Feature Article: The DAWN Clinic
Find out how CU Students are making a difference in the underserved community!
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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Want to write for the CEJ?
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Ladies and Gentlemen, Doctors and Future Doctors,

Another semester, another issue of CO-ASDA’s Colorado Extraoral Journal.

Allow me to be the first (or the forty-seventh for those who read everything in the welcome packet) to welcome our new DS1 class. May your Fall be filled with dreams of Microanatomy and slightly-less-micro Anatomy. To everyone else, welcome back.

Depending on your year, enjoy denture lab, or clinic, or ACTS.

It seems like just last month, I was wandering the hallowed halls of the dental school as a lost DS2. I vaguely remember looking at the clinic with trepidation, thinking, “Someday….” But then I took a “Summer Vacation” and things changed. During that break, I grew, and as the season changed from Summer to a-bit-later-Summer, I became a DS3.

Like the dawning of the sun, so brilliant and yet so blinding, the world opened before me. Suddenly, I was expected to know things. Things I had learned as far back as March I was expected to recall without a moment’s hesitation. I was thrust headlong into clinical dentistry, and like so many ancient Greek philosophers, I carpe’ d the diem, which I think translates to “Fake it ‘til you make it.”

The weeks—nay—an entire semester sprawled out before my eyes, and I looked upon it not with trepidation, but with enthusiasm.

I could do this. I would do this. To misquote a famous professor, “Conscious incompetence would be mine!”

But then I was welcomed back with 10 hours of orientation for one class, and my energy level fell back to pre-break levels.

Just kidding.

The overly dramatic point is this. Dental school is one wild ride. Through the highs and lows, just remember: you asked to be here; you fought to be here; you dreamed of being here.

At the very least, you’re paying ungodly sums of money to be here. So try to enjoy it. And maybe, if it’s not too much trouble, learn something.

See you in the pages.

Cheers,

Rick Collette, ’17
Picture this: you just graduated dental school and are trying to figure out the next step in your life. You are lost, confused, and hundreds of thousands of dollars in debt. You try to pay off your student loans, but you can’t because the interest rates are so high that you are accruing debt faster than you can pay it off. On top of that, it is hard to even find a job because the state that you live in passed a law allowing non-dentists to practice dentistry. And that isn’t all—in order to even get your dental license, you had to take an exam on a live patient who risked their own health and wellbeing just so that you could prove (or try to prove) that you are competent enough to practice on the public.

By Kyle Larsen ’17
President
Hard to believe? Good—because without organized dentistry, that would be our reality. Even though our student loans will most likely reach hundreds of thousands of dollars, interest rates are low enough to make it possible to pay them off in a relatively short amount of time. And thanks to organized dentistry, midlevel providers are also being kept in check. In fact, the only thing mentioned in the scenario above that is even true is that in order for us to get our dental licenses, most states require us to pass an exam on a live patient... but not for long.

For over 50 years, live patients have been used as test subjects in licensing exams and for over 50 years the ethics of this practice has been questioned. In the past 10 or so years, however, real steps have been taken, thanks to organized dentistry, to reform the licensure process in states such as New York, Minnesota, Washington and California. Now, it is our turn.

Last year during the Sunset process, which is a once-every-ten-year review that the state performs to revise the Dental Practice Law of Colorado, the state adopted new language in the law which removes certain limitations on administration of clinical competency exams and gives the state dental board the authority to accept alternative methods of evaluation including a residency or portfolio model. The new wordage is as follows:

"An examination OR OTHER METHODOLOGY, AS DETERMINED BY THE BOARD, designed to test the applicant’s clinical skills and knowledge. Such examination shall be administered by a regional testing agency composed of at least four states or an examination of another state WHICH MAY INCLUDE RESIDENCY AND PORTFOLIO MODELS."

Then, this year during the Colorado Dental Association Annual Session in June, a resolution authored by our very own Christian Piers was presented and voted in by the Colorado House of Delegates to form a task force who is charged with the task of determining alternatives to a live patient exam and report its progress during the 2016 House of Delegates meeting.

