



# THE DH LINK

Issue 1

Winter 2014 Newsletter

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Dr. Jackie Singleton,  
Dental Hygiene Program Director:



In 1954, the first class of students graduated from the University of Louisville School of Dentistry’s Dental Hygiene Program. For almost sixty years, the Dental Hygiene Program has maintained a tradition of excellence that continues today. We strive to provide students with the knowledge and skills they need to become competent dental hygienists and leaders in their communities. We also

work to build strong relationships with alumni to foster support of the program. We are proud to have over 1,200 alumni of the program. I look forward to celebrating the 60<sup>th</sup> Anniversary of the Dental Hygiene Program with you at the Legacy Event in Fall 2014.

I would like to thank the ULSD students, faculty members, alumni, staff and administrators for their support of the Dental Hygiene Program. I also want to thank those that worked to begin the Dental Hygiene Program’s first newsletter especially Linda Lewis and Rachel Quick for their leadership in developing it.

### DH Program Commits to Campaign to Name Legacy Room

The Dental Hygiene Legacy group has initiated a five-year campaign to raise \$50,000 to name ULSD Room #119 the “The Dental Hygiene Legacy Room.” The initial contribution is \$14,000 from the existing Legacy Endowment Fund, followed by a plan to raise \$36,000 over the next five years.



DH Legacy Co-Chairs Mary Ann Burch (left) and Virginia Woodward (right) present the check to Dr. John Sauk, ULSD Dean

#### DENTAL HYGIENE PROGRAM

University of Louisville  
School of Dentistry, Room #0103  
<https://louisville.edu/dental/hygiene>

#### Co Editors:

**Linda Lewis**  
DH Faculty Member

**Rachel Quick**  
DH Program Advisor

## ADHA 100<sup>th</sup> Anniversary of the Dental Hygiene Profession

The American Dental Hygiene Association (ADHA) celebrated its 100th year anniversary. This celebration served as a time to unite the profession, acknowledge its many accomplishments over this past century, and support the continued development needs for current and future professionals. The conference was a milestone for the profession, and the ULSD DH Program was there to join in the experience. See some of the highlights from those who attended ADHA Convention held in Boston:

### TRIP OF A LIFETIME:



(left to right) Chaney Adams, Naomi Stephens, Jayme Cecil and Amanda Richey

Amanda Richey and Chaney Adams, ULSD hygiene seniors, enjoyed the experience and found it to be eye-opening.

Students had the opportunity to spend time with other dental hygiene professionals to see where they have been, where they currently are, and where they are going.

“The camaraderie among dental hygienist is astounding,” Richey shared. “It really gives you the sense that we can achieve anything through the ADHA.”

Students participation with such events aids the ADHA and ULSD in the push to create future dental leaders. Both students believed this trip was enlightening.

“It pushes me to know no bounds and to become more active in my local chapter post-graduation and to encourage all of my classmates to follow suit,” Richey says.

Adams echoed the excitement. “I believe in the ADHA’s slogan now more than ever; I got to see what they mean by “Proud Past, Unlimited Future,” she shares. “As a student, I am so excited for that future.”

ULSD students acknowledge that ADHA is a wonderful organization and are proud to be a part it and the profession.

### 2ND PLACE GOES TO....

As a tribute to the UofL Dental Hygiene Legacy Committee, students of the program created a hat to participate in the ADHA’s 2013 Crazy Fashion show. ULSD’s program went on to win second place. Read on to see the details shared by Jayme Cecil, DH Senior:

“This gorgeous tea hat represents the prestigious ladies who make up our Legacy Committee,” says Cecil. “One of the many achievements they have established over the last 10 years is the Annual Woodward/Burch Floss Walk held on campus.”

Cecil shares that the walk raises awareness of oral health in our community

and also supports the Dental Hygiene Degree to remain a part of the University.

“We want to honor these women for representing our past while securing its future at our University,” Cecil says.

The continuous efforts of the Legacy Committee are visible in this hat as it uses many different types of dental flosses. Symbolic to the limitations of patients needs, interdental aids were also utilized. Aids included threaders, interdental rubber cup stimulators, proxy brushes, sulcus brushes, end-tufted brushes, soft picks, perio aids, floss holders, and disclosing tablets

Continuing the past and present theme, one side represents the Legacy Committee. Cecil added, that no UofL dental hat would be complete without the infamous ‘flossing cardinal.’

The dental hygiene students were grateful for all of the donations and words encouraging them to participate in this hat endeavor.

