

AUDSS Guidelines: MAD MARCH

The Articulating Paper

2020
VERSION 1



Featuring:
COVID-19



A. Tyagi 20



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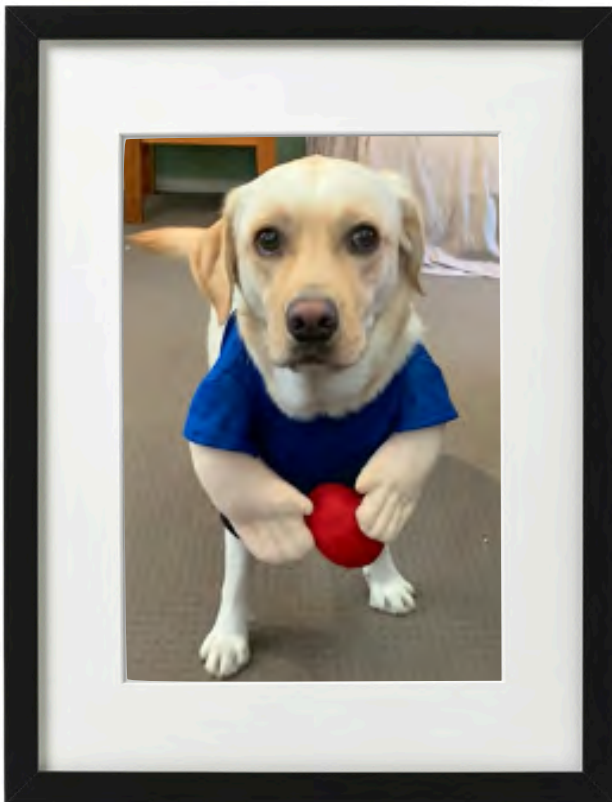
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ISOLATION PROFILE: Dr Lauren Stow



Who is Dr Lauren Stow? You found out a little bit about her in the Paperpoint: Freshers' Edition for 2020, but I'm sure some of you first years would have only seen her around a couple times, and you fifth years only THINK you know who she is. Our staff are more than just an email address and a name badge.... How is she faring during this strange time? It's been a century since we've been in the midst of a pandemic, so we thought on behalf of you curious people, we would ask her a couple questions of our own. Read onwards, if you dare.



Pictured:

(editor's note: NOT Dr Lauren Stow herself..)

This is Charli in her AFL guernsey. Her picture demonstrates the real victims in all of this; animals who suffer because their owners need amusement.

Begin Conversation

What made you interested in teaching?

It certainly wasn't something that I thought about as an undergraduate at ADS but I had been working in full-time private dental practice for about 10 years and decided I needed a change. My pre-dentistry jobs had been exciting things like night fill at Coles and housekeeping at a resort in Canada (both of which I completely loved, honestly); I'd worked my way up the chain to have some sort of supervisory role in each of those positions so people management was always something I could do. I seemed to be reasonable at helping other people learn to do things based on my own experience; I guess, then, that teaching dentistry was a reasonable step.

What's one thing you are grateful for during this time?

Just one? That's tough. Actually, I think there is much to be grateful for: being healthy; still being able to go outside and breathe the air; Zoey's Extraordinary Playlist; frontline medical staff; family dinners (in person and online); 10kg bags of self-raising flour; kindness that people are displaying now that they aren't so self-focussed; social distancing in a house with actual, real-life other people; Bunnings; board game Escape Rooms; the University of Adelaide IT help desk; chocolate and Thins chips (sometimes separate, sometimes together – judge away, I don't care).

What's one thing you are surprised to miss about 'regular' life?

Actually physically going to work. I realise now that it's totally sucky not to have anyone for idle chit chat, brainstorming complaint management, stress relief and general gossiping. I fear that the world suffers without my ample sarcasm, which is lost on Charli (the dog).

Could you give us a basic explanation of what forensic odontology is and why you were interested in the area?

