

12TH &

NEIL

MAGAZINE

WINTER 2017

HOLIDAY FESTIVITIES

A GLIMPSE INTO SOME OF THE TRADITIONS OUR STUDENTS HAVE DURING THE HOLIDAYS

#BEWELLASDA

HAVE YOU THOUGHT ABOUT YOUR MENTAL HEALTH?

NLC

READ ABOUT ONE STUDENT'S EXPERIENCE AT A NATIONAL ASDA EVENT

THE PALATAL EXPANDER

OATMEAL BREAKFAST MUFFINS FOR A QUICK PRE-CLASS SNACK

ADVOCACY WEEK

MOTIVATING OUR STUDENTS TO GET INVOLVED IN ADVOCACY

ACROSS THE OVAL

YOUR PERSONAL STATEMENT: IT'S MORE IMPORTANT THAN YOU MAY THINK

Ohio State

ASDA



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The Ohio State University College of Dentistry

LETTER FROM THE EDITOR

Beginning a new semester can be a refreshing experience, but it sometimes can be a challenge to get back into the swing of things. After having close to a month off, and being away from everything that makes Postle Hall stressful and rewarding, we must find our routine again in order to be successful. I have found this to be extremely challenging! When at home, I miss having a schedule and being able to see my friends (Even if it is only in class!), but getting adjusted back to that schedule is not easy. For me, a routine is vital to be successful. Many people can fly by the seat of their pants and take things by the minute, but I am not one of those people. I live by organization! When it comes to life as a dental student, the three things that make my life easier and less stressful are that planner, organized lockers, and notecards!

My planner is the only way I know when I have class, what is due, and when I have social events scheduled. I have found that the best way to organize this is by color coordinating everything. Each of my classes has a specific color that I write classes, assignments and lab work in. That way, if I need to see when my Pathology midterm is, I then grab my planner and look for the blue writing. I also utilize my planner to schedule when I have a couple of free hours to do things for my personal well being.

Being students here in Postle is almost like returning to high school, between seeing the same people daily, the drama we face, packing a lunch, and having lockers. The lockers are easy to get stressed over because if you need some extrude putty during your fixed practical, and you have no idea where it is, then digging through boxes of material can quickly eat away at the time you have to finish that preparation. In order to prevent this stress, I make sure to keep my locker very organized. I take a few minutes when I get new material to find a way to fit it in one of my lockers so I know where it is located and for easy access. Drawers

also help to keep my larger locker organized because I have the ability to split things up to prevent having to move a thousand things to get to that one little bitty box on the bottom. The lockers are also a great place to put my jacket, white coat, notebooks, and lunch box so I can eliminate having to have a pack mule to go to class daily.

Notecards, notecards, notecards! This is my preferred way of studying. I am aware this method does not work for everyone, but I have tried other techniques and well, I'll just say, they did not work for me! So in my second year of dental school, I have arrived back at the tried-and-true notecards. Many people utilize websites to create virtual notecards which is a great way to prevent lugging around a 1000 card index, but I like being able to write out the material as I go. I carry these everywhere before an exam because if I have a few minutes on the bus, between classes, or on the elliptical, I grab those notecards and flip through them. Repetition is everything!

"Take care of
your body. It's the
only place you
have to live"

-Jim Rohn

Dental school can quickly become overwhelming and stressful, but everyone will find techniques that help them stay organized to prevent this overpowering feeling of doom! ASDA has a wellness initiative to help students stay healthy, and in this issue we decided to focus on mental health. If you are looking for a way to reduce your stress level, then check out the article on mindfulness in this issue. As future health professionals, we must learn to find the balance between mental and physical health, as well as school!

Samantha

- Samantha Lindsey
Editor-in-Chief



Calendar & Events

Advocacy Week
OSU ASDA's very first Advocacy Week was a huge success with guest speakers from the ODA and ADPAC throughout the week. See Mitch Poole's article on pages 5-6 for further details.



ADA Success Series
Dr. Shahnaz Ahmed provided a lecture on leadership and ethics in dentistry. Pizza was provided for ASDA members and 75 students were in attendance.



