

SPRING 2017

# 12<sup>TH</sup> & NEIL MAGAZINE

**IN THIS ISSUE:**  
**#BEWELLASDA**  
**WHAT IS LOBBYING?**  
**DEAR DUANE**  
**MANDIBALL 2017**  
**THE ASDA MAGIC**  
**PRE-DENT DAY**

# TABLE OF CONTENTS

---

**3 CALENDAR OF EVENTS**

**5 DENTAL STUDENTS DANCING THE NIGHT AWAY**

**7 WHAT IS LOBBYING?**

**9 BELIEVING IN THE ASDA MAGIC!**

**13 #BEWELLASDA: PETS AND OUR MENTAL HEALTH**

**15 PRE-DENT DAY 2017**

**17 ADA PRESIDENT-ELECT, DR. JOSEPH CROWLEY**

**19 PALATAL EXPANDER: PEANUT BUTTER OVERNIGHT OATS**



# 12<sup>TH</sup> & NEIL MAGAZINE

a publication of  
The Ohio State University  
American Student  
Dental Association

## MAGAZINE CONTRIBUTORS

Editor-in-Chief  
Samantha Lindsey (D2)

Assistant Editor  
Justine Bednarski (D3)

Contributing Writers  
Mike Andes (D1)  
Veronica Bruns (D2)  
Elizabeth Francis (D1)  
Brian Fuerst (Pre-Dent)  
Adel Hasan (D2)  
Payton Laws (D2)  
Tony Matteotti (D1)  
Duane Neidert (D2)

Layout & Design  
Samantha Lindsey (D2)

## EXECUTIVE COUNCIL

President  
Alan George (D2)

President-Elect  
Mike Andes (D1)

Vice President  
Adel Hasan (D2)

Treasurer  
Jason Tepper (D2)

Secretary  
Payton Laws (D2)

Legislative Liaison  
Mitch Poole (D2)

Immediate Past President  
Jimmy Zimmerman (D3)

Email inquiries & submissions to:  
lindsey.267@osu.edu  
www.asda.org.ohio-state.edu

The Ohio State University College of Dentistry



## LETTER FROM THE EDITOR

*"For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone."*

*-Audrey Hepburn*

There have been several events for undergraduates interested in coming to dental school recently, and I have taken a little of my time out to help with these. During these events it is common to introduce yourself so the undergraduates can get to know you a little better. During my introduction it dawned on me that in my year of editing this magazine, I have told you all about my struggles, and been very transparent about my dental school experience; however, I have never told you about my life outside of school or how I landed here.

I grew up in a small town in Tennessee. I chose to do my undergraduate studies at Lincoln Memorial University. This is a small private university on the border of Kentucky, Virginia and Tennessee. It was a wonderful experience going to school on such a small campus. I was able to be involved in a wide variety of activities, and these experiences shaped who I am today.

Now, why did I want to be a dentist? For as long as I can remember that has been my dream! There is an article in this issue of 12th and Neil that gives insight into a pre-dental student's first taste of dentistry. So how did I end up in Ohio for this wonderful thing called dental school? Well, for starters, my father grew up in Ohio, so when applying for school Ohio State was high up on my list. Other factors that aided in my decision were: snow and cold weather and that small factor of getting accepted here! I have now lived in Columbus for about three years, and I am in love! This city is great!

So now that we know how I ended up here, I will tell you a little bit about my life outside these halls of the school. For starters my pride and joy are my cats! They are featured a little later on in this issue in an article about our furry friends, so you can see their wonderful faces. They are named Sam and Roadie. Before you ask, no I did not name my cat after myself. He was a rescue from a family friend. She told me that I had to take him because we had the same name and he was orange! It was meant to be. They make my life so much brighter. I am an admitted crazy cat lady, so I will stop rambling about them. If you love cats, stop me in the hall and we can talk for hours!

I also love to cook and bake. This is a huge stress reliever for me. I enjoy trying new recipes, and making up my own! In fact, all of the recipes featured in the Palatal Expander come from my kitchen! I of course love my southern cooking, and people have told me I make some awesome chicken and dumplings. Baking has been a hobby of mine since high school. I used to bake and decorate cakes to make a little extra cash. Now, I love to bake and then share the things I make with friends.

I could not write an article about myself without mentioning my love of all things girly, specifically shoes and lipstick. I may have a slight addiction to buying shoes, but it can be challenging to find them in my size sometimes! I have very tiny feet, but I have managed to collect over 500 pairs of shoes through my years. I am also known for wearing lipstick everyday, and I believe I am not fully dressed until I have it on. I thank my mother and undergraduate dance coach for this!

One last note about myself that I must include: my family. I am an only child, so that has made my relationship with my parents a close one. I miss them everyday, but in order to follow my dreams I had to leave home. I would not be where I am today without their unconditional love and support.

I have recently started a personal blog, so if you want to know more about me or hear about my daily life, follow me! <http://lipstickcathairandtypodonts.blogspot.com> Dental school can be stressful, exciting, and sometimes a combination of both at the same time. This journey is one I have never regretted taking, and I look forward to seeing where it leads me.

