

12TH & NEIL

MAGAZINE

Winter 2016

PRESIDENTIAL ADDRESS

PRESIDENT-ELECT JIMMY
ZIMMERMAN SHARES HIS
HOPES AND OUTLOOK FOR THE
FUTURE

NATIONAL
LEADERSHIP
CONFERENCE
HOSTED IN
CHICAGO, IL

GOING THE EXTRA MILE TO GIVE KIDS A SMILE

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MANY CHILDREN IN
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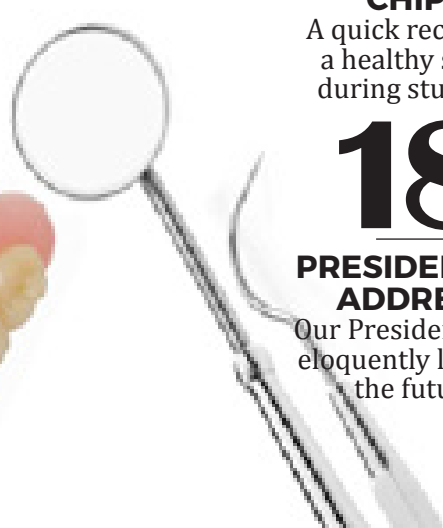
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a publication of
The Ohio State University
American Student Dental
Association

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The Ohio State University College of Dentistry



dent·in·spi·ra·tion

/dent ,ɪnspəˈrɑːʃ(ə)n/

noun

the process of a person qualified to treat the diseases and conditions that affect the teeth and gums, especially the repair and extraction of teeth and the insertion of artificial ones, being mentally stimulated to do or feel something, especially to do something creative.

A new year brings with it a fresh mindset, extraordinary expectations, and classically some resolutions designed as a means of self-improvement. While heading to the gym more often and opening up more doors for strangers and friends alike are noble promises to make, as dentists we should be striving to improve our appreciation for our profession. For my last and final Editor's Note, I plan to leave you with some ways to stay inspired in your career as a dentist.

The ever-changing social media realm brings with it some positivity. While most of us Instagram users enjoy the app for its photo creativity and simplicity in sharing some of our favorite memories, there are some other ways in which you can use the app to its fullest. With about 130k global followers, **dr.smile**, speaks in a language all dentists understand. From quirky radiographic or clinical findings to surgical animations, this Instagram account is sure to keep you learning and inspired. The next account is extremely relatable to us as dental students and humorous at times. Follow **dentalandhealth**, for a good chuckle. Thirdly, an account solely dedicated to dental jokes, **dentalarthumor**, never disappoints. Search this account for an unsurpassed depiction of periodontitis and some artistic sketches that bring you back to your days of practice in oral anatomy. Last, but not least, be sure to follow **dentalstudents**, the official account of ASDA, and our very own Ohio State ASDA Chapter at **asda_osu**.

Next, whether at home or at school, we all get a panoptic amount of dental journals and

magazines in our mailboxes. The more dentistry we learn the more we can keep expanding our talents. With that being said, I challenge you to hold onto the ODA Today or JADA and read at least one article from each that appeals to you. If you don't receive any dental extracurricular reading in your mail, you can find the latest issues of ODA Today and JADA online.

Dental school seems to fly by when you're having fun. The best way to stay inspired is to have an active hand in your future. Whether you're interested in a specialty, AEGD, GPR, or heading straight into the practicing community, do your research. Learn what programs seem to be a good fit for you or what companies you could trust with your financials etc. to begin your practicing career. There are so many resources out there that only take some research and experience to engage.

Last, but not least, the epitome of dent-inspiration comes from the principle that people remember most how you make them feel rather than what you say. Inspire others to feel as ardently about your career as you do, whether it be colleagues, patients, or instructors. It will make all the difference.

Lindsay

- Lindsay Runyan
Editor-In-Chief
Class of 2017



Calendar & Events

NATIONAL LEADERSHIP CONFERENCE

This event was held at the Hilton Chicago. Students received training in both general and specific areas of dentistry in dental school. This included ethics, treatment options and patient care. The Conference covered the difference between the classroom and the real world by providing leadership training to all years of dental students, and even predentals.



RELAXATION YOGA EVENT & DONUTS AND COFFEE

Kicking off Wellness Week was some ASDA yoga located in the RPAC room B30 from 8:15 to 9:15. Only 30 spots were available for this beginner level class.

The following day, starting at 7 AM, Buckeye donuts and coffee were available to all ASDA members in Postle Hall.



