul this year (now pur-
chascable all year long!). Below to the left you'll see our
charming BDS1 squad flexing the society hoodie (\$64.99
- The General). And to the right our 2017 graduate hoodie
sporting by the likes of Kanye (BDS5) himself.

Check out our semester 2 calendar available in both print-
able and pdf formats @audss.org.au/event to get you
through the rest of the year!

- Terence





AUDSS
ADELAIDE UNIVERSITY DENTAL STUDENT SOCIETY



Semester 2 Calendar

July	August	September	October	November	December
1 Sa	1 Tu Dental Health Week	1 Fr Trivia for Timor	1 Su Mid-Semester Break Ends	1 We	1 Fr
2 Su	2 We AAPDP: CEREC	2 Sa	2 Mo Labor Day (Public Holiday)	2 Th	2 Sa
3 Mo ADSA Convention	3 Th	3 Su	3 Tu	3 Fr ADSA AGM	3 Su
4 Tu	4 Fr	4 Mo	4 We	4 Sa End of Year Exams (Ends Nov 18)	4 Mo
5 We	5 Sa The Amazing Raise / Half BDS Ball	5 Tu	5 Th AAPDP: Full Dentures	5 Su	5 Tu
6 Th	6 Su	6 We	6 Fr	6 Mo	6 We
7 Fr	7 Mo	7 Th AAPDP: Emergency Oral Surgery	7 Sa	7 Tu	7 Th
8 Sa	8 Tu	8 Fr GV Black Pub Crawl	8 Su	8 We	8 Fr
9 Su	9 We	9 Sa	9 Mo	9 Th	9 Sa
10 Mo BDS4 Back	10 Th AAPDP: Should I Extract this tooth?	10 Su	10 Tu	10 Fr ADSA Golf day and Dinner	10 Su
11 Tu	11 Fr Quiz and Talent Night (Insight)	11 Mo R U OK Week	11 We	11 Sa	11 Mo
12 We	12 Sa Buddy Re-meet lunch	12 Tu	12 Th AAPDP: Immediate Dentures	12 Su	12 Tu
13 Th	13 Su	13 We Triodont Matrix Workshop	13 Fr Inter-year Netball	13 Mo	13 We
14 Fr	14 Mo	14 Th AAPDP: Paedodontics	14 Sa	14 Tu	14 Th
15 Sa	15 Tu	15 Fr Inter-Faculty Charity Event	15 Su	15 We	15 Fr BDS 5 Last Day
16 Su	16 We	16 Sa	16 Mo Back to Base Week	16 Th	16 Sa
17 Mo	17 Th	17 Su ADSA Blood Drive Ends	17 Tu	17 Fr ADASA Cocktail Dinner	17 Su
18 Tu	18 Fr	18 Mo Mid-Sem Break (BDS/BOHI and 2)	18 We	18 Sa	18 Mo
19 We	19 Sa Grand Dental Ball	19 Tu	19 Th AAPDP: Implant Dentures	19 Su	19 Tu
20 Th	20 Su	20 We	20 Fr Final Year Farewell	20 Mo	20 We
21 Fr	21 Mo	21 Th AAPDP: Wright Evans Partners	21 Sa	21 Tu	21 Th
22 Sa	22 Tu	22 Fr	22 Su	22 We	22 Fr
23 Su	23 We	23 Sa	23 Mo	23 Th	23 Sa
24 Mo BDS/BOHI & 2 Back	24 Th	24 Su	24 Tu	24 Fr	24 Su
25 Tu ADSA Blood Drive Begins	25 Fr	25 Mo Mid-Semester Break (BDS3 and 4)	25 We	25 Sa	25 Mo
26 We	26 Sa	26 Tu	26 Th AAPDP: Oral Pathology	26 Su	26 Tu
27 Th	27 Su	27 We	27 Fr	27 Mo	27 We
28 Fr	28 Mo	28 Th	28 Sa	28 Tu	28 Th
29 Sa	29 Tu	29 Fr	29 Su	29 We	29 Fr
30 Su Inter-year Soccer	30 We	30 Sa	30 Mo SWOTVAC (excl BDS4)	30 Th	30 Sa
31 Mo Dental Health Week	31 Th AAPDP: Implant and Treatment Planning		31 Tu		31 Su



WOOP WOOP

D.N ANGEL

Clearly unimpressed.



A view from the 5th floor. Probably another 7 minutes before getting out.

The 25th of July. It's a Tuesday. You'd think it's just your regular Tuesday.

You wake up in the morning. You have breakfast. You brush your teeth (this is important; 45 degrees to the gumline and make sure you spit, no rinsing). You pack your bag. You walk to the dental hospital.

You're set up in your cubicle. You bring your patient in, and with a warm smile, you say, "Come on in - have a seat."