OCT

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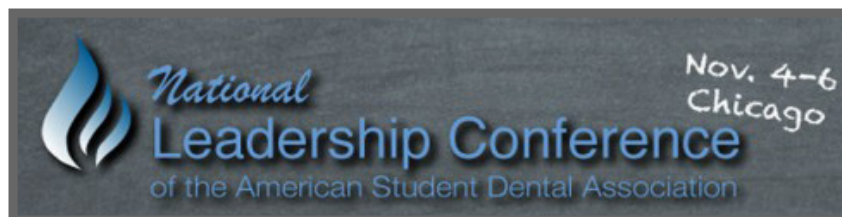
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National Leadership Conference
13 ASDA members had the opportunity to attend this National ASDA event held in Chicago, Illinois. The weekend was filled with a multitude of breakout sessions, speakers, and even a moonlight cruise on Lake Michigan. It was a wonderful experience that provided these members with the knowledge to help our chapter grow.

Pre-Dental Mentor Dinner

ASDA members and pre-dental students were paired up for the ASDA Pre-Dent Mentor program. There were over 50 people in attendance and pre-dent students were excited to meet with their dental student mentors, and to learn what dental school is like.



General Body Meeting

ASDA members' first meeting back for the semester was all about learning how to get involved in the organization through leadership opportunities. There was a short presentation about all the chair positions and committees our chapter has available to join and make each member's ASDA experience even better.



DEC

5

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JAN

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22



Snapchat Takeover!

OSU ASDA had the opportunity to take over the National ASDA Snapchat to showcase a day in the life of a dental student at THE Ohio State University.

Annual Basketball Tournament

We hosted our annual basketball tournament—always a popular event. It was a great time for students to get out and have a little fun before the semester gets busier. The Molar Bears won for the second year in a row!



Coffee and Donuts

A great way to kick off finals week was with coffee and donuts! It's a great way to encourage our members to start strong and power through all of those finals, as well as having a little time to socialize.



Upcoming Events...

February 22-25

ASDA Annual Session 2017

March 27-28

National Dental Student Lobby Day

ADVOCACY WEEK



Inspiring Advocacy in Columbus, OH

With the Ohio Statehouse being just over 5 miles from The Ohio State University College of Dentistry at Postle Hall, legislature affecting the entire state of Ohio is merely an arm's reach away. With the proximity comes an opportunity for influence. As lobbying organizations continually try to limit and modify the profession of dentistry, it is vitally important for young professionals and professional students to advocate on behalf of their chosen profession. In the state of Ohio, there have been many issues reaching major spotlights, such as the creation of a new dental care team member termed a "dental therapist," Medicaid reimbursement rates, and insurance companies wanting to dictate prices for non-covered services. Proposals like the "dental therapist" legislation can bring lasting damage to the dental profession and potentially to the health of patients in need of care.

Motivating pre-doctoral students at Ohio State to become involved in the legislative process is not an easy task, with half of the student body managing a rigorous course load and the other half juggling patients, scheduling, and clinical mastery. Ohio State ASDA leaders decided that, in line with the new National ASDA Advocacy Month, OSU would host a week called "ASDA Advocacy Week 2016" to bring opportunities to increase awareness of legislative matters as close to students as possible. From October 10th to 14th, OSUASDA hosted guests from all over the legislative spectrum right here at Postle hall. Students were encouraged to spend their lunch break learning and conversing with expert professionals active in the political sphere.

By: Mitch Poole, '19
Associate Legislative Liaison

Monday, October 10th - Mr. Adam Hewitt

Advocacy Week 2016 started with an incredible speaker, Mr. Adam Hewitt. Hewitt is actively involved in the laborious lobbying process at The Ohio Statehouse and is additionally contracted by the Ohio Dental Association as a political analyst/guru. OSU ASDA invited Mr. Hewitt into Postle Hall to talk strictly about the world of politics aside from how politics affects dentistry. For approximately 45 minutes, Postle Hall's Room 1187 was transformed into a Political Science 101 lecture hall. Hewitt addressed the political climate at the time on both a federal and state level. He spoke on the presidential debates between Secretary of State Hillary Clinton and now President Donald Trump. Hewitt commented on the potential future of the country at the hands of either candidate as well. Finally, Hewitt answered questions from a large dental student audience, ranging from general politics to specific policies. The student body left October 10th with a new-found appreciation for the complexity of the broad governmental infrastructure and political process.

