

FALL SEMESTER 2017

UNC ASDA

NEWS BITES

November 15th, 2017

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MR. MOLAR 2017: PATRICK HADDAD

ASDA'S CURRENT ACTIONS IN LEGISLATION

Dental Student Loan Refinancing

- Student Loan Refinancing Act (H.R. 1614)
- One of many ways ASDA is actively combating increasing student loans
- Refinancing gives you the chance to lower the interest rates on your loans
 - Save money
 - Lower payments
 - Shorten your loan payment period
- Unlike many other loans that allow multiple refinancing options (houses, cars) federal student loans can only be refinanced one time
- This act would allow students to take advantage of lower interest rates by giving them the ability to refinance more than once

CHIP Reauthorization

- What is CHIP? Children's Health Insurance Program
- Provides health coverage (including oral health coverage) to children who do not qualify for Medicaid but still cannot afford private insurance
- Almost 9 million children annually are enrolled in CHIP
- Funded by both individual states and the federal government
- Timeline:
 - September 30 → U.S. Congress allowed CHIP to expire
 - November 30 → ASDA has declared a "day of action" to show congress the benefits of this program

UPCOMING MEETINGS ... SAVE THE DATE!

ASDA DISTRICT 4
ANNUAL MEETING
JANUARY 12-15, 2018
ASHEVILLE, NC

ASDA ANNUAL
SESSION
FEBRUARY 21-24, 2018
ANAHEIM, CA

ADA DENTIST AND
STUDENT LOBBY DAY
APRIL 8-10, 2018
WASHINGTON, D.C.

PAST EVENT UPDATE: FALL 2017

August

17th – ASDA Booth at UNC SOD Activity Fair

28th – 31st – ASDA Fever Week

September (ASDA WELLNESS MONTH)

1st – 8th – ASDA & ENNEAD Supply Drive for Hurricane Harvey Relief

12th – ASDA Advocacy 101 Webinar

13th – Lunch & Learn: Glaxo-Smith-Kline

19th – Lunch & Learn: MedPro

21st – 24th – ASDA Executive Board Trip to Portland, OR with A-Dec & Patterson

24th – 29th – ASDA Wellness Week

October (ASDA PRE-DENTAL MONTH)

3rd – Bridging the Gap Survey on DAT Preparation

12th – Lunch & Learn: Colgate Oral Health

24th – Lunch & Learn: Patterson Dental

Bridging the Gap Kickoff: Pizza Social for Mentors/Mentees

November (ASDA ADVOCACY MONTH)

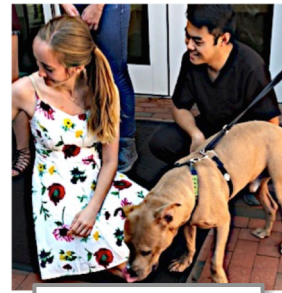
7th – Durham VA Oral Hygiene Improvement Campaign

8th – Lunch & Learn: Treloar & Heisel (Insurance and financial services for the dental professional)

9th – Lunch & Learn: Great-West Financial (ADA Student Member Life & Disability Insurance)

12th – ASDA National Engage Challenge

13th – Mr. Molar Pageant, benefitting Give Kids a Smile



WELLNESS WEEK PUPS



BRIDGING THE GAP PIZZA SOCIAL



COLGATE LUNCH & LEARN

BITE BLOCK

TRY THIS FOR A HEALTHY (AND GLUTEN-FREE)
WEEKNIGHT DINNER!



OTHER OPTIONS: IF MAKING THIS AS AN
APPETIZER, SPOON BUTTERNUT SQUASH
MIXTURE INTO LONG PIECES OF TUSCAN KALE
AND WRAP. GREAT FOR PARTIES OR HOLIDAY
GET-TOGETHERS!