*Samantha*

*- Samantha Lindsey  
Editor-in-Chief*



# Calendar & Events

## Annual Session

Ten ASDA members went to Orlando, FL for ASDA's biggest event. A new ASDA Board of Trustees was elected, Gold Crown Awards were presented, expansion tips for our chapter were learned, and plenty of time was spent socializing.



## Spring Break 2017

Students had a chance to re-energize for the second half of the semester with a few days off. Some students chose to return home, while others chose to go to exotic destinations.

Whatever the choice, everyone enjoyed a few days away from Postle Hall.



OSU 3 ASDA

JAN	28	FEB	22	25	MAR	13	17	27
-----	----	-----	----	----	-----	----	----	----

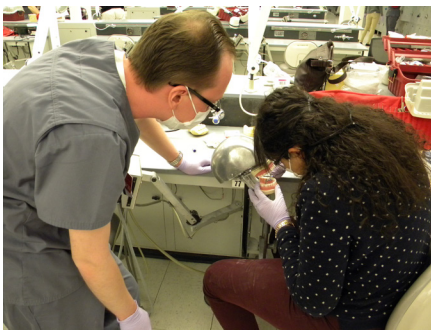


## ADA Dentist and Student Lobby Day

March 26-28 • Washington, D.C.

## Pre-Dent Day

We welcomed 107 Pre-Dental students to the university to learn from our current members. They were able to get hands-on experience, hear from admissions, and chat with current students to get a better feel for what dental school is all about.



## ADA/ASDA Dentist and Dental Student Lobby Day

Twenty-three OSU ASDA members traveled to Washington, D.C. to learn more about organized dentistry. The students had the opportunity to explore our nation's capital, which included taking in the famous Japanese Cherry Blossoms, learning how to lobby on Capitol Hill, and visiting the offices of our state senators and representatives.

#ToothParty



**Samson Dental Partners Dinner and Learn**

Samson Dental Partners came to the school to speak to 40 of our members about their practices throughout Ohio and other neighboring states. It is always great to hear about opportunities that are available upon graduation.

**Finland Middle School Oral Health Session**

Several members took a couple hours out of their evening to go to the school and hand out OHI. They were able to speak with and educate about 60 people.



**Learning How to Rock Climb**

Our ASDA members had the opportunity to learn a little about rock climbing from our president and vice-president. The clinic was all about learning the basics for those who had an interest in learning a new hobby.

4

**General Body Meeting**

Our April General Body meeting consisted of voting on a few ammendments to our constitution and learning what great upcoming events our committee chairs have planned!



**Pre-Dental AADSAS Help Session**

Ten ASDA members took a few hours out of their Sunday afternoon, to read over our Pre-Dental members personal statements. They were able to proofread, and give advice on ways to improve them. This was also a great opportunity for the pre-dentals to ask questions about the application process.



**Anatomy Memorial Service Fundraiser**

ASDA officers decided to host a fundraiser to help the current first years reach their goal for the Annual Anatomy Memorial Service. This event was a time for students to get together at Hampton's for socializing and an open mic night.

**Cycling Class**

A few of our ASDA members began their Friday morning with a Circuit Cylce class at our Recreation and Physical Activity Center (RPAC). It was a great opportunity to burn some calories and motivate each other to keep our health a priority!



**Upcoming Events**

**April 21st:** Thank Yoga Class

**April 27th:** Finland Middle School Oral Health Information Session

**May 5th:** Genoa Middle School Career Day

**June 10th:** Annual Golf Outing

# MANDIBALL 2017

by: Payton Laws, '19

A NIGHT IN THE ENCHANTED FOREST

OSU 51 ASDA

One night full of fun.  
One night where everyone comes together.  
One night where we get out of our scrubs and dress to impress.  
This night is Mandiball.

Every year at the Ohio State College of Dentistry, the Student Government Association (SGA) helps plan Mandiball. This event occurs annually in February and is always a night to remember. Students and faculty dress up, there is a lovely dinner, and then we all dance the night away. Some people refer to this event as the “Dental School Prom”. To plan the big night, all members in SGA help prepare months in advance, particularly the vice presidents from each class, who come together to plan, craft, and prepare for the extravagant night.

This year, I was lucky enough to serve as the Vice President for the Class of 2019. I worked with the other class Vice Presidents and SGA officers beginning in November to brainstorm the theme. We had a long list of ideas but ultimately decorations for the venue and our allotted budget dictated our decision. This year, we changed venues to The Hyatt Regency Hotel in Downtown Columbus

After choosing the theme of Enchanted Forest, we then brainstormed how we could transform the large hotel conference center into a mythical forest. With the help of Chelsea Colburn, Alysha and Ashli Holland, Neha Patel, Dillon Wilson, and a few others, we came up with an awesome plan – revealing the theme by emailing out a video to all students, faculty, and staff. Kyle Holland, an incredibly talented photographer and videographer, videotaped us walking through a snowy park and was able to incorporate fairies and magical animals throughout the video. IT WAS AWESOME! We also thought of ways to showcase the theme in the invitations and decorations. Over the course of one weekend, we crafted all of the center pieces along with the photo booth backdrop. On the day of the event, we arrived at the Hyatt early to transform the space to make it as magical as we had envisioned.

