2014 in Review
Event Recaps & Chapter Accomplishments

Meet the Officers
Who exactly is running our chapter?

Feature Article:
From Law to “Say Aah”
The Story of Becky Bye, JD, DS1

Announcing:
Team Whale Squid as the Winners of the Cup of Carabelli!

Faculty Spotlight
An Interview with Robert O. Greer, DDS, ScD

Vol. 1 Issue 2
The Colorado Extraoral Journal: Dentistry Outside the Mouth
The Official Newsletter of the Colorado Chapter of the American Student Dental Association

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Colorado ASDA

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Want to write for the CEJ? Contact Rick Collette at editor@coloradoasda.org

Cover Photo by Dan Peterson
Pictured: Ross Roggow ’16, Vincenzo Artino ’15, Connor Schwarzinger ’17, and Taylor Baird ’16, winners of Colorado ASDA’s 2014 Thrush Week and the Amalgames

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However, I would encourage you to get more involved. The opportunities are nearly limitless. But you may scratch your head. “How do I do that? Who do I talk to?” I am glad you asked.

If you want to be more involved, writing for the CEJ is a great way to do so, but if writing isn't your thing, just ask around. There's a piece in this newsletter that introduces your executive board. Ask any of them how you can help. I guarantee none of them will tell you they don't want help. So find a group that meshes with what you'd like to do, and get involved.

Colorado ASDA is all of you, and every one of you is Colorado ASDA. Earth-shatteringly profound, I know. See you in the pages.

Cheers,
Rick Collette, '17
Meet the Executive Board

Christian Piers—President

Christian Piers is a third-year dental student at the University of Colorado. He graduated from Hope College in 2007 with majors in English, chemistry and biology, and moved to the Big Island of Hawaii, where he worked as a biologist on a seahorse farm while completing his Master of Fine Arts in creative writing. He currently serves as Colorado ASDA president and national ASDA editor-in-chief, and as student liaison to the Colorado Dental Association board of trustees. He lives with his wife, Rachael, in Denver.

Kyle Larsen—President-elect

Kyle Larsen is a second year dental student here at CU and is currently serving as the President-Elect of Colorado ASDA. He enjoys graphic design, photography, and anything multimedia. When he is not in class or lab, he can be found either at the movie theatre or on the tennis court.

Becky Bye—Alternate Delegate

Becky is not only a first year dental student, but she is also a licensed attorney and practiced law before starting dental school. After double majoring in Chemistry and Religion at Colgate University (no pun intended), Becky went to the University of Denver Sturm College of Law and practiced law in Colorado at a large law firm and later, for the state and federal government. Having always yearned to go to dental school, Becky chose to follow this passion and go back to school. Many will say that Becky “bleeds maroon” as she is obsessed with her alma mater, Colgate, and she is even president of the Colgate Alumni Club of the Rockies. In her free time, Becky enjoys writing and has published numerous articles about the legal profession and other topics in local and national magazines. She spends her free time with her husband (also a lawyer), often on their tandem bicycle, and her two cats, Kahlua and Puma.
Chris Klekamp—Vice President/First Legislative Liaison

Chris Klekamp is a third year dental student and the Legislative Liaison for Colorado ASDA. Before dental school Chris did his undergrad at CU-Boulder where he was the Drum Major of the Golden Buffalos Marching Band and then attended CSU where he received his M.S. in Toxicology. Being from Colorado, Chris enjoys all Colorado activities from skiing and rock climbing to dancing and drinking beer. Chris plans to one day join his father in practice in Colorado and, in the future, hopes to have a dog and be able to travel.

Michael Schulte—ISP Representative

Michael is an ISP 2015 student. He received his dental degree at the Chaitère University of Berlin in 1998 and completed his PhD in 2002. Michael received his Master of Science in Orthodontics from the University of Erlangen/Nuremberg in 2003. He maintained a private orthodontic practice in Augsburg Germany until moving to the United States in 2012. He met his wife, Amy (also an orthodontist) in Boston, fell in love, and moved to Denver to be with her. In his spare time, Michael enjoys clay shooting, dancing and rock climbing to dancing and drinking beer. He plans to one day join his father in practice in Colorado.

Natalie Lesinski—Second Legislative Liaison

Natalie Lesinski is in her second year of dental school and her second year of having ASDA fever. Natalie found herself on the dental path because she enjoys how dentistry brings both health and beauty to others. She speaks three languages: Polish, French and English! When she’s not working on school or ASDA, you will find her doing a snow dance in hopes of getting some fresh powder. If it works, she’ll be taking advantage of that fresh snow on the ski slopes. Currently she is the Second Legislative Liaison for Colorado ASDA, and the Associate Fundraiser for District 9 ASDA.

Addyson England—Fundraising Committee Chair

Addyson is the Head Fundraiser for District 9, Nikki also loves to run half marathons, hike 14ers, hang out with friends and family, play with her dog, Loki, and sing very loudly in the car.

Lauren Llorente—DS1 Orientation Committee Chair

Lauren Llorente is a current second year dental student serving as chair of the new anterior guidance committee. Prior to dental school, she completed her bachelor’s degree in Integrative Physiology at the University of Colorado at Boulder and feels fortunate to have been able to stay in Colorado. In her free time (which hardly exists for a DS2), Nikki loves to run half marathons, hike 14ers, hang out with friends and family, play with her dog, Loki, and sing very loudly in the car.

Lauren Llorente is a current second year dental student serving as chair of the new anterior guidance committee. Prior to dental school, she completed her bachelor’s degree in Integrative Physiology at the University of Colorado at Boulder and feels fortunate to have been able to stay in Colorado. In her free time (which hardly exists for a DS2), Nikki loves to run half marathons, hike 14ers, hang out with friends and family, play with her dog, Loki, and sing very loudly in the car. She became interested in dentistry after discovering Dentist Barbie, though her parents would not buy it for her. Though she has no idea what she wants to do after dental school, Nikki hopes the plan includes practicing in Colorado.

Nikki Kumor—Anterior Guidance Committee Chair

Nikki is a second year dental student serving as chair of the new anterior guidance committee. Prior to dental school, she completed her bachelor’s degree in Integrative Physiology at the University of Colorado at Boulder and feels fortunate to have been able to stay in Colorado. In her free time (which hardly exists for a DS2), Nikki loves to run half marathons, hike 14ers, hang out with friends and family, play with her dog, Loki, and sing very loudly in the car.