You proceed to explain what you'll be doing today. They're informed. Cool. No changes to medical history? Great.

You go about providing dental treatment as per usual, and halfway through, a deafening din gresounds throughout the clinic.

It's a new hospital, they're probably just testing out the fire alarms, you tell yourself.

"We only evacuate when we hear the woop woop, right?" you ask your partner.

They respond with a nod. "All right, let's keep going, then."

Moments later, the sound devolves into an obnoxious woop woop.

At this point in time, all treatment must be temporised and ceased. Condolences to those doing fixed pros or endo.

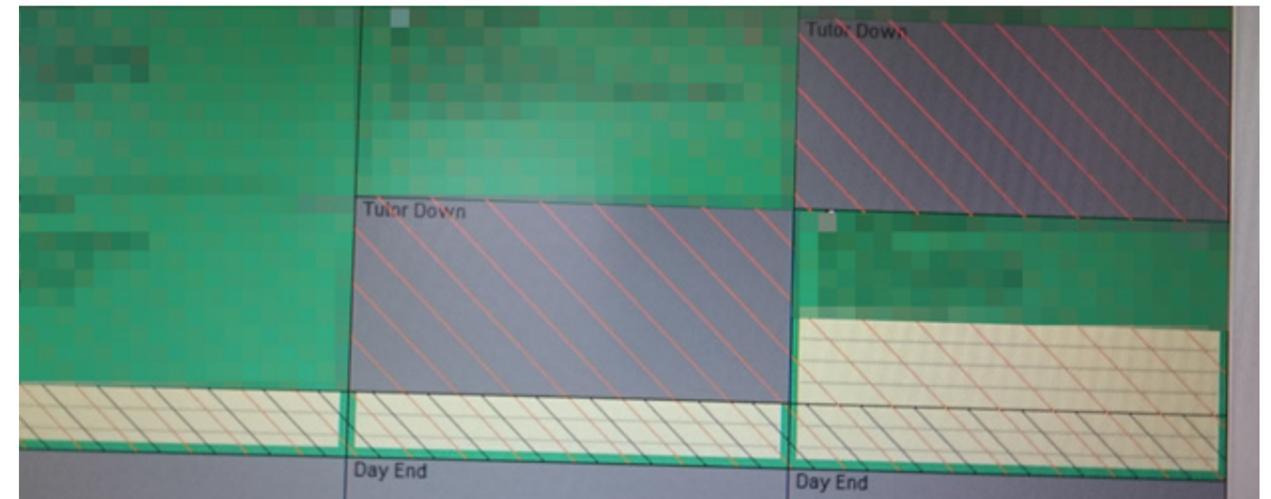
As an operator, you are then required to nonchalantly walk your patient down the stairs for the next 15 minutes (as if there was no fire) and to the front of the SAHMRI. If they can walk down 11 flights of stairs. If not? Then they're meant to just sit there on the staircase in solitude until firefighters come up to bring them down. Seeya, I'll be making my way down.

Darren - "I don't think there's a fire."
Pt - "You think?"

It's also highly recommended that you remove any bibs or safety glasses from your patients before leaving the cubicle, because it's a bit too late to ask for them back when you see them again in a month's time.

Oh, your son likes those glasses? All right, then.

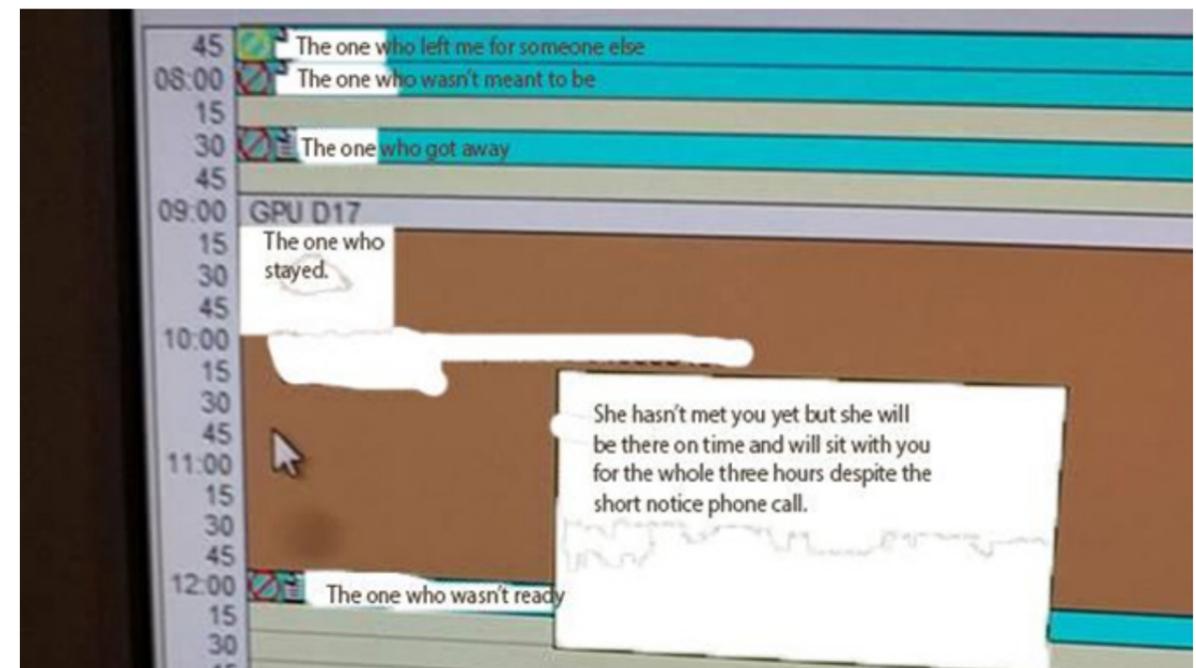
"I told them not to play my mixtape." - Alnick Hong 2017



