

12TH & NEIL magazine

Spring 2016

ASDA
Annual
Session
hosted in
DALLAS, TX

PODEMOS
Mack Hoban and
Aaron Henley share
their experiences

The Palatal Expander
Graham bars- healthy
snack and a little sweet

Spring Break
What do dental
students do to get
away and relax
before the end of
the year?

Where are
the places
everyone
should
try before
they leave
Columbus?
Searching the streets
for the must have eats.





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a publication of
The Ohio State University
American Student
Dental Association

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“Never regret the things that make you smile.” -Mark Twain

When most people think of a dentist, they think of pain and how terrible it is to go and visit one. On the other hand, those of us who wanted to become a dentist think of how amazing and thrilling the idea of caring for a patient can be. This is what sets us apart from the average person. This is also what unites us and allows us to become amazing friends. Coming into dental school this year, I expected to spend all of my free time studying for exams, practicing on the typodonts, and having absolutely no time for socializing. I could not have been more wrong! My first week of orientation allowed me to realize that not only will dental school be very challenging, but it will also provide skill and excitement unlike anything I have experienced before. The bond that forms between you and your fellow classmates is incredibly special. Going on breaks and being apart from those other 109 people that you have been spending day in and day out with makes you realize how much you do miss them. While we may not miss the long lectures or spending 4 hours in the pre-clinic preparing crown preps, we do begin to realize just how important our support system is. Being a fan of quotes only makes it appropriate to throw one in here from one of my favorite celebrities, Audrey Hepburn. “The best thing to hold onto in life is each other.”

We often times forget to appreciate the things we have in life because we are busy worrying about the events to come or matters that may never happen. In my life, I have learned that the best way to realize what you have been provided is to write it down. Seeing it in front of you makes it more realistic than just the simple thought. I have chosen to display the things I am thankful for on my wall. Therefore, everyday I have the opportunity to walk by and see the things I have been blessed with. I challenge each of you to take time out to jot down what you are thankful for. Whether it be passing a practical or passing your

boards, we each have things we should pause to appreciate.

Dental school is challenging and will bring us trials and maybe even a few tears, but we have to remember we are not alone. There were many students before us who survived and there will be many students afterwards. We will persevere to become amazing dentists or continue on to specialize. Either way, remember to stop and smell the roses and give back to others.

This issue of “12th and Neil” includes several articles that involve giving back to others, whether it be by getting involved in ASDA to help the dental community, going on dental trips to underserved countries or providing a little advice and words of inspiration to those behind you. Ultimately, the goal for each of us should be to give back to our community, state, nation, and world. We have been given an amazing opportunity to share the gift of dentistry with others, and that is something we should not waste. Go out and spread the wealth of opportunities that have been given to us. The dreams we possess of becoming dentists allow us a wealth of opportunities to share with others and in turn gain new perspectives, feelings of gratitude and appreciation and the ability to become resilient in the face of trials. In the words of Christopher Reeve, “So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”

Samantha

- Samantha Lindsey
Editor-in-Chief
Class of 2019



Calendar & Events

Basketball Tournament

Students got together for some friendly competition with five-on-five co-ed basketball games. The tournament was held at the RPAC. The winning team pictured here were Kyle Boyd, Will Andrews, Becca Bartlett, Justin Hoying, Breihn Hall.



General Body Meeting

ASDA president Jimmy Zimmerman spoke to the organization about leadership styles and goals. He made several excellent points to help members expand their leadership skills in order to make OSU ASDA better than ever!

JAN

23

30

FEB

4

24

Pre-Dent Day

OSU ASDA members came together with Pre-dental students from various schools in Ohio to teach them how to take impressions, use a handpiece, and analyze radiographs. Current dental students also participated in a panel to answer questions from the pre-dental students.



ASDA Mentor/Mentee Trivia

ASDA members and mentees met together at the Psi Omega dental fraternity house on campus to have a night of dental trivia.



General Body Meeting

During the March general body meeting, OSU ASDA Member Lydia Lancaster spoke to the members about Licensure and the ADAT. It was a very informative presentation about some of the legislation impacting dentistry. OSU ASDA provided pizza for the members that attended, always a student favorite!

ASDA Annual Session

Ten OSU ASDA members attended this annual event that was held in Dallas, TX. The event was filled with lots of networking, learning, and fun!