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Addyson England—Fundraising Committee Chair

Addyson is the Head Fundraiser for ASDA. She is in charge of the Scrubs as well as putting together and hosting the Fall and Spring Vendor Fair. Her purpose is to make money for ASDA hosted events like Shimstock and the Amalgames, as well as to raise money to send our ASDA leaders to national events. In her “free time,” she likes to play volleyball in summer leagues and go hiking when the weather is nice. She is a regular Martha Stewart when it comes to baking and likes to experiment with cooking when she can.

Lauren Llorente is a current second year dental student serving as chair of the new anterior guidance committee. Prior to dental school, she completed her bachelor’s degree in Integrative Physiology at the University of Colorado at Boulder and feels fortunate to have been able to stay in Colorado. In her free time (which hardly exists for a DS2), Nikki loves to run half marathons, hike 14ers, hang out with friends and family, play with her dog, Loki, and sing very loudly in the car.

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Elise Post—DS4 Liaison

Elise is from Holland, Michigan. She studied biochemistry at Elon University in North Carolina, but all along she knew dentistry was the right career path for her. Dental school has been a very rewarding experience for her, but she is eager to learn more. After dental school, she would like to do a GPR residency before moving home to Michigan to start practicing. In her free time, she enjoys running, traveling to new places, skiing, and being surrounded by her friends and family.

Marie De Puey—District 9 Liaison

Marie De Puey—District 9 Liaison

Marie De Puey is in her second year of dental school and looking forward to what the future will bring. She has enjoyed her time in Colorado and loved all that the state has to offer. Contrary to Dr. Potter’s speech on the first day of dental school, “Dental students should not spend precious study time to become better skiers while in dental school.” Marie managed to do just that within her four years. She is proud of the dentist and skier she has become while at CU.
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Ian McLean—Licensure Representative

Ian moved from Florida to attend CU School of Dental Medicine. In his free time, he enjoys camping, hiking, mountain biking, snow sports and anything else the state of Colorado has to offer. As a person who enjoys working with his hands, Ian was drawn to dentistry as a way to apply this passion to help people in his community.

Meet the Executive Board

Jenna Hyer—Pre-Dental Committee Co-Chair

Jenna Hyer is a second year dental student and co-chair of ASDA Pre-Dental Club. She is a dual citizen born in Canada, but grew up primarily in the small ski resort town of Whitefish, Montana. She enjoys hiking, running, biking, snowboarding, and most outdoor activities, which is a huge reason she chose to move to Colorado! Jenna found her way to dentistry by combining two of her passions: science and art. She majored in Cell Biology and Neuroscience at Montana State University, and enjoys making jewelry, drawing, painting and any other creative outlet she can discover in her free time. Jenna is also addicted to traveling: she studied abroad in Costa Rica in high school, and has made her way through Southeast Asia, China, Europe, and North and Central America. She hopes to see the world by traveling through dentistry in the future!

Gina-Marie Searle—Social Media Committee Chair

Gina-Marie Searle is a third year student at the University of Colorado School of Dental Medicine. She currently serves as Social Media Chair for Colorado ASDA, Vice President for CU AAPD, and is a member of Alpha Omega. She grew up in San Diego, CA and the beach is her favorite place to be. She loves spending time with her firefighter husband, Dustin, and their long-haired chihuahua, Lady. She enjoys singing, exercising in her free time, and all things Paris.

Dan Peterson—Historian

Dan Peterson is a third year dental student and the Historian of Colorado ASDA. He is a North Dakota native who recently relocated to the Rocky Mountain region with his wife Megan. Outside of dental school, Dan enjoys soccer, hiking, and is excited to be getting a new dog soon.

Peter Kim—Secretary

Peter was born right here in the bowels of Anschutz Building 500, which is the likely reason the building is said to be haunted. In his later life, he attended BU, CU, CSU, and then CU again, ultimately concluding that CU is superior to CSU in every respect. In his free time, Peter enjoys cooking, watching movies, and snowboarding.

Hannah Frebel—Outreach Committee Chair

Hannah is originally from Boulder, CO and considers herself one of the lucky few to still live in such a gorgeous state. Denver has been a great change and she is really enjoying the city and all of the activities that it has to offer. When she is not studying, Hannah enjoys running outside, hanging out with friends and family, and snowboarding in the winter. Her interest in dentistry began with the frequent trips to the orthodontist while in middle school. She saw how much of a physical and emotional impact the orthodontist could have on so many kids’ lives by simply shifting their teeth. While now a second year buried beneath pharmacology and oral pathology lecture notes, Hannah hopes to see some day work in a pediatric dental office in the Colorado area.

Taylor Baird—Fundraising Committee Associate Chair

Taylor is a third-year dental student at the University of Colorado and this is her first year as a member of ASDA’s fundraising chair committee. Before dental school she completed her undergrad degree at Cornell University while competing in Division 1 track. She has lived in Colorado most of her life with her two brothers (together they make up a set of triplets) and enjoys many outdoor activities such as hiking, skiing, and running.

Ali Lindauer—Electronic Editor

Ali is a third-year dental student at the University of Colorado and this is her first year as a member of ASDA’s fundraising chair committee. Before dental school she completed her undergrad degree at Cornell University while competing in Division 1 track. She has lived in Colorado most of her life with her two brothers (together they make up a set of triplets) and enjoys many outdoor activities such as hiking, skiing, and running.