Only in Elizabeth can you enter the clinic and be welcomed by the news that your tutor has been taken out.

TRUST ISSUES

*Patient flow:
Oh you poor thing...*



3rd years will understand the agony of patient cancellations and the struggle to book someone else in.

Only 4th and 5th years will understand the important struggle of gaining enough units.

I am a firm believer in perseverance and battling against adversity.

But sometimes, no matter how hard you plan or adapt - you'll end up emailing the 5th revision of your unit planning sheet to your tutor along with an explanation of what happened.

Rest assure this story has a happy ending. For all those cancellations brought me to the patient I needed the most.



MY FAVOURITE TROLL

“TUBARÃO LINDÃO”

As a writer who dabbles in the art of humor, I have developed a fifth sense for identifying creatively gifted individuals. I'd like to believe that this was forged through respect but deep down I know it's stems envy. Many a few have made me smile and some have even squeezed out a genuine chuckle from me. However, the differentiating factor that which I seek is the ability to preserve their comedy in written or pictorial form.

These few people I'd track down and recruit into the Publications unit. Either through promises of grandeur, manipulation tactics or more often than not, guilt (all acquired skills from being in multiple leadership positions).

But dear readers, there has been one who I consider to be an anomaly. A rare hybrid of artistic creation and destruction who escapes the iron clutch of an AUDSS executive such as I. Cursed am I with the ability to read between the lines, see through the exterior and understand one's reasoning.

But this one entity continually eludes my sensibilities. For there exists a troll so pure that he acts with no ulterior motives.

Who is he? What is his purpose? Why do I find him so funny?

These are multifaceted existential questions that the even the greatest philosophers here at Publications have yet to adequately answer. The generic run of the mill humor disguised as satire that I have branded as my own lacks the soul that this one man so easily breathes into his work. I have sought answers to these questions but still on that is suitable escapes me.

Like many old gods, he goes by many names. Most likely all of which contain magical connotations as derivatives of his true, secret name.

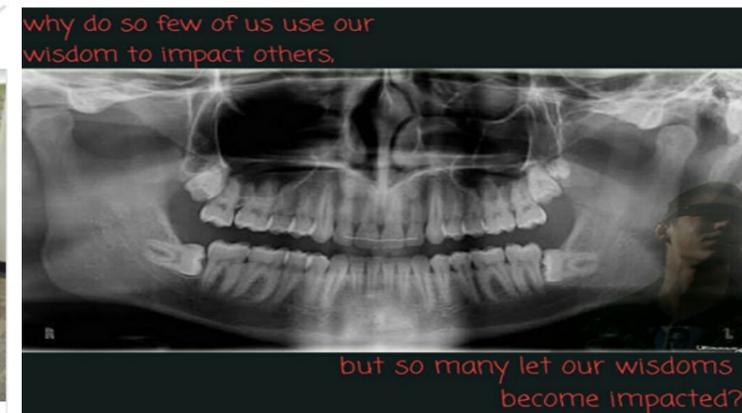
Batata doce, Dente branco, Sou O Melhor, some say Confia Na Fase.

You will know him by his greeting dance.

Confia Na Fase is interested in an event.



Learning About The Internet
Tomorrow 10 AM · Campbelltown Public Library · ...
Free Tickets Available · 254 people



Let's all sit down and have a chat about what some of you have been doing. I'm not angry, I'm just disappointed.