Based on what the task force finds, a new licensure process could be put into effect within the next few years. Whether it is a portfolio model like California or a PGY-1 (Post Graduate Year-1) residency model like New York or Washington, dental students and patients alike will benefit from this change. In a world that can be dark and scary as a new dentist, with organized dentistry on our side, it might not be too scary after all.
Mastering any new skill is challenging, and dentistry is one that takes time, focus, and patience in order to be successful. Growing up practicing a traditional martial art for over 15 years and earning my 3rd degree black belt instilled within me the mentality needed to conquer any goal, as well as deal with setbacks and obstacles along the way. After being baptized through the first year of dental school, I’ve found many parallel lessons between practicing martial arts, and my journey to mastering the art of dentistry.

**Lesson #1:** Practice like you compete. If you have ever been involved with competitive sports, you have likely heard the phrase, “practice doesn’t make perfect, perfect practice makes perfect.” I heard the same phrase for the first time in dental school from faculty instructor Dr. DeLapp and realized that mastering dentistry is similar to what I have learned while practicing martial arts. Even if you want to pat yourself on the back for spending 4+ hours a day drilling or waxing teeth, if you aren’t practicing as if you are preparing for the big test, you will not perform as well on game day.

**Lesson #2:** Always ask for feedback and critique. We cannot improve if we aren’t aware of the mistakes we are making. The times that I haven’t preformed well in lab were often linked to mistakes I was unaware of and these could have easily been fixed by time spent with faculty.

**Lesson #3:** It’s okay to be nervous on the big day. My martial arts instructor used to tell us that nerves on the day of competition are a good thing and can be beneficial because this means that you are alert and focused. Don’t let these nerves scare you, but instead use this energy to focus on success rather than failure.

**Lesson #4:** Learn to recover from failure. So you practiced perfectly and now you’re ready to go in there and drill perfect holes into your perfect plastic teeth. However, as soon as you begin, your light goes out. Perhaps you just accidently “nick” (which, in sim lab, is a synonym for demolish) the neighboring tooth. Or maybe you really mess up and prepare the wrong tooth. What are you supposed to do? First, resist the temptation to drill straight through the tooth followed by a series of frustrated punches and/or kicks to your poor, unsuspecting practice dummy. It’s (probably) not his fault. Second, take a deep breath and focus on ways you can remedy the problem. Lastly, never let these failures hinder your future success. Fix your mistakes, learn from them, and then move on.

**Lesson #5:** You can’t be a white belt forever, always set new and higher goals. While my preparations get the job done, and I’ve vastly improved since the start of last year, the challenge is to not become too complacent. Continue to push yourself and discover new ways or techniques that will expand your skill set and progress you towards black belt dentist status.

Mastering a new skill is challenging, sometimes frustrating, and we all hope will one day be rewarding. Some days I leave simulation clinic with my head held high, confident in my manual prowess and certain that I am the greatest quarter-of-a-dentist ever. Unfortunately a botched crown preparation and a note from faculty stating that I “have an opportunity to try again” often humble this temporary high. Throughout this journey of successes and failures that are sure to accompany me through dental school, I know that the lessons learned from practicing martial arts will serve as the reminder of the effort and indomitable mentality involved with mastering a new skill.
American Dental Association – Member Benefit:
Low Rate Student Loan Refinancing

**BENEFITS**

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**Engage**

*E-mail and tweet your lawmakers
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**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.

**Engage yourself at** [http://www.asdanet.org/engage](http://www.asdanet.org/engage)

Pictured: Michael Fiala '16 and Natalie Lesinski '17 speaking with Representative Mike Coffman at ASDA’s 2014 National Student Lobby Day.