Hannah is originally from Boulder, CO and considers herself one of the lucky few to still live in such a gorgeous state. Denver has been a great change and she is really enjoying the city and all of the activities that it has to offer. When she is not studying, Hannah enjoys running outside, hanging out with friends and family, and snowboarding in the winter. Her interest in dentistry began with the frequent trips to the orthodontist while in middle school. She saw how much of a physical and emotional impact the orthodontist could have on so many kids’ lives by simply shifting their teeth. While now a second year buried beneath pharmacology and oral pathology lecture notes, Hannah hopes to see some day work in a pediatric dental office in the Colorado area.
The CEJ

Rick grew up in Colorado Springs, broke his arm in the fourth grade, and has been fascinated by biology ever since. A quote, with his favorite being from Confucius, “The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”

Amanda Hand—
Social Committee Chair

Ryan Sterk is a 3rd year dental student at the University of Colorado. He enjoys physical fitness and has taken his passion one step further to compete in multiple fitness competitions. Ryan attended the same high school at which Walter White from Breaking Bad taught. He also enjoys motivational quotes, with his favorite being from Confucius, “The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”

Amanda Hand—
Social Committee Chair

Mark Eulenstein—
Fundraising Committee Associate Chair

Mark is a Denver native, and his family still lives in the same house that he was brought home to as a baby (with a few add-ons of course)! He attended the University of Northern Colorado, graduating with a degree in Biology with a minor in Chemistry. After furiously making fun of all of his friends who wanted to be dentists, Mark decided to go to dental school. Mark was accepted to the University of Colorado’s Dental School and is a recipient of the Health Professional Scholars Program Scholarship from the United States Air Force; a scholarship from the United States Air Force; a scholarship from the United States Air Force; a scholarship from the United States Air Force; a scholarship from the United States Air Force; a scholarship from the United States Air Force.

Amanda Hand is a second year dental student at the University of Colorado. In her free time, she likes to attend copious amounts of concerts and do anything involving the outdoors like snowboarding and hiking. She's a native New Mexican and is looking forward to returning there upon graduation to provide dental care to the residents of her gorgeous home state!

Meet the Executive Board

Kelly Santarelli—
Lunch and Learn Committee Chair

Kelly is a second year dental student and the ASDA Lunch and Learn Coordinator. Her road to dental school was multi-faceted to say the least. She attended Creighton University where she double majored in Philosophy and Biology, then moved home to Colorado and studied at Regis University where she earned her M.S. in Biomedical Science. Next, she assisted in a dental office for a year and a half, and now she's here at University of Colorado! She loves to travel, cook, go camping, and spend time with her family and friends. She and her husband, Nick, have two awesome dogs, Bailey (a Llewellin setter) and Rocca (a chocolate lab).

Forrest Noeck—
Treasurer

Forrest Noeck is a 3rd year dental student at the University of Colorado, originally from Arizona. The draw of snow skiing and hiking pulled him away from the yearlong warmth and sunshine of Tempe. Within the scope of dental school, Forrest is interested in expanding his dental experience globally by traveling to Guatemala for the dual purpose of bettering his Spanish and treating underserved children. In his spare time away from dental school, Forrest tries to take advantage of good weather by getting outside to play a variety of sports with his classmates and when the weather doesn’t permit, the nerd in him also enjoys a good fictional book.

Meet the Executive Board

Ryan Gonzales—
Website Creation Committee Chair

Ryan Gonzales is a DS4 from the Grand Canyon State (although, sadly, she has yet to see the Grand Canyon) and she’ll be going back there to practice after graduation. After wanting to be a veterinarian for most of her life, she got into dentistry after using a handpiece for the first time at a high school career fair. When school doesn’t have her busy, you can find her jumpin’ around at a concert – her all-time favorite thing to do!

Rick Collette—
Editor-in-chief

Rick grew up in Colorado Springs, broke his arm in the fourth grade, and has been fascinated by biology ever since. After graduating from CU-Denver in 2007, he worked in a gastroenterology clinic for six years, but after some serious thought, decided to “go the other direction” and go to dental school. He and his wife, Jeni, live in Denver. In his free time, Rick practices the ancient art of Nerdism—playing video games, reading, and writing fantasy literature. He’s written one novel and someday hopes to publish it and many more.
What do you want to be when you grow up? A classic question. One that we are asked countless times growing up. The problem with this question, however, is that we are no more sure about what we want to be when we “grow up” when we are 21 than when we are 6. Or at least most of us aren’t. This uncertainty is why the average college student will change their major three to five times before they graduate. But what happens when we stick with a major, or a career path, even when it may not be what we feel we are ultimately meant to do? This is exactly what happened to Colorado ASDA’s new Alternate Delegate, Becky Bye. Becky was always interested in a health care career due to her love of science and a desire to put that knowledge to work helping people. Majoring in chemistry seemed to set her on the path to health care that she always knew she would take. However, she was prompted by the events of 9/11 to look into politics and other legal issues, which eventually led her to law school. She found great interest in the legal system and enjoyed much of what she was doing for a living, but she eventually had to come to terms with her continued desire to help people in a way that the legal system could not offer. Her thoughts seemed to echo that of Hermey the elf when he said, “I’m not happy in my work... someday, I’d like to be a dentist.” After nine years of practicing law, she was finally able to get her chance.

Becky isn’t the first person to ever leave her profession to start a new one. In fact, it happens more often than one would think. At the most recent ASDA National Leadership Conference in Chicago, IL, we heard from Adam Braun, founder and CEO of Pencils of Promise, a nonprofit, “for-purpose” organization which builds schools to increase access to education for children in the developing world. He left his career in finance to start Pencils of Promise and used his financial background to redefine “nonprofit” idealism into a “for-purpose” mentality as he ran Pencils of Promise in a way that no 501(c) organization had ever seen. Similarly, Becky plans to use her background in law to bring a unique perspective to the world of dentistry and an understanding of dental law to Colorado ASDA about which most chapters could only dream. After a long road back to school and now into the dental field, Becky says that so far, it has been worthwhile. She said, “Four [more] years [of school] is a very small time commitment to do something which I believe will be more satisfying to me for the rest of my life.”

All of us face some kind of internal struggle. For Becky and Hermey, it was the desire to be a dentist despite prior career choices. For Adam, it was whether or not to leave his for-profit company and start a “for-purpose” organization. For others, it might be deciding on a specialty or where to practice or even how to pay off student loans.

Regardless of our personal circumstances, we should always remember the words of Kevin Roberts, CEO of Saatchi & Saatchi, when he said, “Here’s my best advice: make the little decisions with your head and the big ones with your heart. Do that, and you’ll be fine.”

Pictured above: Becky Bye, JD, DS1
Engage

What is Engage?
The purpose of Engage is to inform dental students on critical issues that impact our profession. This is done through action alerts to prompt students to contact their legislators.