NOT - Boys with pony tails

You're not in a boy band. You're a dental student. They are on complete parallels on the spectrum:



You don't need to stoop to that level – presumably you have talent. That amount of hair doesn't even NEED to be in a ponytail. There is more hair tie in that mess than actual hair. Whv?

Source: 2014 Paperpoint

Confia Na Fase liked this.

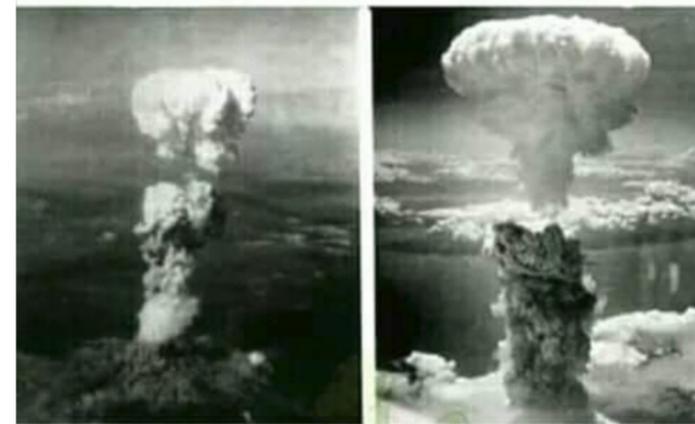


Boulevard of Stolen Memes

6 hrs ·

Like Page

Horrible things the USA has done to Japan



Having recognized the seemingly limitless potential he holds as an asset to Publications, I dove into the annals of history that is the Publications archive in search of his name.

The earliest official record dates back to 2014 where the Publications team of old wrote one article examining the fashion trends. They had targeted his him and his then exotic hairstyle. Perhaps they too sought to wound what they could not contain.

Having lost all hope in ever publishing works from this lone trickster, I halted my yearlong pursuit.

It was only then that an USB had made itself to me containing two articles from a name I did not recognize...

Pedra De'Polpa.

Submit your assignments in spanish a week before the deadline

3

Ask your friends if they like AC/DC then just taze them

1



LOSE YOURSELF

By:
Pedra De'Polpa

Good evening. Does anyone know how to get a slug out of an iron? There's a slug in my iron. Thanks in advance

Update: I've tried repeatedly filling the iron with water then pouring it out but it isn't working. I think the slug is too big.



When I was a young BDS3 student, I was struggling with my clinical skills, especially patient management. My tutors always managed to strike up conversations without problems, while I sat there stuttering. My tutor asked me what my hobbies were, and advised me to try and start a conversation about them with my patient. He told me that in every aspect of dentistry, you must play to your strengths.

Little did my tutor know that my only real hobbies were sharing (AND making) memes, and catfishing, so I bombed with my patients when I first tried to bring this up.

But then I looked at the DEEPER meaning behind what he told me. My STRENGTH was catfishing; this was my goldmine. One day I had a new patient start telling me about their trip to Vancouver, and I instinctively replied 'NO WAY! I've got family living there!'. I began to spout off all of my knowledge of Canada and funny stories that my 'relatives' had told me. Little did my patient know that I had no family on Canada and all of these stories were things I had heard Ryan Reynolds talk about on Jimmy Kimmel the night before.

As the year went on, I formed bonds with my numerous patients,



I ate a slug.

How did the slug cross the blood brain barrier?

It was made of salt.

Normally a slug's weakness.

But this one was made from it.

Kind of like the wight dragon in game of thrones which will breath fire.

sharing fake stories of my travels through France, Venezuela, and Finland. Obviously in this time I had become a fluent speaker of French, Spanish, and Flanders. My father was an advisor for John Howard, and my mother was a backup singer on the Rolling Stones '98 tour, and still in contact with Mick and the boys.

I told my patients that I am not to engage in chit-chat while the tutor is with us, because I needed to be very professional. For this reason, I did a great job of keeping my tutors from discovering this gargantuan web of lies that I had been spinning for six months. I was regularly complimented on my excellent rapport-building skills – the patients just always seemed to be enjoying themselves – and clinic sessions were going smoothly, until one day my dishonesty almost caught up to me...

While booking in a follow-up appointment for one of my patients, he noticed a french-looking woman at the reception desk, trying in vain to communicate with the receptionist. It appeared that her interpreter had not arrived. I told myself that I just needed to see my patient off and get out of there before-

"Pedra speaks French!"; my patient announced proudly, attracting the attention of the entire room. The French lady turned around too, curious as to why everyone else had gone silent; she looked at me with an expression of *'Quoi?'* on her face.

'You're a life saver Pedra, I can take care of your patient now if you can just help us out quickly here. I think Gemma here is having an issue with her card, we're not too sure, the interpreter is just running a couple of minutes late downstairs but Gemma's getting a bit impatient.'