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American Dental Association
America’s leading advocate for oral health
The DAWN clinic has a motto repeated at every opening huddle: “As much as possible for the patient. As little as possible to the patient.” At every clinic night and every meeting, the students involved in the DAWN clinic do just that. The DAWN Clinic (Dedicated to Aurora’s Wellness and Needs) is a free, student-run interdisciplinary clinic founded to help the uninsured of Original Aurora (the northwest corner of Aurora, just south of Colfax) receive and get access to medical care.

Every Tuesday night from 5:30pm to 9:00pm students come together from every professional school on campus to treat patients. Students treat patients in pods where multiple disciplines collaborate to develop a treatment plan for the patient and factor in all facets of medicine.

The DAWN clinic is part of Primary Care Progress. Primary Care Progress is a non-profit, national organization working to revitalize the primary care system and build a new generation of interdisciplinary leaders in primary care. It is made up of over 50 chapters throughout the country. Colorado’s chapter was the first chapter to start a truly interdisciplinary clinic, involving not only medicine, pharmacy, and nursing, but also dental, physical therapy and behavioral health.

The DAWN clinic is housed in the Dayton Street Opportunity Center on Dayton and Colfax, which serves as a community space, church, and the DAWN Clinic. It offers a wide array of community resources from education, job training, counseling and, of course, health care resources. The center strives to create as many opportunities for the residents in the surrounding area as possible and teaches them skills to navigate the health care system. A good portion of the patients seen each night are homeless, living in the many hotels on Colfax or are unaware of the services available to them. The DAWN clinic has a team of students called Care Coordination, dedicated to helping patients overcome health care barriers, from obtaining lab results to getting to appointments or finding housing. Along those same lines, Servicio de La Raza is a non-profit organization at the clinic each night that helps patients sign up for Medicaid.

The DAWN clinic not only strives to provide patient care but also gives students of the Anschutz Medical Campus a place to practice the skills they learn in the classroom in a real world setting. Throughout the night students act as the primary care providers for the patient with preceptors providing advice and input on the definitive care plan at the end of the visit.

Since the DAWN clinic started in March 2015, it has seen over 120 patients, 91% of whom did not have a primary care provider. More than half of the patients are Hispanic and because of that, the clinic requires at least three interpreters a night to facilitate patient care. The DAWN clinic acts as a safety net clinic for many of the surrounding emergency rooms and helps prevent unnecessary emergency room visits. 25% of DAWN clinic patients would have gone to the ER if the DAWN clinic wasn’t available. A safety net clinic provides health care opportunities to those who have barriers to health care. Over half of the clinic appointments each night are dedicated to follow up visits from emergency room patients and for patients with chronic health problems.

Dental students are kept busy each night providing dental screenings and consults to the other health professional students. Half the patients seen have active caries and 35% of them are in some form of mouth pain. For now, dental students perform extraoral and intraoral exams and refer patients to either CU Dental School’s screening clinic or their emergency department. Faculty members and GRP residents from the dental school act as preceptors each night and help in mentoring the dental students. In the future the clinic hopes to provide more comprehensive dental care on the premises.

David Choi, a 4th year pharmacy student sums up the relationships he has made at the clinic beautifully: “Primary Care Progress truly embodies the name, progress. What I love about this organization is the culture of always looking for progress. We are never willing to be stagnant with the status quo or willing to settle, but always wanting to expand and innovate. As students we have had the amazing experience of tackling projects together to bring change to primary care. I am truly proud to be a part of this organization because we...”
work interprofessionally to build trust, respect and understanding. I am who I am today because of Primary Care and have met so many amazing individuals who have shaped who I am."