Why should I use Engage?
The issues that impact you as a dental student and future dentist are continuously being discussed in Congress and state legislatures. Issues you care about, such as student debt, licensure, Medicaid and Medicare, barriers to care, midlevel providers, health care reform, STEM and dental school funding will affect how you practice for years to come. Involving yourself in the process and taking action provides you a voice in these discussions and can significantly improve your ability to shape the future of the dental profession.

How can I take action?
Engage features timely issues that impact ASDA members at the top of the page—click the TAKE ACTION button. This will lead you to a section where you fill out some information about yourself. This information is required in order to determine who your federal or state lawmakers are. Once you’ve filled out the information, you’ll be taken to a form letter. Remember to type your name before hitting submit. Based on the information you provided, this will be sent to your respective lawmaker. You’ll receive a thank you message, both on the page and via e-mail. The webpage will allow you to share the action via Facebook, Twitter or e-mail. Feel free to share with fellow students, faculty or patients.

American Dental Political Action Committee: Get Engaged

By Natalie Lesinski ’17
Vice President Elect/2nd Legislative Liaison

At the end of dental school, we will undoubtedly be capable of providing high quality dental care. Yet being a successful dentist does not solely depend on the education one receives, but also on the social and political environment in which one practices. The American Dental Association (ADA), the nation’s largest dental association and leading source of health information, allows dentists a unified voice. Dentists across the country are using that voice to preserve dentistry’s future. One important outlet under the ADA, called the American Dental Political Action Comity (ADPAC), plays a critical role in following federal bills (some 3,000 of them) that affect every dental professional.

ADPAC advises congress on what dentists need in order to provide the best oral health care to our communities. Recently, issues that ADPAC has been working on include fluoridation, medical liability reform, ACA Implementation, Medicaid, medical device taxation, retirement income, insurance, along with dental students’ personal favorite, student debt. It is up to each and every one of us to secure the stability of the great career path we have chosen. As a future dentist, I ask you to work with the ADA, dentists, and dental students in supporting our career by doing the following three things:


2. Engage by sending emails to your local congressman in forming them of current issues or bills you support, a 5 minute process at: http://www.asdanet.org/engage on the ASDA Engage website.

3. Support and protect dentistry by donating even $5 to ADPAC.

Being aware and active with our dental community in the political realm is critical for all of us, both individually and as a group. It allows congressmen to understand what is important so that we can provide more efficient and effective oral healthcare to our community. Although it is their job to be aware of how to best support their citizens, they are not dentists. We are the first line of defense in the war on teeth, and without our guidance, the politicians are uninformed about how to support us. It is our responsibility to speak up—for ourselves and for the community—if we are going to serve the best interests of our patients.

Short on time? Donating even $5 to ADPAC will support those who have more time to research and implement legislation that
will assist the dental community in providing oral healthcare. By donating $50 however, you can be part of the Capital Club Membership, showing an even stronger commitment to ADPAC.

Finally, I would encourage you to consider attending National Dental Student Lobby Day. This ASDA event allows one to understand what dentists and dental students struggle with nationally and in individual states. Even more importantly, it allows our political leaders to understand what they need to do to support us so we can help our communities with oral healthcare.

The Colorado legislature completed its sunset review of the Colorado Dental Board. The Colorado Dental Board, a regulatory board under the Department of Regulatory Agencies (DORA), bears the authority for dental regulation. The Board is subject to the “Sunset Process”; this means that the Board’s existence terminates if the state legislature does not act to continue the Board by a certain date.

The Colorado legislature voted to continue the Board’s existence through September 1, 2025 and made some changes to related laws affecting dental professionals. However, for dental students aspiring to obtain a Colorado dental license in the future, an item that DORA requested the legislature address did not even make it to the law. This “silence” on the part of the Colorado legislature may have substantial consequences. (See Colorado House Bill 14-1227).

One of DORA’s specific recommendations to the legislature during its Sunset Review was to “revise the clinical examination requirement to allow the Board to accept other methods of evaluating clinical competency.” Specifically, DORA requested that the legislature allow the Board to consider alternatives to the clinical licensing exam besides using real patients. In its recommendation, DORA noted that “the notion that a clinical examination...
can be something other than a one-time, high-stakes examination performed on a real patient is gaining broader acceptance… the General Assembly should expand the law to allow the Board, at its discretion, to accept alternate methods of evaluating clinical competency…” (See DORA Office of Policy Research, and Regulatory Reform, 2013 Sunset Review: State Board of Dental Examiners, October 15, 2013).

Despite DORA’s recommendation, the Colorado legislature failed to address changing certain clinical examination requirements, including the requirement that exams use live patients. Since the Colorado Dental Board only has the authority granted to it by the Colorado legislature, the Board is unable to change their licensing methods. The Colorado legislature may address this in a future piece of legislation, but it is also possible that the legislature will not address this until the next sunset review deadline, around 2023 or 2024. If the Colorado legislature addressed this recommendation by DORA, the proposed changes to the clinical examination process would surely be in the best interest of examinees while also assuring that only competent professionals receive a license to practice dentistry.

Additionally, DORA’s recommendation regarding alternative methods for the clinical examination is fully consistent with other entities’ stances on the issue, such as ASDA. In its official statement of position or policy on licensure pathways, ASDA emphasizes that any clinical licensing examination should be “a non-patient based examination emphasizing the recognition, diagnosis and treatment planning of disease, in conjunction with the treatment of simulated disease by use of a typodont.” ASDA also provides some alternatives for current clinical licensing exams, including a “portfolio-type clinical examination based on cases compiled during the final year of dental school.” (See ASDA Current Statements of Position or Policy; L-1: http://www.asdanet.org/_AboutPage.aspx?id=1568).

While the Colorado legislature’s inaction may be disappointing to proponents of the non-live patient clinical examination model, hopefully entities like ASDA and DORA will continue to address this issue and engage in dialogue on the matter. Ultimately, it is possible that the Colorado legislature will address this soon and change the licensing examination in a way that is in the best interests of examinees while also assuring that only competent professionals receive a license to practice dentistry.