Wednesday, October 12th - Mr. Nate DeLong, Esq Mr. Dave Owsiany, JD

Following a few days to reflect on the immense amount of expertise shared by Adam Hewitt

Monday, The Ohio State ASDA chapter decided to host two powerful advocates for dentistry in Ohio – Nate DeLong and Dave Owsiany. DeLong is the Director of Legal and Legislative Services of the Ohio Dental Association (ODA) and Owsiany is the Executive Director of the ODA. For years, the ODA has had a tight-knit connection with The Ohio State University College of Dentistry. Students frequently are given the opportunity to expand their legislative understandings through the ODA hosted “Advocacy Academies.” On Wednesday, Oct 12th, the OSU ASDA chapter brought an ODA Advocacy Academy into Postle Hall. DeLong and Owsiany shared their perspectives on the increasing amount of regulation on the field of dentistry and the importance of presenting legislative efforts with a strong, organized and unified front. Moreover, DeLong and Owsiany touched on the significant legislative topics in Ohio, such as dental therapists and Medicaid reimbursement. Dental students were able to witness the strength of their chosen profession, organized dentistry, and look to the future to see their own evolving role.

hierarchical structure of ADPAC enabled the dental students to recognize the magnitude of influence in the possession of organized dentistry. Dr. McCarthy wrapped up by answering questions ranging from ADPAC workings to her own experiences as a dental care provider over the past decade.

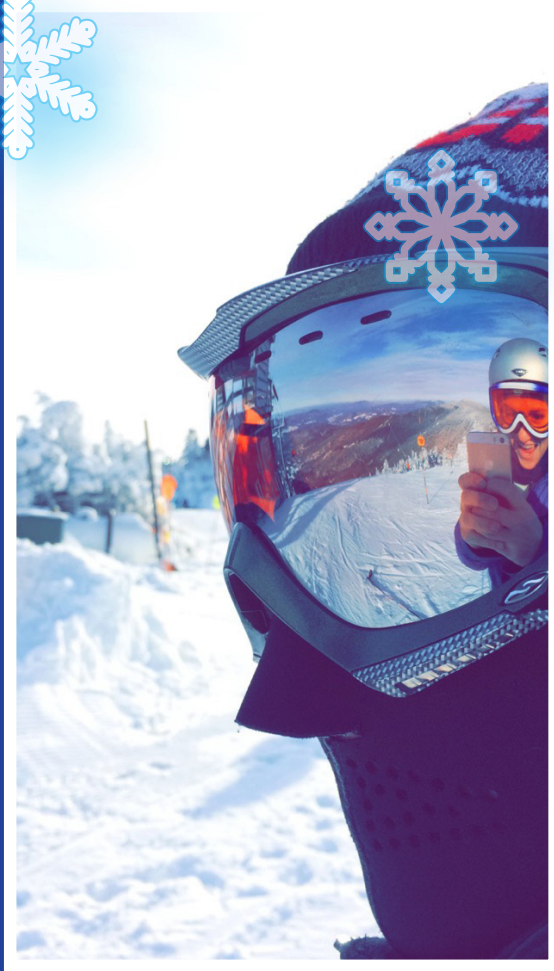
Moving Forward

ASDA Advocacy Week 2016 was a major success. At each of the three featured speaker meetings, more than 50 students were present in addition to members of the faculty and staff that also came to support and to learn. Many students, faculty, and staff voiced their support for the event afterward and reflected on the benefits of having the varying perspectives present throughout the week. Additionally, each of the speakers expressed their positive sentiments about the week, hoping that events like these continue to grow and evolve as the years go on.

With the new year having just turned the corner, eyes are already looking to the future Advocacy Week events. As students bury themselves in class notes and textbooks in the Health Sciences Library or in the Byte Wing, they can easily lose track of the world around them. Many have always pursued a career in the biological sciences and have little or no expertise when it comes to government and legislation. For others, most of their time is spent in the lab finishing up a project or cramming for that next quiz. Yet, in four short years, each one of the 440 dental students at Ohio State will be practicing dentistry. Hopefully, when it comes time, those same graduates will make educated, involved decisions when it comes to organized dentistry and the dental legislative process.