ODA Day at the Statehouse

OSU ASDA members teamed up with Ohio Dental Association dentists to lobby for the future of the profession at the statehouse. Important issues like midlevel providers and other legislation that potentially threatens the ability to provide high quality care to patients were discussed.

MAR

2

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5

9

APR

10

12

13

ODA Leadership Institute

OSU ASDA students, along with ODA members and dental residents, had the opportunity to attend this conference to improve their leadership skills in their practice and community.

National Dental Student Lobby Day

16 OSU ASDA members travel to Washington, DC to attend the ASDA National Dental Student Lobby Day. Our members met with Ohio legislators to discuss issues on student debt and allocating funds for events like Give Kids A Smile.



Upcoming Events

May 21st- ASDA Annual Golf Outing

How ASDA has helped me Dream Bigger: a memoir and recap of Annual Session 2016 by: Lydia Lancaster '16

In March, almost 600 students across the nation gathered in Dallas, Texas, for the 2016 ASDA Annual Session. Also known as the “Best Week Ever,” Annual Session is packed with seminars, socials, and major decisions being made for the future of the Association. This Annual Session was personally special, as this was my third and final Annual Session as an ASDA member, along with concluding my term as District 6 Trustee. This year’s theme was “Dream Bigger ASDA,” encouraging students to push themselves to achieve more. After four years of building my professional network, leadership skills, and lifelong friendships, ASDA has given me the opportunity to dream bigger.



Though D1 year feels like decades ago, I entered dental school with a simple goal of being a good student. There was an ASDA booth at the welcome week orientation, and I was skeptical of what a \$350 membership was going to provide me as a student. Little did I know that the four-letter acronym would become such a major part of my life, guiding my life personally and professionally.



As an undergrad student, I never considered myself a leader — because I wasn’t one. I participated in clubs and greek life, but the thought of running an organization was daunting. During first year of dental school, I was awestruck by the fact that so many third party organizations — legislation, government regulatory agencies, insurance companies — could interfere with how I practiced dentistry. That was my entry into organized dentistry; participating, and eventually leading, in advocacy events. Realizing that regular people could elicit actual change and preserve dentistry’s autonomy through organized dentistry inspired me, and thus my

ASDA journey took me to more involved leadership, serving on the OSU ASDA Executive Board and eventually ASDA’s national Board of Trustees.

ASDA holds three national meetings annually, and each meeting’s purpose is unique. Annual Session is the central business meeting for the Association, as the House of Delegates occurs then. Two delegates from each of the 65 chapters vote on resolutions that update ASDA’s policies, as well as elect the ASDA Executive Committee and Speaker

of the House. This year, the house approved a new licensure policy and reinstated pre-dental chapters, among several other resolutions. The House of Delegates is the governing body of the association, deciding on policies that allow the Board of Trustees to serve ASDA accordingly. This governance is the foundation of ASDA.

However, Annual Session is so much more than the House of Delegates. There are breakout sessions that allow attendees to develop leadership skills, learn more about clinical dentistry, and inform themselves of the current issues the profession faces. One of the largest ASDA Vendor Fairs is hosted at annual session. Chapters are celebrated for their achievements at the Gold Crown Awards Ceremony, where OSU ASDA was awarded for the highest pre-dental recruitment in the country. District dinners, receptions, and cocktail hours are just a few places to meet dental students from across the country and network with the leaders of organized dentistry. Annual Session is a full week that allows attendees to really dream bigger and bring home big ideas for their chapters.



This year was an emotional and bittersweet meeting, as it marked the end of my ASDA journey. I am overwhelmed with gratitude for these four years. They made me a better student, an informed member of the dental profession, and a true leader. I never dreamed I could be the leader I have become and ASDA is the reason I am where I am today. Through ASDA, I learned perseverance, professionalism, and diligence. I learned how to lose gracefully and win gratefully. Some of my closest mentorships and friendships, here at Ohio State and across the country, were developed in ASDA. ASDA did more than just add to my résumé, it changed my life and allowed me to discover who I am as a person, a leader, and a member of the dental profession. Because of ASDA, I dreamed bigger.

Though everything may be bigger in Texas, ASDA here at OSU continues to grow and strive for bigger and better opportunities for its members. The opportunities I had in our chapter just by getting involved were life-changing, and the rewards far outweighed the sacrifices I had to



of ASDA, make to balance school and leadership. Four years and three annual sessions later, my ASDA journey ended at Dallas, Texas, and my heart is full from the incredible ride. I think I speak for all 10 Buckeyes that attended Annual Session this year—get the ASDA Fever, get involved, and soon you'll be dreaming bigger too.

