The Leadership Issue

ASDA Leaders

Update on OUCOD Renovations by Dr. Raymond Cohlmia

Fall Events Recap

Meet the PSC’s

And More!

FALL 2013
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We kicked off the year with the ODA picnic, which included a barbecue feast and beverages. The Oklahoma Dental Association and Stillwater National Bank paid for ASDA’s national dues this year so every student that attended received much more than just great food and company. Additionally, they offered a raffle with fun prizes, a photo booth, and a bouncy castle. What better way to start the year?
The ASDA Leadership Summit in August replaced our annual meeting dedicated to planning the upcoming year’s events. This new and improved meeting focused on developing strong student leaders, one of ASDA’s true goals. The morning was full of guest speakers, including national ASDA Speaker of the House, Gabe Holdwick, and ASDA Immediate Past Vice President, Dr. Ben Youel. The afternoon focused on leadership training and committee planning sessions. This was a great way to get our leaders excited for the new academic year.
Upperclassmen volunteered after school to help the first year dental students learn some tricks-of-the-trade when it comes to waxing teeth.
ASDA dental students and ADHA dental hygiene students sought to give oral hygiene instructions to a larger audience at the Oklahoma State Fair. They provided 30-minute presentations including oral health trivia, inviting children to interact with the presentation, and educating parents and adults about the importance of oral health. This would not have been possible without the help and donations from the Oklahoma Dental Association and Patterson Dental.
The 2013 OU ASDA Open Wide Golf Tournament was held at Coffee Creek Golf Course. Teams of three golfed, ate, and drank on the course and rounded out the event with dinner after a day of heated competition. Proceeds went to the First Tee Charity.
Dent Fest is one of OU ASDA’s biggest events of the year. It allows dental students to learn and dental vendors to provide samples and teach about dental products and services. Free food and drinks are provided at the event along with raffle prizes. This year prizes included an Apple TV, tablets, gift cards, and the coveted high and low speed hand piece dental drills.
Undergraduate students from all over Oklahoma and the surrounding states spent a Saturday learning about life in the day of a dental student. OU dental students volunteered their time to teach the pre-dental students about tooth anatomy, taking impressions, waxing teeth, casting gold crowns, drilling cavity preparations, and filling cavities with both amalgam and composite. At lunch, a panel of students provided a Q&A session to answer any and all questions.
This was the first year that ASDA held the Dental Olympics event and it was a success! Each class nominated six students and two faculty members to make up their Olympic team. In a Jeopardy-style competition, the Olympians competed in two rounds of dental and Oklahoma trivia. Attendees enjoyed food and drinks and the winning dental class won free breakfast during finals week. Congratulations to the senior class for winning ASDA’s first Olympic games.
“I did not know Kurtis before he came to Oklahoma. The first time I met him was at our Orientation, but I instantly liked the guy. He was very approachable, nice, and interesting. I came into dental school knowing that my classmates were smart, and that we were the “best of the best”, but Kurtis amazed me. Our first “real” exam came while taking anatomy over the summer. During the first written exam, as I think I was only on the second page of the test, I noticed Kurtis walk down and turn his test in to the instructor. Mind you, this was only about 10-15 minutes since we began the exam. I knew then he must have been brilliant. This came to be characteristic of Kurtis on just about every test, being the first to finish, and not only that, but doing extremely well on them. I also remember that he said he was from a large family, and had many siblings. He also told me that he wanted a large family as well. I enjoyed my time getting to know Kurtis, though my time with him was short. I wish I could have gotten to know him better and spend more time hanging out with him. My heart goes out to his close friends and family during this unfortunate time, especially so close to the holidays.” - Ollie L. Beard IV

“One of my favorite memories here at the college was when Kurtis, Linfan, and I practiced pitching with golf clubs out on the soccer field next to the school. We did it to help Linfan practice for the ASDA golf tournament. I also enjoyed trying to figure out his 3 minute trivias we would do in class. He would claim it would help me to stay awake in class. Kurtis was a O-Chem TA at BYU and helped us to prepare for the final pretty thoroughly. He was also a pretty good ballroom dancer for the backup team at BYU, which is a huge accomplishment because it is the most competitive ballroom company in the world (literally, their team competition team has won the world championships in England the last nine or ten years). Another fun one was when we all entered into the ASDA volleyball tournament. We didn't stand a chance for our actual athletic prowess (or lack thereof), but what we lacked we made up for in looks by winning the costume contest! Considering Kurtis was by far the most slender and tanned individual of all of us, it may be fair to say that he was the largest contributing factor to the win.” - Tim McClain

“Kurtis, there were 2 memories of you that stood out in my mind - our one time we ran into each other at the gym during the summer and the other time about a month ago when we had lunch together in the union. From these few instances, I could tell that you were genuinely a nice fellow with tremendous accomplishments. It’s with a sad heart that I didn’t get to know you better. My deepest sympathy and empathy goes out to your family and friends. Wishing you the best on your next journey.” - An Mai
INSIDE

Oklahoma Association of Women Dentists

The Oklahoma Association of Women Dentists is an organization that strengthens the role of women in professional education, provides a source for continuing education, improves the oral health condition of the community, and forms a network for mentoring and professional opportunities.

OAWD holds several events each year including a Membership Drive, Fall CE Course, Christmas Party, Specialist Panel, and an end of the year Senior Dinner.

Members will hear about OAWD events via E-vite sent to their school email address.

For more information on how to join OAWD and questions about future events, contact your class representative.