Mandiball was a lot of fun to plan, very stressful at times, but worth seeing all of my fellow dental students have a great night and forget about school for a few hours. I am very excited for the future Mandiball events I get to be a part of and plan for the rest of my time here at Postle!



# Dear Duane,

## How do you keep from getting burnt out in school?

### Hitting the Refresh Button

Here you are, you've made it to dental school. Your whole life has revolved around school for as long as you can remember. All in the hopes that you get into a great profession or graduate school. You've made it to a high-profile school going into what has been projected as a top 10 career by publications such as "Forbes" and US "World and News Report". So, the question becomes, now what?

Here's the deal: We all know it, dental school is a lot of work. You're taking more credits than you have ever taken before, and you're learning an entire new skill set. Mastering these things takes work, and plenty of it. The issue becomes though, how do you break up the rigorous cycle that is a week in dental school? As everyone knows, these weeks can run on and blend together into a blur. The phrase I have heard used most often in reference to the feeling this causes is "feeling numb". This idea of "feeling numb" is a scary thought. Although we are training to be young professionals, many of us are still in our 20's. We have a lot of living to be done during this time in our lives. Do we want to be the people that don't have enjoyable memories during this time of our lives? Do we really need to tell people "yeah, I sat in a library cubicle or in the preclinic (not seeing the sun for days on end) for four years until I graduated"? I don't know about you, but I want to have memories I can look back on in the future and tell people "this one time during dental school...".

So how do we go about making sure that we don't fall into that trap? To me, the answer is simple: Do non-teeth related things. As obvious as this sounds, I've found that, as dental students, our lives revolve around dentistry 24 hours a day like the never ending turn of a bur. Our lives don't have to revolve around Postle Hall. Yes, dental school needs to be a passion and you need to love what you're doing between 7:30 and 4:30 every day, but you need your refresh button. Whether that's knitting, painting, sports, or enjoying a nice beer (or two or three) on the weekends, you need something to get you through.

Your refresh button should be whatever you have in your life that makes you undeniably and unforgivably happy. Like the upperclassmen that sacrifice their Monday night's sleep to play in a beginner intramural hockey league, as long as you're happy doing what you're doing, nothing else matters (yes, that includes sleep before your 7:30 am class or appointment). Getting outside these walls, seeing the sun, and interacting with people that can't tell mesial from distal are all great things to help keep the wear and tear of dental school from getting to you. At the same time, you have the added bonus of working on your social skills that will equate to how you interact with patients in your future. So yes, even if you are worried that "having fun" will take away from your academics, it will still help your progression as a dental professional.

Speaking for myself, it pains me to see how miserable some people can feel simply because of school and simply refuse to do anything about it because of an over-commitment to the stress of dental school. Everyone deserves to be happy, no matter what stresses you in your life. Everyone has a life to live, no matter what exam you have in two days. Please, keep partying, rock climbing, playing your favorite instrument, and doing the things that make you "you". Good luck to everyone on whatever exams or assignments they have coming up! If you ever need company, you can find me anywhere but Postle, and I'll have a drink with your name on it waiting for you.

Love (and honor) what you do,

*Duane Neidert, '19*

If you would like to submit a question for Duane, email [lindsey.267@osu.edu](mailto:lindsey.267@osu.edu). All questions will be kept anonymous upon request.

# Lobbying for a Just Cause

By: Tony Matteotti, '20

Lobbying is a largely misunderstood activity that many people view in a negative light. It elicits images of sharply dressed business-types scheming their way around Capitol Hill. Or at least that's the persona I envisioned after being introduced to lobbying in an undergraduate sociology course. After familiarizing myself with the idea of "conflict of interest" and hearing my professor explain the unlawful tactics that corporate lobbyists sometimes use to influence public policy, leaving that class with an unbiased view was a hopeless cause. My view of the subject was one of disproportionate skepticism. The material had me focusing purely on scenarios where lobbying was a front for criminal, or at best ethically disagreeable, activity. I was so appalled by these injustices that I overlooked the true value of lobbying and the long list of democratic victories that would have been impossible without it.

Lobbying is one of the most effective means citizens can use to have their voices heard and interests accounted for by their government. It is a regulated practice done by many types of people used to advocate for their respective interests to lawmakers. The Ohio Dental Association (ODA) and its parent organization, the American Dental Association (ADA), were erected more than 150 years ago, for just this purpose. While lobbying is not the only purpose of these organizations, it is the most crucial to the safeguarding of the dental profession and needs of patients. The inclusion of dental students in the ADA's advocacy agenda has allowed for legislators to have a more comprehensive long-term understanding of how a bill may affect their constituents' oral

health. The perspective offered by ASDA members provides insight into where the profession is headed. The policies in place play an important role in constructing our outlook on dentistry, and ultimately factor into decisions concerning the type of community we choose to serve.