To get involved with the DAWN clinic please visit the DAWN Clinic website at dawnclinic.org. There you will find a description of each division, workgroup, and partners involved in the clinic. Under Volunteer Information there is an interest form that is monitored regularly for new volunteers.
On August 1st, 2014 I received a cell phone call that would change my life. I had woken up to a beautiful, crisp day in Aspen, Colorado and had begun my normal routine: taking out the dog, firing up the computer, cooking breakfast and getting ready for work. A regular day. While my ongoing dream had been getting into dental school, I was also a graphic designer working for several Gold’s Gym Franchises. My wife, Alysia, and I drove to work (she is an administrator for the same gyms.) I sat down at my desk anticipating a light day, and steeled myself to the application process for an MBA at Colorado State University. At 9:41AM I received a phone call from a 303 area code number. Just the night before, my wife and I were life planning on what to do next if I did not get accepted into dental school for my third consecutive try. Alysia wanted to go to nursing school, and I decided my new life goal would be to obtain a business degree. She wanted me to persevere, apply one more time, and not to give up on my life dream of being a dentist. I was angry that I had applied two years in a row, was interviewed, had all the qualifications, but was apparently not able to make the cut.

As I was saying, the phone was ringing and I answered a call from a 303 number. A lovely, warm female voice said, “Good morning. May I please speak with Ian Lowell?” Once I identified myself she continued, “I am calling for the University of Colorado School of Dental Medicine. I would like to inform you that we had a last minute drop out, and would like to extend to you a seat in the class of 2018.” Naturally, my first reaction was utter shock, but I was able to respond with a monosyllable “Wow!” I got up from my desk and, holding my phone to my ear, walked out of the room with Alysia in tow. The woman on the other end continued with, “I know this is very short notice, but orientation starts on Monday, and we would like to have you come in today to fill out all of the paperwork.” After accepting the seat and promising that I would be there, I disconnected the call and my mind switched into overdrive. My wife looked steadily at me, half crying, half jumping for joy. Naturally, I was also excited, but my practical side was taking command! We had to move to Denver. 150 miles away. Tomorrow. Luckily, I thrive on stressful situations like this. Pressure puts a charge into my life. I called my parents to let them know the amazing news and after a brief, very loud, and hugely exciting conversation, I hung up and went to work on a long list of to-dos.

Alysia took on the responsibility of the apartment hunt and I raced home to start packing. We agreed that she would remain in Aspen for another week, pack up the house and put our affairs in order. I would drive down to Denver the next morning. At home, in the midst of packing, I stared out the window at one of the most beautiful views in the valley. “Am I really ready to do this?” With that fleeting thought, I embraced the opportunity I had been waiting for and began crossing off items on that to-do list.

The next day was a whirlwind. I arrived in Denver, signed a lease on a place Alysia had found online, and unpacked as much as my adrenaline would allow. Monday morning I woke up and thought, “First day of orientation, what am I going to wear?!” Just kidding. I was very excited to be starting a new journey.

I remember during all of my interviews hearing people say that sometimes applicants got in two days before school starts, or even a week into the school term. I always laughed it off as a ridiculous fantasy. Never did I imagine that such an unlikely scenario would happen to me. Orientation week was terrific. I met my classmates, enjoyed a great time learning about the school and the basics of being a dental student.

The first week of classes was another story entirely. My wife
was now in Denver, we were in our new apartment, unpacked, and striving to reorient our lives as a dental student and a telecommuting administrator. I clearly recall, after that first day of Microanatomy, Craniofacial Biology, and Introduction to Dentistry, the frightening realization that “I am in way over my head.”

Most of my fellow students had had six months, since December 2013, to plan for this first day. I was now one week into a full-fledged adrenaline rush, anxious that now that I was “In,” I might not actually make it to being a dentist one day. It was a mental and emotional roller coaster. There was no jumping for joy, celebrating with family, or intellectually preparing myself for what would be the beginning of an extremely vigorous career path. I had skipped the entire board, passed Go, and didn’t even have time to collect my $200. It was time to take a deep breath and embrace each day one class at a time!

After reassurance from my parents, my wife, and some classmates, I made it through this unstable period. Today, a year and several more roller coaster episodes later, I have survived the grueling first semester, second semester, and the national boards part one. This year has changed my life. I realized that life can turn on a dime, and whenever you least expect it, your big moment might come.