Forensic odontology (FO) works in collaboration with forensic science to apply dental science in the interest of the law and justice. It involves the proper collection, handling, examination, recording, evaluation and presentation of evidence related to the dental and surrounding anatomical structures. You get to use your dental training for exciting things that matter to more than an individual – police and the justice system, whole families and the government. This means we do things like identification of single and mass human remains, consultation regarding bite mark injuries and evidence, assessment of facial injuries following assault or trauma, age assessment of living and deceased individuals etc. It's quite varied and never boring. Why was I interested in FO? Hmmmm...never really thought about that. I was just always interested in it and did an FO elective during my undergraduate years; I later pursued it because general dentistry had got a bit mundane for me.

If you could have any superpower, what would you choose?

Invisibility. You push yourself that much harder when you realise no one is watching.

Through the grapevine we've heard that you are an avid musical theatre fan, what are some of your favourite shows (and why)?

I'm sitting here in my Next To Normal t-shirt, my Dear Evan Hansen scarf (which reminds me to keep my neck straight after suffering too many drawn-out Zoom meetings) and the vinyl of Hamilton is playing on the record player, so I suppose I can't deny it.

I have too many favourite shows to list but I like something that tells a story, speaks to me and is multi-layered (don't worry, Legally Blonde, that includes you). Come From Away is freakin' awesome, so get on board people; and I'll see you all in Sydney 2021 for the Australian launch of Hamilton (officially a tax write-off if you combine it with FDI World Congress in September). I've also had some incredible experiences at shows that stick in my mind for other reasons – stage-dooring with strangers at In The Heights in New York; making my West End debut at the Gielgud theatre after curtain call for the Broadway cast revival of Hair in 2010; meeting Benj Pasek and Justin Paul at Adelaide Cabaret Festival before everyone knew their names; winning the ticket lottery for the original Broadway cast of Next To Normal and sitting centre front row while Alice Ripley's manic depressive character made ham sandwiches in my face (she scary!).

If you could describe yourself as one instrument or bur, which one would it be and why?

Jet 330. I'm efficient but just a bit abrasive. Check my work under an electron microscope and I've created tiny fractures everywhere I've been. Since general life isn't assessed under an electron microscope, I'm good. (You have to embrace your flaws, folk)

Is uni fashion better now or when you were a student?

I don't know. I've never really cared, if you couldn't tell. People generally seem better dressed these days, or at least seem to put in more effort; even if they don't wear socks.

Favourite memory from being a student/tutor?

My memory for this is shocking – just ask Dr Parker. I remember doing my student thing at dental school and then rushing home almost every night to get to Coles until midnight. I had responsibilities.

Have you got any ideas on how we should keep our manual dexterity skills up at home?

Learn a musical instrument; build a ship in a bottle; play Operation; make intricate fondant characters from your favourite television show and stick them on top of cupcakes you make; edge the lawn with a pair of kitchen scissors (don't actually cut your fingers off); launch the world-first 'Tokyo Finger Olympics 2020' and compete in a decathlon with your friends via Zoom (how funny would hurdles be?!?).

Where/who should we contact if we want information about the dental school during this emergency crisis?

Apparently, central University has all the answers; that's what we're told anyway. Try there.