Our perspective is also crucial to the lawmakers' understanding of the demands placed on dental students throughout their education. This insight was invaluable in the campaign against Senate Bill 330 last May. This bill sought to create a new mid-level provider (dental therapist) that would be licensed to perform surgical procedures that are currently reserved for licensed dentists- the goal being to provide care to the underserved communities across Ohio. On its face, the bill seems to provide a solution to a significant issue that the state has had trouble addressing. However, with only a modest amount of pressure to the supporting arguments, the bill was easily debunked. Its lobbyists and sponsors were aware of the emotional appeal of their cause and were willing to overlook the counter evidence to its efficacy. Our lobbyists and members were right there to inform state legislators of the many adverse effects introducing dental therapists would have on Ohioans seeking dental care. ASDA members augmented the defense by contrasting the quality of a dental therapist's education with that of their own. This is what it's all about. It's a perfect example of organized dentistry protecting our profession and the public from outside influence, and more importantly, protecting patients from being subjected to a care system that practicing dentists know to be harmful to the public.

As you might expect, the number of people you have in your camp is crucial and largely determines how much influence you are likely to have. Currently, roughly 80% of dentists are ADA members, which implies to our elected representatives that the vast majority of dentists hold the same views on dental legislation. As a collective body, we are able to prevent legislation from hindering the quality of patient care. This is encouraging, but we as the next generation of dentists can't expect this trend to hold without our own ardent commitment to the cause. We must be able to look at dentistry from a broader perspective, so that we can preserve the qualities of the profession that motivated us to seek it out in the first place. After all, parties with competing interests are a constant reality and they have the potential to drastically change our dental healthcare model if we allow them to. It's important to ask yourself: In 5 years, 10 years, 20 years, what do I want my profession to look like? If this strikes a chord with you, take the next step and get informed. Effective lobbying is nothing more than being able to speak passionately about the relevant issues. The "Issues" tab on the national ASDA website ([asdanet.org](http://asdanet.org)) is a clear and concise source well worth your while. It provides brief summaries of the important issues, ASDA's stance on each, and links to relevant articles.

Lastly, there is still work to be done on the front of mid-level providers in Ohio. The bill was recently reintroduced to the floor as Senate Bill 98. If you have any interest in educating lawmakers and offering your perspective on this issue, consider attending the ODA Day at the Statehouse on April 26th.





**"Lobby Day was really fun and a great opportunity to learn about the issues facing dentistry! I felt like I had a voice in my career field, and I got to meet some cool people while doing it!"**  
-Morgan McDermott, '20



**"Riveting, Powerful..."**

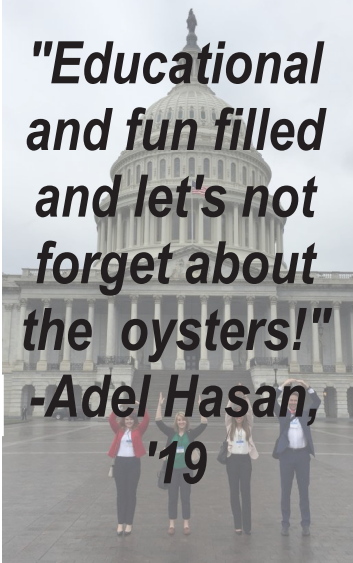


# ADA/ASDA Dentist and Dental Student Lobby Day 2017

**Simply Breathtaking."** 8  
-Mitch Poole, '19



**"Educational and fun filled and let's not forget about the oysters!"**  
-Adel Hasan, '19



**"Incredible opportunity to not only network with current Ohio dentists, but learn about dentistry and problems affecting our profession – an experience that cannot be paralleled in the classroom."**  
-Mike Andes, '20



**"Great to interact with Ohio's Dental leaders on a peer-to-peer level."**  
-Alan George, '19



# ASDA ANNUAL SESSION

## Believe in



The American Student Dental Association's Annual Session held in Orlando, FL welcomed more than 500 dental students from around the country. Each year, the session is located in a different city, and this year it was a little more magical than the typical session. The conference was at the Hilton Orlando, a short 15 minutes from Disney World, and "Believe in the Magic" were words that filled the banquet rooms each day at the session.



So you may ask, what takes place at the Annual Session? The annual session is an official gathering of ASDA's House of Delegates, where policy is set and new leaders for that year are elected. While each dental school throughout the nation has their own ASDA chapter, this session is a unifying event of all of the local dental chapters to discuss policy, share ideas, and elect the national ASDA leaders for that year. The elected positions at Annual Session consist of an Executive Committee (a President, two Vice Presidents and the Executive Director—an ASDA staff member), the 11 District trustees, along with the Speaker of the House of Delegates. The President, Vice Presidents, and Speaker of the House of Delegates go through a grueling election process including speeches, questioning sessions by each district caucus, and a questioning session by the current national ASDA leadership.