NOV

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15

DEC

4

7



REPRESENTATIVE STIVERS FUNDRAISER

A private fundraiser for Congressman Steve Stivers was held in the home of Dr. Henry Fields, The Ohio State University College of Dentistry Division of Orthodontics chair. This was the first event of its kind for Ohio State ASDA. We are excited to expand upon our political function.

Video recap: <https://www.youtube.com/watch?v=POjVMMR-CAX8>



2015 HOLIDAY SALE

The Holiday Sale came to a close on December 4th. All purchased items were given to the students and members of Postle Hall for the holiday season. One had the option of The Clinical Pro-Health System With Precision 5000 Electric Toothbrush for \$60.00 or Crest Whitestrips Supreme Professional for \$40.00.



MAKING DINNER AT THE RONALD MCDONALD HOUSE

We provided, prepared, and served a dinner for families (about 150 people) staying at the Ronald McDonald House. Meal prep began at 3:30pm, and dinner was served around 5:30pm. Clean-up was completed by about 7pm. Due to space constraints at RMH, this event was limited to 15 volunteers.

ADA

American Dental Association®

There were two one-hour presentations, presented by a volunteer dentist or subject matter expert. The first Success Series was "All About Associateships," and open to D1s through D4s. The following hour for the second Success Series was on the topic of "Finding a Job," and open to D1s through D4s.

ADA SUCCESS SERIES



ASDA BASKETBALL TOURNAMENT

Join us for some fun five-on-five co-ed basketball at the annual ASDA tournament hosted at our very own RPAC on campus.

UPCOMING EVENTS

ASDA Annual Session & ODA Leadership Institute

The 2016 Annual Session is held in Dallas, Texas from March 2nd through 5th. The Annual Session brings together more than 600 dental students from around the country. Also, The Annual Session is the official gathering of ASDA's House of Delegates, where policy is set and leaders are elected. The 2016 Annual Session theme, "Dream Bigger," reminds ASDA members about the importance of following your passion.

The 2016 ODA Leadership Institute will be held on March 4th at the Hilton Columbus at Easton. ASDA members are able to sign-up to attend courses and speakers.

8 JAN 17 19 21 23 30



KIDSMILES GOODIE BAG STUFFING EVENT

KidSMILES Clinic (a nonprofit pediatric clinic in Columbus) hosted a Goody Bag Stuffing Event. We helped them assemble bags to take to their community outreach programs. This was a great opportunity to meet other KidSMILES volunteers, talk with staff, and learn more about how to get involved. In the past, some pre-dental groups have also attended and love getting to talk to dental students!

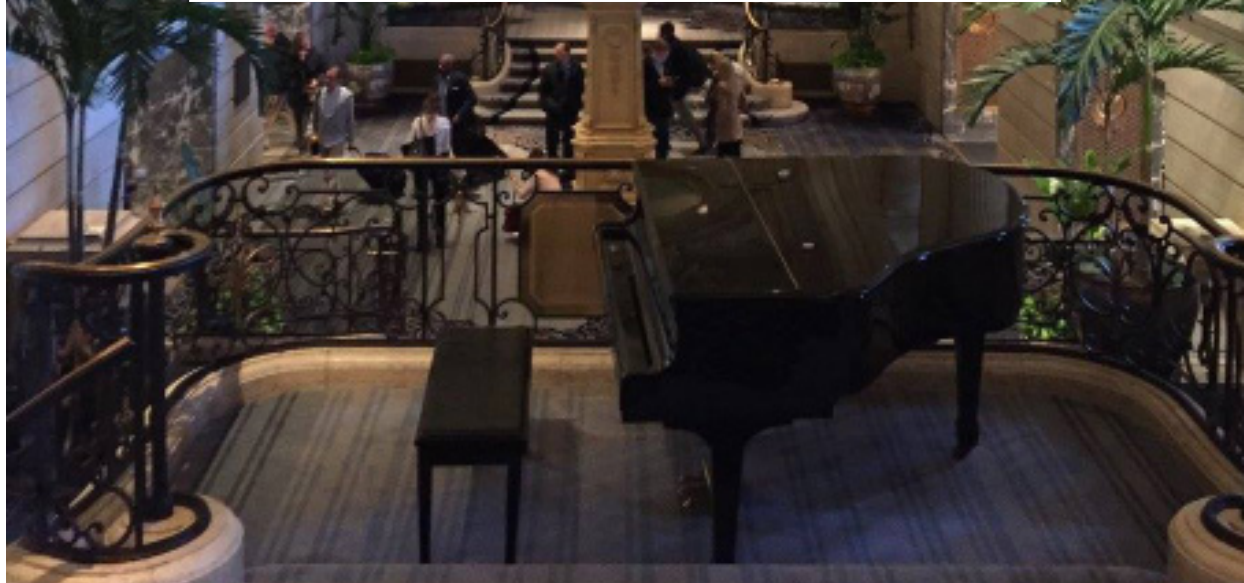
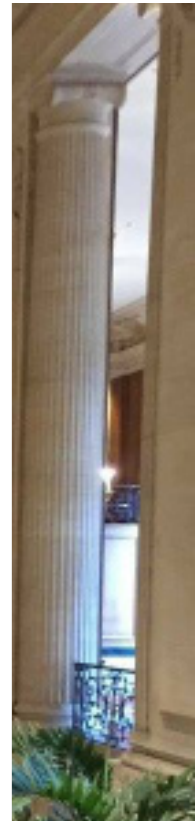
PRE-DENT DAY