OSU ASDA Leaders look back on this year's Annual Session

“At Annual Session, I learned the power of dreaming bigger; to push not only myself, but our chapter as well, to be better in all we do. By working together and holding each other accountable, we can accomplish great things as a team.”
~ Jimmy Zimmerman '18

“I felt so inspired by the number of students who attended Annual Session. It reminded me how strong our voice is when we come together to learn about and agree with one another on major issues impacting us. It was also very exciting to see our new president get elected and learning about his leadership style throughout the process.”
~ Nicole Goettemoeller '17

“ASDA Annual Session opened my eyes to the immense amount of work that national ASDA does on behalf of its members. They are working endlessly to improve our profession through legislation and advocacy. I now fully appreciate how important it is to pass this information on to our fellow Ohio State ASDA members, which we have successfully done through our “Hot Topics in Dentistry” series.”
~ Mike Vieth '18

“ASDA Annual Session serves not only to manage self governance, but more so to celebrate the tremendous accomplishments of individuals and local chapters across the country. It is a recognition of all that ASDA is and what ASDA strives to be. Leaving Dallas, I found myself reinvigorated with ASDA Fever all over again. It is an experience I recommend to all.”
~ Spencer Tepe '17

“This was my first ASDA Annual Session and it was such an empowering experience. From learning about how the new ADAT will be affecting us, to seeing the progress of a new licensure exam, it became very clear to me how hard our national leaders are working behind the scenes. I'm proud to be a member of ASDA and encourage all students to participate to strengthen our voice.”
~ Urvi Shukla '17

“I had an amazing time at this year's ASDA Annual Session in Dallas! It was so inspiring to see hundreds of dental students from across the country gather to discuss the future of the organization and vote on resolutions that impact all 22,000 students represented by ASDA.”
~ Shawn Rajendram '17

“ASDA Annual Session allowed me the opportunity to meet countless influential leaders in dentistry, both students and dentists alike from across the country. I am consistently impressed with the passion these students have for organized dentistry and the #ASDAFever caught at events like this remind me how important it is to bring the knowledge home and engage our own chapter members here at Ohio State.”
~ Justine Bednarski '18

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Special Events: Catie Horwood '19

Associate Legislative Liaison: Mitch Poole '19

14 Must Eats in Columbus

by: Daniel Ashton '18, Brianna Barnes '18, Ashley Huong '18

Tacos Al Pastor from Los Guachos

This cheap, authentic Mexican restaurant has received plenty of accolades and attention...and for good reason! Their tacos al pastor are AMAZING - delicious, slow-cooked pork with roasted pineapple on soft tortillas with a little bit of cilantro and sauce. I prefer their green sauce, since it is mild and sweet, but if you want some heat, pour on the red, it'll catch your mouth on fire. You must try these. Tacos al pastor are BOGO on Monday nights (one of the simple joys in life is calling ahead and walking out of the store fifteen minutes later with hot tacos while a long line of people wait for theirs). Wednesday nights they have a special on gringas, which are essentially the same as tacos al pastor, but slightly bigger and with cheese. Also notable are the fried fish tacos.

Ginger Ale from North Star Café

For anyone who's already been to North Star Café, you know that their menu is full of fresh-made food. They have the best veggie burger I've ever had in my life. But there is something particularly refreshing about their house-made ginger ale. It's packed with even though it's served and lime. For any out-of-a stop at North Star to try their cookies; they're truffle cookie and you will two separate occasions, I've ginger ale for the first time and the cashier gave us



burger I've ever had in my life. But there is something particularly refreshing about their house-made ginger ale. It comes with fresh mint toner, I recommend that they make this unique beverage I have to mention decadent. Try their dark chocolate not be disappointed. Quick Aside: on mentioned that someone was trying the (and they actually were - no lying!) the ginger ale for free...worth a try.

Noodles at Tensuke Express

This is a Japanese market located in a strip mall off of Old Henderson Rd (various Japanese restaurants/stores here). They have affordable sushi and not your typical 99 cent ramen noodles. I recommend their Udon with any meat/flavor that you like. It's a great, affordable change from your average American meal (many items are around \$7).