Pictured below: Christian Piers ’16 presenting on licensure and live patient exam alternatives at ASDA’s 2014 National Leadership Conference in Chicago, IL.
Colorado Dental Students Abroad: Service in Guatemala

By Taylor Baird ‘16 Fundraising Committee Associate Chair

As a dental student, my job is not only to learn the best methods and procedures to help my patients, but to provide holistic care that reflects a greater understanding of their unique culture and circumstance. At the University of Colorado School of Dental Medicine, students are able to get high quality instruction from experienced doctors and professors. Beyond the classroom, the University exposes its students to opportunities that expand their horizons to new opportunities, cultures, and ideas. In order to do this, the University has established two outreach programs to Guatemala that send Colorado dental students to impoverished, rural areas throughout the country to provide quality healthcare to underserved populations.

The University took their outreach attempts further in 2012, when the Colorado School of Public Health received a $1 million donation from the Bolaños brothers of ArgoAmerica, a large fruit distributor. This money was earmarked for the creation of a health clinic in Coatepeque, Guatemala to serve ArgoAmerica’s 3,000 workers and the 23,000 people in the surrounding area. The University took their outreach attempts further in 2012, when the Colorado School of Public Health received a $1 million donation from the Bolaños brothers of ArgoAmerica, a large fruit distributor. This money was earmarked for the creation of a health clinic in Coatepeque, Guatemala to serve ArgoAmerica’s 3,000 workers and the 23,000 people in the surrounding area. The new clinic has partnered with the University of Colorado to host weeklong rotations for their dental students. Recently, five 4th year students embarked on the first of these rotations, performing over 150 procedures on 56 children in the week that they were there. While the trip was ultimately successful, it was not without its challenges—the students were forced to overcome or address significant problems with the clinic’s machinery and air conditioning.

As a third-year student, I was acutely aware of the creation of the Coatepeque clinic and knew that I would want to apply for the rotation in the next year; however, I wanted to take measures now to make myself the strongest candidate for this opportunity. As such, I chose to apply for a two-week immersion program in Quetzaltenango, Guatemala through a local school, Celas Mayas. While the program’s principal goal wasn’t explicitly dental-oriented, medical students were able to work at local health clinics while dental students could attend programs in surrounding schools to educate the population about the benefits of oral hygiene and health. These opportunities helped the American students improve their Spanish as well as begin to understand the unique challenges associated with working in a different culture and environment. Overall, the immersion program at Quetzaltenango not only served to improve my understanding and grasp of the Spanish language, but helped me better relate to the Spanish-speaking patients at the clinic.

Pictured: Krista Eckoff ‘15 and Amana Farrkh ‘15 performing a dental procedure at the health clinic in Coatepeque, Guatemala.
Back in my undergrad physics class, we discussed the “barn door” or “ladder” paradox. Basically, this paradox says that at the right speed, a 12-foot ladder can fit inside a 10-foot space. This seemingly impossible situation is supposedly possible because of a theory known as the Special Theory of Relativity. The details of this theory are not important, but as you are probably thinking right now, it is hard to imagine how a seemingly contradictory situation could exist. This same feeling came to me when I learned about the current problems with access to health care, or what I call the Access to Care Paradox.

It’s no secret that many people in our country have a problem with access to quality health and dental care. The reasons vary, as do the proposed solutions. And the pressure for dentists and health care workers to address the issue directly is extremely high. However, the only thing worse than the pressure of addressing this issue as dentists is the individual pressure we face when trying to repay our student loans.

According to the American Dental Education Association, the average dental student graduates with $241,000 of student loan debt. This debt restrains our ability to choose our preferred career paths and actually prevents us from practicing where we want, taking away our capability to help those who don’t have access to care. This is the Access to Care Paradox; we all want to provide care to those in need, but the educational debt we incur to provide this care actually prevents us from doing so.

One solution to the problem is the National Health Service Corps. Their mission is to “build healthy communities by supporting qualified health care providers dedicated to working in areas of the United States with limited access to care.” They accomplish this by providing programs to free health professionals from the chains of debt and in order to give them the ability to provide care to the underserved. Their scholarship program pays tuition, fees, other educational costs, and provides a living stipend in return for a commitment to work in an approved practice or clinic in a medically underserved community.

But this isn’t the only program that the National Health Service Corps offers. Other programs such as the Loan Repayment Program, the Student to Service Program and the State Loan Repayment Program also provide similar opportunities to free students from their overwhelming debt. They are working to indirectly solve the Access to Care Paradox by directly relieving one of the most outrageous challenges that we face as dental students today—our debt. For more information about programs offered by the National Health Service Corps, visit their website at http://nhsc.hrsa.gov.

Pictured below: Taylor Baird ’16 and Forrest Noelck ’16 in Guatemala while studying at Celas Maya.
The sky was just turning dark when Jacob pulled into the parking lot of the Prairie View High School. He had been riding in the passenger seat of his friend’s pickup truck for almost three hundred miles for one purpose.

Jacob was eight hours early, but he wasn’t the first to arrive. Despite the brisk October evening, there were people lining the school building. Some lying on the ground with sleeping bags, others with pajama clad children in tow, all of them waiting. Palpable excitement filled the air.

The next forty-eight hours held an individual, and personal, promise of hope for each of these people, including Jacob. This was COMOM.

The Colorado Mission of Mercy held their first event eight years ago in 2007, and since then, the event has been held in different locations throughout the state each year in October. Over the years, COMOM has provided more than $7.2 million in free dental services to over ten thousand patients.

As the clinic opened early the next morning, Jacob slowly inched forward along with the rest of the line. He had been in pain for over a year, and this was his chance to have that fixed. Just the thought of biting into a crisp apple or a hot cheeseburger without feeling pain gave him an excitement he hadn’t felt for a long time. He smiled in spite of himself, revealing almost all of his 15 teeth.

Inside the Henderson school’s gymnasium Jacob was greeted by a massive temporary clinic, with 125 chairs. Big signs on the wall designated treatment areas; they read “Extractions,” “Fillings,” “Hygiene.” Other signs were up as well for pediatrics, and oral surgery, and a few impromptu titles such as “Flipperville” and “Denturetown.” There was a hum of conversation as both excited patients and dental providers readied themselves for this important day.