Congratulations are in order because the UofL Dental Hygiene students hat landed smoothly in 2nd place.



The cap is 160 meters of dental floss. The brim is comprised of 6 patient bibs.

 Find us on Facebook

The ULSD Dental Hygiene Program has its very own Facebook page! We keep the page updated so alumni, current and prospective students are in “the know” about what is going on with our fabulous program! Check out the link below and “like” the page!

<https://www.facebook.com/UniversityOfLouisvilleDentalHygiene-Program>

\*Managed by Jennifer Osborne and Rachel Quick

## KDHYA 2013 Table Clinic Winners...

By Sheila Campbell

Our Table Clinic focused on the use of lasers in dental hygiene. We found many studies that showed dental hygienists can use laser therapy in conjunction with traditional periodontal therapies and achieve better clinical attachment gains than with traditional therapies alone. Other advantages of laser use include reduced swelling, less pain, and faster healing.

Presenting our research at KYDHA was a great experience. It was encouraging to see professionals in our field take an interest in our research. It allowed us to feel

that we were sharing and contributing with them as well as learning from them. The statewide competition also allowed us to meet students from other schools and to see their Table Clinics, too.



Sheila Campbell, Lyndz Tran and Mindy Crump (Mentor Deb Wallace not pictured)

## Commitment to Serve: A Haiti Reflection

My experience in Jeremie, Haiti, on this dental mission trip influenced my hands, head, and heart, in ways I did not even know were possible. My hands acquired clinical skills more rapidly than I could have imagined.

After just four days in clinic in Haiti, I more than quadrupled the number of patients I had treated! This adventure challenged me mentally. Our clinic was much more compact, dim, and warm than our normal clinic environment at school. We used flashlights for our overhead lights, wooden chairs for our patients, and interpreters for communica-

*My heart was influenced  
in big ways....*



**ULSD Faculty and Students participate in a dental missions trip to Haiti**

tion. Working with interpreters required us to be concise with oral hygiene instructions and be specific when describing the instruments, fluoride, and suction. My heart was influenced in big ways.

The need for not only dental healing, but overall physical, spiritual, and emotional healing was overwhelming. One

of the most difficult things was at the end of each day, having to walk past masses of people staring up at me with a tangible

desperation in their eyes, begging silently for help. I could not help but feel a desire to work all day and night to help every single person in that country.

Many friendships were made, my faith was tested, and my future outlook in dental hygiene was forever changed.

~Naomi Stephens, DH Class of 2014

# GOOD NEWS, SERVICE AND SCHOLARSHIPS G

By Linda Lewis



Trisha O'Hehir has accepted another term as adjunct faculty to the ULSD Dental Hygiene Program. O'Hehir resides in Phoenix, Arizona, but has been working closely with the hygiene program for many years. She was the first speaker at UofL School of Dentistry's "Dental Hygiene Legacy Weekend" and has continued to support the school and program. She enjoys sharing her knowledge with students, faculty, and local practicing hygienists. She has been a great mentor to many dental hygienists around the world. O'Hehir is an international speaker. She also serves as the editorial director at Farran Media Hygienetown.com, editor of Perio Reports and president at O'Hehir University.

## UofL's SADHA Committed to Serve

By Julie Drury

The ULSD Dental Hygiene Program is excited to announce, that the Student American Dental Hygiene Association (SADHA) is now a recognized student organization. SADHA has become active within our community.

On August 24, 2013, twelve students and five faculty participated with the JDRF Walk to Cure Diabetes held at Churchill Downs. SADHA President, Kelsey Everitt, wrote a grant proposal to the Blackerby Committee to assist in

buying the needed supplies. The organization was granted about \$2,000. The group was able to provide more than 1,200 children with toothbrushes, toothpaste, three minute sand timers, and oral health literature.

On September 17, 2013, five students partnered with Louisville District Dental Hygienists' Association (LDDHA) for a community outreach event held at Hotel Louisville. The



SADHA supports the JDRF Walk to Cure

LDDHA members completed 18 dental screenings and the students provided oral health education.

## Dental Hygiene Community Engagement Course Project

By Jennifer Osborne

The dental hygiene senior students participate in a community engagement project every fall during their Community Dental II course. The senior students form small groups and identify a place within the community to go and perform a health education and/or a health promotion activity. Some of the places that our students have recently worked with include JADAC, St. Jude's

Recovery Center, Hotel Louisville, St. John's Homeless shelter, sports teams, occupational therapy and other health professions students, Safe Haven battered women's shelter, VIPs, Token Clubs, Down's Syndrome of Louisville and various church groups. Not only are our students gaining invaluable experience in planning a community program, but it also tends to be a very rewarding activity for all of the group members involved.