# 2017 the magic

**By: Veronica Bruns, '19**

At Annual Session this year, Tanya Sue Maestas of Texas Houston '18, was elected as our 2017 National ASDA President, while Alex Mitchell of Temple '18 and Danielle Marcinak of Roseman '18 filled the two Vice President positions. Abby Halpern of Georgia '18, became the new Speaker of the House, and 11 District Trustee members were elected as well. Ohio State's very own, Justine Bednarski, became the District 6 trustee, bringing great leadership skills and enthusiasm to the table. Bridging the gap between the national ASDA level and the local ASDA chapters was a common focus for many of these newly elected individuals. It will be great to see what these leaders can do for national ASDA in 2017.

During the Annual Session, not only did we elect new leaders and set new policies, but as attendees we were also able to attend breakout sessions consisting of various topics such as "How to Run an Effective Dental Team", "A Facelift for Your Practice: Adding Botox® and Dermal Fillers Procedures", and "Networking That Works". We also listened to keynote speaker Jeff Skiles, a copilot of U.S. Airways Flight 1549, who was involved with the Miracle on the Hudson. Skiles had great storytelling ability and was able to simulate the feeling as if we, the audience, were in the cockpit during

this remarkable emergency landing on the Hudson River. He shared his thoughts on the importance of adaptability, being prepared, and remaining calm through crisis.

Along with these breakout sessions, our Ohio State ASDA crew broke out in excitement as three of our very own executive board members each received a Gold Crown Award at the Gold Crown awards ceremony. Gold Crown Awards are presented to individual members or chapters in recognition of their accomplishments throughout that previous year. Jimmy Zimmerman, our Past-President, received the District 6 Delegate of the Year Award, while Jason Tepper, Treasurer, took home Best in Fundraising. Lastly, Justine Bednarski, previous Secretary won the Most Creative Application Award, as she created a board game based on Candyland depicting our OSU ASDA chapter. Bringing three Gold Crown Awards back home to Columbus is a remarkable number and a new record for OSU ASDA!

The last night of Annual Session was the President's Gala. This celebration was held in honor of the 2016 ASDA President Sohaib Soliman of Washington '17. The gala was Egyptian themed, and everyone was dressed to impress. The session could not have ended on a better note.

With this being my first ASDA trip,

I was not sure what to expect when I boarded the plane to Orlando, but looking back on it today, it sure was magical! From this experience at Annual Session, I have gained better insight into what the National ASDA and the ADA do to protect our rights as dentists and students. I have realized that I was a bystander, and took for granted that someone will always be there to protect our profession. Because of this trip, I have now gained a better understanding of the fact that in the end, it all starts with us. Through attending various breakout sessions at the conference, I became more informed on ways to tackle student debt upon graduation, as well as the steps to reach those goals that I am envisioning for my future career in dentistry.

To summarize, I personally would describe my experience at ASDA's 2017 Annual Session in Orlando as this: the weather was warm, the pool was outstanding, the food was delicious, the company was even better, important policy was set, ballots were placed, strong leaders were elected, awards were presented, great advice was given, and most importantly, many great memories were made. To me, this event was life-changing and magical.

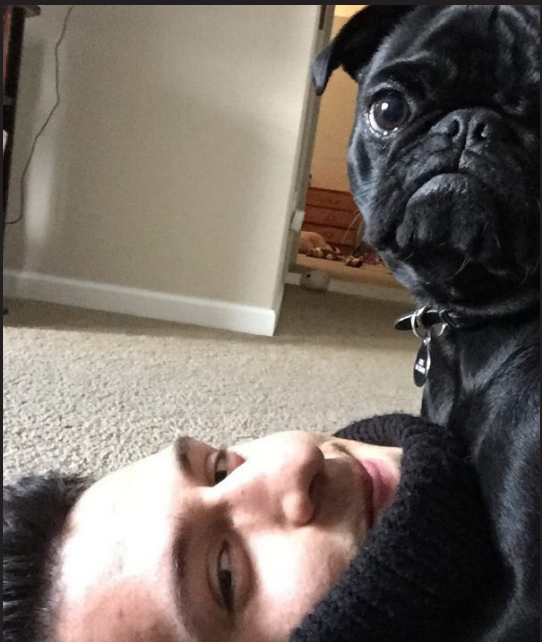
# #BEWELLASDA:



There are many ways to help keep your health in check and one way that many students find useful is having/ playing with animals. This has been proven to reduce anxiety and stress. For this issue of 12th & Neil, our #BeWellASDA focus is on those furry friends we have to help support us getting through dental school.



