Pediatric Dentistry and Dental Public Health Residents Visit Migrant Camps

On July 14 and July 21, pediatric dentistry and dental public health residents visited local housing areas near Williamsburg for families of migrant farmworkers to provide dental exams and applied fluoride varnish to 26 children. Children identified as having dental treatment needs will return to the College of Dentistry on Tuesday, August 4 and pediatric dentistry residents will provide the necessary care.

This outreach program is in cooperation with a non-profit organization, Proteus Inc., who coordinates the health care needs for migrant farmworkers and their families. The Department of Pediatric Dentistry has been participating in this program for over 20 years.

The group who helped this year included pediatric dentistry faculty members, Ms. Cathy Skotowski and Dr. Arwa Owais; pediatric dentistry first-year residents, Drs. Ursula Diehl, Kaitlin Hoogeveen, Brandy Kleinheksel and Amy Lesch; dental public health resident Dr. Bob Selder; pediatric dentistry dental assistant Mary Akers; and D4 students, Courtney Bohn, Adam Bahr, and Brian Darling.

See Migrant Camps, 2

Herky Visits the College of Dentistry Dental Research Labs

Herky visited the College of Dentistry dental research lab area on July 13 as part of an incoming freshmen admissions video project. Dr. Kim Brogden, director of the Dows, received a request from Scott Fiddelke, UI Communications and Marketing, to film in the fourth-floor research lab area to get some shots for a personalized video that will be sent to all admitted students.

Additional photos can be viewed on page 2.

To view last year’s personalized video for all admitted students, go to: http://your.admissions.uiowa.edu.

See Herky, 2
Herky continued from 1

(Above): Herky posing with the liquid nitrogen.

(Above) Collegiate paparazzi watching Herky being filmed.

See Herky, 3

Migrant Camps continued from 1

(Above): Dr. Ursula Diehl (a pediatric dentistry resident) performing a dental exam on a child at a local housing area as part of a dental outreach event for children of migrant farmworkers. Adam Bahr (a D4 student this fall) was assisting her.

(Above): Dr. Bob Selder (dental public health resident) and Dr. Amy Lesch (pediatric dentistry resident) pictured with a child.

Dr. Kaitlin Hoogeveen (a pediatric dentistry resident) performing a knee-to-knee exam on a child at a recent outreach event. Courtney Bohn (a D4 this fall) is assisting her.
Filling Station Notice
Beginning June 29-July 31, the Filling Station will be open from 7:30 AM-2:00 PM, Monday-Friday.

All-College Book Read and Discussion

Book: *Nickel and Dimed: On (Not) Getting by in America* by Barbara Ehrenreich.
Date: Wednesday, September 9
Time: 12:00-1:00 pm
Where: W220A

Cookies will be provided. All CoD faculty, staff and students are invited to attend. Brought to you by the CoD Diversity Committee.

(Herky, continued from page 2, above):
Dr. Kim Brogden’s research group with Herky — (left to right): Amber Bates, PhD candidate, Erica Recker (D2), Emily Lanzel, OPRM dental fellow associate; Chris Treinen (D2); Nicole Brogden, College of Pharmacy; Herky; Paula Gomez (D1); Dr. Kim Brogden, director of Dows; Emily Starman, lab assistant; and Dr. Vrushali Abhyankar, graduate fellow, Department of Periodontics. Not present: Dr. Carol Fischer, postdoctoral research fellow.

Recent Publications


See Recent Publications, next column
Call for Programs

ADEA encourages thematic and nonthematic proposals for presentations at the 2016 ADEA Annual Session & Exhibition. The Association invites all members of the health care community to participate. The 2016 ADEA Annual Session & Exhibition provides an opportunity for dental educators, administrators, and students to interact and reflect on how they can support each other in Shaping Tomorrow, Together.