DS4- Jenny Chadd
DS3- Diane Vincent & Rebecca Ramos
DS2- Shelby Olsen
DS1- Lauren Decker & Mylynn Nguyen

Upcoming OAWD Events:

OWAD New Year’s Party
Jan 30th
@ 6:30

OAWD Women Dentist Panel
February 20th
OUCOD @ 5:00

SPEA

What is SPEA?
The Student Professionalism and Ethics Association in Dentistry (SPEA) is a national, student driven association that was established to support students’ lifelong commitment to ethical behavior in order to benefit the patients they serve.

How does SPEA work?
By uniting the community of students, faculty and staff of the OUCOD, SPEA will promote lifelong thought and action in the arena of dental ethics. SPEA aims to foster an environment where ethical issues can be addressed in an unbiased forum. SPEA also aims to form a student-centered committee to mediate and resolve concerns relative to professional behavior.

Who are members?
YOU! SPEA general membership includes all U.S. dental school students.

SPEA is a newly formed organization at the OUCOD. Be on the lookout for panel discussions and ethical forums starting this fall!

Upcoming Events:

SPEA Ethics Panel with Dr. Jim Farley
January 23rd @ 5:30

Questions? Contact Samantha Ali, SPEA President
Samantha-Ali@ouhsc.edu

There are so many great organizations the OUCOD has to offer. Many of our ASDA members are actively involved in these groups and are accomplishing wonderful things for the community and our school. We decided to designate a space in our newsletter to update our readers on what is happening in these groups!
Another incredible semester has gone by and the Staples Society is thrilled with what we achieved! In the Fall, we volunteered at the Regional Food Bank of OK, had our annual Halloween Party for the kids in the Big Brothers/Big Sisters of Oklahoma program, visited a nursing home and educated residents about oral hygiene, and had a Halloween candy gram sale. We collaborated with OU ASDA to have our very first Oral Health Fair for kids and it was a huge success! In December, the entire OUCOD came together to adopt over forty 6th grade students for Christmas and we handed out over 500 Christmas stockings to students of all ages at MLK Elementary School. The Staples Society has great things planned for this upcoming semester and we are so grateful for you and your support!

- Sneha Patel, ’15, STAPLES President

Staples Society Mission

- Provide service to the OUCOD
- Promote interaction of faculty, staff, students, and residents
- Fulfill the emergency needs of the OUCOD family
- Provide service to the community

SCHOOL ORGANIZATIONS/SPECIAL INTEREST GROUPS: If you would like OU ASDA to recap your event or make an announcement in our newsletter please contact one of our publications editors.
IT'S HARD TO BELIEVE BUT it's only been since May that we started renovations at the OU College of Dentistry. Most would think that because of the need to coordinate different work projects, address building code issues, etc. the pace of renovation would be slow and limited in scope. This could not be further from the truth! In gathering my thoughts for this progress report, I was recently standing in front of the reception room in the Blue Clinic (one of the three major patient clinics on the third floor). Where the view used to be of a reception room that connects to thirty-six chair of a clinic, I now see nothing but one large empty space! All the intervening walls are gone and a sea of steel studs outline where all the new additions and changes to the clinic will be taking place. While this may not seem out of the ordinary for a construction project, the significant thought is that this is the last clinic on the third floor to be completed!

First-floor renovations are also moving along very well, along with a completed AEGD clinic on the second floor, and full renovations of two of the three clinics on the third floor. After many hours of working with Timberlake Construction and Bockus & Payne Architects, we’ve established the phasing of work on the first, second, and third floors and have begun to work on the scope of the second and third phases for the dental school that would encompass the entire remaining dental school. Phasing has proven to be one of the most challenging aspects of the entire project; this is primarily because of the need to address student and patient needs while construction is ongoing. While we were able to move lecture classes normally scheduled in Rooms 104 and 108 to other areas on the campus, this is not possible where the delivery of clinical care is concerned. OUCOD has several clinics on Floors 2, 3, and 4, most of them consisting of thirty-six chairs per clinic. We currently have completed the Burgundy and Gold Clinics (third floor) and the Brown Clinic (second floor). With the Blue clinic under construction; this takes sixty chairs (roughly one-third of our available chairs) out of service. We were able to easily accommodate this chair shortage during the summer session, when student demands are not as heavy and our dental hygiene students are not at the college during the summer months; however, this has become much more challenging in the fall semester will all students at the college. It has been accomplished with a great deal of patience and consideration among the faculty, staff, and students.
In early May, we met with representatives from A-dec to discuss the final layout of the new cabinets in Burgundy Clinic; a clinic now completed and in operation. We continue to maintain schedule, with the Blue Clinic slated to be completed by the start of the next semester. As mentioned above, the exciting part about this is that it’s one of the last finishing items for all the clinics! In addition, the Burgundy and Gold Clinic reception areas have assumed their “new look”, replacing the wall-enclosed concept with a more open design.

The new AEGD area occupies the old Brown Clinic area on 2nd Floor has been completed and in operation since August, being the first clinic to be completed. The 24 chairs in the north and east sections of Brown Clinic, house the AEGD program and a new Advanced Esthetic Clinic to be staffed by Dr. James Kessler (Fixed Prosthodontics). Dr. Kessler is in the process of assembling a lineup of educators to teach our students the art of delivering top-notch advanced esthetics in a team format concept. While the advanced esthetics clinic is completed, the support laboratory area of the clinic is just being completed at this time. NOTE: The Graduate Periodontics program will continue to occupy the west section of Brown Clinic; it is scheduled for renovation in the next phase of construction.