Jacob was almost surprised by how relaxed he felt, he seemed to belong with the people surrounding him. They were all in need of help and were so deeply grateful to receive it. The wide range of stories and varied backgrounds
served only to unite the group as they related to one another their personal struggles. Veterans not receiving dental benefits. Elderly men and women supporting small grandchildren on a fixed, social security, income. Others, proud to overcome substance abuse. A mother with limited resources to care for her sweet natured daughter with Down syndrome. Many families that had struggled with long-term unemployment. There was no reason to be ashamed of hardships here, everyone was on his side.

Despite the eight-hour line, Jacob couldn’t believe his good fortune as he passed through the screening process and into a dental chair. Like many people there that morning, he had not received any dental care for over a decade, and most of his remaining teeth were beyond repair. His dentist explained this to him, and assured him that he was going to be taken care of.

Eleven extractions later, Jacob was finished for the day. His excitement for his new denture set was dampened by one major concern. He wasn’t going to be there to pick them up the next morning. His driver was going home tonight, and he needed to be with him. As this realization dawned on him, he began to feel a sinking pit in his stomach. He had worked so hard to be here, and now his dream seemed just out of reach. In his exit interview with a volunteer hygienist, he could no longer hold back his tears. “How am I going to eat?” he asked. “All I wanted was to eat.” The hygienist urged him to make arrangements to be there the next morning. By this time he was almost inconsolable, his emotions were like a barrel falling over the Niagara Falls with Jacob as its passenger.

I sat there watching Jacob and felt almost as helpless as he likely did. Many of us prayed silently that somehow he would find a way to come back in the morning.

As I rode the bus in the next morning, an entirely new line of people had formed. The air hummed with excitement, just as it had the day before. I searched the waiting faces, and found one that seemed to shine a little brighter than even the previous day. Jacob had been able to stay. His new dentures were waiting for him in “Denturetown.” By the time the sky darkened again, over 1,200 people would echo Jacob’s words. “This was a dream come true. Thank you, thank you, thank you!”

After filling his prescription, and receiving oral health education, Jacob walked outside to wait for his ride home.

I sat there watching Jacob and felt almost as helpless as he likely did. Many of us prayed silently that somehow he would find a way to come back in the morning.

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Dentistry
While touring our dental school one morning, I was pleasantly surprised and amazed by how many different clinics we have available for the community. Not only do we have the general dentistry, student-run clinics, but we also have Emergency, Orthodontics, Periodontics, Faculty Practice, the Futures for adolescents, and the Heroes clinic—all in one building! When I heard the term “Heroes clinic,” I immediately thought of Superman and Batman walking into the clinic to get their teeth cleaned. But in reality, the Heroes clinic is for a different type of hero—student veterans.

Many student veterans do not qualify for or receive coverage for dental care when they leave military service. The Heroes Clinic will address this gap, providing services which will supplement health care provided through the Veteran’s Administration. The clinic just opened on August 25th with the help of a $1 million donation from Delta Dental of Colorado. In collaboration with the CU Denver Office of Veteran Student Services, student veterans who are enrolled in a degree program either at University of Colorado Denver or at Anschutz Medical Campus will receive free dental care. When Kate Paul, the CEO of Delta Dental of Colorado, was asked her motivation behind this clinic, she responded, “These student veterans have given so much to our country that they truly are heroes, who are deserving of a Heroes Clinic established specifically for them. We are honored to work with CU Denver/Anschutz to provide this much needed service.”

I was lucky enough to talk a hero, who is also one of my classmates, about his experiences as a patient in the clinic. Zack Barrickman served in the US Army from August 30th, 2001-February 2010 during which time he deployed to Afghanistan and Iraq, and was stationed in various places around the
US including Alaska and Georgia. His experiences in the army aided in his decision to attend dental school. After many of his friends died in Iraq, Zack decided life was too short to spend it wandering without a purpose. Now a second year dental student, Zack has visited the Heroes clinic, saying, “I cannot begin to be thankful enough for the university for the dental care they are providing for us.” Zack is a bruxer and is being treated for a night guard. Zack explained that the clinic is also open during evening hours and is completely run by volunteers. He also spoke about the other patients in the clinic. “Everyone around me also seemed to be very thankful and happy with their dental care in the clinic.” Zack explained that he believed there were two types of veterans—those who had a positive experience serving their time and those who are trying to recover and live normally again. He believes that student veterans tend to fall into the first category, but thought it would be a good idea to try and reach out to those veterans who fall into the second category.

Since its August 25th opening, the Heroes clinic has been a success. Both Zack and myself are excited to see how much of an impact this will have on our student veteran community. With luck, maybe the clinic will expand to cover more veterans in the future. Right now, we are more than thankful for the volunteers that provide care, and we consider ourselves lucky to have this clinic on our campus.

For many pre-dental students, preparing for the dental school application process is one of the most intimidating and exciting obstacles yet. Like many other pre-dents, I found myself preparing my application without any real insight into what dental school actually entails. As a result of my shadowing experience, I could envision myself as a dentist, but the four-year dental education process was something that felt unfamiliar. The perfect opportunity to relieve this unfamiliarity came in April of 2014 when the University of Colorado School of Dental Medicine held their very first Pre-dental Simulation Course. The course offered local pre-dental students the opportunity to become acquainted with the campus, current dental students and to participate in a simulation clinic. This allowed students to give head and neck exams, take impressions and use some of the hand tools that dental students use during their lab courses. Not only did the course provide a sense of confidence and familiarity to pre-dents, but there was also a sense of excitement and anticipation as students were able to be dental students for the day.

Now that dental school itself wasn’t so unfamiliar, there was one more process to be tackled—the dental school application. CU School of Dental Medicine took application preparation to the next level by initiating a Sum-

Sources:


An Interview with Robert O. Greer, DDS, ScD
By Rick Collette ’17, Editor-in-Chief

I recently had the opportunity to sit down with CU’s own Dr. Robert Greer, and ask him a few questions. Dr. Greer is a Board Certified Oral and Maxillofacial Pathologist, a professor at University of Colorado School of Dental Medicine, and also a critically acclaimed author.

How did you decide on specializing in Pathology after dental school?