UofL Hygiene Program Supports the Center for Women & Families 2013 Denim Day

# GOOD NEWS, SERVICE AND SCHOLARSHIPS G



Check out the guest editorial of Virginia Woodward, RDH, ULSD DH Alumnae, in the August 2013 ADHA ACCESS Magazine:

<http://pubs.royle.com/publication/?i=169688>

Woodward, V.; Guest Editorial; ADHA Past President; August, 2013; pg.4 & 30

## NDHA SCHOLARSHIP RECIPIENT



I am honored to have been chosen to be one of five recipients of the National Dental Hygienists' Association, (NDHA) Scholarship. I had the privilege of attending the President's Breakfast to receive my award. To be in such a powerful atmosphere was amazing. There was one hygienist that had been practicing for forty- five years, wow!

I am also honored to be one of two students who received the African American Alumni Council Award, a University based scholarship. This scholarship is in place to help African American students cover the expenditures that come with attending college.

I am grateful and thankful, to say the least, for both of these opportunities and the organizations that help students such as myself.

~ Leonda V. Richardson, DH Class of 2014

## DENTAL HYGIENE LEGACY SCHOLARSHIP RECIPIENTS

"I am honored to have received the Legacy Scholarship this year for the Class of 2014. With boards quickly approaching, this scholarship came at the perfect time. I learned about the Legacy Scholarship from Dr. Singleton. I filled out an application and wrote a paper on how I would affect the community as a dental hygienist. Thank you again for the Legacy Scholarship. In return I will provide the utmost care to patients at the University of Louisville as well as the rest of the community."

~Hannah Wheat, DH Class of 2014



Hannah Wheat



Karla Wimpee

*"Thank you very much for presenting this amazing scholarship to me. It was much needed and I am very grateful. I hope to be able to give back to the University of Louisville Dental Hygiene Program as much as this committee has given me already. Thank you all again! "*

~Karla Wimpee, DH Class of 2015

**A Bite Out Of Poor Oral Health Care**



Jessikka Suazo and Nimet Altairi

Stepping away from the confines of a college classroom, University of Louisville School of Dentistry Dental Hygiene students Jessikka Suazo and Nimet Altairi took their education and experience to Wayside Christian Mission and to a population that, as a whole, suffers from poor oral health care.

As many dental problems can be slowed or even reversed by a proper regimen of oral hygiene and professional care, these enthusiastic students gave a lively and engaging presentation that held their audience's undivided attention. Admitting a bit of apprehension and the proverbial fluttering of stomach butterflies prior to their presentation, our guest speakers quickly connected with the women in our recovery program and what followed was a lively hour of oral health care dialogue and education.

Many thanks to University of Louisville students Jessikka and Nimet who did a masterful job in leading this much needed presentation!

This article was published by and in the Wayside Mission's Newsletter.

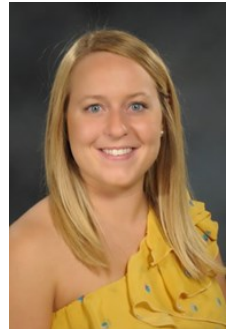
# SERVICE

## UofL Student Advisory Board Representative for ADHA

During this past summer I began my position as our region's Student Advisory Board Representative for the American Dental Hygiene Association. As our representative, I serve as the voice for all students and a liaison between us and the ADHA. So far I have participated in two conference calls with a variety of ADHA officers as well as the other region representatives. During these calls we review and discuss student programming and other hot topics effecting students within our field.

Serving on this advisory board has been an amazing experience. It's offered a hands on view of our national organization. Not only have I learned more

about the ADHA, I have also gained knowledge on our career field as a whole. I have gained access to interesting research regarding ADHA programs and insight into running efficient SADHA organizations. As the student representative, we are beginning to plan the Student Track at the 2014 Annual Session in Las Vegas! I look forward to the experiences that are to come as I fulfill my remaining term in this position.