Chicken Kabob from Hambdi Grill

One cuisine that I've been introduced to since moving to Columbus is Somalian food. With a variety of good meal options, I'd definitely recommend the chicken kabob with rice. If they don't give you bananas with your meal, just ask and try bites of banana with the seasoned rice. It's a sweet and savory combo that makes my mouth water.



Pancake Balls and Breakfast Tacos from Katalina's

Pancake balls filled with Nutella is their famous menu item. The breakfast tacos with chorizo with fresh crema and a side of Mexican corn is the perfect summer brunch. It's always crowded, so go early in the morning or try to avoid the rush times. With nice weather be sure to sit outside on their charming patio.

Wood-fired Pizza from Figlio.

If you're looking for wood-fired pizza, try this place out. Great for a "get to know you" date, but "one that you're trying to invest in." You can order one of their signature pizzas or build your own.

Hot Chicken at Hot Chicken Takeover.

Inside North Market you can find a taste of Nashville's signature hot chicken. This fried chicken delight is served over bread with pickles, free sweet tea and slaw. The homemade ranch and mac and cheese are not to be overlooked. Open Thursday-Sundays only. Get there early before the chicken runs out (check their Facebook page for the status of your favorite cut of chicken).



Lamb Curry and Naan from Aab.

With an extensive Indian menu, the lamb curry happens to be particularly flavorful. And the naan bread. Oh man, the naan bread. I could hurt myself putting that stuff down. This is one of those restaurants where I eat until I hurt...and regret nothing!

Reuben Sandwich at Katzinger's.

This Jewish deli is another German Village pick. It's a Columbus staple. All of their generous sized sandwiches come with endless pickles that you choose from one of two big barrels - traditional or garlic.

Chicken Wings from Bonchon.

These Asian-inspired wings stray from your typical Bdubs experience. You have the option of spicy or soy garlic. I'd recommend you go for the half and half if it's your first time - that way you get to try both flavors.

Best Happy Hour - Marcella's.

It's not all about the drinks. Happy hour is half off all of their appetizers and flat-breads. There are plenty of yummy food options to choose from, but a must-try is their veal meatball.

Best Burgers in town at Thurman's Cafe.

This place was featured on Man Vs. Food and once you go there, you'll know why. All of their burgers are 3/4 lbs...except for the Thurmanator; it's twice the size of their other burgers. Of course, it's not all about size - all of the burgers are delicious. I'm a big fan of the Western burger. Word to the wise: if you're trying this place out during rush hour, you're guaranteed a significant wait, especially if you're going on a weekend (they don't take reservations). So, plan accordingly.



Best Diner Food - Cap City Diner.

They have a solid menu of classic diner foods with an upscale spin. Menu items include grilled cheese, cheese burgers, fish sandwiches, and pecan encrusted pork chops. However, the dish that most defines this restaurant is the meatloaf, which is served with a nice helping of mashed potatoes and fried onion strings. The prices are a little steep, but the portions are huge.



Bakery - Pistacia Vera.

This one is for all y'all looking to "treat yo' self." Mmmhmmm. Macarons are the staple of this French bakery, but there are plenty of other sweet goodies from cookies, to eclairs, to chocolate bombe. This small, beautiful bakery is as much a feast for the eyes as it is for the taste buds.