This year we are looking to increase the amount of pre-dents who attend Pre-Dent day. Last year we had ninety-nine students participate. With the help of OSU ASDA members, the pre-dents learn how to take impressions, drill teeth and examine x-rays. In addition, they can ask questions to a student panel.



NLC: LIFE LESSONS AND THE POWER OF SELF REFLECTION

By: Alan George '19



Attending the 2015 ASDA National Leadership Conference was a great investment in myself as a growing first-year dental student here at Ohio State. The weekend in Chicago proved to be a time of learning and self-reflection for me. At the outset I assumed I would learn a great deal more about issues facing organized dentistry, how ASDA operates at the chapter and national level, and how to spread ASDA fever to my classmates, much like I did during the District 6&7 meeting back in September. The NLC was all of that and so much more! My time in The Windy City truly transformed my character and leadership abilities. As a first time attendee, I knew my role was to soak up as much ASDA knowledge from the upperclassmen and presentations as possible.

From the inspirational pioneering fighter pilot Carey Lohrenz to the awkward brilliance of living with rejection by Jia Jiang—look them up, you won't be disappointed—every speaker and presentation seemed to speak to me about how to be a better leader of my life, my peers, and eventually my treatment providing team. Each day was full of “aha” moments which resulted from interacting with the many inspiring leaders of ASDA, practicing dentists and successful entrepreneurs.

My most memorable takeaway came as a reminder from a fellow soldier, Dr. Daniel Hammer, when he said “you must always have a plan that will deliver measureable results.” It took me back to the many ROTC classes I'd taken on planning missions and developing cohesive teams. I immediately recognized “measurable results” as one of Army training handbook's buzzwords. Dr. Hammer's expertise in mission planning at the ASDA as well as military level was obvious. As for myself, I hadn't yet considered using all of the leadership doctrine that was impressed upon me during undergrad in such a simple everyday manner. So on Sunday, I began to compound the leadership advice that had been presented through the weekend in a way that those words, “measurable results” seemed to echo loud and clear from one insightful speaker to the next.

Leadership is all about taking the re-

sources granted to you, to accomplish a task while developing the people and resources for which you are responsible. Dr Hammer's advice on planning is invaluable; a plan must be built around all possible outcomes, good or bad, to place the result into a range of success. This makes placing results into a category that is measurable. In this way, the focus is not only on accomplishing tasks but evaluating success, so that each day you can become a more effective leader, team member, student, and even dentist. The late coach Paterno summed this fact up when he said, “if you're not getting better you're getting worse. As a result of my attendance at the NLC, I have since been living by this credo in order to shape myself into a better leader each and every day.

Traveling with OSU's ASDA leaders to NLC allowed me to take a 360° self-evaluation, garner some potent advice and have an overall transformative and genuinely fun Halloweek-end (as well as develop a newfound appreciation for EDM as a result of carpooling with one of ASDA's great leaders, Spencer Tepe). I had an incredible weekend, even with a stressful exam week looming large on our return to Columbus. The ASDA National Leadership Conference left me recharged, motivated and inspired to come back to face the challenges of dental school and spread ASDA fever.

A video recap can be found at: <https://www.youtube.com/watch?v=83HwYzs8nJE>

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www.oda.org

GOING THE EXTRA MILE TO GIVE KIDS A SMILE



How Give Kids a Smile at the College of Dentistry is lowering barriers to dental care for underserved children in Ohio, and how YOU can help!

By: Becca Bartlett '17 Past Editor-In-Chief

DID YOU KNOW? According to data from the Ohio Department of Health:

- Dental care is the #1 unmet healthcare need for children in Ohio
- More than 12% (35,320 children) in Franklin County have never visited a dentist
- 31% of 6-8 year-old children in Ohio from low-income families can not get the dental care their parents felt they needed. This is about 4x the rate for non-poor
- 80% of tooth decay occurs in those living in the lowest socio-economic status



Whether you were born and raised in Ohio or not, these numbers are concerning. Many of us are joining the profession of dentistry in an effort to help lower statistics like this, but we all know how easy it is to get caught up in the busy dental school life and lose track of our original ambition for becoming a dentist. What if there was a way, however, to act now...to personally have a hand in lowering each of these statistics as a dental student? Would you participate? If you are thinking yes, then I have good news for you! Contributing to the Give Kids a Smile events at the College of Dentistry gives you as dental students the opportunity to do just that; to reach out and help a population that is truly in need.