Friday, October 14th - Dr. Brittany McCarthy

ASDA Advocacy Week 2016 closed with a focus on a different area of the legislative world. Dr. Brittany McCarthy serves as the Seventh District Chair on the Board of Directors for the American Dental Political Action Committee (ADPAC). She is actively involved in the legislative process, specifically bringing forth the wants and needs of Ohio and Indiana to a federal stage. Dr. McCarthy explained the basics of a political action committee, the purpose of ADPAC, and some of its past successes. It came as a surprise to many that organized dentistry and ADPAC possess one of the strongest health care political action committees in the country. Furthermore, Dr. McCarthy was able to share how she became involved with the legislative process while also developing her own dental practice in central Ohio. Hosting such a prominent figure in the



"For the past two years during winter break Waitsfield, VT has been my home away from home, where I spend time skiing and relaxing with the people I love"
-Mike Andes, '20



"Indian weddings are the epitome of laughter, happiness and celebration. Here, we were celebrating the grand entrance of our new brother-in-law by joining a bond between the two families."
-Neha Patel, '20



"We have the tradition of brunch every Christmas Eve morning with a group of 4 families that are wonderful family friends. This Christmas was the 26th consecutive year, and even though a lot has changed (there was only one "kid" when it started!) the heart of the tradition has remained the same. Every year we take a picture of all the "kids", and it's incredible to look back and see the differences through the years."
-Stephanie Sforza, '20

HOLIDAY TRADITIONS

Spending time with family and friends, and enjoying the most joyous time of the year!



"My brother is a photographer, so every year my siblings and I take a wickedly creative holiday photo for our family christmas cards. I start planning the photo months in advance as far as poses, accessories and angles and my brother's photography skills make everything come to life. We recruit our parents, grandparents and significant others to be our production assistants.

-Ashli Holland, '17

"One of my favorite Christmas traditions stems from my Polish heritage. We celebrate on Christmas Eve by bringing the family together and sharing a large dinner once the first star is seen in the evening sky. However, before we sit down to eat, every member of the family receives a wafer called an oplatek. With the oplatek, you go to each family member and exchange good wishes and hopes for success in the upcoming year. You then break off a piece of their oplatek and eat that small piece. After you have exchanged with every family member, you may eat the small remainder of your own oplatek and then dinner can begin. Although this tradition may sound a little strange, it is special to me because it inspires us all to carry out everyone's best wishes and is the perfect start to the holiday."

-Justine Bednarski, '18

Every year, the National Leadership Conference for the American Student Dental Association is held in Chicago, Illinois. This year, 12 Ohio State dental students and I were able to head to the Windy City for the conference November 4th-6th. Over 700 Dental students from across the nation came this year to hear amazing speakers, meet fellow colleagues, and learn how to become better leaders. Each morning, all of the dental students gathered to hear a keynote speaker start off the day by really getting us excited about not only dentistry, but life in general. The speakers were filled with emotion as they spoke about their own life experiences and the importance of being ourselves, being healthy and serving others.

After getting amped up every morning from the keynote speakers, we were able to choose between 4-5 speakers every hour throughout the day. There were different categories of lecture topics including: Personal Development and Wellness, Leadership Fundamentals, Career Planning, and ASDA Chapter Management. Everyone was able to go to whichever lecture they found the most interesting! Some of my favorite lectures included the following: "Tough Talking: Initiating and Managing Difficult Conversations," "How not to fail miserably in Private Practice," and "Managing and Dealing with Dental Guilt." These all allowed me to earn 'Continuing Education' credits towards my AGD fellowship and/or mastership.

Since we were able to choose and attend different lectures, we met a vast array of dental students throughout the weekend. Aside from all of the dental students, there were many dentists, insurance companies, and dental practices there to network with during the Friday night vendor fair. The ADA President-Elect, Dr. Joe Crowley, was also in attendance (an Ohio Native) and talked to us about his excitement to see

so many Buckeyes at the conference.

Along with the amazing speakers from across the country, there were countless social events to attend every night after the closing lectures. On Friday night, MedPro sponsored a dinner on the Chicago river while the entire city was decorated and flying "W" flags due to the Cubs winning the World Series just days before. Also on Friday, we were able to take a break and join in on the city's parade to celebrate the Cubs; I was able to join the 5 million people in Grant Park and sing "Go, Cubs Go!" which was pretty exciting (Sorry Cleveland fans). On Saturday evening, all of the attendants from District 6 were able to get together and share deep dish pizza at Giordano's.