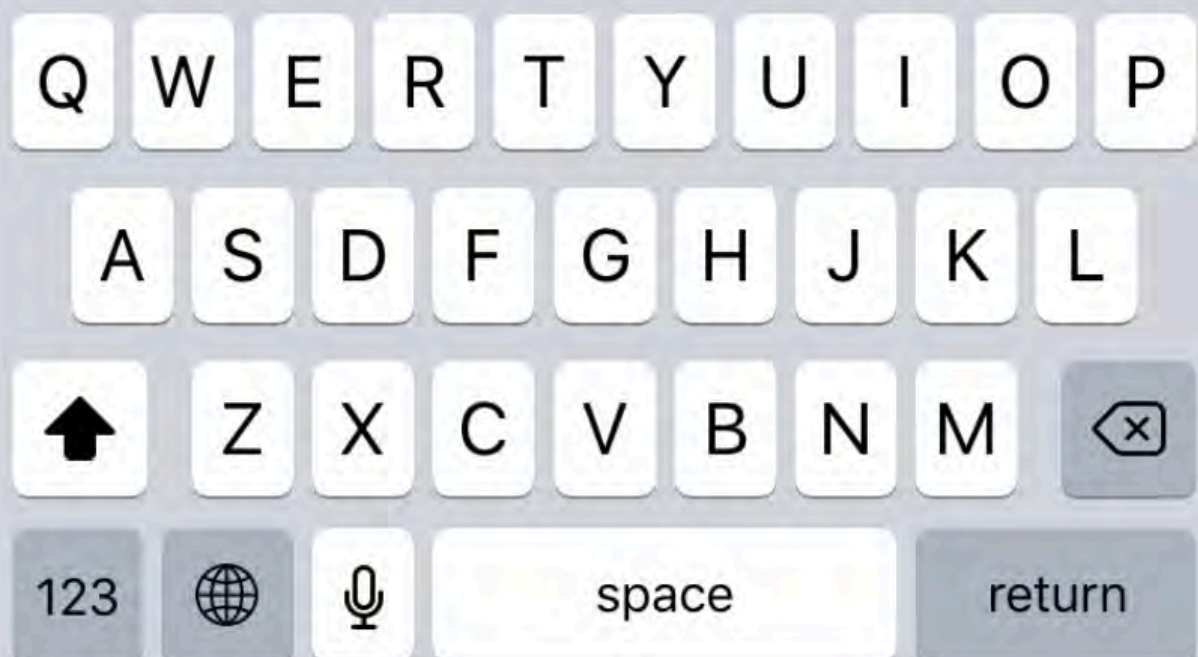
One piece of advice to survive the lockdown?

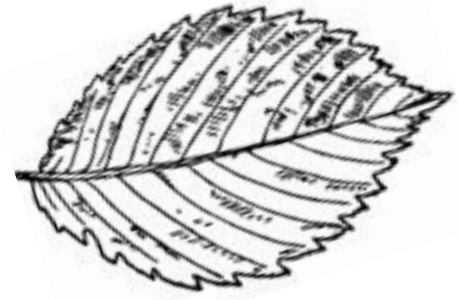
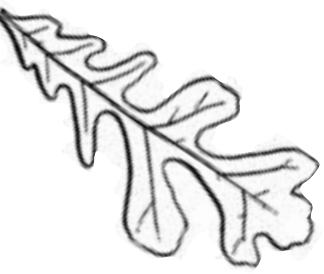
Be kind; that's all you need. (Oh, and use less toilet paper)

Last question... so how is progress on your new house going?

I have frames, a roof and gutters. It's therefore currently a bit breezy but I've been assured by my very nice site supervisor, Matt, that the bricky is in this week.

— End Conversation —





An Ode to Suburbia



Pictured: Elaine's backyard and her cat, Wonton. In the background, her set up for a new quarantine hobby - oil painting!



Time to myself. Why is it that we always ask for some #metime, yet in a world where we are on forced leave, it doesn't seem as sweet? Ah selfish humans, the pursuit of what we do not have when we want it, to obtain 'things' on our own terms, is a forever hopeless one. It is April 1, and "Mad March" in little Adelaide - in fact the world - lived up to its name. Was it only a month? It felt like a decade.

In a week's time I had planned to be on a flight to Sydney to see my sister. I call it my second home and it would have been a whole year since I have been. Now, it will be much longer than that. I don't know when I will be able to see her, but I know she is safe and well.

University is suspended, and I miss using my hands for something familiar. They almost have no purpose now, for over three years they have been training to do what I have desperately wanted them to do, make smiles. As I write my fingers twitch at the thought that it would be months before I can hold an instrument again. But more than that, more than my hands which are just a means to an end for my mind to do its work, I miss talking to people. I miss my patients, whom although have lived in the same city as me, come from totally different worlds to mine. I miss my classmates, who I thought I was sick of after three years of constant contact, and I miss my friends, because they've stuck with me through thick and thin. Now we will survive an invisible war - separate, but together.