The Ohio State College of Dentistry began hosting biannual Give Kids a Smile events in October 2012 in an effort to reach out to children who may not be getting the dental care they need. The goal of every Give Kids a Smile event is simple: to provide free, comprehensive dental care to underserved children from the Central Ohio region. Our dedicated leadership team works diligently for months to organize each event with the assistance of our advisor, Dr. Erin Gross. Something important you may not know about GKAS is that it is run completely off of donations: donated supplies from our sponsors, and donated time from faculty, leadership team, staff, and you! We are limited by the number of volunteers we have at each event: the more volunteers, the more kids who can get free treatment! First and second year students serve as assistants on the day of the events, and third and fourth year students serve as providers to children over the age of eight. As D1s, this can be one of your first clinical experiences. It can also be a way for older students to get more experience with pediatric dentistry, for a good cause. If you have already volunteered at a Give Kids a Smile event, thank you, thank you, thank you! We

cannot do what we do without your help. At our most recent GKAS event in October, we had 173 dental students volunteering. This is the most we have ever had!

Our goal is to expand upon each event and reach even more kids and their families...so we still need your help! The eighth Give Kids a Smile will be held on Saturday, February 6th from 8:00am-3:00pm. Take a break from studying, re-connect with why you are becoming a dentist, and help some children in need. As a dental school we can continue to lower the barriers to dental care for kids in Ohio.

DID YOU KNOW? Since GKAS started in October 2012, the Ohio State College of Dentistry has provided:

- Free, comprehensive dental care to over 850 underserved children
 - 750+ oral exams
 - 700+ sealants
 - 600+ prophylaxis
 - 450+ fluoride treatments
 - 217+ composite fillings
 - 70+ extractions
 - 50+ Stainless steel crowns
 - A dental home for many children
-



The Ohio Dental Association featured Ohio State's Give Kids a Smile in their latest December 2015 issue, which can be found at: <http://oda.org/news/detail.dT/dental-students-volunteer-to-give-kids-a-smile/>

A Great Way to Fall

By: Alex Cleveland '18

A look into the new facet of The Ohio State University Dental Anesthesia Club, Anesthesia All-Stars

Asleep

New to the College of Dentistry, The Anesthesia All-Stars program was created just this October and has already been a huge success! Through the Dental Anesthesiologist Club for Students, members are offered the opportunity to get involved with this ultimate hands-on experience. Led by Dr. Sarah Leach and Dental Anesthesia GPR residents Jim DiFranco and Natalie Alsop, Anesthesia All-Stars gives dental students a chance to not only observe, but also assist a sedation case here at The College of Dentistry.

Here's how it works: Approximately one day prior to the appointment, students are required to be briefed on the patient and treatment plan for the case. The GPR resident runs through patient history, current medications, contraindications, and the appointment expectations. This briefing provides the student the opportunity to "freshen up" on any pharmacology or physiology related to the patient's case. One is encouraged to be familiar with material such as sedative drugs, IV anesthesia, and inhalation drugs.

The following day is appointment day. It is here that the students become thoroughly involved in the sedation of the patient. Many dental students have limited, if any, experience with nitrous and IV sedation. The Anesthesia All-Stars program can provide vital training and experience to students interested in furthering their dental career and providing these services to their patients. One can expect to witness the effects of nitrous oxide on severely anxious, and sometimes resistant, patients. One can

also expect to learn about intubation, IV sedation, and the important vital signs to monitor in order to administer correct doses and effective drugs.

This program allows you to apply a combination of the knowledge you have been accumulating throughout dental school to an actual dental case. Many of you probably wonder what the majority of human physiology has to do with dentistry, and this program authenticates the importance of this subject matter. For example, one must be able to read an EKG and interpret the PQRST waves to manage a patient's vitals while under sedation. One must also understand how the exchange of gases occurs throughout

the body, and MAC concentrations relating to potency of the gases. This is also an opportunity for participants to witness complete comprehensive care and the teamwork that this involves. Many of the patients require complicated and extensive treatment so one is not only exposed to dental

anesthesia, but also to a lot of seriously talented dental work. This new program is imperative for helping students make several connections from the classroom to the clinic