Looking back, I would not have changed a thing. As crazy as it may sound, I’m glad I was a last minute acceptance into dental school. It didn’t give me time to think about what I was getting myself into. It forced me to jump right in and open my mind to unanticipated possibilities. I have met some people that I think will become life long friends, and I know how fortunate I am to have had my wife by my side this whole time. She has given me the support and encouragement to succeed in dental school and in life. This experience taught me that I can excel under stress, and that sometimes you have to embrace fear and keep moving forward. But most of all, I learned that one should welcome and embrace change; some of the best things in life come out of it. On August 1, 2014, the course of my life changed in the most dramatic way I could have imagined. Who knows what drama lies ahead.

SURVIVOR DENTISTRY:
Guatemala
By Jenna Hyer ’17, Pre-Dental Committee Chair

It was kind of like Survivor dentistry. Bathing in the sweltering heat of the “97 but feels like 105” daily temperatures and battling obstacles using donated chairs from the 1970s— including pitifully weak suction, high speeds sin agua, and an air/water syringe that produced strictly water—it isn’t the most conducive setting to streamlined dentistry. Add in young, squirming children and a language barrier, and you have painted a picture of the CU Dental Clinic in Trifinio, Guatemala.

This trip focused on screening ~150 school children aged 5-12 that attend the nearby private school, as well as providing them with dental care.

Guatemala became my real life “transition clinic.” In the beginning, the faces of the children all seemed to blend together, but as the week passed by, familiar faces from the clinic would re-emerge, smiling and latching onto you as we made our multiple trips back and forth from the school to pick up the next group to screen.

Names such as “Enner,” “Banderson,” “Brainer…or Raynor,” and other names meant you couldn’t help but raise your eyebrows as you attempted to spell it out on their screening forms. Combined with getting kids to accurately recite their four names—first, middle, and two “apellidos”—assigning names was a complex task in and of itself.
Some kids were less than thrilled at the prospect of what was to come once they sat in the dental chair, but in the end they were all smiles when it came to picking a prize from the “bolsa de regalos,” or bag of gifts/rewards.

One family seemed to come every day we were in clinic, each time appearing with another one of their reluctant children. By the end we had treated three sons and a daughter, a sister-in-law, and then finally mom. While I held her 10-month-old daughter, she had a restoration on #12.

In the evenings, we had an hour-long van trip back up into the cool hills and to the coffee plantation house at which we stayed. The large, airy house was staffed by “The Rosas,” Rosa and Rosita. The mother/daughter pair spoiled us every night with amazing feasts including chile rellenos, Guatemalan stews, traditional rice and beans, and our favorite, fried plantains.

On our last day, after closing up the clinic in preparation for the next visit planned in December, we made a pit stop to tour the Banasa Banana Plantation (this is the company that funded the medical facility, and CU School of Dental Medicine donated the dental clinic to be part of it.) We saw exactly where your household Dole bananas are grown, picked, sorted, washed, and packaged, ready to be shipped to your closest Costco. We then took a short detour to the beach and swam in the Pacific Ocean in our scrubs, which was a fitting way to end our busy week.

At the plantation, we had a nightly ritual of sharing each of our “highs and lows” of the day. For me, the highs included extracting a mesiodens, handing out donated backpacks to a number of appreciative faces, and chasing pigs around the clinic. Also, bonding with the seemingly unrelated group of people that began the journey, we left as a tightly knit team. I encourage everyone to make this journey and see firsthand how dentistry can truly make an impact on the world, but more importantly, how much of an impact the world can make on you.
You’re New to Denver

Sports Authority Field, Botanic Gardens, the Incline in Manitou Springs, Union Station, Coors Brewery Tour in Golden. Moving to a new city can awaken our inner adventurous nature but where to begin? What is worth checking out? Is that even in or near Denver? How do I find weekly events for if I have some time on my hands during dental school?

The infamous Mile High city is a place that encapsulates a growing community. Whether you’re into waking up early and going on a hike, buying fresh produce at a local farmers market, sampling new beer at local breweries, or attending anything free such as “Starlight Movies in the Park,” you are in for a real treat living in Denver.