This may seem cliché, but this weekend in Chicago was life changing. I learned so much about myself — how to lead, how to live, and how to succeed. I learned a huge deal about my future profession — how to own a practice, how to work with colleagues, and how to protect our profession. I also met some people I know will have important roles later in my life — both practicing dentists and fellow dental students. I hope that everyone gets the opportunity to attend an ASDA trip like this one. The majority of students here at Ohio State are in ASDA but don't reap the benefits or even know what these benefits entail. My advice to everyone is to get involved!! Yes, you can sign up for free insurance (which is awesome) but there truly is so much more to ASDA! If you have a desire to learn more about ASDA, be sure to attend these events/conferences/lunch and learns and hear these amazing speakers. Learn how important our voices are as students to protect our profession. The ADA is the leading association that works in the capital to protect our rights as dentists and as students. With that in mind, it all starts with us — the future of dentistry.



National Leadership Conference: A Weekend in the Midwest Big City

By: Payton Laws, '19



Carmen Ohio: “If on seas of care we roll, ‘neath blackened sky, o’er barren shoal, thoughts of thee bid darkness go, dear Alma Mater O-HI-O.”

It also behooves us to thank those in our personal lives who have guided us along our way. Hopefully many of you were able to spend winter break with your friends and family. I know as I sat down for our Christmas dinner, trying to corral my extended family away from the TV and toward the table, I couldn’t help but

reflect on how lucky I am to have a support system so densely woven around me. We should thank them now while they are here, and we are still able.

Moving forward, as I mentioned, we find ourselves surrounded by change. Thus, it is imperative that we double-down on our core values and principles. As future leaders of society, we must set an example of how to treat our fellow community members. Whether you are preparing for the February board exam or a Gross Anatomy midterm, it is never too early to practice your leadership skills; after all, leaders are made, not born. Dentistry’s Code of Ethics separates us from mere “tooth mechanics” into a true profession, and it is those ethical principles that we use to develop our leadership potential. Now

more than ever, our country, our state, and our school needs more leaders. And not just leaders by title, but by action. So I challenge you, for 2017, to shape and hone your leadership skills, guided by your moral principles. If we all do a small part to uphold our values, your community, your country, and most of all you, Doctor, will be better for it.

It has been a pleasure serving as your ASDA President for the past calendar year, and I thank you all for your continued support of our great organization. Without your membership, and without your participation, we are merely a whisper in the wind. I encourage you all to challenge yourself by becoming more involved in ASDA this year, whether by writing an article, joining a committee, or attending a conference across the country. This organization has truly defined my dental school experience, and I hope it can give you as much fun and rewarding memories as it has to me. Please remember that if you have any issues or concerns with the dental school experience, ASDA, and myself, are personally here to help. I look forward to seeing you all in 10 years, evolving into leaders of your profession and community. Go Bucks!

presidential address

**-Jimmy Zimmerman, '18
2016 Ohio State ASDA
President**

January is a time of change across our country. With the new year comes new hopes and desires, aspirations and goals. But a time of change is also a time for reflection, to look back at what we have accomplished. To step back and acknowledge those who have helped us grow on our journey.

I think it is important to pause as we begin a new semester, and thank those who have helped us on our educational path. Of course, dental school can be trying, and frustrating, but is also rich with accomplishments and growth. We should recognize our faculty and staff members from who we have learned the most; writing them an email, or even a simple “thank you” will suffice. We truly have access to world-class educators at Ohio State, and it is important to show our gratitude during this arduous process. As many of you know, I love this institution and the people it brings together, and I hope that someday you, too, will be moved by the ringing truth of the last verse of

Across the O

A word from our

Your DAT score and GPA are not the only things that are considered by the admissions officers when you apply to dental school — a personal statement is reviewed as well. Writing a personal statement is your way of showing the different dental schools the reason you want to become a dentist. It also allows them to learn more about you than solely your academic history. Beginning to think about the types of things you would like to include in your own personal statement during your undergraduate career is a great idea. This helps to avoid stress during the application process.

The Associated American Dental Schools Application Service (AADSAS) has a specific place to include your personal statement within the dental school application itself, so do not worry about separately attaching it. It is simply a one page essay and it is suggested that you keep it to around 4,500 characters, including spaces, numbers and letters. The most important thing to

include is a clear reason regarding why you want to pursue a career in dentistry. Also, include how you will positively contribute to the field and patient care. Show the admissions officers why you're passionate about dentistry, and what you have achieved

so far in your pursuit of that passion. In order to stand out from the hundreds of other essays, make sure yours is original and personal. A well written statement can be extremely influential in ensuring you are offered an interview spot, whereas a poorly written one can have the opposite effect.