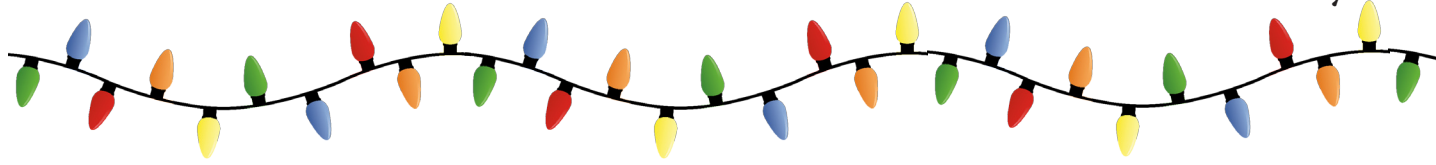
Be prepared, because The Anesthesia All-Stars is the ultimate learning experience. The GPR residents, Dr. Leach, and Dr. Prior are very enthusiastic in educating the dental population about dental anesthesia and do a great job of keeping you on your toes throughout the entire procedure. This is an exciting, efficient, and all-encompassing realm of dentistry that is no longer just a hidden gem here at The Ohio State College of Dentistry.



Associate Legislative Liaison Lindsey Butterfield learns what it is like to be the patient who is administered nitrous oxide.

Holiday Happenings

Blurbs by Mat

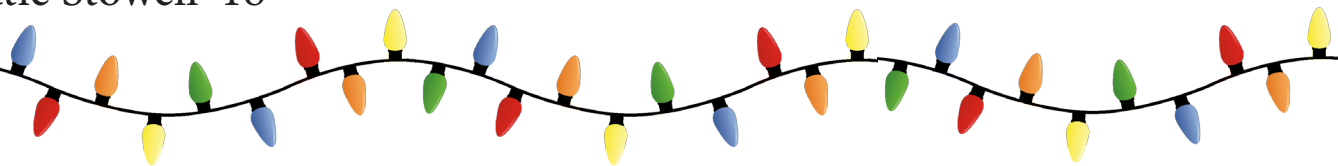


Try skiing, snowboarding, or the more leisurely snow tubing at Mad River Ski Resort located less than an hour Northwest of campus. Bring your school ID on Fridays and enjoy \$20 lift tickets and \$15 rentals. After a long day on the hills, check out the kitchen and bar area for pizza, drinks, and beer. Great way to relax and enjoy the Ohio winter on the weekends!

If you missed it this year mark your calendar for next year to immerse yourself in a winter wonderland at the Columbus Zoo and Aquarium until January! This family friendly destination is complete with carolers, reindeer, Santa, and Polar Bear Express train rides. Take a trip through the beautifully lit park and you will surely leave in the holiday spirit!

ier Columbus, OH

tie Stowell '18



Warm up when the snow hits with a cup of cocoa or a cappuccino. Located in the short north, One Line