One of my favourite podcasts that was recommended to me by a friend, The Rewatchables, has a segment where they talk about 'What's Aged the Worst' in a film that they are reviewing. Every time I watch anything now, I think of what would easily fall into that category. What's aged the worst in March 2020? Crowds, touching your

face, sharing food, cruises, the list goes on. Lest anyone coughs anywhere other than into the embrace of their elbow.

In front of my eyes decades of anti-racist progression unravel by the minute as more of us succumb to fear. Yet as we cross each other on the footpath, a wide berth between us, we seem to be sharing more smiles. Smiles that speak of hope and support, of being in this together as a team. I wonder what the world will look like on the other end of this lucid dream.

Last night I binged Unorthodox, the new Netflix series set in the New York Satmar Hasidic community. There was a scene in a café, where Esty, the main character, orders a coffee. I wasn't expecting to feel as pensive as I did, and I don't think the directors or writers intended that either.

God I miss normalcy, I miss the life that I had spent years creating. The 2015 introverted Elaine is back, the one who could play The Sims for 5 hours straight. But hope is not lost, despite it all I am enjoying myself and more than ever, I realise I am lucky. Nature, for once, has perhaps aged the best in this fiasco. I'm glad that we all look forward to that one walk or run outside per day. A daily prescription that we could not be more grateful to take. For the first time in my entire life, I am appreciating my quaint, middle-class suburb for all its peaceful corners and I only have a virus to thank for that.

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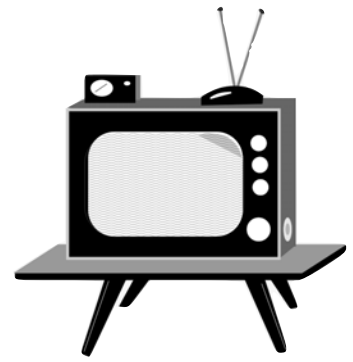
Is it just me, or have the birds been singing louder?

”

By Elaine Yu

My First Week of Isolation

~ A Novella by Yannii Pouferis ~



I wake up to noise filling the strange house I find myself in. Confused, I stumble out of bed and somehow directly onto a lounge room couch, where the TV is turned on to maximum volume. I am stuck to the plastic covered couch, adhered by my own sweat. Clearly, this is an ethnic household.

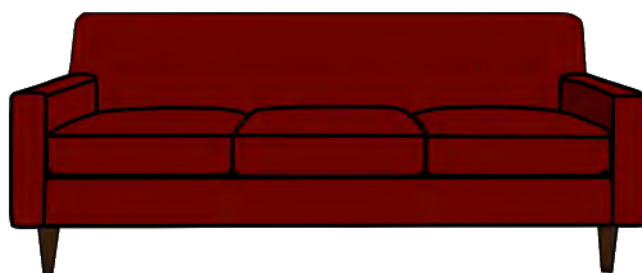
I open my eyes and I'm paralysed, as images from free to air TV flood my senses. I try and make sense of the noise, as various fake tanned TV hosts repeat the same crap on every channel. I blink as my eyes adjust to this nightmarish hell-scape. I know that my brain cells are dying but I continue to watch this drivel as the sun sets. Days pass.....some dramatic cooking show is on.....Manu has said something scathing and the anti-vaxx chef with leathery skin and freaky white teeth has nodded in agreement.

I hear laughter and I turn to see the room is full of boomers, their many chins rippling with laughter. I recoil as one looks at me and says something vaguely racist, intended as a joke. My body has become one with the plastic of the couch and I don't have the energy to correct him. He's too far gone....he think this is the pinnacle of modern entertainment.

"I'm wasting away" I babble with desperation, as the LED lights strip my capacity for coherent speech. I summon the last of my energy and pry myself off the plastic couch death trap.

I crawl to the safety of my bedroom, grasping at my laptop full of legally acquired content. I open it up, staring deeply into the blinking webcam and cry "Save me!" A world away, a random CIA agent sees me, caresses his screen and whispers "Welcome back, child. Welcome back to quality content".

If this made it past the editor and you've chosen to read this far, then you too are over the Free-to-air drivel. Sadly I couldn't weigh in on the last awesome "Al Dente" podcast (check that out too!) BUT never fear - here are my picks, so get your fix of iso-tainment.