I approached her slowly, trying to concoct an escape plan, I didn't know any French, and she didn't seem to understand ANYTHING that had happened. I picked up her case notes, looked at her name, cleared my throat and introduced myself.

"Hello Gemma Pell? Pedra De'Polpa"
'Hello, Gemma Pell, Gemma'

I didn't get why she felt the need to repeat her name like she was James Bond or something, but at that moment I was more concerned with the imminent embarrassment of my patient finding o

I don't speak a word of French.

I glanced at the light above the elevator. A big red G ↑ appeared, then a 1. I realized I had only one option; to stall until the interpreter arrived.

I hedged my bets that the interpreter was in the lift, and just feigned a coughing fit, it usually only took around 10 seconds for the lift to reach the clinic, no problems at all.

Unfortunately, it seemed that the lift had decided to stop on every floor on its way up to the GDP clinic. I had already committed to my coughing fit, and it was too late to stop, so I just kept coughing until I saw the lift doors open. ... and I passed out.

I woke up in the recovery room with my GDP and perio support tutors standing in front of me.

"Pedra, we had no idea you were so sick"

I apologised and explained that I had fallen ill over the past couple of days, and must have eaten some bad seafood.

"Sushi?" – my tutor asked.

'No. Catfish'

10/10 OBTURATIONS WITH 1/10 EFFORT

Requiem for MS Paint

get a lot of people come up to me and ask 'how do you get your obturations so close to the apex EVERY time?'

No one actually asks this. I usually show people and tell them, but they were probably too shy to ask in the first place.

Some of us are familiar with the heartbreaking feeling of redoing an unsuccessful obturation. On top of this, the patient is most likely going to be unhappy with the extra time, discomfort, and extra radiographs that will be required for the second attempt.

Fortunately, the writers of the semester 2 Paper Point have provided a simple method of obturating every tooth perfectly, every single time.

1) Save the PA from Titanium into jpeg format, and open in Microsoft Paint.

2) Identify any shortcomings in the final outcome. *In this case we have a lingual canal that has been filled with GP ~2-3mm short of the apex.*

3) Select the paintbrush tool and white shade;

4) With great care, use the paintbrush tool colour in the rest of the un-obtured root canal;

5) Save as a .jpeg

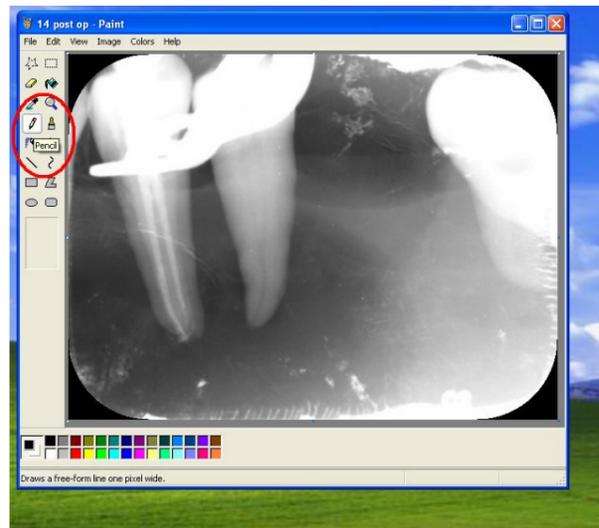
We can see here that the age of technology has allowed dental students to achieve greater clinical results in the field of endodontics, in a much shorter time. In your professional life, you are likely to come across many salesmen trying to pitch you the 'best endodontic products on the market'.

But with MS paint you can focus on the things that REALLY matter, like finding the best lawyer.



Why are you still using Windows XP.

I'm a Veteran.



Publication Family Quotes



I like this team.

- Dharishini Dev

18.08.2017



Girls don't need any dimensions other than two.

- Darren Cai

20.05.2017



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- Olivier Nguyen

09.10.1995



AMAZING RAISE

BY: DARREN CAI (BDS4) & OLIVIER DIN NGUYEN (BDS4)

We often report on events through the eyes of those who actually attended (party animals we are not)..

But there is one event that we are quite familiar with:

The Amazing Raise: an annual charity event that helps support Cambodia World Family - an NGO that provides dental care for orphaned children in the provinces of Cambodia.

Would it surprise you to know that your seniors here in Publications are in fact 4 year veterans in this annual game of mind and body?

So we'll use this opportunity to provide our readers with some insight from the highest credible source that we know. Us.

The race, organised by Insight, involves participants in teams of four who are set against the clock to unravel riddles all around the city of Adelaide.

The first task is creating a name for your team. For reference, here are the ones we used through the years.

Team names:

- I Gotta Filling (2014)
- Team Health Sciences (2015)
- S.A.D.D (2016)
- S.M.D.D (2017)

Unfortunately, our naming creativity peaked in 1st year.