The personal statement is the only way you are able to “talk” to the admissions committee prior to the interview, so make it count. Most people applying to dental school have relatively high GPA’s and DAT scores, so do not take this opportunity lightly, make yourself stand out amongst others. Write about your qualities and experiences to help differentiate

Writing your Personal Statement

Our Pre-dental members

By: Sydney Stroia and Megha Gandhi, Pre-Dental Members

yourself. The key is to start planning early, do not wait until the last minute to begin writing. Have several people review your statement for content, emotion, and grammatical errors, including friends, family and/or faculty members. Also, allow yourself time to proofread to ensure there are no grammatical errors that others may have missed, and that it is a perfect display of who you are fundamentally. If it is full of simple grammar mistakes, this can make yourself look as if you are academically unprepared, and/or you are not taking the essay seriously. Thus, ensuring this statement fully represents you as a person is vital. Because the personal statement is a chance to display your passion to the admissions committee, some mistakes should be avoided to not distract the reader. The admissions officers read many personal statements; therefore, the personal statement should stand out from the others. A major recommendation is that the personal statement is NOT a summary of your résumé, which the admissions committee already sees through recommendation letters and transcripts. The personal statement should display a personal story that accentuates

a time of personal growth and learning that led to the career path you are trying to pursue. Another tip about what not to do when writing a personal statement is using clichés or quotes. In a personal statement, the admissions committee is looking to develop a sense of who YOU are and trying to figure out your personality. It serves as a way to demonstrate on paper who you are as a person to motivate the admissions committee to extend an interview invitation.

"The personal statement is the only way you are able to "talk" to the admissions committee prior to the interview, so make it count."

Along with your GPA and test scores, the personal statement is a key factor that admissions committees take into account when looking at an applicant's application. The personal statement demonstrates the reason a person wants to pursue a career in dentistry, and prior to meeting face to face, gives the committee an idea of the type of professional you will be. By showing your motivation and knowledge about dentistry in this personal statement, you will give the committee an incentive to give your application more consideration. The personal statement should accentuate how your experience and further education can help you become a successful dentist!

#BeWellASDA

MENTAL HEALTH FOCUS

Being Mindful in Postle Hall

By: Tony Matteotti, '20

Being mindful is a skill that we all wish we could improve upon. Just think, how great would it be to have the mental fortitude to resist the urge to grab for that Ben & Jerry's ice cream your diet doesn't allow for or to have the ability to remain calm and collected during the most intense weeks of the semester. We spend all of this time caught up in our own internal dialogue trying to convince ourselves of whatever it is we think we need convincing of, only to crumble under the weight of temptation and anxiety in the heat of the present moment. What if I told you it didn't have to be this way? Mindfulness-meditation is a method, that if done on a regular basis, allows for a greater awareness of mental processes and can produce the stronger sense of will power that we all seek.

The effects of mindfulness-meditation are truly all encompassing, but for the sake of time and relevance I want to focus specifically on its ability to counter stress. Stress is an unpleasant emotion that we as dental students are well acquainted with. I've experienced first-hand how being mindful has changed my perspective on stressful situations. As you might expect, I myself am an avid meditator. I began practicing consistently after being introduced to the Art of Living (AOL) community here at OSU in early September. The best example of how mindfulness has helped me concerns the most unpredictable emotional rollercoaster I've been on to date: the operative practical. Often in the days leading up to the practical, I would find myself repeatedly envisioning the negative outcome. This torment had so much inertia and I felt like I had no control. I would try telling myself that I put in the work required to get the grade, but by that point I was in such a rut that it had little effect. Thankfully, as I became more experienced in the practice of meditation and the awareness of my mind heightened, I was actually able to halt this line of recursive thought. Instead of just thinking

more optimistically, mindfulness was able to change my perspective on the situation and refocus my attention on the present moment. You see, "thinking" was always my problem. I had no real control over whether my next thought would be positive or negative. By becoming more mindful of my thoughts and their corresponding emotions I was finally able to see them for what they really were and avoid the trap that I'd fallen victim to so many times before.