As completed the Burgundy Clinic and its adjacent hallway, the Gold Clinic and its hallway area, and the west restroom, Blue clinic remains, with its’ adjacent hallway area and east restroom that will be completed by the start of the next semester. At that point, all third-floor hallways, clinics and restrooms will be completed!

Back to First Floor. We elected to complete this floor in phases to have the least negative impact on daily operations at the school. Rooms 104 and 108 (in fact, essentially the entire east section of the floor) have just about been completed. This includes the Delta Dental Atrium, the outdoor courtyard, Student Store, the shipping and receiving area, the new student locker room, and the new restroom areas. The student locker room began occupancy at the end of October, so that the central core of First Floor, which would include the student lounge, one new additional classroom, and two distance learning rooms, could begin construction. All of these remaining areas of the first floor are scheduled for completion in late May to early June of 2014.

As you can see, we are making great progress but we have a ways to go. As stated above, were are now in the planning phases for the scope of Phase II and Phase II. Like I noted prior, renovation becomes an even more complicated issue when ongoing educational needs are factored in. In essence, we are remodeling your bedroom, kitchen, and bathroom, while asking you to live and sleep there, and also prepare three meals a day! Doing all of our planned renovations maintaining the quality of our educational program is a great challenge, but not an insurmountable one.

We’re very excited about what’s happening at your school! Take a look at our photos or, better yet, come and see what’s going on in person! We would love to give you a tour of what will be the NEW University of Oklahoma College of Dentistry!
Building leaders, 
Building character, 
Building dentists.

ASDA builds leaders amongst the dental student body. Our organization provides the opportunity to serve others and learn from our peers and mentors. We asked three of our ASDA leaders to share what it means to be a leader in the dental school as well as in the community.

Ashkaan Bahreini, Class of 2017

What does being a leader mean to me? It is a question I have been asked countless times before, but yet still remains a complicated inquiry to answer. It can be explained due to past experiences that have led me to my current leadership path.

Prior to starting college, I had never served in any capacity that would classify as a leadership role. During the fall semester of my freshman year, I had an opportunity to run for Senator and seized it. After I served as Senator, I began to welcome the challenges leadership roles presented. Though I was attending college to get a degree, organizational roles became as important and integral to my college experience as my education itself. It was through my involvement that I realized my true passion for leadership lies in teaching and mentoring others.

I chose to join ASDA because of my undergraduate involvement. I feel like there is no better way to describe how ASDA helps me become a leader more than its mission statement. By introducing students to a “lifelong involvement in organized dentistry,” ASDA helps develop all members’ leadership abilities. Allowing me to serve as a resource for information about current issues in dentistry and creating programming to enrich the students’ out-of-classroom experience are just a few examples of how ASDA helps me be a leader. In the short time I have been involved with ASDA, I have been able to grow immensely as a leader, and I hope can maintain a similar atmosphere in our chapter to help current and future ASDA members grow.
"BEING AN EFFECTIVE LEADER CAN BE SOMETHING AS SIMPLE AS BEING A ROLE MODEL, A FRIEND."

Alison Seamans, Class of 2016

Being a student from out of state, getting involved in school organizations and clubs was a crucial part of forming a social circle at the College of Dentistry for me. Before I moved to Oklahoma City, I knew getting involved in ASDA would play an important role in forming meaningful relationships as well as an understanding of the inner workings of the dental school and organized dentistry as a whole. Because of my position as Vice-President Elect in ASDA, I had the opportunity to travel to Chicago last year to ASDA’s National Leadership Conference. This experience was invaluable and taught me aspects about my own leadership style as well as how to work well with other leaders in the dental field. In addition, I was able to form connections with dental students from across the nation. My leadership position in ASDA has morphed my dental school experience into a more positive and influential one.

Outside of academia, I’ve found exercising leadership to be just as, if not more, important than leading within school. Before moving here I was a Younglife Capernaum leader in Minneapolis, Minnesota. Younglife-Capernaum is a Christian program for children and young adults with special needs. The program focuses on maintaining good values and respecting others; but above all, it is a place for individuals to come and have fun in a positive and safe environment. As a leader of this program, I became a friend and a mentor for many young people with special needs. All of the friends and acquaintances I led at Younglife Capernaum taught me compassion, patience, and empathy—imperative skills in becoming both the best dentist and person I can be. Although I’ve moved away, I keep in touch with many of these young adults, and they continue to influence my career path and everyday living.

Beyond this, I believe it is also important to recognize leadership as not just being in charge of an organization or group of people. Being an effective leader can be something as simple as being a role model, a friend. Because of my passion for working with children with special needs, I also held a job as a Personal Care Attendant before coming to dental school. This was a particularly interesting job for me because beyond being a caretaker and responsible for the life of Celeste, the teenager I worked with, I also established close friendships with her and her family. Celeste has autism, and because of this, she struggles with forming close friendships. It took a while for me to gain her trust and love, but after working with her for over a year, I realized she really looked up to me. She trusted me completely and started to emulate my behavior. I was in a unique position of influence, and realized it was the most important leadership position I’ve ever held. I think being an effective leader is not just being nominated to a class position, but taking your experiences and infusing it into your everyday living. As a leader, people are constantly looking up to you for your reactions and advice so it is important to act accordingly. My most beneficial and influential leadership roles are not the ones I ran for or was nominated to, but rather the ones I find myself in everyday.