Traits of a participant?

1. Knowledge of a geographer.
2. Judgement of a detective.
3. Endurance of an athlete.

(Alternatively, using Google Maps, following other teams, taking the tram)

Once provided with a list of riddles leading to certain destination, it is up to each team to ascertain the true meaning behind the enigmatic words printed on paper (“我饿了 - come on, seriously?), and then to determine the most efficient course of travel.

At each pit stop, there is a team challenge that awaits. Whether it's

- Singing to strangers until they take your flower
- Looking for two dental students amongst a group of

cosplayers in Elder Park

- Locating letters in a train station
- Finding art installments in a museum
- Naming Pokemon
- Stacking plastic cups using only string (not to brag - but we finished this so quickly that they didn't believe us. They shouldn't have.)
- Being blindfolded, hands tied, cotton buds in ear whilst on a treasure hunt in central market

This year had a similar challenge - minus the handicaps.

- Running and doing 1 minute planks in the botanical gardens
- Knocking over beer bottles using a ball in stockings attached to your waist (...we were actually pretty good at this)
- Picking up grains of rice with chopsticks (grains so small that they should've been banned)
- Were they trying to prepare Vietnamese broken rice or something?

But in the spirit of charity, we never ran or fought other teams - we only walked.

On our way, we even directed the other teams to the correct areas. Because it's about the journey, not the destination.

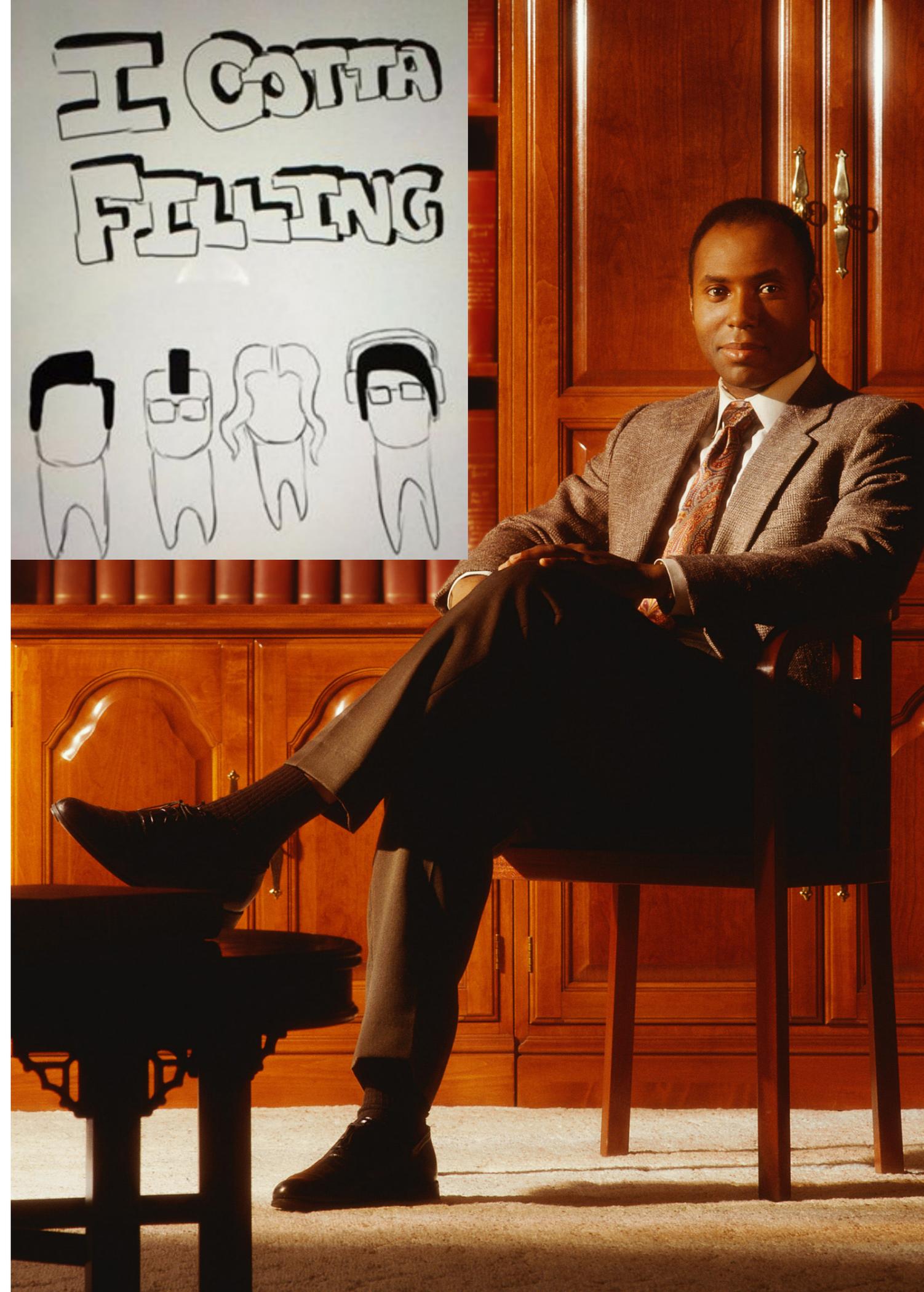
I'd like to think that this is not because we didn't want to run or knew we weren't going to win. Not at all, because we almost made top 3 one time (before people ran for the finish line).