YANNII'S ISO-TAINMENT PICKS

TV SHOWS



Castlevania
(Netflix – 3 seasons, ongoing series) Animated

Based on a pixellated (but cult hit) video game, this Netflix screen adaptation is one of the few that has managed to get it right. Not just for the weeps, this series is quality animation with significantly less cringey dialogue. Castlevania sees our three protagonists, Trevor (Richard Armitage), Alucard (James Callis) and Sypha (Alejandra Reynoso) battling through armies of monsters as they attempt to kill Dracula. For a vampire story like you've never seen before, check this out.

TL;DR: Excellent animation and plot, well fleshed out characters and a healthy helping of gore.



Avatar: The Last Airbender
(Netflix – finished series) Animated

If you are thinking about the giant blue people OR the M. Night. Shyamalan travesty, then you should just leave. No - this is about the original

Nickelodeon series, which follows Aang, a 12-year-old monk in a world where people can learn to use the elements (air, water, earth & fire). His goal is to defeat the Fire Lord (voiced by Mark Hamill) before the destruction of the world. Lauded as one of the best examples of storytelling in an animated series, it deserves all that praise and more.

TL;DR – Cannot rate this highly enough, for a kid's show it straddles big ideas and has one of the best redemption arcs I've ever seen on screen, a must watch.

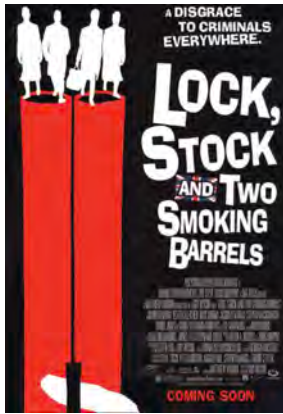


Succession
(HBO – 2 Seasons, ongoing series)

Succession follows the lives of the mega rich Roy family, owners of a multinational corporation, as they navigate their dysfunctional relationships and the trappings of insane wealth and power. With their tyrannical father at the helm (played by Brian Cox – who just won a Golden Globe for this role) pitting them against each other, the show makes for some tense sibling rivalry.

TL;DR : Intense drama, tension and a slow burn with a seriously messed up family.

MOVIES



Lock, Stock and Two Smoking Barrels (1998) (Comedy, Crime) (Netflix)

An oldie but a goodie. A classic crime-comedy directed by Guy Ritchie (pre-sellout days). Now you might be thinking a crime comedy? That's ballsy. Yes my friends it is just that, a bold and hilarious series of unfortunate events with an all Brit cast. I don't want to say too much re plot because the beauty is in the details.

TL;DR: A complicated web of money, lies, weed and hilarity.



Se7en (1995) (Crime, Drama, Mystery) (Netflix)

Another oldie, like me. Jokes guys I swear I like modern movies too. Starring Morgan Freeman and Brad Pitt, Se7en follows two detectives as they track a serial killer that plays out the seven deadly sins in his murders. Super creepy, super gory, super awesome.

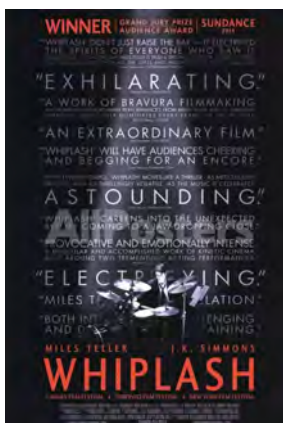
TL;DR: If you enjoyed second year anatomy labs and felt hungry after those Ray Last Dungeon sessions, then this is for you. Go and get it you freak.



The Prestige (2006)(Drama, Mystery, Sci-Fi)(Netflix)

The story of two rival magicians, Robert Angier (Hugh Jackman) and Alfred Borden (Christian Bale) as they fight to create the greatest illusion London has ever seen. Filmed by Chris Nolan, so you know this isn't going to be some rabbit-out-of-a-hat rubbish and is definitely not the kind of magic you practiced with that crappy x-mas gift you got once.

TL;DR: Good if you're in the mood for a mystery but don't want to lose sleep over that shit.