Whether you are an older sibling, a mentor, or a parent, it is important to realize we are all leaders in our own way. This is especially important to consider when knowing we will all be leading a dental team someday. The size of the group we lead doesn’t matter as much as realizing we are all going to be looked up to by our employees. I believe practicing leadership now is imperative in becoming the best dentist I can be. I encourage everyone to find areas in their lives where they see themselves as leaders and bring this to school, and eventually to our dental practices.
I once read that there were two primary reasons that leaders prevailed. One, that leaders are born and genetically programmed to go to the head of the line and lead. The other, that instruction and mentoring can teach leadership skills to those not born to naturally lead. I’d like to argue that it isn’t that black and white and through my experiences I personally believe that mentorship and the development of leadership skills carries more weight than genetics alone.

My entire life I have asked myself why and how I feel this need to be involved in extracurricular activities. I have moments where I think to myself how much easier and carefree my life would be if I just respectfully went to school then went home and lived my life. Whenever a position or an event comes along, this uncontrollable feeling rushes over me, and next thing I know I’ve signed up, am running for a position and am planning the next event. This is clearly the genetic influence of being born type A. However, I know this alone can’t be it. After years of self reflection and a search for understanding I have come to realize that my primary reason for getting involved is not to build my resume, or to have the title, or the power, or whatever others may believe. Instead it is strictly for the personal connections and friendships with others that motivates me to get involved, and seeing the hard work and results of a team that encourages me to run for leadership positions.

Being involved in ASDA has truly shaped the leader and person I am during my time in dental school. The mentorship and leadership skills I have acquired by attending the National Leadership Conference, Annual Session, ODA Leadership Summit and the ASDA Leadership Summit have instilled tools and confidence in myself that I know I will carry forward in my practice, family, and life. But on a social aspect, I have been fortunate to interact with and befriend people that I would have never had the opportunity to meet had I not been involved. The friends I have made from other schools will surely be the couches I sleep on when I interview for residencies. The doctors I have met at conferences will be the ones I call when I would like to come shadow or ask questions and seek advice. Even here at our own school, my involvement with STUCO and serving as my class Vice President, I have gotten to be a voice for my fellow students, my classmates, and interact with faculty to make changes for the better. It is truly a wonderful experience for me when a faculty member knows my name and who I am and allows me to openly discuss better treatment options for my patients, ask questions about an exam, or just have a general conversation about the new Hunger Games movie or what they are doing with their family for Christmas. Most importantly, I have made so many wonderful friendships outside of my own classmates. It is so great to be at school and have conversations with any student regardless of what class they are in; people I would have never known without my involvement in ASDA and STUCO. To me, interacting with others, gaining positive social experiences in my life, and making friendships is the sole driving force to get involved. It is my calling. It is the reason I sign up for positions. It is the reason why I have absolutely loved the past three years of dental school.

To be a leader you have to interact with and motivate others to achieve success. You can push and plan and give orders all day long, but if you don’t have any followers, no connections, no one that you interact act with, or no one trusting your word, what exactly are you leading? Without the social interactions I’ve had, the mentorship of the faculty, and the education and skills I’ve gained from attending conferences, my genetic code wouldn’t go very far. This is why I believe that anyone can be a leader; you just have to have the drive and be shown the right skills for success.

One of my favorite quotes is “Leadership is the art of leading others to deliberately create a result that wouldn’t have happened otherwise.”
ASDA Members Represent OUCOD at the ASADA National Leadership Conference

This fall OU ASDA took 8 ASDA members to the National ASDA Leadership Conference in Chicago. We asked a few of them to tell us about their experience and what they learned at the conference that they plan to bring back and implement into our chapter.

NLC was a very rewarding experience where I got to hear from great speakers and meet dental students from across the nation. One of the most notable speakers that I had the opportunity to listen to was Dr. Chris Salerno. He gave a presentation on public speaking that opened my eyes to how important clear, concise, and effective communication will be in our profession. Public speaking can be divided into 4 categories: Persuasive, Ceremonial, Extemporaneous (Press/Networking), or Informative. As a dentist, you will have numerous opportunities for public speaking – whether you are speaking at an event, summarizing findings to the Press, lecturing in a classroom, or presenting evidence to a committee or in court. It is important to know who your audience is and to be prepared.

Another interesting session was about work/life balance. As dental students, many of us easily struggle with balancing work and life. The most important thing to do is to find the priorities in your life, but understand that you can constantly re-prioritize. You want to set SMART goals – specific, measurable, attainable, relevant, and time-bound.

Some ideas that I got from the Activities & Fundraising Idea Exchange that I thought would interest our chapter are as follows:

- Wine tasting (Kentucky) – they charge $10 for the event; donations are auctioned off in a silent auction and all proceeds are donated to a mission clinic in Mexico
- Faculty/Student Basketball Tournament
- Student Morale Activities – to boost morale; finals week good bags; good luck candy before practicals
- Waxing Tournament – faculty members wax, students judge
- 5K (Buffalo)
- The Amazing Dental Race (Marquette) – a smart phone app is used to give teams clues on where the next pit stop is; sounded like participants had a great time
- Trivia Night
- Balls/Banquets to raise money

This was my first ASDA conference and it was a great experience. There were various program tracks to choose from and I was excited to see an emphasis on practice management and transition to practice. My favorite workshop was about how to manage a group, it stood out because it was lead by recent graduates who shared both good and bad experiences and things that they have learned so far. It got me thinking about how I would handle various situations with staff and patients in the future and also provided useful tips that I can use while working with groups at school.
OU ASDA Leadership

Chandani (CJ) Ragha, Class of 2016

The last thing on my mind the week of the National Leadership Conference was the Conference. I had a Pathology exam the day of, and my National Boards part 1 a week and a half after. That Thursday, I took my Pathology exam, drove home as fast as a manic could (without getting a ticket), and packed my entire suitcase for this weekend trip. For anyone who knows me, that's saying something because I'm very indecisive when it comes to picking out clothes to wear...especially when it's business casual. I finally reached the airport and met up with my other fellow dental students, who all are pretty awesome people, so I have to say, I was excited to be going on this trip with them.