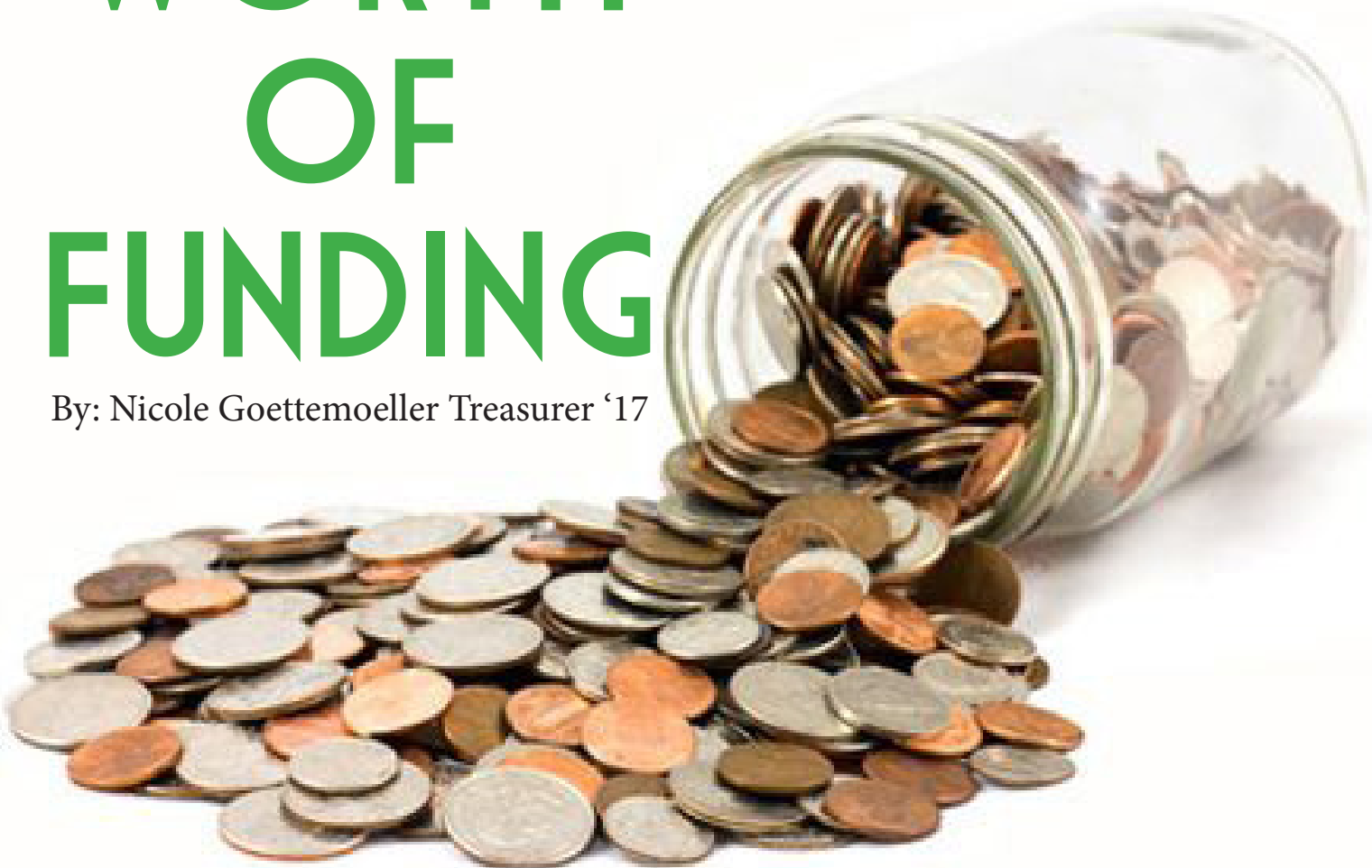
Coffee is sure to satisfy your chocolate cravings. One Line Coffee is a one stop shop for your cocoa and coffee needs. They offer a coffee bar that has a large selection of brews and flavors as well as a variety of local bakery goods to complete the picture.

If you missed it this year mark your calendar for next year to watch Ballet-Met present, “The Nutcracker”, at the Ohio Theatre through December. Take a trip downtown and bring family and friends to see this holiday tradition.

In January, continue to support the arts and check out the Columbus Symphony Orchestra! Tickets are available online.

A YEAR'S WORTH OF FUNDING

By: Nicole Goettemoeller Treasurer '17



This year I have had the pleasure of being the ASDA Treasurer. I was interested in how an organization as widespread as ours is able to fund so many different events throughout the year and also send students on various trips at no cost to them. I was able to benefit from ASDA funding personally when I attended the National Leadership Conference last year in Chicago. I was so grateful to have this out-of-the-classroom experience that I wanted to be able to help others attend events such as NLC. I took over as treasurer in January 2015 and since have revived the way we do things from a money standpoint while continuing to support events and practices that have worked in past years.

Ohio State ASDA gets its funding from various sources including membership dues at \$15/person, after we pay dues to National ASDA. Other than membership, our main fundraiser is the Annual Vendor Fair, which makes money based on a fee each vendor pays to have a table at the fair. This year we held the Vendor Fair at the Ohio Union Archie Griffin Ballroom and had an outstanding

turnout of about 350 students and were able to sign up around 60 D1's for four-year membership. There were loupes vendors there for the D1's and D2's and several vendors for the D3's and D4's to discuss future practice opportunities and financial planning. At the end of the Vendor Fair we had our annual raffle of prizes either donated by vendors or provided by OSU ASDA. This year we were able to raffle off over 30 gift cards, 3 electric toothbrushes, 1 professional whitening kit, a grill, and 2 ipads. Overall it was a great success and we look forward to continuing this tradition in future years.

We also fundraise at our Annual Golf Outing, which occurred in May this year. The event was held at a new location this year, The Golf Club of Dublin, and was a huge success! Despite the dreary weather, we had a turnout of 16 teams of 4 with lunch at the club house to start things off. We used the golfer's fee to cover the green's fees and then we raised money via Rider Reinke Financial as our Platinum sponsor, \$500 sponsorship from the Dental Alumni Society (DES) and \$250 sponsorship of individual holes from various vendors. We held the tournament in a scramble style and at the end of the day we awarded prizes to the winning foursome. We also raffled off prizes that included a new golf bag, driver, and gift cards. This has been and will continue to be a great way to get together with fellow ASDA members outside of the classroom.