Brittany Bell

~Brittany Bell, Class of 2014

### The National Dental Hygienists' Association (NDHA) 2013-15 Installation of new Board of Trustees Members at Convention



**Standing left to right:** Trustees: JoAnn Rover, RDH, MPA; Juana Gissendanner, RDH, BS; LaVerne J. Thomas, RDH, BS; T. Carla Newbern, RDH, M.Ed. (Immediate Past President); and Gennette Robinson, RDH, MS.

**Seated left to right:** LaVerna J. Wilson, RDH (Treasurer); Betty Pate, RDH, M.Ed. (President Elect); Tracye A Moore, RDH, EdD (President Elect); Barbara Purifoy-Seldon, RDH, MS (Vice President) and Linda H. Lewis, RDH, M.Ed. (Secretary)

**Not pictured:** Corporate Round Table Rep Cheryl Hall, RDH, BS; NDA Liaison Diane Lane Scott, RDH, BS; NDAF Liaison Mildred Lee Taylor, RDH, M.Ed.; and Historian Gussie Clark, RDH.

# ULSD Dental Hygiene Pilot Program with Central High School's Dental Magnet

By Rachel Quick and Linda Lewis

The University of Louisville School of Dentistry (ULSD) and Central High School has had a special on-going relationship. This relationship has been strengthened with the receipt of a grant through the Dental Pipeline National Leadership Institute.

Central High School, one of the Jefferson County Public Schools and a UofL Signature Partner, offers specialized magnet programs which includes the Dental Science Magnet. This program allows high school students to focus on dental sciences, and the possibilities within dental careers. ULSD partnered with Central to enhance their dental knowledge and provide exposure to dental career routes.

Under the leadership of Dr. Sherry Babbage, ULSD coordinator for diversity recruitment, and Ms. Wendy Robertson, ULSD Dental Hygiene Alum and Central Dental Magnet Faculty,

the \$12,000 grant allows ULSD and Central to create additional intentional, interactive relationships to help foster knowledge of dental career professions. UofL's Dental Hygiene Program plays an intricate role in this connection.

This fall semester, the DH Program, Rachel Quick and Linda Lewis, developed and implemented a pilot initiative that allowed ULSD faculty, staff and students to work interactively with 32 of the Dental Magnet sophomore students. Dental Hygiene Senior's April Key, Leonda Richardson and Jessikka Suazo were able to provide instruction to the students on varied topics, evaluating their success with pre and posttests.

The efforts of Key, Richardson and Suazo increased the students knowledge about dental education, opportunities within the dental professions, and knowledge about the dental programs available at UofL.



The DH Program is excited to be a change agent in improving the working relationships with the University, the School of Dentistry and Central High School. Additionally, the DH Program will serve, along with other dental students, as mentors to students in the magnet program.

These community efforts are helping to bridge the gap and expand the knowledge of future dental professionals.

The Dental Pipeline National Leadership Institute program is under the Robert Wood Johnson Foundation in partnership with the American Dental Education Association and the University of the Pacific Arthur A Dugoni School of Dentistry. While the program is a 1-year grant, ULSD and Central are committed to continued efforts to promote the profession, expand the knowledge prospective students, and build future leaders.

## Dental Hygiene Living Learning Community Expands

By Rachel Quick

The Dental Hygiene program is in its 4th year of offering its Dental Hygiene Living Learning Community (DH LLC). This DH LLC is one of five living learning communities offered at the University. Currently housed in Community Park, the DH LLC brings together lower division students wishing to reside with other students who are pursuing a career in hygiene.

The DH LLC allows exploration of the career path through courses, programming, services and connections to campus and community resources. ULSD works very hard with the DH Faculty and university resources to help ensure the success of participating students. Students attend shared classes, workshops and hands on experiences. In addition, ULSD works with the Resources for Academic Achievement Office (REACH) to provide

on-site tutoring in the sciences.

This fall was the first year that continuing sophomore students opted to continue their LLC experience. Beginning Fall 2014, the DH LLC is relocating to Kurz Hall so that it can accommodate freshmen and sophomores in their journey to work towards admission into the DH Upper Division. The DH Program is very excited about the expansion of the LLC and looks forward to its continued success.

# 10 Years: DH Floss Walk a Success!



By Linda Lewis

Our UofL Dental Hygiene Program Woodward/Burch 1 Mile Floss Walk/5K Run and Legacy Event was a great success! We would like to thank and acknowledge all sponsors, students, staff, faculty, Dean Sauk, the Dental School Development Office, Louisville Continuing Education Office, table clinic presenters, alums, friends, family who came out to support, walk/run and help with this day!!! A big THANK YOU to “Dr. Dunkenstein” himself, Darrell Griffith for supporting our event for nine out of the 10 years we have existed!