Honestly I didn't know what to expect from the National Leadership Conference. I thought it was going to be three days of sessions, sessions, and more sessions, and that I wouldn't gain anything from it....but I was so wrong....well not about the sessions, but this trip did turn out to be something really special. I'll admit it. I got ASDA fever. The introduction ceremony was at 8 AM, and my classmates and I headed down to the Sauganash Ballroom to listen to the opening speakers. I was only going to stay for the opening presentation, and then high tail it back up to my room to catch another hour of Zzzzzz, but the presentation went right in to the first session, and so I decided to listen in....BEST DECISION EVER.

His name was Luke Williams, a professor from the NYU School of Business. The first thing that caught my eye about him was that he had the coolest Australian accent I have ever heard, granted I haven't heard that many. He began talking about this concept called Disruptive Thinking. When I saw the title of his presentation, I thought that it was going to be too complicated for my tired brain to understand, but his presentation turned out to be one of my most favorites of the trip. Professor Williams's lecture about thinking outside the box was so entertaining and intriguing, and I wish I could share everything he told us with you all, sadly however; I only started writing things down the last 10 minutes of his presentation, and my mind is fuzzy to details three weeks later. I will tell you, though, if you ever get to listen in to one of his lectures or speeches or anything, DO IT, and you will have just as much of a crush on him as I do.

After the presentation by Luke Williams, the busy schedule that is the National Leadership Conference list of sessions to attend started off with a fury. Daryn's motto was divide and conquer, and we did exactly that. Legislative Liaisons went to the ASDA advocacy sessions, Presidents went to Chapter leadership sessions, and I, being Secretary, went to a couple sessions on Communications. Then it was time for lunch, and it was no ordinary lunch, but a 3-course meal befitting of a Harry Potter movie (I'm obviously exaggerating, but it was so good nonetheless). If the intention of the NLC was to make me fatter by the end of the trip, they were on the right track. After stuffing myself to the max, the whole parade of dental students either went up to their rooms to get some shut eye or go down to absorb some more top secret information on being a great dental leader. I, like a good dental student, decided to do the latter.

After attending a few more sessions that afternoon, I went up to my hotel room for a little breather, and came back down for the next exciting event of the day: the Vendor Fair. I thought the OUCOD Vendor Fair was great, but this was even better. So many vendors, with so many freebies and great information for those interested enough to hear. I was a little more interested in getting my 35 stamps to enter myself in the raffle, so I tagged along with a dental student from another school, and we both went through the long lines getting free stuff and collecting our stamps as fast as we could without trampling anyone. I was definitely hurting after our marathon, but it was worth it and hour and two full goody bags later. Sadly, I didn't win anything, but I was happy for those who did. After the Vendor Fair concluded, it was time for District 8 and District 9 to get together for our dinner sponsored by Pacific Dental. Just hearing that I was from District 9 made me think of the Hunger Games, and I almost wanted to go into battle, but the odds probably wouldn't have been in my favor, so I decided against it.

The dinner by Pacific Dental was held at this really nice place called Bridge River Tavern. The ambience was so nice, I felt like I was going on a romantic dinner with about 35 other people. It was also a 3-course meal and there was an open bar so I enjoyed myself rather nicely. That night I made a ton of friends.

The next day was pretty much like the first, minus the opening session and the Vendor Fair, and it was awesome. One session I definitely have to talk about was one on How to Lead a Dental Team by Dr. Chris Salierno. I am one of those people who haven't the slightest clue on how to do this, and apparently so are the rest of my classmates, because at 10:15 AM, we were all there. Dr. Salierno owns a small practice with about 7 faculty members, and Dr. Alexander has 2 practices with about 30 faculty members, so it was a nice mix of extremes. The tips and experiences they shared with us about their practices were super helpful and also funny. I learned to not add my coworkers on Facebook and that if I'm going to critique them, try it in a complement sandwich....golden advice in my opinion.

The goal I made for myself at the 2013 NLC was to meet new people, and I did exactly that. I have dental friends from all over the US now after this conference, and I hope to make many more in the future. I am extremely grateful to have had this opportunity to go to Chicago on this amazing trip, and I would recommend to anyone that they should go if they get the chance. They'll surely catch the ASDA fever like I did.
Amidst the “sophomore surge” and preparing for NBDE part 1, I somehow managed to make the trip to Chicago happen. It was well worth the ensuing setback in my studies. For me, this weekend was more than just a vacation from the reality of dental school. It was an opportunity to develop new connections, improve our chapter fundraising and vendor relations, and absorb new ideas to grow as a young dentist. I was able to interact with fellow dental students from all over the nation to share and compare ideas on chapter events throughout the weekend. The business representation at the vendor fair was fantastic, and hopefully we can expect to see some new faces at our next “DentFest”. Some things I was able to take away from the weekend included tools to make the transition from student to doctor, lead a dental team, and be a successful practitioner in the age of social media. I also attend sessions on alternative workforce models, hot topics for the future, public speaking, ethics, associateship vs. ownership, and how to get the most out of dental school.

