Certifying Announcements

For students who do not qualify to petition for residency via 702 and need to petition for residency through the normal channels in the residency office. The petition must be completed the Monday one week BEFORE the term starts for future semesters.

For students registered in the Maymester term, the start date prior to June 6, 2016 please submit a Maymester certification request! For students registered in the regular Summer term, with a start date on or after June 6, 2016 please submit a Summer certification request. For any students who are registered in both of these terms please submit two certification requests.

Fall 2016 registration begins as early as April 4, via your UCDaccess. For your Individual registration date and time please check your portal.

For more information on what’s going on in the office or for additional resources check out our home page regularly or follow us on Facebook!

www.ucdenver.edu/ovss
facebook.com/UCDVSS

Tutoring

Need help in classes? Take advantage of FREE tutoring through our Tutoring for Vets Program. If you are interested in scheduling sessions please fill out this form https://fs17.formsite.com/cuovss/form16/index.html. Our program supplements the Learning Resource Center by providing an additional weekly session at no cost to you!

If the Learning Resource Center doesn’t offer help in your class you’re still covered! We have a partnership with an outside tutoring company to help tutor our veterans once a week. If you have any questions please contact us at tutoringforvets@ucdenver.edu

TS Tuesday

Every Tuesday from 1145-1300, the Office of Veteran Student Services will be hosting a hang out! There will be free food and mingling. This is going to be an ongoing, informal, weekly meeting to help connect students. Come check it out!
Heroes Clinic

Fun Fact of the Month

Grinding and Clenching Teeth – What’s The Big Deal?

About 67% of our veteran patients need occlusal or night guards. Why? Because they clench or grind (Bruxism) their teeth. You may be thinking, so what, but the truth is bruxism can destroy your teeth over time. For some people the destruction is so slow they don’t really notice it until their teeth are quite worn down. Or maybe they start to have sensitivity to hot and cold foods. Clenching and grinding can cause teeth to break, gum tissue to recede, v-shaped notches in the teeth along the gum line and painful “jaw joints” (temporomandibular joint pain/disorder or TMD).

How do I know if I am clenching or grinding? The following are signs and symptoms of TMD; jaw pain, waking with headaches or ear aches, cupping or depressions on the back molars, flat spots on the teeth, shorter teeth, v-shaped notches along the gum line, or excessive tooth sensitivity to temperature. Minute cracks or craze lines can also be present in the enamel of the teeth.

So what can you do to prevent the damage and stop this destructive habit? COME TO THE HEROES CLINIC! We have provided many of our students with Occlusal or Night Guards (OG). An OG is a hard acrylic splint worn on the upper or lower teeth while you sleep or during times of stress. For many, wearing their guard during the day is beneficial. Over the counter and soft sport guards may at first seem like a good substitute but in fact can cause the wearer to grind or clench more! OG’s are custom made by taking impressions of the upper and lower jaw. The muscles in the jaw are then “reprogramed” by using a device called a leaf gauge which resets the jaw where it should be positioned. The process takes a while and is re-done upon delivery of the guard to make sure your teeth fit where they belong.

Call Heidi Tyrrell at the Heroes Clinic in CU School of Dental Medicine: 303.724.8462.

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I would like to start off by giving a huge thank you to James Bakalik, Chad Prichard, and Zac Reding for leading the VSO through the remarkable events and countless networking experiences for the Fall 2015 and Spring 2016 semesters. We will miss them greatly as the leaders of the organization and commend them for their strenuous efforts to get us to where we are today.

With that being said, I would like to give a huge WELCOME and CONGRATULATIONS to our newest officers and faculty advisor of the Veteran Student Organization! If you see them walking around school or the Office of Veteran Student Services, please give them a well-deserved pat on the back. Listed below are the names and positions for the Fall 2016 and Spring 2017 VSO officers and faculty advisor:

President – Lori Cord
Vice President - Charles Reeves
Treasurer – Yesenia Mora-Plata
Secretary – Christopher Smith
Event Coordinator – Matthew Wilkin
Fundraising Coordinator – Britney Willburn
Faculty Advisor – Christine Sundberg

For the next couple months the new officers will be brainstorming and executing new ways to renovate the VSO into its full potential. Because of this, there will not be a schedule for events until the start of Fall 2016. However, there will be sporadic activities throughout the end of the semester and into the summer, so be on the lookout!

This previous month’s Thursday Throw-Downs went amazingly with a great turn out at Deadpool Movie Night, Boondocks, St. Patrick’s Day downtown, and PaintNite! March’s Social and Fundraiser Event were also very interesting. The Mt. Falcon Hike had us all over the mountain side and the Bake Sale was in a blizzard, but we prevailed! I would like to give my upmost gratitude to all of those that manned the table during the storm and never quit (Chris Smith, Doug Hernandez, Matt Wilkin and Zac Huitt). And a very special thank you for all the WONDERFUL donations of baked goods, zip lock bags, time and effort people put in to make this fundraiser a success.

All the hard work was not in vain, we made over $200 from this Bake Sale and this could not have happened without your help.

If you have questions, concerns or ideas please contact us at:

Phone number: 404-643-2764
CUDenverVSO@gmail.com
https://www.facebook.com/groups/CUDenverVSO/