This year, things are being shaken up and it's not necessarily about being the fastest anymore. And you know what? There'll also be participation prizes and a new surprise prize added to the mix.

What awaits you at the end of your journey? Pizza.

We did also get vouchers for free coffee and Scroll ice cream. Kudos to the Insight team this year for letting us have a taste of victory for once.

We love Cambodia. And kids. Cambodian kids.



BUT WHY?

BY: DAZED & CONFUSED

Why can't people patients just say what they mean? The world would be so much more efficient nice.

"Don't be rude - alot of reasons like fear, trust, em brassment ..."

Oi. Let me write my article. You're ruining the comedic effect.

We have a few material options but it comes down to whether you want the metal or tooth coloured filling material.

- "Oh I don't know? What do you recommend?"
- Well in this case the metal one because you won't see the back tooth ... *list advantages of amalgam over CR
- "Hmmm. I think I want the tooth coloured one."
- Guess I'll continue living in fear of having to do a large amalgam restoration one day...
- Tutor - "Haven't done many amalgams, have you?"

How many times do you smoke a day?

- "Oh not much at all. "Really? But if you had to put a number on it." "Probably just 15 or less a day."
- "Oh I don't smoke cigarettes from packets.
- "I roll them up myself." "I've actually decreased the amount I smoke!"
- Excellent - that's what I want to hear!"
- Yeah a few years ago I used to smoke 10 cigarettes a day - now I smoke 9 a day!"
- Hmm may have praised you too soon.

I've either become quite adept at reading between the lines or I've become a pessimist. Tomayto, tomahto am I right?

I try to brush twice everyday.

- I don't.

I've thought about flossing.

- but I'm not going to

I'm feeling a bit under the weather, but I'll try my best to come to the next appointment so don't cancel it.

- I'm not coming.

My friends told me that when they came here they got this done for them.

- I want this done for me.

I'll be sure to do everything you've recommended!

- I'll do those things the day before my next appointment.

Have you done this before?

- You look young. I don't trust you.

Thank you so much for today!

- Thank God it's over.

Maybe it's just the patients I've seen thus far.

But it does go both ways:

How was your day?: I need to break this awkward silence.

So I'm going to have go through the medical history real quick:

This casual conversation is going too long.

Let me just quickly check your case notes

- I have forgotten your name.
- I have forgotten your age.
- I have forgotten your medical history.
- I don't remember who you are.

Any questions? :Can I start? Can you leave?

Are you comfortable in the chair?: Can I start?

I'm going to call my tutor to check/see what they say.

- I don't want to stuff this up anymore than I have.
- I'm too scared to do more.
- I can't remember the next step.
- I don't know the answer to your question.
- I know you won't believe me so I'm going to call my tutor to say the exact same thing.
- This is case is more difficult than I thought. I'm going to let the tutor see so they go easier on me.
- I finished this step confidently and just need my tutor to see so that I can write it in my self-assessment.

We just have to take another x-ray because we weren't able to capture what we wanted: I stuffed up.

Just need to check your bite now. Just go tap up and down, left and right, forward and back: Centric occlusion, lateral and protrusive excursions please.

Just going to blow some air on your teeth.

- Don't freak out when I blow away this plaque from your teeth.
- Pretty sure you have dentinal hypersensitivity .
- The mirror fogged up.

LA doesn't taste great does it?: Please let the bad taste distract you from the pain.

Does the rubber dam clamp feel alright? It should just feel tight around your tooth.: I wonder if I caused gingival trauma/gingival recession.

I'm going to do the lower alginate impression first. : You won't like it if I did the upper first.

Feel free to call the clinic if anything happens or if you have further questions: Saying this should reassure you somewhat.

Pt: have you done this before?

Me: "Haha, I literally did one for the patient just before you."

- Not a lie. You are my second patient.

Me: I've lost count

- Not a lie. I haven't counted.