One of my most memorable experiences actually happened on Sunday afternoon, about 5 hours before our return flight was scheduled to leave. Our lunch choice that day was pizza, and according to the map on my phone, a local favorite, Uno’s pizzeria, was just a few blocks away. My phone had also been giving me alerts all morning about a thunderstorm that was about to hit the metroplex. Well, Ashkaan and I decided to leave the hotel on foot before the rest of the group since the restaurant didn’t seem that far away and the rain didn’t seem to be nearly as bad as they had forecasted. As you can probably guess, by the time we made our 15 block journey (farther than I had estimated), we were drenched by an Illinois thunderstorm that practically floated us the last few blocks. As luck may have it, the waitress at the restaurant felt so sorry for me she actually brought out towels from the kitchen for me to dry my slacks and dress shoes. The rest of the group didn’t seem too impressed as they had all taken a cab and already ordered appetizers.

All in all, NLC is a unique experience and one I would highly recommend to anyone looking for personal development in the intangible side of dentistry. I feel that I came away with valuable insight and contacts to help me to get the most out of dental school and hopefully be a better advocate and representative for our profession down the road.

Visit the National ASDA website for more information on how you can become an ASDA leader on a national level!  http://www.asdanet.org/leadership/
As a pre-dental student at the University of Oklahoma, I was aware of the quality of leadership that OU ASDA maintained at the OU College of Dentistry. So when I was elected to serve as the Publications Editor for my class, I knew that I had to meet the high standard of leadership that was set in this organization. Thankfully, OU ASDA hosted a day-long leadership summit on August 24th to prepare the elected officers for the year ahead. Throughout the day, we engaged in skill-building exercises, from learning how to network (led by ASDA’s 2013-2014 Speaker of the House Gabe Holdwick) to working in committees (joint-led by Gabe Holdwick and ASDA’s past Vice-President Dr. Ben Youel). Not only did I get to know the student leaders both in my own class and in the classes above me, but I also learned new and valuable tools that would enable me to succeed as a leader in dental school. It became obvious as the day progressed that not only is developing leadership skills necessary for dental school but also in transitioning from dental school to dental practice. Dr. Youel spoke candidly about his experiences as a recent graduate and was able to offer fresh perspective on what it means to be a leader, both as a student and as a newly-minted dentist. We gathered in our individual committees in the afternoon; goals were set and reports were given as OU ASDA’s vision for the upcoming year was clearly defined. As each team of leaders shared how they planned to serve our school through organized dentistry, I realized that this was not an ordinary planning session. Instead, the OU ASDA Leadership Summit laid the foundation upon which a year of activity would be built. This gathering not only allowed me to witness the quality of leadership established by OU ASDA, but informed, inspired, and challenged me to set the standard of leadership high in myself and student leaders around me.
Being one of the more seasoned members of the class of 2017, I’ve grown accustomed to questions about making such a radical career change, handling the rigors of first year—intending to specialize in periodontics—while balancing the needs of a wife and small children, was there color TV when I was a kid? Not really on that last question, but I fondly remember the luxury of being a 2nd grader and getting to watch the space shuttle Columbia make it’s first landing on a 19” B&W TV in our classroom.

My journey to get here can only be described as Providential. After volunteering with Dr. Joe Maltsberger, DDS in Oologah, OK for Give Kids a Smile Day in 2004 I began to investigate if dentistry would be the right career for me. At that point I’d been a programmer for 8 years. Dr. Maltsberger helped me quite a bit, giving wise counsel and encouragement as I made the decision. Dr. Kent Shacklett, DDS was another source of wisdom helping guide me toward preparing financially for school. Dr. John Grossman, MD, PhD helped give me the confidence that I wasn’t too old to begin a new career. Finally, Dr. E.J. Vaught, Jr, DDS and Dr. Brent Burchard, DDS, MS were gracious enough to hire me as a dental assistant and introduce me to the world of periodontics.

I don’t know how well I’ve balanced school and family. To be honest, I think my wife and kids have been the flexible ones. My wife has a healthcare background as a critical care nurse, so she’s very understanding. Still, we have an agreement that I don’t work on school when I get home in the evenings until the kids are in bed. In order to study I get up at 4AM and try and get to the Student Union by 5AM. If the exam schedule is tough, then I will spend about 6 hours at the library on Saturday and after church on Sunday. One thing that 7 years in the Marines and 15 years of programming have taught me is how to manage projects for multiple people, which all have equal priority. So far this arrangement has worked out for us, but at the same time I do worry if I will be competitively ranked when it comes time to apply for a residency.

I’ve also been able to make time to serve as our class’s Legislative Liaison in ASDA and also as one of our class representatives to the Institute for Healthcare Improvement. I’m applying to serve next year on the ASDA Council of Advocacy to represent districts 8 and 9. I also try to be involved with the Staples Society and am helping to plan a chili cook-off fundraiser for next semester.

I’ve heard from multiple classmates that they don’t know how I manage everything. I can say the say the same thing about my classmates trying to plan weddings right now. At the end of the day, I don’t think I’m busier than any of my classmates; I’m just at a different stage of life. We have a great class and I’m privileged to be going through this experience with everyone!
Meet the PSC's

Get to know the OU College of Dentistry's Patient Service Coordinators. We appreciate all they do to facilitate excellent patient care.

Photos by Loan Vu, '14

Lisha Rummel

HOMETOWN: Harrah, Oklahoma
FAVORITE RESTAURANT: Starbucks
FAVORITE THING ABOUT OUCOD: Working with and getting to know my students
HOBBIES: I have two small kiddos, so that answers that.
FAVORITE QUOTE: “Be helpful. When you see a person without a smile, give them yours.”

Jamie McComas

HOMETOWN: Oklahoma City, Oklahoma
FAVORITE SONG: “I Can Only Imagine”
FAVORITE THING ABOUT OUCOD: Working with such a wide variety of students and faculty. And I also just love some of my patients!
FAVORITE HOLIDAY: Christmas
HOBBIES: Cooking with friends
FAVORITE HOLIDAY: Thanksgiving
FAVORITE QUOTE: “Life is not about waiting for the storm to pass… It’s about learning to dance in the rain.”