"Chloe is the face I look for in the window when I pull into my parents' driveway."  
-Tony Matteotti, '20



"On the long days when you just can't wait to be done, it's nice to know that there's someone who's just as stoked about you being home as you are."  
-Alan George, '19



"Boo is the best at easing my stress after a long day. There's just something about cuddling something soft and furry!"  
-Shaun Murphy, '19



"My boys Buster and Chunk! Nothing beats coming home to these two after a tough week of exams and practicals. My favorite kind of study break."  
-Freddy Keppler, '19



"I love going home to visit my dogs because they are always excited to see me and playing with them helps to reduce my stress!"  
-Morgan McDermott, '20



"I don't know how I would get through dental school without my buddy, Chip. He always makes me laugh, which is exactly what I need when school gets stressful."  
-Jane Gibson, '20



"After a long stressful day at school, a long walk with Boo is the perfect way to decompress before settling in to study for the night."  
-Bri Durnwald, '19

12

# D G L A W S



"D2 year was hyped up to be the worst thing imaginable, but it was manageable even with becoming a puppy parent!"  
-Andrew Kitzmiller, '19



"My fur babies are my life! They may chew on my computer cords, steal my pillow, and wake me up at 4 am to be fed, but without them my anxiety level would be so much higher."  
-Samantha Lindsey, '20



"Turk helps me deal with the stress of school by always being excited to see me when I come home and cuddling with me."  
-Morgan Fay, '19

# Across the Oval :

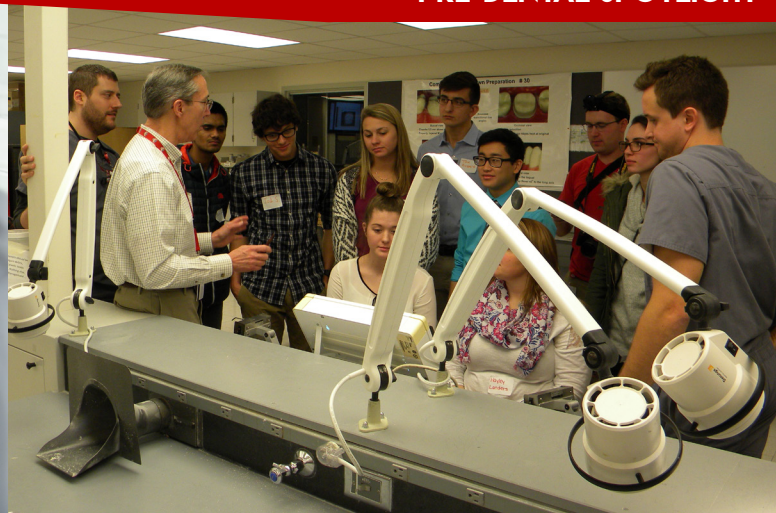
## Comparing Pre-dent day from the ASDA members' perspective and a Pre-dental student's perspective

Adel Hasan '19, 2016 Pre-Dental Chair

Pre-Dent Day is one of the most exciting events of the year. We spend months planning this annual event, trying to make the day more exciting than the last and this year we accomplished just that! The day consists of a welcome from Dean Lloyd, our faculty advisor Dr. Fowler, and the Ohio State College of Dentistry Admissions team, along with help from other faculty members in the pre-clinical lab. Students are split into two groups: the first half takes a tour of Postle Hall and has a Q&A session with current dental students while the second half heads down to the pre-clinic lab. After about an hour and a half, the groups switch so that all pre-dental students have both experiences. Pre-dental students and current ASDA members would have to agree that the pre-clinical lab experience is hands-down the most exciting part of the day. We then all have lunch together in one of the classrooms and new this year, all pre-dental members were entered in a raffle. Ohio State water bottles, ASDA shirts, and whitening kits were among some of the prizes and we plan to continue raffles for years to come. All attendees must register to be pre-dental ASDA members prior to the event, aiding in national ASDA's initiatives of recruiting more pre-dental students as part of the 2015-2017 Strategic Plan. We are happy to have contributed to their goal of recruiting 4,000 pre-dental students nationally.

Pre-Dent Day means a great deal to the pre-dental attendees because they actually get to see what a day in the life of a dental student consists of. Everyone takes the basic science courses and has an idea of how it relates to dentistry, but having the opportunity to hold a handpiece, take an impression, and learn how to interpret a radiograph makes the dream a reality for pre-dental students. Some may have dentists in their families and these experiences seem completely normal, but to those students who do not have this luxury, this is a new and exciting experience! Many of our ASDA volunteers have attended Pre-Dent Day when they were pre-dental students themselves and now get to transition from being the student to being the teacher. Pre-Dent Day has a lasting impact on many students because it is a time when they confirm that this is exactly what they want to do. ASDA members recall this experience and enjoy giving back on one of our most successful events of the year!





Considering that students dread the thought of 8 am classes in the mornings, The Ohio State University College of Dentistry managed to welcome an abundance of future dentists to Pre-Dent Day. Beginning at 8am, the attendees were pleasantly surprised to hear from the dean of the school himself, Dr. Patrick Lloyd. He discussed why the dentistry path is a rewarding one, the reasons to take this journey at Ohio State, and how dentists are able to contribute to society both professionally and philanthropically.