When I was in dental school, I knew I didn't really want to practice what people would call routine dentistry, and I was always more of a scientist than a doctor. I was more interested in science than in dentistry and medicine per se. (...) I got into it when I was a sophomore dental student and I applied for a block grant from the NIH that took students interested in research and worked with our dean (...) looking at the effects of prosthetics on gingiva and bone because she was a prosthodontist. (...) I never really planned on practicing general dentistry. You have to have sort of a mechanical or engineering mind and my mind is that of a biologist, but I also think you can also be lucky and have both skills. I can do the dentistry, but my interest just wasn't there. Besides pathology, what was your favorite class in dental school?

Pathology actually wasn't my favorite class, microbiology was.

What drew you to teaching?

I wanted to be an academic and be in that environment. The way I did pathology, (...) I went back to Boston University’s medical school and did a further five and a half years there. Coming out, I knew I wanted to be in an academic environment rather than just looking at routine slides all day. (...) You'd certainly still see interesting cases working for Denver General or somewhere like that, but the difference is the scientific side of it. (He points out the window.) Those two giant research towers out there, non-academic institutions just can't duplicate that environment. (...) I truly enjoy teaching. Not many people last as long as me (41 years) unless they love teaching.

With everything you do, teaching, writing, research, pathology, what does your typical day look like?

I’ve learned to do it. I come in to the research lab or Derm-Path around 7:30, then arrive at the dental school about 9:00. Just like everybody else, I have to deal with a million things on the computer—I prepare lectures, answer emails, dictate diagnostic cases, give lectures and do other daily tasks. Then I head up to the third floor sterilization lab in the middle of the day. (...) I’ll usually end up going back to my research lab (...) and then back to Derm-Path to sign out cases, then I usually leave campus around 6:00 PM. Then I go home and eat and write…either a novel or something else. I’ve been working for the last two years on a pathology textbook, but that’s now finished and will come out next year. At night I’m almost always writing something. My wife died twelve years ago, so I don’t do much besides what you might consider work, but I don’t consider it work. It’s what I like.

How long does it take you these days to write and edit a novel?

I can usually write one in 10 months, and the publishing process takes another 6 months or so.

What’s your next novel you’re working on?

(...) They usually classify my novels as medical thrillers or mysteries. This one isn’t quite that. It’s sort of an Andromeda Strain-type thriller, not exactly a straight medical thriller. An astrophysicist in Boulder, who has figured out that there’s an Earth-like planet out there, gets killed. We have to find out why he got killed. (...) It’s called Analogue Blue, but it won’t be out for a year and a half.

Thanks to Dr. Greer for taking the time to do this interview. For more information about his novels, visit http://www.robertgreerbooks.com.

The pre-dental journey is an endeavor that can prove to be strenuous without the proper resources. The most useful of these resources come from those who have been pre-dents themselves, and can offer personal experiences and advice. The insight and wisdom that CU School of Dental Medicine’s events have provided to me, and to hundreds of other pre-dental students, is unparalleled. Events similar to the Simulation Course and Summer Academy that CU offers are events that every pre-dental student should be able to utilize. Awareness of what a career as a dental student truly encompasses is bound to ease eagerness and to alleviate stress.

I had the opportunity to sit down with CU’s own Dr. Robert Greer, and ask him a few questions. Dr. Greer is a Board Certified Oral and Maxillofacial Pathologist, a professor at University of Colorado School of Dental Medicine, and also a critically acclaimed author.

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Thanks to Dr. Greer for taking the time to do this interview. For more information about his novels, visit http://www.robertgreerbooks.com.
PART I
By Nikki Kumor ‘17, Anterior Guidance Committee Chair

NBDE Part I is the test everyone makes you afraid of before you've even been accepted into dental school. Here at CU, you are required to take Part I boards prior to the start of your DS2 year. As a result, this past summer the class of 2017 braved the Colorado heat and studied for boards on lawn chairs near the pool. Sounds awesome, right? Most would agree that it “wasn’t too bad.”

NBDE Part I tests your basic science knowledge prior to patient interaction. There are 4 “subjects” but it’s really more like four broad categories where anything goes as far as content. These “subjects” are anatomic sciences, microbiology/pathology, biochemistry-physiology, and dental anatomy.

You have 7 hours to complete 400 multiple choice questions. It’s daunting, but manageable with only a few resources. You have a variety of reference materials to choose from such as dental decks, various iPad/iPhone apps, First Aid, Kaplan, notes from your classes, and released past exams. I also watched a lot of Netflix. When I say a lot, I mean A LOT (5 seasons of Royal Pains, to be exact).

My best advice to anyone starting dental school, or preparing for boards is to not let it rule your life. If you try to learn the material as you go through school, you are preparing for boards. Your studying time will then be much more of a refresher, and less a frantic cram session the month before your test. The week before your exam will be high anxiety. Go into it knowing that. Remind your friends and family you will be on edge for a little while, but don’t forget to take time for yourself and do things that are completely non-boards related.

Editor's Note: For another perspective on Part I, see “ASDA’s Guide to Your Inaugural Year as Dentists-to-be.”

PART II
By Ryan Gonzales ’15, Website Creation Committee Chair

As a dental student, you are tested often and on a breadth of material, culminating in proving that you have learned the basics of dentistry by taking and passing the NBDE Part II during your senior year. The test spans two days. On day one you will be presented with 400 multiple-choice questions. Expect to demonstrate your knowledge of oral pathology, radiology, prosthodontics, oral surgery, endodontics, orthodontics, pediatric dentistry, operative, endodontics, and pharmacology.

You are also expected to have a solid working knowledge of patient management—a significant amount of Part II questions center around the behavioral sciences (hopefully you remember something about Pavlov and Piaget from Psych 101), infection control, dental anxiety and fear, and public health concepts. The questions this day are in random order—not grouped by subject area. After answering the first 200 questions you will be offered an optional hour break. For each block of 200 questions you will be given three and a half hours.

You will return to your testing center for a second day to test how well you can apply your knowledge of dentistry to patient cases. Day two consists of 100 multiple-choice questions (over three and a half hours) spanning eight to ten different patient cases, both adult and pediatric. After being given a medical history, patient chart, radiographs, and clinical photographs, you will be asked a series of questions. You may be asked to provide diagnoses, determine treatment options and outcomes, select materials, identify items of significance in the patient’s medical history and adjust the dental treatment appropriately, and other things that test your ability to manage patients in a dental setting.