Our final fundraiser of the year was our Holiday Brush Drive with Crest White Strips and Oral B Electric Spinbrushes. We were able to get a discounted price from Oral B and Crest that allowed us to keep the prices extremely low for students. Several students reached out to family and friends and were able to get discounted Spinbrushes and White Strips for them.

I was very excited with how well our fundraiser did as we raised just over \$1500 this year. The Holiday Fundraiser was our most recent fundraiser to end out the 2015 year, and I want to thank everyone who participated in a fundraising event throughout the year. These are just a few of our big funding events throughout the year, and we have several others including the volleyball tournament in the fall.

I have learned so much about ASDA this year as a member of the executive board and now can fully understand how widespread it's reach extends. There are so many branches that make up our chapter and each one requires funds to be able to do their job well. As the treasurer I manage up to \$60,000 a year and being able to budget for such a large organization has helped me tremendously. As a future boss and manager of a dental office, I feel qualified to manage the money aspect as well as discuss money with employees and patients. I have enjoyed working with all of our different branches and coordinating funding for their various different events. My motto from the beginning has been to let each person make decisions

"The Holiday Fundraiser was our most recent fundraiser to end out the 2015 year, and I want to thank everyone who participated in a fundraising event throughout the year."

for their event within a certain budget, with the option always available to seek an additional sponsor. We have had this collaborative effort with our Annual Pre-ident Day, with the Dental Alumni Society and the Office of Admissions as sponsors, and the goal for these events is not to make money but to provide a wonderful experience for attendees.

We are always looking for new ways to fundraise and encourage anyone who wants to get involved with this aspect of ASDA to help out. Everything we do as an organization needs funding, which makes our fundraisers an integral part of our OSU ASDA chapter.



Advice
from the
Past
Leaders

MY WORDS OF ADVICE

I think that the toughest part about dental school for me was finding the right life balance. As a D1, I felt like I always had to be studying, but once I joined ASDA I was able to find an outlet to take breaks. This really helped me to not only get involved but also perform better academically. Taking a role in leadership sometimes can seem overwhelming because it's a time commitment, but it truly just helped force me to balance my time more effectively. Being a part of the exec. board was an incredible experience and I encourage everyone to find a role in ASDA--large or small.

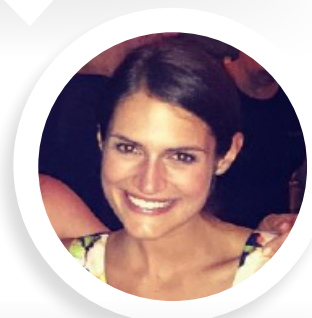
Ben Kushnir



MY WORDS OF ADVICE

My advice to the D1s in preclinic is to be patient and just keep practicing because soon enough you will get your handskills down and then everything will be easier. My advice to the D2s is to hang in there and don't let the stress of school get to you. Don't let competition get the best of you and don't ever compare yourself to others. Life is much easier when everyone helps each other out. My advice to the D3s is to stay organized and never pass up an opportunity to see a patient just because you don't feel like going in. I was able to get crowns and a denture reline credit just by seeing unassigned patients who called into the desk to schedule emergency appointments. Also, keep documentation of all your completed requirements because I've had to use mine on a number of occasions to prove I completed something to get credit.

Clare McGorry



MY WORDS OF ADVICE

- Make the most of every opportunity and get involved outside of the classroom.
- Learn to take criticism and remember that no one is perfect.
- Be the best that you can be and find the time to celebrate all of your accomplishments no matter how big or small.
- Graduation will be right around the corner before you know it, so don't forget to take a step back and enjoy all of the memories along the way.

Morgan Kelley



MY WORDS OF ADVICE

My best advice for anyone in dental school is to get involved in organized dentistry. Being involved has allowed me to develop my leadership skills and understand the dental profession outside of school. It has challenged me to improve my time management abilities and life balance. Organized dentistry has provided the best networking opportunities for me, and being involved in ASDA has cultivated career-lasting friendships with classmates, other students, mentors, and even faculty and the administration. Being involved in organized dentistry has undoubtedly been the most enriching aspect of my time in dental school, and I encourage others to take advantage of such positive experiences.

Lydia Lancaster



MY WORDS OF ADVICE

Take advantage of everything that you have in front of you at OSU. Assist in Oral Surgery, practice Endo, even offer to help in Emergency. There are so many opportunities to learn around the school, use them!