14

After Dean Lloyd's exciting and motivational speech, the pre-dents enjoyed a one-on-one matching with a current dental student. The mentors introduced the mannequin for practice operations, the proper techniques for drilling, and even how to mold impressions. This hands-on experience filled the pre-dents with excitement and motivation. "It truly made me realize that dentistry is the path that I want for myself. Being able to perform the daily tasks of a dentist instead of just sitting in a classroom motivated me to work even harder," exclaimed Lauren Ames, a second year pre-dental student at Ohio State. In addition, the mentors answered questions and offered advice. "Talking to someone who just went through the process made me so much more comfortable asking how to approach everything," added Ames. "She really helped me figure out exactly what I need to do to succeed." The opportunity to work with a dental student not only exposed pre-dental students to the challenges of dentistry, but also facilitated a relationship between a mentor and a younger student.

Following drilling, making impressions, and learning from a current dental student, one would think the day was done. Although a majority of students most likely wanted to head home and regain their lost sleep, Terry Porter, an admissions counselor at the dental school, presented. Porter reiterated the highlights of Dean Lloyd's words of wisdom and added his own flare of advice to light the path for the future dental students present. He discussed the requirements to apply, the statistics of current dental students, and how to approach the entire dental admissions process. The presentation left students feeling informed and aware of what is required of each and every one of them. Brandon Simon, a third year applying to dental school in just a few months, responded that "hearing Terry cover everything necessary to apply reaffirmed that I was on track with all of the requirements. Whether you are applying soon like me or are still in high school, his presentation was crucial to facilitating the entire process." It is highly unlikely that anyone was upset about missing a bit of sleep after listening to Terry Porter speak.

Pre-Dental Day was truly successful in informing students on how to tackle the admissions process, increasing connections within the community, and motivating everyone to consistently work diligently and effectively. Any student even considering dentistry as a career should attend and experience all that this great day has to offer.

# 2017 ADA President-Elect

By: Mike Andes, '20

Dr. Joseph Crowley, ADA member of 40 years and Ohio State College of Dentistry graduate of the Class of 1976, was elected the 2017 ADA president-elect on October 17, 2016. Before acquiring this position, Dr. Crowley practiced in his home town of Cincinnati and built an impressive resume throughout his career. He held many positions, including: Chair of the ADA Council on Government Affairs, the ADA Audit Committee, and was a member of the American Dental Political Action Committee Board of Directors. Additionally, he served as president of the Cincinnati Dental Society in 1996 and was elected ODA president from 2005-06. Dr. Crowley was also granted the ODA Distinguished Dentist award in 2013, the ODA Achievement Award in 2001, and the Ohio Pierre Fauchard Distinguished Dentist Award in 2007. We are honored to have a former Ohio State College of Dentistry graduate serve as the 2017 ADA president-elect! We interviewed Dr. Crowley to find out a little more about what brought him to this office:

## **“What are your ambitions for your time as ADA president?”**

*My time as president of the ADA will be short, but it gives me an opportunity to influence our direction as we respond to the changes that are occurring in our profession. The ADA has a tradition of being science- and research-based, and I will continue that tradition so we remain the most reliable source of oral health knowledge for dentists and our patients.*

*One specific initiative I will continue to advance is our work concerning the initial licensure process for future dentists. License portability is the main focus. I am also excited that the ADA Board of Trustees recently authorized the development of an Objective Structured Clinical Exam (OSCE). This licensure exam will eliminate the live patient portion of the exam, and will be a valid and reliable exam for state licensing agencies to use as an alternative to the existing pathways for licensing dentists in the future. As ADA president, I will ensure that progress continues toward the development of the exam.*

## **“What gave you the drive to become ADA president?”**

*I have always been interested in staying involved in my professional association since my early days of practicing dentistry. I wanted to participate to make certain the ADA remained relevant as the healthcare environment changed over time. For me, it started at the local level of the organization and opportunities continued to be available to stay involved throughout my career, which ultimately culminated with the chance to become the president of the ADA.*

*My work at the local, state, and national levels helped me develop a knowledge of our organization. The outcome has been outstanding and has put me in the position to influence how society sees dentistry as a major factor in overall good health. I encourage everyone who is interested in influencing the direction of the dental profession and promoting oral health on a national (and oftentimes global) scale to get involved with the ADA.*

## **“Was there a single person that inspired you most to extend beyond the field of general practice to obtain this position?”**

*I have loved being a practicing general dentist and plan to continue this into the future. It has always been a vocation, not a job. Knowing I also had the opportunity to affect how dentistry can continue to be a tremendously respected profession has also been rewarding. From a practice point of view, many mentors have helped me become an accomplished dentist, including OSU faculty and Cincinnati-based ADA member dentists who helped me along the way.*

*Within organized dentistry, again, mentors were numerous. Past presidents at each level of the tripartite kept me involved and helped me understand the rewards that come with advocating for dentistry.*