I've found this method to be the kryptonite of stress and it turns out that research supports this claim. An APA meta-analysis of 39 studies found that mindfulness-meditation is capable of altering the way we regulate our response to the emotions we experience (Davis & Hayes, 2011). Simply put, people that meditate frequently have a greater ability to embrace positive emotions and refrain from the negative ones like stress. Additionally, a study on regular meditators at Harvard Medical School found significant decreases in grey matter density of the amygdala, a region associated with fear, anxiety, and stress, and that this decrease was correlated with lower stress levels. (Holzel et.al, 2011).

Instructing someone on how to practice mindfulness-meditation is a bit like teaching a D1 student how to drill a preparation on a maxillary tooth. The steps in the process are easily understood, but the implementation can be quite frustrating. It isn't until you've failed countless times that you have any shot at performing the procedure properly. Experience with the technique is crucial in operative lab and the same applies with mindfulness-meditation in the laboratory of the mind. Like any other skill, it will be difficult and awkward at first. Rest assured the growing pains are short-lived, and seeing results doesn't require you to dedicate much of your time. Ten minutes of mindfulness-meditation a day for one week is enough to yield increased focus and energy. The technique goes as follows:

1. Sit comfortably in a chair or on the floor, with your spine erect and your eyes closed.

2. Place your attention on any present sensations. The weight of your body, the breath, temperature, pressure, soreness in the muscles/joints, or sounds in the room.

3. Once you are settled, take your attention to the sensations associated with the breath. Make no effort to change the breath in any way, simply observe each inhalation and exhalation wholly. This is your home base; it's these sensations that you return to when you notice a thought in the mind.

4. Continue on in this way, naturally allowing your attention to shift between the sensations of the body and those of the breath. Every time a thought emerges, simply acknowledge its existence and return to the breath.

5. When your timer goes off, gradually open your eyes.

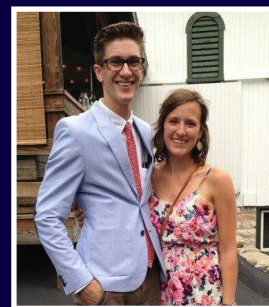
An app called Sattva is a great resource when meditating. It has a timer and free guided meditations that I've found very useful.

If you have any questions about mindfulness-meditation feel free to contact Tony at matteotti.1@osu.edu.

Davis, M Daphne, & Hayes, A. Jefferey (2011). What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research. *Psychotherapy*, 48(2), 198-208.
Hölzel, Britta K. et al. (2011). Mindfulness Practice Leads to Increases in Regional Brain Gray Matter Density. *Psychiatry Research: Neuroimaging*, 191 (1), 36 – 43.

How our Veler Scholars Cope with Stress

"I have found that during the most stressful times in dental school, when I think I can't take it anymore, all I need to do is open a cookbook. After a long day, my favorite way to forget about the stress of dental school is to find a recipe, go grocery shopping and cook a wonderful meal."
-Nicole Gettings, '17



"One of the best ways I deal with the stress of dental school is through staying very organized. Organization allows me to have peace of mind when confronted with a multitude of tasks. I would also say it is important to have a balanced lifestyle, and to always plan time for leisure."
-Jared Ellinger, '18

"I try to manage stress by not putting off the small things that I need to get done. If a job will only take 5-10 minutes, I try to get it done as soon as I get it if possible. That way I don't have multiple small items that together feel like a lot of work and add to my stress."
-Rodney Norris, '19



NATIONWIDE CHILDREN'S

COLUMBUS MARATHON



"After running my first half marathon last year here in Columbus, I knew I had to give the full marathon a try. With my post grad plans taking me away from Columbus, I decided I wanted to make my first marathon the Nationwide Children's Columbus Marathon while I still lived here. I got to run the marathon alongside my dad, and it was fun showing him around my hometown of the past four years throughout the race!"

-David Gorenz, '17

"My little brother bailed on the race at the last second, so Blaine happily volunteered to fill his place. If I knew he would beat me by one second, I may have looked for a different running buddy!"

-Katie Kimberly, '19

"My girlfriend made me do it!"