Submit a Proposal

<table>
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<tr>
<th>Timeline for Submissions</th>
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<tr>
<td>June 1, 2015, Midnight, Pacific Time</td>
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<td>Deadline for submitting educational sessions (seminars, workshops, small discussion group and New Idea sessions) proposals.</td>
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<tr>
<td>Late August 2015</td>
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<td>Notification emails sent to educational session submitters</td>
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<tr>
<td>September 7, 2015, Midnight, Pacific Time</td>
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<tr>
<td>Deadline for submitting ADEA TechExpo sessions and poster proposals</td>
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<tr>
<td>Mid-November 2015</td>
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<td>Notification emails sent to ADEA TechExpo and poster submitters.</td>
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Mercuriale, professor of medicine at Bologna and Pisa, is probably best known to modern students of medical history for this work, first published in 1569. It was the first complete text on gymnastics and stresses the importance that all forms of exercise have in maintaining good health. Relying heavily on ancient practices, this work is an excellent compendium of the physical therapy of earlier times. Mercuriale describes ancient gymnasia and baths and discusses mild exercises such as dancing as well as more strenuous pursuits such as wrestling and boxing. He also gives full consideration to the health benefits of proper exercise and concludes the book with a section of therapeutic exercises. The book contains many excellent wood-block illustrations of wrestling, boxing, and other sports.
Coaching Series: Anti-Inflammatory Eating for Optimal Health

Inflammation has been a hot topic in the health world these days. Ever wondered why? Attend these Anti-Inflammatory Eating group coaching sessions and learn about the connection between inflammation and your health. These series provide relevant information on the latest diet strategies and other lifestyle choices to prevent and reduce chronic inflammation.

- Learn what inflammation is and how it might affect you
- Find out how anti-inflammatory eating can make a difference in your health
- Discover how to incorporate lifestyle choices that will reduce chronic inflammation

Section 1-Tuesdays - Noon to 12:45 p.m.
Atrium Conference Rooms A and B
September 22, September 29, October 13, and October 27

---OR---

Section 2-Thursdays - 5:30 p.m. to 6:15 p.m.
CRWC Wellness Suite
September 24, October 1, October 15, October 29

Eligibility: Free to UI staff and faculty in 50% or greater, regular positions. Priority will be given to those who have not participated in health coaching within the last 12 months.

To sign up or for more information: Contact UI Wellness at livewell@uiowa.edu or (319) 353-2973
Registration deadline is September 15, 2015. Space will be limited.

UI Wellness liveWELL Program • Human Resources 619 Campus Recreation and Wellness Center
Iowa City, IA 52242 • liveWELL@uiowa.edu • 319-353-2973 • http://hr.uiowa.edu/livewell
Greetings and salutations from Professor KW Therm!

Have you ever looked at the weather page in a newspaper and come across some numbers referenced “heating degree days (HDD)” or “cooling degree days (CDD)” and wondered what in the world they mean and why should you care? If so, your “wondering” days are over! Here’s the scoop. The concept of HDDs was originally developed by engineers as a useful index of heating fuel requirements.

So, basically, what are they? HDDs are used during the heating season as a way to gauge how “cold” the winter has been compared to an “average” winter. The colder the winter, the higher the total of the HDDs (and the higher your heating bill). Likewise, CDDs are used during the cooling season as a way to gauge how “hot” the summer has been compared to an “average” summer. The hotter the summer, the higher the total of the CDDs (and the higher your cooling bill).

How are they calculated? HDDs and CDDs (depending on the season) are calculated daily for the previous day. The average (or mean) daily temperatures are calculated for the day.

The daily mean temperature is then compared to a “base” temperature of 65°F (if the outdoor temperature is 65°F, you will generally not have to heat your house or cool your house).

If the mean daily temperature is LOWER than 65°F, you will be calculating the HDDs for that day using the following equation:

\[ 65^\circ F - \text{the daily mean temperature} = \text{the number of HDDs for that day} \]

If the mean daily temperature is HIGHER than 65°F, you will be calculating CDDs for that day using the following equation:

\[ \text{The daily mean temperature} - 65^\circ F = \text{the number of CDDs for that day} \]

During the course of the season, the HDDs and the CDDs are added up. Often, newspapers will have HDD/CDD information printed on the weather page. Often the degree day total up to that day is compared to the “average” degree day total up to that day so you can get a sense of how much warmer or cooler the season has been so far compared to the “average.”

A note on the attachment:
I took a snippet from the National Weather Service climate report for Des Moines for April 20 that shows HDD and CDD information. Challenge Question: Has the most recent heating season been warmer or cooler than “average”? The answer is there! Please feel free to email me your answer.

Find out more about heating and cooling degree days:


"BizEE Degree Days": [http://www.degreadays.net/](http://www.degreadays.net/)

"knol – A unit of knowledge": [http://www.degreadays.net/introduction](http://www.degreadays.net/introduction)

Yours truly,
Professor Therm

AKA Doug Litwiller, PE, CEM
Associate Director, Energy Conservation, University of Iowa
515-233-4406 (Mobile)
319-384-3658 (Office)
douglas-litwiller@uiowa.edu