Tracy King

HOMETOWN: Newark, Ohio
FAVORITE RESTAURANT: Any restaurant with a view of the ocean.
FAVORITE THING ABOUT OUCOD: Seeing the students evolve into dentists.
HOBBIES: Remodeling houses, traveling, shopping, watching OU football, softball, and basketball, watching OKC Thunder, and spending time with my friends and family. But mostly anything that involves my two grandchildren Brooklyn and Gabriel.
FAVORITE HOLIDAY: Thanksgiving
FAVORITE QUOTE: “Work smarter not harder.”

Erika Cheadle

HOMETOWN: Los Angeles, California
FAVORITE SONG: “At Last” by Etta James. My husband and I danced to this song on our wedding day.
FAVORITE RESTAURANT: BJ’s
FAVORITE THING ABOUT OUCOD: Working with such a wide variety of students and faculty.
HOBBIES: Shopping, Crafting/Interior Home Design
FAVORITE HOLIDAY: Just Because Day
FAVORITE QUOTE: “Work smarter not harder.”

FUN FACT ON YOU: I’ve been told by family and friends I would make a great comedian. I enjoy seeing people smile. Laughter is good for the heart.
Here at OUCOD, the PSCs serve as correspondents to our patients and aid the dental students in scheduling and contacting patients about their appointments and concerns they may have. They work directly with the students and faculty at the college. Our PSCs have lessened the burden on the students here and have proven to be a great asset in providing excellent care to the patients at OU College of Dentistry.
Meet the DSIs

By Sydney Rogers, ’17

Kaitlin Polk

HOMETOWN: Ardmore, OK
UNDERGRAD SCHOOL/MAJOR: Baylor University, Biology
FAVORITE RESTAURANT: McAlister’s, duh (love the sweet tea)
FAVORITE SONG: I’m on a country kick right now, so “We Were Us” by Keith Urban and Miranda Lambert
FAVORITE THING TO DO OUTSIDE OF SCHOOL: Hang out with friends and family, catch up on sleep
FAVORITE TOOTH: I kind of like premolars, not really sure why!
DREAM JOB (BESIDES DENTIST): Oh man, I would probably be a Hall Director for a college dorm, I was an RA in college and absolutely loved it!
HOBBIES: Crocheting, running, and watching way too much Netflix

Matthew Bridges

HOMETOWN: Born in Sherman, TX but grew up in Sierra Vista, AZ
UNDERGRAD SCHOOL/MAJOR: University of Arizona, Soil & Water Science
FAVORITE RESTAURANT: Lanna Thai in Tulsa, OK
FAVORITE THING TO DO OUTSIDE OF SCHOOL: High-power rocketry and board games
FAVORITE SONG: “Tjaded Motion” by The Caribbean Jazz Project (My wife and I danced to this at our wedding.)
FAVORITE TOOTH: #27
DREAM JOB (BESIDES DENTIST): Vice President of the U.S. because you get to live at the Naval Observatory and no one tries to assassinate you.
HOBBIES: Any sport other than soccer, kubb, hunting, fishing

Jonathan Frost

HOMETOWN: Phoenix, AZ
UNDERGRAD/MAJOR: University of Arizona, Russian
FAVORITE RESTAURANT: Chili’s
FAVORITE SONG: “This Cowboy’s Hat” by Chris LeDoux
FAVORITE THING TO DO OUTSIDE OF SCHOOL: Chilling with my wife
FAVORITE TOOTH: Maxillary 1st premolars
DREAM JOB (BESIDES DENTIST): #1 Bull Rider in the world
HOBBIES: Any sport other than soccer, kubb, hunting, fishing
How To Manage Debt after Dental School

Samantha Ali attended the ASDA National Leadership Conference and her favorite break out session dealt with the question on every dental student’s mind: How do I manage debt after dental school? The following is a recap of what she learned! The breakout session was presented by Dr. Todd Cockrell, regional owner dentist of Pacific Dental Services and Robert Graham, owner of RG Capital.

NLC Session: Debt Management and life after Dental School

The session Debt Management and life after dental school was learning how to LIVE TODAY TO CREATE TOMORROW!! The three decisions one first needs to make are as follows 1. Your Post Grad Choice that is whether or not to specialize, go into a GPR or AEGD, private dentistry, military, public health, academic dentistry or research. Decision 2 is Geography vs. Opportunity which means deciding if you want to live in small/big town or live in a specific state? The final decision one has to make is the type of Practice Environment you want.

Always remember to review the BIG PICTURE!! (MAP IT OUT!!) You need to know your vision, goals, strategies, tactics, and tools. Also make sure you know your financial realities such as your income, student debt, living requirement, and “big picture” requirement. Why is this important? Because only 1 out of 100 Dentists Know the number or amount of money they must save each month to reach their goals. Anthony Robbins once said, “Everyone says they know what to do, but the reality is, only a small few will actually ever do what they know.”

The sooner you have clear and detailed visions and goals, the quicker you will be able to map out your game plan. Then and only then can choose your Strategies, Tactics and Tools to accomplish what you want.