If you are interested in supporting our Dental Hygiene Program and would like to donate, feel free to do so using the address below.

**Send Floss Walk donations to:**

Ms. Linda Lewis, UofL School of Dentistry, Department of Oral Health and Rehabilitation  
501 S. Preston St., Room #009, Louisville, KY 40202 - Phone 852-1280

Enclosed is my donation (check only for donations); Made payable to UofL Foundation:  
Any amount over \$10 registration fee - Tax deductible to the extent of the law

- \$10
- \$15
- \$20
- \$25
- \$50
- \$100
- \$250

Any amount of giving, every year, is greatly appreciated - Thank you! Donations will go for DH Classroom Equipment, Student Scholarships, Student, Faculty & Program Development

On memo/for line write in: DH - Floss Walk

Name: \_\_\_\_\_

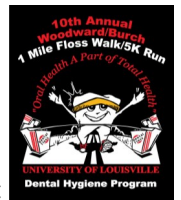
Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

E-mail address \_\_\_\_\_

**FLOSS WALK HISTORY:**

At one point our program was almost closed. With the support of many individuals, our program is still standing strong. As we embark upon our 60th Anniversary, it's important to understand historical moments in our program. Here's a little piece of history shared by one of our very own:



“...During an early meeting of the Legacy in 2002, we were trying to come up with an idea for a fundraiser. I had walked the Mayor's Midnight Run marathon in Alaska the summer before. I said ‘There are 2 things I do everyday, but I have never done them together...Walk and Floss.’ That led to the birth of the Legacy Floss Walk.”

~ Mary Ann Burch, Legacy Co-Chair



## “This I Believe” Engages Campus

By Brandy Warren

Dental and Dental Hygiene students take part in 'Book-in-Common' program.

They centered their talk on the book “This I Believe: The Personal Philosophies of Remarkable Men and Women,” a collection of essays by both famous and regular folks, who write of their beliefs and how they got there. Students throughout the university are reading it as part of the [Book-in-Common](#) program.

The discussion allowed the dental and dental hygiene students to branch out and think about what led them to their decision to go to dental and dental hygiene school and how they would relate to other people, including patients.

“It means a lot when you ask someone about their life or their situation rather than assuming you know what is going on in their life,” said student Katie Keel. “Everyone has a story. Everyone has their own beliefs. It's okay to hold your own, as long as you respect the values and beliefs of others.”

Student, faculty and staff feedback to this year's Book-in-Common has been positive so far, said Christy Metzger, director of First Year Initiatives.

Many students discussed “This I Believe” with faculty and staff facilitators as part of Welcome Week.

“It was so interesting to hear back from the facilitators, how readily the



students engaged with the ideas from the book,” Metzger said. “This book has sparked student interest for a number of reasons, and they’re eager to talk about it.”

The Office of First Year Initiatives is doing a number of activities to take the book beyond the classroom and into other campus activities.

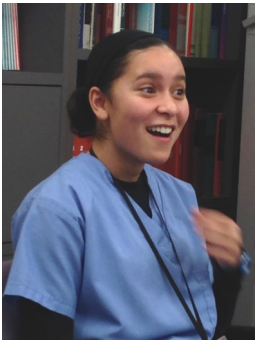
There’s an online [UofL specific portal](#) through “This I Believe” that will house UofL student, employee and alumni-written essays. So far, about 90 essays have been submitted, including essays from [Justin Mog](#), assistant to the provost for sustainability initiatives; [John Sauk](#), dean of the School of Dentistry, and [Beth Boehm](#), dean of the School of Interdisciplinary and Graduate Studies. First-year students also can choose to enter their essay into a contest to win a \$350 prize. Essays will be featured on UofL Today.

Metzger said she hopes there will be an on-campus reading opportunity in the spring that will allow people on campus to come together and share both their experiences with the book and their essays.

“This I Believe” began in the 1950s as a radio series by famed journalist Edward R. Murrow. In 2005, the radio segments were relaunched and featured on NPR. The first “This I Believe” book, edited by Jay Allison and Dan Gediman, was released in 2007. With an accompanying international project, readers are encouraged to develop their own personal belief statements and post them online.