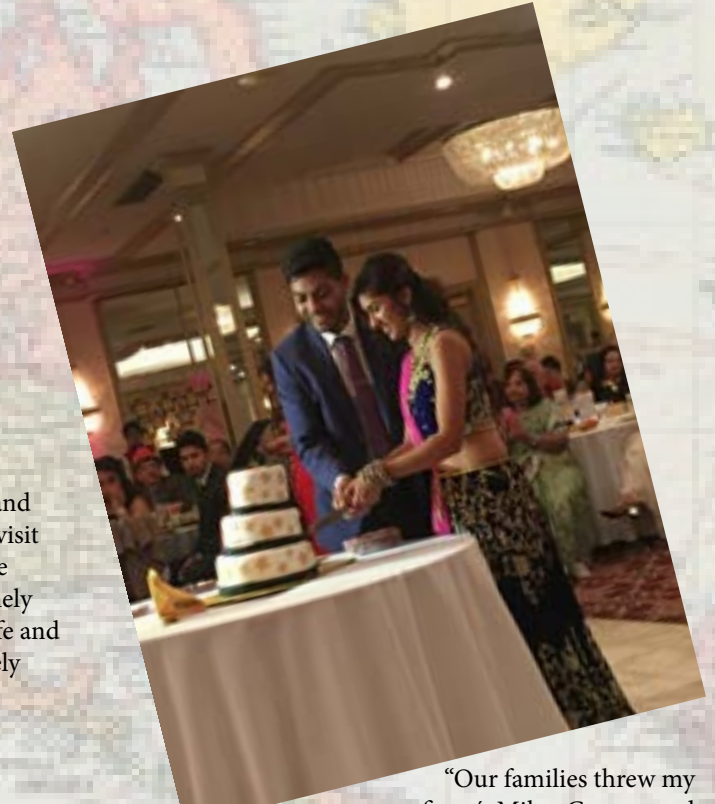


Spring Break

“Traveling ~ it leaves you speechless, then turns you into a storyteller.” ~ Ibn Battuta



*“I travelled to London, England for the 2016 spring break to visit my sister and had an absolute blast! London has an extremely rich history, amazing nightlife and delicious food that is definitely worth the long flight!”
~ Carson Spornhauer '18*



“Our families threw my fiancé, Milan Ganger, and I a Hollywood themed engagement party equipped with a full out lip sync battle, dance marathon, and food for hours. We had an amazing time dancing the night away with close friends and family!”

~ Urvi Shukla '17



*“I had a Big Fat Greek Spring Break! My family stopped in Tallahassee for my cousin’s wedding, then went a little further south to Anna Maria Island where we stayed in a house with more extended family for the week. Between the weather, pool, and March Madness, it was a great Spring Break!”
~Jimmy Schooley '19*

“We went on a cruise to the Bahamas and Turks and Caicos for our last spring break ever! It was a week of celebration before returning to Postle Hall to tie up our loose ends before graduation.”
~Clare McGorry '16



“I was lucky enough to spend my spring break with my roommates Katie Kimberly and Catie Horwood. We were able to both relax under the sun after a few exams and do adventurous things on beautiful islands! We went on a cruise that stopped in Nassau, St. Thomas and Tortola and it was an unforgettable trip!”
~Payton Laws '19



“I enjoyed my spring break in Denver, Colorado. Hiking in the mountains, enjoying the snow and taking a brewery tour made for an awesome spring break.”
~ Mark Pagano '18



Justin Hoying '18, Joe Lima '16, Justin Runyon '18, and Les Crawford '16 spent their spring break week in Naples, FL

Through the Looking Glass

Through the eyes of D1's looking forward as they continue their journey through dental school...

"It is hard to believe that my first year of dental school is coming to an end, as the Class of 2019 will officially become D2s in less than a couple of weeks. As I approach these next three years, I aspire to take the next steps toward becoming a dental professional. Furthermore, I am excited to begin treating patients, taking more dental courses, participating in OHIO Project, giving my first injection, and continuing to build lifelong relationships with my classmates and professors! My time spent here at THE Ohio State University College of Dentistry has already been an unforgettable experience, yet I continue to look forward to future opportunities for growth as a person and young dental professional. Go Bucks!"

~Louis Konstan '19



"It's hard to believe my D1 year is coming to an end. I didn't know what to expect as an incoming dental student, but that's what made it much more exciting. I've already learned so much in one year with the help of the amazing faculty at the College of Dentistry, who always go above and beyond for their students, and I cannot wait to learn even more from them in the years to come. By D3 year, I am really looking forward to utilizing what I have learned from our didactic and lab courses in a real clinic setting and getting to have more experience with patient interaction. D2 year is approaching and we all know that this is the year with a very heavy course load. At times it's going to be stressful, but I'm so glad that I've made such great friends to help and support me when school seems overwhelming. I am looking forward to continuing this journey over the next three years with my classmates by my side and the faculty that I look up to."

~ Danielle Richman '19

Through a D4's eyes looking back on their past 4 years in dental school...