## Congratulations



**Justine Bednarski, '18**

**2017 District 6 Trustee**



# 2017 LEADERSHIP TEAM



PRESIDENT

ALAN GEORGE

ADEL HASAN



VICE PRESIDENT



SECRETARY

PAYTON LAWS

TREASURER



JASON TEPPER

PRESIDENT-ELECT



MIKE ANDES

LEGISLATIVE LIAISON

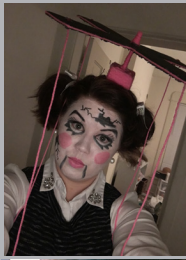


MITCH POOLE

ASSOCIATE LEGISLATIVE LIAISON



TONY MATTEOTTI



## COMMITTEE CHAIRS

**Health and Wellness:** Katie Cheffins (D2) and Hilary Allen (D2)

**Fundraising:** Freddy Keppler (D2)

**Special Events:** Catie Horwood (D2)

**Community Outreach:** Ben Blumberg (D2) and Bri Durnwald (D2)

**Gold Crown:** Veronica Bruns (D2)

**Education and Ethics:** Zach Heming (D2)

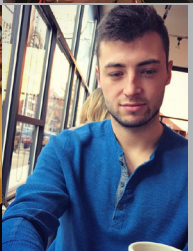
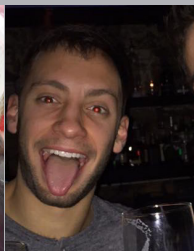
**Pre-dent:** Morgan McDermott (D1)

**Website:** Amanda Ellis (D2)

**Membership:** Shaun Murphy (D2)

**Social Media:** Tala Ebrahimian (D1)

**Newsletter:** Samantha Lindsey (D2)



# The Palatal Expander

## Peanut Butter Overnight Oats

### Ingredients

- 1/2 cup unsweetened almond milk
- 2 Tbsp salted peanut butter or almond butter
- 1 Tbsp maple syrup or stevia
- 1/2 cup rolled oats

### Toppings

- fruit
- chia seeds
- granola
- dried fruit (raisins, craisins, etc)

### Directions

- In a mason jar or bowl mix the almond milk, peanut butter, and maple syrup.
- Add oats and stir thoroughly.
- Press the oats down to make sure they are covered with the milk.
- Cover and place in the refrigerator for at least 6 hrs.
- Take out the next morning, add toppings and enjoy!

\*These can be kept in the refrigerator for up to 2 days.



## Q&amp;A

**Dr. James Cottle***Getting to know the school's faculty**By: Elizabeth Francis, '20***1) Where did you go to dental school and when did you graduate?**

1981 - DDS – OSU College of Dentistry

**2) What did you find most challenging while in dental school?**

The biggest challenge was time management. Learning how to prioritize tasks as there is a lot to do in dental school: the didactic classes and all the required studying, pre-clinic practice and lots of lab work and in the clinic keeping my schedule straight with all the patient needs. Incorporating a little fun here and there was important, too.

**3) What is the greatest piece of advice you have to offer to our graduating D4s as they start their career?**

Never let go of the fundamentals of ethics and professionalism. The trust that our patients bestow upon us must be earned and should be cherished every day. Can you imagine where our profession would be without that trust? Treat your patients like they are part of your family – which they are.

Join and become involved with organized dentistry, local, state (ODA) and national (ADA). As a profession, we need to speak with one voice to educate the public and our legislators as we advocate for what is best for our patients. If we don't do it, no one will, which, in my opinion, will not be beneficial for our profession.

**4) What advice would you offer our incoming D1s?**

Being admitted into dental school opens the door to a fabulous career. Dental school is difficult but you can do it and do it well. Have fun.

Practice, practice, practice. Ask for advice from every one of the faculty. We all have different training and different perspectives. Listen. Ask a lot of questions – of faculty and your peers. The effort you put in now will be rewarded many times over throughout your career of lifelong learning.

**5) What were some of the biggest changes in dentistry that you witnessed throughout your career?**

Technology comes to mind first. Implants were just beginning when I graduated and totally different from the implants of today. CAD/CAM imaging and milling of restorations in your own office. Lasers for both soft tissue and hard tissue. Materials are a quantum leap from 35 years ago. The oral/systemic connection.

Dentists treating airway issues like snoring and sleep apnea. All of these changes, and many more, help us treat our patients better. We know a lot more and we have a lot more to learn. The next generation of dentists will undoubtedly see as many tremendous changes in their career as I have in mine.

**6) What is your favorite aspect of teaching?**

The interaction with the students. They are eager to learn, nice, smart, respectful and fun. It is an honor to be able to share my experience with all of the students. Learning goes both ways, though. We all learn from each other, which is one reason for the positive attitude at the college.

**7) What do you like to do in your free time?**

Depends on the season. In the summer I enjoy sailing and bicycling. In the winter – skiing. I also like stuff like the symphony, opera, ballet and theater, with the occasional rock concert thrown in the mix.

**"It is an honor to be able to share my experience with all of the students."**

**8) Do you have any exciting plans for the summer?**

Nothing specific. In addition to sailing here on Hoover Reservoir, I will probably travel to a couple of regattas and go to numerous baseball games like the Columbus Clippers, Cincinnati Reds and the Cleveland Indians.

The Ohio State University College of Dentistry



American Student Dental Association