LIFE INSURANCE AND DISABILITY

Be sure to sign up for FREE life insurance and disability for ASDA members while in dental school. If everyone signs up, our ASDA chapter will receive a monetary award! So take 5 minutes and do yourself and ASDA a favor by signing up!

www.insurancefordentalstudents.com

ASDA ENGAGE

Take a minute to visit ASDA Engage and ask your Congressperson to protect student loan rates. It’s very fast and easy. Together we can have our voice heard!

http://cqrcengage.com/asda/

OUCOD LEGACY PROJECT

Have you been keeping up with the OU College of Dentistry Legacy Project? Follow the link to view an incredible time lapse video of the ongoing construction!

http://dentistry.ouhsc.edu/AlumniandFriends/LegacyProject/LegacyConstructionUpdates.aspx
First-year dental student Kimberly Merritt offers some advice on where to eat around Oklahoma City. Whether it's brunch, a study session, or a romantic date, this Oklahoma City gal has some great advice for dining around town.

**PICASSO CAFE**  (3009 Paseo Street OKC) $$$
The best aspect of this restaurant is its relaxed, artsy vibe! Kimberly recommends the Blackened Fish Sandwich, served with Napa cabbage slaw. If you're feeling artsy, head to the Paseo Arts District to grab a bite to eat where “great food is an art.”

**CUPPIES AND JOE**  (727 NW 23rd Street OKC) $
This fun cupcake-and-coffee shop offers an affordable price-range to the sweet-toothed dental student. It's a cool study spot only a few miles from the OU Health Sciences Center. Be sure to try the Boom Boom Pow: a vanilla bean cuppie with chocolate buttercream, caramel, and sea salt.

**THE MULE**  (1630 N Blackwelder OKC) $$
Providing hot melts and cold beer, this restaurant is perfect for a tasty lunch, happy hour, or dinner. Kimberly says THE sandwich to order is “The Macaroni Pony.” Jalapeño cornbread topped with chipotle BBQ pulled pork, three-cheese mac and cheese, and pickle... Yee haw!

**KITCHEN No. 324**  (324 N Robinson OKC) $$
Whether it's the urban vibe, fresh ingredients, or thoughtful take on brunch, Kitchen No. 324 has perfected Sunday morning dining. The Fried Green Tomato Benedict, coupled with a cup of hand-brewed coffee, is simply divine. P.S. Kitchen No. 324 is now open for dinner, too!

**PASEO GRILL**  (2909 Paseo Street OKC)$$$$
Kimberly recommends Paseo Grill for a romantic dinner date. The private arrangement of the restaurant allows for an intimate evening full of delicious food! The Grilled Atlantic Salmon, accompanied by the festive cocktail “As Thyme Goes By,” will provide an appetizing addition to any evening.

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**“Clinical Trials”**
A Comic by Kasey Gillespie, ’17

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**Letter From An Editor**

My fellow readers,

Yes, that is a giant toothbrush. I received this 5-foot beauty as a birthday gift this year, and I absolutely love it! I didn't always want to be a dentist, but had wanted to be a writer for much of my adolescent life. Writing has always been a passion of mine. I have served OU ASDA as a publication editor for three years now. I wanted to get involved my first year of dental school with ASDA and with my brief history as a Journalism/Broadcasting major, I felt this job was something I would enjoy. During my second year of dental school, I took the initiative to revamp our current newsletter and start Sooner Smiles. I have spent many grueling hours and suffered through periods of creative instability but I could not have accomplished anything without the help of my fellow Publications Editors and ASDA members. Thank you for supporting ASDA and please continue to stay involved!

OU ASDA Publications Editor
Diane Vincent, ’15
Letter From the President

Oh, we’re halfway there!

It seems like just yesterday I had just started my term as chapter president and district trustee. This year has been full of new initiatives and programming that I am especially proud of – Dental Olympics, ASDA Rewards, the exclusive financial education series with SNB, the continued collaboration with Staples Society and StuCo, the strong alliance with the Oklahoma Dental Association and the OU College of Dentistry. The list goes on and on.

What am I most excited about? Seeing and hearing students become fully engaged as ASDA members! Whether it is setting aside a few hours on the weekend to promote oral health or spending time after school on campus to support your classmates in Dental Jeopardy while enjoying a tasty adult beverage with a faculty member that you may have never interacted with before – ASDA fever is in full effect! Take advantage of your membership by participating in our monthly contests, learning more from our offered L&Ls, interacting with vendors at our exhibit fairs, and the free life and disability insurance through the ADA!

I would like to encourage you all to make the most of your time in dental school by continually challenging yourself to become the best practitioner on behalf of your patients. It has been a true honor for me to represent our school and state on the national level. I would like to give a special ‘thank you’ to the Class of 2015 who elected me to this position. I strive every day to work hard for each and every one of you. With that being said, this is my first official announcement that I will be running for a position on the executive committee for national ASDA. This represents a very unique opportunity for myself as well as for our college. Please contact me if you have any questions, comments, or concerns that you would like to voice. I would love to hear from you all.

Daryn Lu, Class of 2015
Oklahoma ASDA President
ASDA District 9 Trustee

Like us on Facebook!

Check out OU ASDA on our Facebook page. You’ll find up-to-date information about ASDA events as well as photos and resourceful links to broaden your dental horizons!

mouthing off

The Blog of the American Student Dental Association

ASDA’s award-winning blog contains posts about current events in dentistry, student life, and fun stuff. Subscribe today! http://www.asdablog.com

Instagram @OUASDA

OU ADSA now has their own Instagram account! Be sure to follow us @ouasda and #ouasda on any photos you take at our local and national ASDA events!

Interested in writing an article for Sooner Smiles?

Contact an OU Sooner Smiles editor:

Diane Vincent, Sr. Publications Editor
Katie Camacho, Jr. Publications Editor
Sydney Rogers, Jr. Publications Editor