Whiplash (2014) (Drama, Music)

In this critically acclaimed movie, a promising young drummer slowly has his soul destroyed as he enrolls into a prestigious New York music conservatory. Super talented and majorly abusive mentor, Terence Fletcher (J. Jonah Jameson in Spiderman – who can forget) is determined to have his student succeed, but at what price?!?!?!?

TL;DR: Watch the Gordon Ramsay of music abuse a guy for 2 hours. Thank god you gave up your dreams of being a musician and chose a life of teeth + spit instead.

Form1

Hello,

Super hard to narrow it down but those are some of my top picks to keep you entertained. If you think I missed something or have some serious issues with my picks then feel free to email me for some robust discussion at :

younedtogetbettertaste@gmail.com

Happy watching guys!


_ Yannii Pouferis

PopupTest

text link

From: Andreas Ktoris, IT Executive


Name a more iconic duo.
I'll wait

 **PLAY** 4:30 AM

PopupTest

text link

From: Leilei Chye



bröther he need löup

Welcome to the Al Dente Podcast -



a podcast hosted by three dental students who are sick of talking about teeth, but can't help bringing it up anyway. In the Pilot episode, fourth year students and Adelaide University Dental Students Society committee members Elaine Yu, John Bouras and Yannii Pouferis introduce themselves. We talk about how we got to thinking a podcast would be a good idea, as well as what's to come in future episodes. All we want is to have a little fun, don't take us too seriously! Stay tuned, this is only the beginning.

Available on Spotify, Apple Podcasts, Google Podcasts and the AUDSS Website!

1. Pilot

A big thanks to Chris Wheate, our sound guy, who has masterfully created the intro and outro, as well as somehow manage to make an iPhone Voice Memo recording sound semi-decent. Thanks also to Andreas Ktoris, for getting this podcast out to you listeners (if there are any). Please excuse the poor grammar/vocabulary (@ElaineYu was meant to say *NOT attest* to Melbourne being better than Sydney), awkward ums and table-tapping (@JohnBouras, he's too excited for this podcast). Hopefully, we will get better as time goes on...

2. Mr. President

In this Episode: Elaine and John sit down and chat to a very special guest - Mr Calvin Wong, the AUDSS President for 2020. We talk about his first impressions of Adelaide, how he came to sit on presidential throne and of course what his interests are outside of dentistry. We have a laugh with this one so we hope you do too!

3. Covid-19: The Basics

In this Episode: Elaine, John and Yannii are back with a very important topic. The world has changed as we know it. Our news headlines, our conversations, our thoughts are all centred around the one entity - that is COVID-19. We come prepared as best as we can with the latest information from the WHO, Australian government and other professionals. Disclaimer: We are not experts. In this trying time, we hope to bring some light into the situation and encourage you all to do your own research and stay safe! Our statistics and research are as accurate to the date of Wed 18/3/2020 at approximately 1:02pm. These are the resources mentioned in the podcast; [WHO.com](https://www.who.int), 'Why outbreaks like coronavirus spread exponentially, and how to "flatten the curve"' by Harry Stevens in the Washington Post, [OurWorldInData.Org](https://ourworldindata.org) for the Flatten the Curve graph, type in 'Dr Michael J Ryan speech' in google, and finally The Australian Government's National coronavirus helpline is [1800 020 080](tel:1800020080).

4. Streaming Guide: Part 1 - Movies

In this Episode: With days to spare, Elaine and John discuss some of their favourite movies to watch. Seven categories, thirteen movies and one tv show, these recommendations are sure to keep you busy in this time. Elaine struggles with English and misuses the word 'rhetoric' and John slips in a forbidden word that had to be removed - it is chaos but we hope you get at least something from it. Huge thanks to Chris Wheate for stitching two audio files together, this episode was recorded separately via voice call in congruence with social distancing measures. John's picks: John Wick (the trilogy), Lost in Translation, Marriage Story, Uncut Gems, The Godfather, Step Brothers, The Big Short. Elaine's picks: Terrace House, You've Got Mail, Your Name, Parasite, Spirited Away, The Big Sick, Phantom Thread.