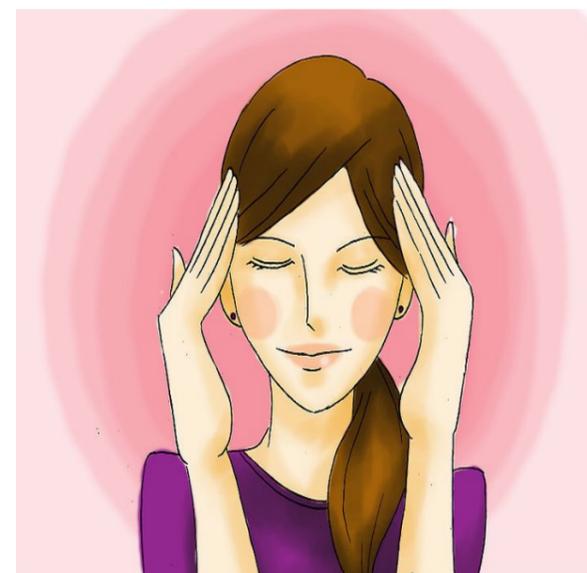
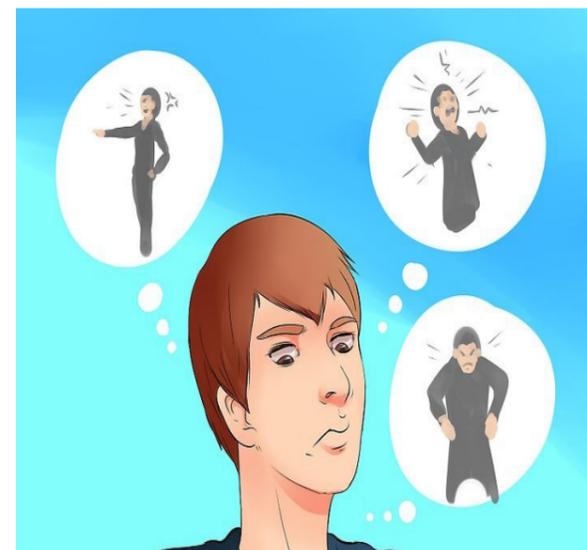
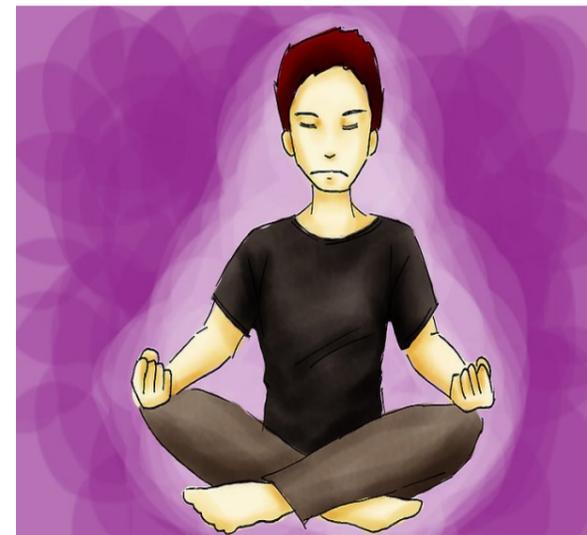
Me: Oh you betcha I have.

- Not a lie. In sim/with tutor assistance

Correction -why can't I just say what I mean.

Answer: because I would have failed the school's entry oral assessment.

To inspire confidence in my tutor, patient and myself.



DEALING WITH THE WORLD

BY D.V.

How do non-idiot's deal with their unfortunate counterparts?

Here are some very, very useful tips. There are many articles out there that may share similar strategies but let us make them more relatable and functional to our daily lives shall we?

#1 Expect nothing.

This is the most important one of all four. In fact, expect nothing from anyone and that's the best measure to take excellent care of your mental health.

When you lent someone some cash, assume it is donated to a not very good cause. Not feeling very charitable this time around, don't 'lend' anything in the future. It is as simple as that.

#2 Don't take it personally.

Moving on, try to avoid having any emotional attachments or reactions to such circumstances or individuals. Being frustrated or upset hardly ever solves any issues; it only takes a toll on your mental health.

When someone says something nasty or illogical, take a deep breath. The huge surge of oxygen to the brain will just clearly reveal to you that any form of reactions is a waste of your precious energy currency.

#3 Don't offer information.

Following up on the energy currency, arguing back with sound logical reasoning is an absolute waste of time when someone truly believes that the freedom of choice on who to love and marry has its limits.

#4 Try some visualization.

Finally, the most fascinating one of all, use the endless span of your imagination to curb them in a cute little space, where they may never ever pass on their infectious wisdom of ignorance to another living being. Maybe a bubble with no any Internet connection whatsoever or an island with endless supply of coconuts.

Paperpoint 2017

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