Warren Gall



The Palatal Expander

HEALTHY SNACK KALE CHIPS

Ingredients

- Cooking spray
- 1 bag of cut and washed kale
- 1 tablespoon olive oil
- 1/4 teaspoon salt

Directions

- Preheat the oven to 350°F
 - Spray two baking trays with cooking spray. -Remove the center rib and stems from each kale leaf and discard
 - Place the kale in a large bowl. Drizzle with the oil and sprinkle with the salt
 - Massage the oil and salt into the kale with your hands to distribute evenly
- Place the kale in a single layer on the baking sheets, and bake until crisp and the edges are slightly browned, 12 to 15 minutes.



PRESIDENTIAL ADDRESS

By: Jimmy
Zimmerman '18
President-Elect

With the New Year upon us, many people are filled with excitement, hope, and aspiration for the future. Undoubtedly, the D4s are excited (and perhaps apprehensive) to finish their final requirements before graduating to bigger and better things, while D1s are hoping they won't have to memorize EVERY nuclei, tract, and anatomical landmark of the brain in Neuroanatomy. Just as everyone else looks toward the future with new aspirations, Ohio State ASDA, too, has high expectations in mind.

One of the main themes for ASDA in 2016 will be a shift from "excellence to eminence," which is also a theme for The Ohio State University as a whole. As understood by the larger university, this shift will take everything we do extremely well, and raise the bar to new heights. No longer is our goal to merely be one of the best ASDA chapters in the country, but rather this year and in future years we will strive to be national leaders. We will aim to become the "Ideal Chapter" that other ASDA chapters look to for guidance and direction. And the great news is that we already have a lot of momentum coming into this year. For example, the legislative event for Congressman Stivers that Spencer Tepe and his advocacy team developed was the first ever political fundraiser hosted by an ASDA chapter nationwide! This event was groundbreaking for the power and voice dental students can have, and is a perfect way to showcase moving to new heights. Even though we won a Gold Crown award for best advocacy efforts in the country last year, we did not rest on our laurels but instead strove for even more.

Looking forward, ASDA plans to continue this upward trend with programming and idea sharing throughout the year. While many think eminence means simply creating new events, it is really also

about consistency. We must not only program unique, original activities for our members, but we must be consistent as well with our traditional events, making sure that they are improved and perfected. Any organization can pull off an event once, but we want to continue to improve on old programming efforts while brainstorming and enacting new ways to offer you the most meaningful extracurricular education. For instance, we are planning on revamping our lunch meetings with more presentations to help involve more of our members, and teach you skills to be successful inside and outside of the classroom. We are developing new positions to streamline the delegation process, thereby increasing accountability and transparency. And we aim to develop better communication strategies so all members are on the same page.

Our first step in reaching these goals and determining our trajectory from excellence to eminence is the development of a strategic plan. By determining where we stand as a chapter today, we can more objectively assess our strengths and weaknesses, and decide how we can build on our past to grow in the future. Therefore, now so more than ever, it is critical we receive feedback from you about every facet of the organization. Please feel free to stop me in the hallway, send me a text, or shoot me an email being brutally honest about OSU ASDA. Tell us how you feel about the leadership team, and what you like and dislike about meetings, events, outreach, or any other topic you have an opinion about. After all, there's no way to fly to new heights if you don't even know if you're in the airplane! Our executive team wants your feedback so that we can create a clear path, and develop programming that not only aligns with our strategic goals, but programming that you want to attend, not events you feel forced to

attend. Therefore, for every event that we program, we are going to answer three main questions: who will want to attend this event, how is this event benefitting the attendees, and how can we make this event better? We promise we will take a very cerebral approach to event planning so that it seamlessly meshes with our strategic plan and helps our organization continue to grow.

It is important to note, however, that this goal of 'eminence' will take hard work. But then again, what is a dental student if not a diligent worker? Setting denture teeth or placing an implant is not easy, but we still do these procedures, many times even surprising ourselves with our hidden abilities and talents. Just as we are diligent to our lab and clinical work, we must all be diligent, helping Ohio State ASDA grow into a nationally recognized organization. As an executive board, we do not want to tell you what events will take place. Instead, we want to empower you to brainstorm and think outside the box to host YOUR events. Our job is to enable and support you, for you are why ASDA is such a powerful organization. You are the one foregoing your lunch period for committee meetings, you are the one calling and emailing sponsors and vendors, and you are the one that has a passion for helping the less fortunate. Similarly, you are the one with the next great programming idea; you may just not know it yet. Therefore, I encourage you all to get involved this year in Ohio State's ASDA chapter. Join a new committee, or attend a lunch and learn. Volunteer at an outreach event, or play in a sport tournament. But most of all, don't underestimate your strengths. As we begin this year with hopes, ideas, and aspirations, please remember to bring yours to ASDA, because the journey from excellence to eminence begins with you.

The Ohio State University College of Dentistry



American Student Dental Association