5. Streaming Guide: Part 2 - TV Shows

In this Episode: We return with part 2 of our streaming guide, but this time with TV shows. Like our last episode, we have chosen our picks for a bunch of categories and discuss why we love them. There's a wide variety from sitcoms to anime, have a listen, you're sure to find something you like. Stay tuned right til the end to have a laugh at some behind the scenes of the Bouras family household; Quarantine edition. John's Picks: The Office, Anthony Bourdain's No Reservations and Parts Unknown, The Crown, Chernobyl and Fargo. Elaine's Picks: Friends, 'Love, Death and Robots', Cheer, Nirvana in Fire, The End of the F***ing World, Maniac and Attack on Titan.

6. Streaming Guide: Part 3 - Gaming

In this Episode: It's been a hot minute, by that we mean 2 weeks. Was there a particular reason behind our absence? Not really - we've just been lazy! Elaine is back with Yannii and a new guest, Chris Wheate (you might remember him as our sound guy), to chat about the addictive, soul-sucking activity that is gaming. If you didn't have time or had to make time before for a couple hours of virtual, vicarious bliss, you sure as heck have a lot more of that now. Don't fret, we each have something different to share that might be to your taste. Thank you to Wright Evans Partners for sponsoring this podcast. As always, stay safe.

Isolation Diaries

President: Calvin Wong



Pictured: Congrats Calvin on winning the tennis tournament in early March!

Simpler times...



Pictured: The state of the President now...



Pictured: P and VP at Transition Night last year

“

I put a hole in the wall.

”

Vice President: Bree Zaccardo



Pictured: Exec Brunch

“ Calvin and I have been Zooming staff and students a lot recently and often after people leave the chat, we stay behind and debrief before we start writing an email, or a post together. Sometimes that’s when we get the chance to chuck together some food and we usually leave the call open and just act as if we’re working through it in a cafe or something. Even if we’re not meeting other people, we’ll zoom when we have to collaborate on something. It’s been more effective than a phone call for us. While we still talk on the phone, being on video call there’s less pressure to be constantly talking the whole time more meaning you can have a comfortable silence without the other person asking “are you still there??”. The pic is from my house in Adelaide and yes the chemistry textbook is purely to elevate my laptop to a slightly more favourable, less double/triple chin inducing angle.

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Pictured: Bree and her dog, Rooney



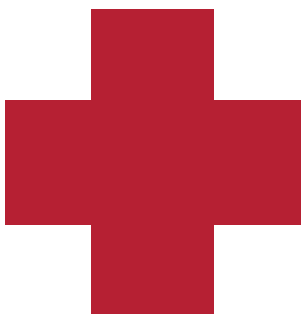
Secretary: Esther Cheng



“
When there’s enough flour left
for only one cupcake
”

Treasurer: Alice Zhang

“
Please remember to
donate blood if you are
eligible!! The nation’s
blood supply continues to
drop and there are
people of all ages who
rely on us daily.
”



Student Affairs: Coral Yeung

“
Day Unknown - All
meals, study and
activities have
moved to the bed
”



Sponsorships Gen Comm: Chris Wheate



“
ISO days got me
like - Chris
Wheate PP DPR
”

Events: Praveena Saravanamuthu and Vatsala Bhatia



“
Throwing it back to
my childhood
”

- Praveena



“



”

- Vatsala

* WHICH TOOTH ARE YOU? *



LATERAL INCISOR

- Everyone's partner in crime
- Often overlooked
- smol
- Inconsistent



CENTRAL INCISOR

- large and in charge
- Loves to be centre of attention
- all about that aesthetic~



CANINE

- One pointy boi
- wears down easily
- sensitive
- Gets lost a lot



FIRST MOLAR

- trustworthy
- Does all the heavy lifting
- Has lots of life experience



PREMOLAR

- Underrated
- Quiet but can be a snake



WISDOM TOOTH

- Can be an absolute pain
- Ghosts & sees often
- Pushy



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PUBLICATIONS

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March/April
Isolation Edition

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2020

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