-Blaine Kincaid, '18



"Running my first half marathon was quite an adventure. I was coaxed into tackling this feat by my loving brother only 8 weeks before the race (who ended up dropping out of training in week 2). Of course, there were times when I contemplated never running again, but crossing the finish line was one of the most rewarding feelings. The worst part... getting a bloody nipple at mile 11, but I can't wait to run another half in April at the Kentucky Derby!"

-Andrew Kitzmiller, '19



ALUMNI SPOTLIGHT



Dr. George Tzagournis
BS/DHY Class of 1992
DDS Class of 1996

Dental School was one of the most memorable times of my life. I was still living off my parents, as were most of my close friends, which made me feel like I was in a little bubble with no serious worries other than school, eating, sleeping and determining where my next beer would come from. My biggest challenge during dental school was keeping up with classwork and clinic. Some students don't have to study that hard, I was definitely not one of them.

My favorite memory from dental school was our talent show. It used to be at The Newport (is that still there?). I was the lead singer of the Yankin Wedgies...and yes, we wore tighty whities on stage. It was an unforgettable experience to say the least!

Because I went through the Dental Hygiene program at the College of Dentistry before dental school, I felt extremely prepared upon graduation and therefore, started working immediately. During my first year out of dental school, I taught in radiology one or two days a week, worked in Coshocton one or two days a week at their children's clinic and subbed as a dentist all over Columbus. This schedule kept me very busy seeing a lot of different things and I was still able to support my "expensive", new pregnant wife. One of the practices I subbed for in Westerville was extremely busy and had a lot of patients. The dentist there developed an eye problem and asked if I wanted to buy him out of the practice -- as they say, the rest is history. I recently bought another practice in Upper Arlington, so it's safe to say, I'm not quite ready to slow down.

My biggest piece of advice for students in dental school now is what you're learning in class or down in the Pits, sometimes doesn't seem to be very relevant to what you'll be doing after you graduate, but it *is* in some indirect weird way. You learn to think, solve problems and deal with difficult situations. These experiences really prepare you for life differently than in college. Trust me....the faculty at the College of Dentistry know what they are doing!

The Palatal Expander

Oatmeal Breakfast Muffins

Ingredients

- 2 cups rolled oats
- 10 egg whites
- 2 granny smith apples, chopped
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 3 teaspoons honey
- 1 teaspoon orange zest
- 1/2 cup raisins
- 1/2 cup raisins

Directions

- Pre heat oven to 375 degrees
- Mix all ingredients thoroughly with mixer for 2 minutes
- Pour into greased muffin pan
- Bake for 15-20 minutes until golden brown
- Store in an airtight container in the refrigerator



Q&A

Dr. Paola Saponara

Getting to know the school's faculty

By: Alyssa Snyder '19

What made you decide that dentistry was the right career choice for you?

From a young age, I knew I wanted to have a career in the health sciences. When I finished high school at age 18, I was debating if I should go into Medicine or Dentistry. After weighing out the pros and cons of each field, as a female, I wanted hours that were conducive to having a family and that allowed me to somewhat control my schedule. The beauty about dentistry is that it allows you to improve a patient's quality of life by improving their oral health and appearance while also allowing the clinician to develop and apply artistic and creative abilities to everyday practice.

Where did you attend college?

I attended college in my hometown of Maracaibo, Venezuela.

What was your major?

College works a little different in Venezuela and in other Latin American countries. After graduating from high



Coffee, tea, or neither?

Coffee, without a doubt.

school, I immediately began dental school, which was a 5-year program without the need of an undergraduate degree; the only requirement was that during high school you completed the basic science courses.

Do you have any siblings?

Yes, I have an older sister and a younger brother. I'm

the sandwich child and defied all odds as I am Mom's favorite.

Do you have any pets? If so, what kind?

No, I don't have any pets but I am an animal lover!

What is your favorite season?

I love the spring season because the temperatures are nicer, the sun is out and the flowers are in full bloom!

What are some of your hobbies?

My hobbies include traveling, paddle boarding at Buckeye Lake and watching the Dr. Pimple Popper's Instagram account.

If you could only eat one thing the rest of your life, what would it be?

I could probably eat tagliatelle with shrimp and lobster in pink sauce for the rest of my life (...and avocado toast).

What is your favorite city?

My favorite city is New York City because of its diversity in everything: people, food, fashion and culture. It is truly a unique experience every time I visit.

The Ohio State University College of Dentistry



American Student Dental Association