The exact timeline for taking your NBDE Part II is much more open than your Part I board exam, with most students taking it anywhere from July to January during the DS4 year. The administration suggests taking the exam near winter break. By that time you’ve had more experiences in clinical and have been exposed to the treatment planning class you take during your senior year, both of which can expand your knowl-
Activities

edge and critical thinking skills to help you succeed on the exam.

Like NBDE Part I, the most popular way to study for NBDE Part II is by using Dental Decks. Another popular study guide is Mosby’s Review for the NBDE Part II. For the pharmacology portion of the exam, CU students have come to love a review put together by Dr. M. L. Thompson of Tufts University. This review, like other study materials, can be obtained from upperclassmen. The most important thing is to find study materials that work for your particular learning style. Once you feel that you have reviewed the necessary material, it is recommended to leave some time before your exam date to complete at least one (and preferably more) practice exams. This will expose you to the format of the exam and help you identify areas of weakness. Over the years, ASDA has compiled and released test questions in practice-exam format. These materials are typically shared with students who will be taking the exam soon by faculty and upperclassmen.

Although you will likely spend a month or two of focused studying for your NBDE Part II, realize that you have really been preparing yourself for this exam for the three years leading up to it. Allow this to give you an additional boost of confidence. Most students find it much easier to study for the second part of the board exam since the topics are ones that will make you better equipped to treat your patients and help you become a more knowledgeable provider. Study hard, walk into that Prometric testing center with confidence, and celebrate when it’s all over.
Colorado ASDA had an AMAZING year. Here are some of our events and chapter accomplishments.

**2014 in Review**

- **January**: Team Baby Zeus wins the 1st annual Dodgeball Tournament.
- **February**: The Dodge Ball Burnishers win the costume contest.
- **March**: Colorado ASDA invited pre-dental students to campus for National ASDA’s Pre-Dental Week.
- **April**: Colorado ASDA invited pre-dental students to campus for National ASDA’s Pre-Dental Week.
- **May**: Colorado ASDA hosts our very first Pre-Dental Simulation Course. Josh Nardone ’14 wins Colorado ASDA’s first Gold Crown Award since 2006.
- **June**: Colorado ASDA is awarded the Most Improved Chapter in District 9.
- **July**: Natalie Lesinski ’17 and Michael Fiala ’16 represent Colorado ASDA at National Dental Student Lobby Day.
- **August**: Colorado ASDA hosts the first annual Thrush Week. Team Whale Squid wins the first annual Amalgames. Colorado ASDA is represented by Christian Piers ’16 and Kyle Larsen ’17 being appointed to national positions.

Colorado ASDA had an AMAZING year. Here are some of our events and chapter accomplishments.
The band “Donald Sutherland” won 1st place

Gina-Marie Searle ’16 won 2nd place

Kyle Larsen ’17 won "Most Outrageous"

Colorado ASDA host the 1st annual talent competition "Shimstock"

Colorado ASDA holds Legislation Week and over 50 students sign up for ADPAC

Colorado ASDA raised over $250 for Movember

Colorado ASDA members run in the 2014 Mustache Dash

Kyle Larsen ’17 and Christian Piers ’16 present at ASDA’s National Leadership Conference in Chicago, IL.
Dear ASDA members,

Congratulations on wrapping up another semester! It seems impossible that only a few months have passed since our first issue of the CEJ—especially with all the new events we’ve hosted—so I’m going to keep this short and sweet with my “Top 5280 reasons to be stoked about Colorado ASDA.” (Just kidding, it’s a Top Seven.)

#7: Shimstock rocked.
Eleven student acts crooned, jammed, and boogied into the night for a crowd of students and faculty gathered under the sky in Boettcher Commons. Highlights included a fire-breathing drummer (Bryan Villegas ‘17), a “Dirty Pop” striptease (Kyle Larsen ‘17, Most Outrageous Performance), and a hilarious, first prize-winning original duet from our favorite dental student couple, Ryan Johnson ’16 and Rose Cammings ’16.

#6: Lips wore sweaters.
Colorado ASDA dove stache-first into Movember to raise awareness about men’s health issues. Several members raced as part of the ASDA Bruhstaches in Denver’s Mustache Dache, and still more grew mustaches or raised money as part of our interclass competition. The D52s won a catered Panera lunch after raising $250 as a class.

#5: The blog blew up.
Like the CEJ, the Colorado Quickset is working hard to give you resources to make you a better dental student and professional. Better yet, it’s tailored to Colorado students. Check out the blog for posts about CV writing, student loan legislation, networking, licensure, and lobbying.

#4: We had a legislation conversation.
For a whole week! Legislation Week included presentations about licensure, the legal side of dentistry, and the American Dental Political Action Committee (ADPAC). Blog posts dug deeper into the issues, and more than 50 students signed up for ADPAC throughout the week.

#3: We went out to lunch.
We’ve more than tripled our number of Lunch & Learns this semester! Finally, students who are hungry for both knowledge AND Qdoba can find satisfaction in one place.

#2: We got mouthy.
Colorado ASDA students published more posts on ASDA’s national blog, Mouthing Off, than ever before. Make sure to log onto asdablog.com to read posts from Colorado ASDA members Gina-Marie Searle ’16, Kyle Larsen ’17, Petros Yoon ’15, Christian Piers ’16 and Cassie Hile ’16.

#1: Things became all about you.
We just sent out our first-ever member satisfaction survey, and we’ve gotten some great feedback. We’ll be using it next semester to better tailor our chapter to meet your needs. As part of this initiative, we’ve added an ISP representative, Michael Schulte ’15, to help Colorado ASDA help the ISP classes. ISPs please take advantage of your rep! All ISPs now have access to their national ASDA membership profiles thanks to Michael’s hard work. If you missed your chance to fill out the member satisfaction survey but have some feedback for us, please talk to Michael (if you’re an ISP) or your class delegate to let us know how Colorado ASDA can help make these four years the best chapter of your life.

Looking forward to building another great semester with you!

Sincerely,

Christian Piers ’16
President

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