Although our journey through dental school is exhausting to say the least, let’s be honest with ourselves: We have all been that person who finds cleaning the house more important than studying for that final exam. We’ve been putting off studying and will continue to do so as we vacuum our living room or decide to make a phone call to catch up with Grandma. Maybe a trip to the grocery store or even a little cat nap appears to be ranked at the top of the totem pole while our homework, grades, and ultimately our GPA are overshadowed by our strong autonomy or our rational fear of missing out on an opportunity.

If you are all about optimizing your time in Denver, here are a few resources that may aid you in doing so while saving time from searching the web, clicking through those tourist websites designed for families with an abundance of money.

First and foremost, Facebook. Once you have changed your current city to Denver, Facebook is full of suggestions. Simply click on the “events tab” and scroll down until you see “Events Popular In Your Network.” Here you will find pages on events near you. Currently, it is not possible to sort these by date but you should be able to find the date as well as location for what is happening. If you’re not much of a Facebook junkie or want more information, the blog “deardenver.net” is devoted for weekly events in Denver. This blog not only lists activities of what is happening each week but most often a lot of the events here are free! Yes, you heard that right, FREE! Also, there is usually a link for “10 Things to do in Denver for $10.” Another great resource for Restaurants, drinks, events, etc. can be found on thrillist.com/denver. Make sure you are searching Denver because Thrillist has reviews on 30+ cities. As mentioned, if you’re into fresh produce check out denverfarmersmarket.com. As most know but if not, Groupon is another website great for ideas as well as you guessed it, coupons!

Last but not least, if you’re looking to get some fresh air or change up your work out scene, look for emails for our new ASDA Health and Wellness activities. These will include but are not limited to the following: Red Rocks run and circuit workouts, Manitou Springs Incline Hike, group kickball, Jump City Trampoline park, Laser Tag, and more.

If I haven’t lost your undivided attention already from intensifying eagerness, here is a list of some of my personal favorite must sees/try/do: Fat Sully’s pizza, Denver Art Museum on the first Friday of every month (free), Red Rocks Amphitheatre-Film on the rocks, Voodoo Doughnuts, 1up Arcade bar, Shells and Sauce (brunch), Stella’s Restaurant, Little Man Ice Cream, CorePower Yoga in Stapleton (free on Sundays), Zoo Lights at the Denver Zoo, and the Flatirons hike in Boulder.

You’re welcome.
Dear Colorado ASDA,

This semester is already off to a great start! I have never been more excited for what we have planned. Not only are we repeating some of our most successful events such as Thrush Week and Shimstock, but we are also launching a whole new set of events and programs.

Some things to look forward to this semester are:

- The Business Study Club: Bridging the Gap Between Business and Practice.
  We all know that business is a huge part of dentistry and that it is more or less missing from our curriculum in dental school. That is why we are starting the Business Study Club— to bridge the gap between business and practice. Topics will range from the basics of business to finding and buying a practice to anything else you could want.

- TAD Talks
  Modeling this after the world-famous TED Talks (but with a special orthodontic twist), we are introducing a special lunch and learn series titled TAD Talks. TAD doesn't mean temporary anchoring device anymore! It means Topics About Dentistry— but the ideas are still definitely worth securing and ‘anchoring’. Topics are up to you, but can include almost anything you can think of. We provide the food, you provide the presentation!

- The Leadership Development Scholarship.
  A new scholarship that we are offering to DS1’s, DS2’s and ISP 1’s to fully fund them to ASDA’s National Leadership Conference courtesy of igniteDDS.

- The Facebow
  The Official App of Colorado ASDA serving as a reference point for all things ASDA.

And that’s not all. Our resources are growing by leaps and bounds and I am honored to be a part of this historic time in our chapter.

ASDA Fever is real.

Sincerely,

Kyle Luis Larsen ’17
President