

ASDA Fever Week  
University of Nebraska Medical Center College of Dentistry  
Submitted by Kylie Sestak, Chapter President

IT'S GETTIN' HOT IN HERE! ASDA Fever Week is officially underway at UNMC, and we are excited to bring our ASDA members a week jam-packed with feverish fun! Keep reading for our week's lineup:



**Monday, Newsbites:** Our legislative liaison, Eli, shares current legislative information and updates on recent events in the legislature, including dental student debt and the opioid crisis. NebrASDA promotes the grassroots initiative to encourage students to take action in advocacy by contacting elected officials, receiving text alerts, and registering to vote in support of themselves as dental students and the patients they serve. Eli serves these “hot topics” with hot coffee and warm Krispy Kreme doughnuts to educate, empower, and engage students in advocacy efforts. This event was held in-person.

**Tuesday, NebrASDA Welcome Meeting:** Our president, Kylie introduces ASDA and shares our mission statement. She speaks on behalf of ASDA at a National, District, and Local level and the purpose ASDA serves to its members. Our Membership Coordinator, Claire, details steps on how to get involved at all levels of ASDA and any year in dental school. Alex, our treasurer, speaks on behalf of the dues aspect of ASDA and breaks down the cost for National registration. This event was held in-person.



**Wednesday, Cornhole Tournament:** Our president-elect, Nick, organizes an all-school cornhole tournament with snacks, refreshments, and prizes! Students, faculty, and staff join in the school's backyard to go toe-to-toe to reign as Cornhole Champs. Here everyone is given the opportunity to introduce themselves to new D1s and advanced standing students. This event was held in-person.

**Thursday, Lotus: House of Yoga:** Our big wellness event of Fever week! Our Membership Coordinator, Claire, coordinates with a local yoga studio to promote wellness both mentally, physically, and spiritually. Here students are encouraged to practice the art of yoga consisting of deep stretches and intentional meditation to relax and release the new stressors of starting the new school year. This event was held in-person.

**Friday, The Kindling Co. Flower Truck:** To top off the end of the school week, our Communications Coordinator, Abby, connects with a traveling flower truck to distribute fresh flower bouquets to students as they head home for the weekend. Students are able to engage in comradeship between all classes and express themselves through an interactive writing wall of “What Makes You Smile.” This event was held in-person.

**Saturday, The Huskers vs. The Fighting Hawks tailgate:** To end this year's Fever Week, Morgan and Natalie, our Event Coordinators, organize and set up a tailgate to cheer on the Huskers in their first home game of the season. Now is the opportunity for students to dress up in their full Nebraska gear and get off school campus to enjoy each other's company without school pressures. This event was held in-person.