## And the 2014 UofL Dental Hygiene Hinman recipient is....



April Key, DH 2014  
Hinman Scholar

When the presence of DH Senior April Key was requested for a faculty meeting, she had no idea what to expect. In fact, she thought it may have been in reprimand from a clinic incident involving her hunger pains and a piece of chocolate that mysteriously disappeared. Anxiously awaiting her requested time, she found relief and joy as she realized the faculty had selected her as the 2014 ULSD Dental Hygiene Hinman Scholar. The DH Program was proud to capture this photo moment surprise. Every year, a dental hygiene and dental student are awarded this honor and receive a partial expense paid trip for the ceremonial event, which occurs annually in Atlanta, GA. Scholar recipients receive a \$750 scholarship and are honored during a luncheon held at the Hinman Meeting. Key will receive complimentary tickets for herself and a guest to attend the luncheon, which will be held on Saturday, March 29 at the Georgia World Congress Center.



## THE LEGACY CONTINUES.....

As another year comes and goes, the legacy of the Dental Hygiene program continues. Congratulations are in order for the DH Graduating Class of 2013 and the entering of the DH Class of 2015.



Graduation Convocation, DH Class of 2013

The Class of 2013 graduated 29 newest members in to the DH Profession. The accomplishments of this group was tremendous. The entered with a program GPA of 3.56 and worked hard to achieve their Bachelorette of Science in Dental Hygiene. Ten of the members were awarded graduating honors. We are certain that The DH Class of 2013 will continue to shine, promoting the profession and adding to the development and leadership of the field.



White Coat Ceremony, DH Class of 2015

This Fall, the ULSD welcomed its newest members to the school: The Dental Hygiene Class of 2015. This bright group of students joins us with previous experience from 22 additional colleges. With an accumulative program GPA of a 3.55, these students are working hard to continue the program's tradition of excellence. The students represent varied states including KY, IN, IL, and VA. They too are working hard to continue the UofL DH Legacy.

# THE DENTAL HYGIENE PROGRAM

## 2012 Carol Read Table Clinic Contest Winners:

**STUDENTS:** Rodshay Brooks, Jennifer Hasch & Kendra Mathes



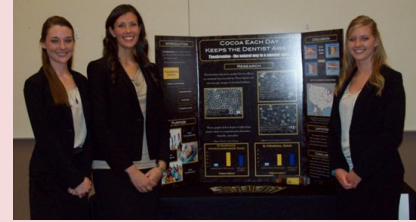
**TOPIC:** Advanced Dental Hygiene Practitioner (ADHP)

**MENTOR:** Ms. Donna Ruley

**ADVISOR:** Linda Hart Lewis, RDH, MEd

## 2013 Carol Read Table Clinic Contest Winners:

**STUDENTS:** Hollie Brookman, Naomi Stephens & Amanda Richey



**TOPIC:** Cocoa Each Day Keeps the Dentist Away?

**MENTOR:** Dr. Don Demuth

**ADVISOR:** Linda Hart Lewis, RDH, MEd

## DENTALHYGIENE PROGRAM FACULTY/STAFF



Jacqueline A. Singleton, RDH, MEd,  
PhD, Dental Hygiene Program, Director

Susan Costich Collier, RDH, MS  
Full-Time DH Faculty

Linda Hart Lewis, RDH, MEd  
Full-Time DH Faculty

Jennifer Osborne, MA, RDH  
Full-Time DH Faculty

Donna Aden, RDH, MEd  
Part-Time DH Faculty

Julie Drury, RDH, CHPE, MS  
Part-Time DH Faculty

Mary Angie Tackett, RDH, BS  
Part-Time DH Faculty

Vicki Sherrill, RDH, BS  
Part-Time DH Faculty

Deborah Wallace, RDH, BS  
Part-Time DH Faculty

Larry Meffert, DMD  
DH Program, Dentist

Rebecca Mercke, DMD  
DH Program, Dentist

Rachel Miller Quick, MEd  
DH Program, Advisor

Jennifer Baker,  
DH Program, Administrative Assistant

Trisha O'Hehir, RDH, MS  
DH Program, Adjunct Faculty

## DH PROGRAM LEGACY COMMITTEE

### Co-Chairs:

Mary Ann Burch, RDH  
Virginia Woodward, RDH

### Members:

Theresa Butler, RDH  
Susan Caschera, RDH  
Julie Drury, RDH  
Dianne Foster, RDH  
Linda Hart Lewis, RDH  
Amanda Lynch, RDH  
Rachel Quick, MEd  
Donna Ruley, RDH  
Jacqueline Singleton, RDH