Stuffed Butternut Squash

Recipe courtesy of Sabrina Saunders, Class of 2019

Ingredients:

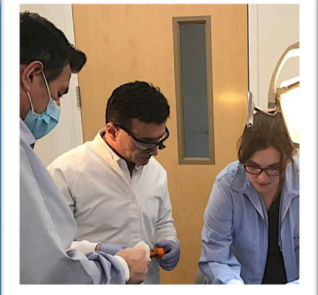
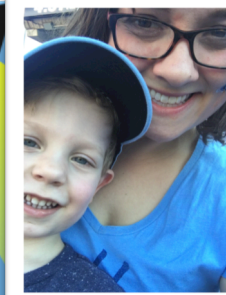
- | | |
|-----------------------------|-------------------|
| 1 butternut squash | 1 apple, diced |
| 1 lb ground sausage | 2 cups spinach |
| 1 onion, diced | 1 T almond crumbs |
| 4 pieces of celery, chopped | 1 T black pepper |
| 3 carrots, chopped | Salt, to taste |

Directions:

1. Preheat oven to 400 degrees F.
2. Cut butternut squash in half, lengthwise and remove seeds.
3. Place squash face-down on an oiled baking sheet.
4. Bake for 45 minutes-1 hour in oven, or until inside is no longer firm.
5. Dice onion, celery, carrots, and apple.
6. Grind almonds in blender.
7. Brown sausage, onion, celery, carrots, and apple, in a pan with salt and pepper until cooked thoroughly.
8. Carefully remove the insides of the squash and place in a large bowl and mash with a fork (they will be very hot).
9. Add sausage, onion, celery, carrots, and apple mixture to the bowl with the squash. Mix together.
10. Place the contents of the bowl back in the butternut squash
11. Bake for 10 more minutes
12. Sprinkle almond crumbs on top and enjoy!



FACULTY SPOTLIGHT: INTERVIEW WITH DR. WENDY CLARK D.D.S., M.S.