"Looking back at the last four years of dental school, I can tell you it has been an amazing journey. Dental school has taught me the value of hard work. It taught me to never give up and never accept defeat. I worked as long and as hard as it took to get the job done right. All of the late nights doing lab work or studying paid off in the end. The result: the ability to help another individual and seeing the difference you can make in their life. Passion is contagious and that was my goal in dental school. I had an intrinsic interest in dentistry since the first day of my D1 year. If I can give one piece of advice to my fellow dental students, it is to be persistent. Always accept failure as a learning opportunity. Ask the questions that no one else will, get to school first and stay later than everyone else. Dental school is all about the preparation. Hard work pays off and is always rewarded. What you learn in dental school will be the foundation of what you will be doing for the rest of your life. Enjoy dentistry, don't sweat the small stuff, and strive to be a better person than you were the day before."

~ Chris Parker '16



"In August 2012, four years seemed like they would never come to an end. Now with a few weeks left, it's hard to believe that this will all be over... and not a minute too soon! Looking back over the past four years, there have been a lot of highs and lows, but there is no greater feeling than knowing that despite the feelings of frustration during those long nights of studying or practicing in the P.I.T.S., we have made it! Dental school has shown me what I am capable of. I have learned a lot about myself, pushed myself to new levels of insanity as well as found new abilities of strength I didn't know I was capable of. Most of all, I've had the great opportunity to meet some amazing people that have hung onto this roller coaster ride with me. I have made friendships that I will cherish forever. I wouldn't have made it without them and the faculty who taught me, pushed me, encouraged me, and supported me. I am proud of all the accomplishments of the Class of 2016 and am grateful to OSU-COD for giving me the chance to live out my dream."

~ McKenzie Maynor '16

Partnership for Ongoing Developmental Educational and Medical Outreach Solutions

PODEMOS

Relationships. Research. *Relief*

OSU

by: Aaron Henley '17 and Mack Hoban '17

PODEMOS is a joint effort volunteer organization from the medical, pharmacy, and dental schools at The Ohio State University. The collaborative endeavor seeks to provide international help to less fortunate individuals and families who do not have access to dental and medical care.



Location: El Progreso, Honduras



Care Provided:

- Extractions
- Alveoloplasty
- Free toothbrushes
- Free toothpaste
- Oral hygiene instruction
- Oral health consults



307 teeth were extracted from 143 patients



DBs: Aaron Henley, Mack Hoban, Spencer Starley
D4s: Jack Minnillo, Les Crawford, Clare McGorry
OMFS Resident: Daniel Leach



New years day on the beach in Tela



Outdoor dental setup in the mountains



Mack and Spencer on a Honduran TV show



Playing soccer with the local kids

The Palatal Expander

Graham Bars

Ingredients

- 1 Stick of butter
- 1 C. graham cracker crumbs
- 1 C. shredded coconut
- 1 C. chopped pecans
- 1 C. chocolate chips
- 1 can sweetened condensed milk

Directions

- Preheat oven to 350 degrees
 - Line 9x9 pan with aluminum foil and grease the foil with the butter
 - Place remaining butter in pan and place in oven to melt.
 - Remove from oven and sprinkle graham crumbs evenly over butter and stir.
 - Sprinkle coconut over the graham mixture, then sprinkle chocolate chips over, then the pecans.
 - Pour sweetened condensed milk over all of this. Do not stir!
 - Bake this for 30 minutes
 - Allow to cool completely and cut into squares
- *To make easier to cut, you can refrigerate them for about an hour.

Getting to Know....



Dr. Bryan Tervo

by: Alyssa Snyder '19

What do you do in your free time?

I have 2 sons: Colin is 12 and Patrick is 11. Most of my free time is spent involved in their activities, either sports or music.

What is your favorite kind of music?

My favorite band is The Smiths, but I also very much enjoy classic rock, like Led Zeppelin and the Grateful Dead.

What are your top three favorite foods?

1. A good steak 2. A good hamburger 3. Fish and chips

Where were you born and raised?

I was born in Naperville, IL, but did most of my growing up in Chagrin Falls, OH.

What is your favorite dental procedure?

As a general dentist, it's hard to pick a favorite, but I guess there is a certain satisfaction in putting in multiple anterior crowns to improve a person's smile.

Summer or winter?

I'd rather be cold than hot, so I'd say winter. And having grown up near Cleveland, the snow doesn't bother me.

Favorite sports team?

It depends on the sport, but I'm a Buckeye for all things college. I lived in Boston for 4 ½ years, so I'm a fan of all their professional sports teams – Patriots, Celtics, Red Sox and Bruins.

What is one thing you couldn't live without?

Coffee in the morning.

The Ohio State University College of Dentistry