1. **Where are you from?** I grew up in Georgia near Atlanta.
2. **What is your position at the school?** Group Practice Director for Practice C and Clinical Assistant Professor. Started In July. So far so good.
3. **What did you do prior to working at the dental school?** I was in private practice for 7 years. I was an associate at a practice in Atlanta.
4. **What did you enjoy/dislike about private practice?** Like: I actually liked private practice more than I thought I would, but I knew I always wanted to teach. I really liked the relationship you were able to develop with the patients and learn your strength and weaknesses not only as a leader but also as a boss. Dislike: I worked in a high-end specialty practice, so we did a lot of same day implant surgeries, so the hours were super unpredictable, so there were days that I worked super late until 10 or 11 and it was hard when I had kids. I have a 2 year old and a 3 year old. I had always wanted to go into academics, and I always wanted to practice for 3 or 5 years, because I kind of wanted to be able to bring that experience back into academics because I thought that was important. And the timing was right with my family, because my kids hadn't started school yet. But I am here to stay. So everyone has to get used to my face (laughs). While I was in private practice, I did some lecturing in Birmingham, Alabama with CE courses, study clubs, and meetings. I loved lecturing! So it was natural transitioning into Academics.
5. **What brought you to UNC?** The school, the people, the city. I always wanted to live in a college town. I went to UGA for undergrad, and Chapel Hill reminds me so much of Athens. The team here [at the dental school] is great. There is so much energy with the dean, the faculty and staff. And the students really want to be here. This is the only school I applied to work at. It was Carolina or bust (laughs)!
6. **What is your favorite aspect of dentistry/prosthodontics?** I love removable and all the aspects of it, but when I was private practice, it was high end, so I did a lot of veneers and implants. But the way dentistry is moving with digital, you can really streamline things with removable, implants, etc. You guys are going to learn so much with digital; you won't be able to imagine it!
7. **Where did you go to dental school?** I went to Marquette in Milwaukee and did my Prosthodontics residency at UAB.
8. **How would you describe your dental school experience?** I loved it there. I had a really good experience. When I interviewed there, I had the same experience when I interviewed here [at UNC for faculty position]. I got a really good vibe. Everyone was happy - staff, faculty, and students. They just built a new building 2 years before I started, so everything was really brand new, nice, and they had just revamped the curriculum, so it was really cool. You got really early clinical experience and now a lot of schools are copying that model. When I was there, we really focused on comprehensive care and conservative dentistry, which I didn't really see much until I got here.
9. **What is your favorite object/item in your office?** Probably my giant monitor. My 27-inch Mac. If you want me to be sentimental, my children's beautiful artwork. If you want me to be super honest, my coffeemaker (laughs).
10. **What was your biggest challenge in dental school and how did you overcome it?** When I was in college, I majored in music. I wanted to be a professional clarinet player, which is one thing that is harder than dental school! When I started, I was one of the only people that were not a science major. I really struggled with that. I had a first gen iPod and I would plug it in and study science so much... I spent so many hours studying science just to keep up those first two years!
11. **Who/what helped you get through dental school?** Honestly my group practice director, which is why I decided to take the position. I still speak to Dr. Nunn, who I actually called before I took this position. My classmates too, who you can rely upon and be there for you. And coffee - LOTS OF COFFEE. And that's [coffee] what helped me with having kids too (laughs).
12. **Who/what influenced you to go into the field of dentistry?** When my brother was born, he had a cleft lip and palate. He was in ortho for 14 years. He had missing teeth and all sorts of dental-facial problems. So it was really cool to see him go from shy kid to a confident adult. And it was because of his specialty team of ortho, pros, oral surgery. When I became a prosthodontist, I was really blessed to be a part of specialty team. I also got to practice near my brother's orthodontist! So it was really cool to go from being this 5 year old at my brother's orthodontist office to becoming his colleague. Life is cool.
13. **Do you have any memorable moments from dental school?** Oh jeez. We would always go out and dress up for Halloween! Also we had clinics ABCD like you guys. And we would call it Clinic E, when we would go out. We would say, 'we're going to have a clinic E meeting tonight!' (laughs). We would go out to brew and games and it was just the friendships and growing with your faculty and your classmates. And when I dropped my wax-up model for dental anatomy. Happens to everyone. Had to rebuild it (laughs).
14. **What keeps you going daily?** Probably just the excitement of about the future of dentistry, what we are doing as a profession and what you all will be doing in the future. Its jus an exciting energy in prosthodontics, for example, where there is always something new, where you try something new and learn a new trick. There is always a good day in dentistry. Personally though, my family, my boys. And it's a blessing to love your job and love your home and be at peace that way.
15. **What do you do in your free time? Any hobbies?** I used to have hobbies until I had toddlers, so now my hobbies are my toddlers! I try to explore Chapel Hill, go to the farmers market, went to the fair, went to the museum. Finding the best BBQ.
16. **What advice do you have for current dental students?** I guess to use this time to take advantage of the resources around you because its so easy to get caught up with the tests and clinical experiences you need to get, but at the end of the day you are surrounded by so many beautiful minds like Dr. Sulaiman and Dr. Donovan who is a legend, and so many others. So many students are trying to get faster, but I would say slow down and really take it in. Learn every ounce of everything you can.
17. **Anything else you would like to share?** Just find what you love. There are so many things that dentistry has to offer, there is so much out there and so many different opportunities, so pick everyone's brain and learn what you love and do what you love. Life is too short to do something that doesn't make you happy and bring you joy.

MEET 1ST YEAR DENTAL STUDENT, BEATRICE WILLIAMS**1. Where are you from?**

I am a first-generation immigrant from Ghana but I was raised in Woodbridge, Virginia for the majority of my life.

2. How was it growing up in Woodbridge?

Growing in Woodbridge was great! I really appreciated the diversity of people who lived there along with the quality public education of Northern Virginia schools. The elementary, middle, and high schools were all within 5 miles of each other so I was able to grow up with the same group of people who have become my life-long friends.

3. What do you do in your free time?

Anyone who knows me knows that napping and Netflix are my bread and butter. I also try to stay active and go to the gym about five times a week. In addition to working out, a major source of my stress relief comes from singing. Through my years as a classical trained vocalist, I have found that music grounds me and serves as the perfect outlet for me to express myself and remain sane.

4. What inspires you?

My parents truly inspire me. I could not imagine the faith and grit it took leave behind everything they've ever known to go foreign country with just the hope of opportunity. Growing up and witnessing their struggles, first-hand, as they worked to make something from nothing was truly inspiring. They sacrificed so much to ensure that their children could live a better life. If they can navigate providing for a family of six without anyone setting precedent, I believe I can manage navigating dental school and the journey to come.

5. What are you thankful for?

I think that being here is such a privilege. If you consider my background as minority, immigrant, and first-generation college student from a low socio-economic household, I statistically shouldn't even be sitting here speaking with you. The odds were not in my favor for matriculating through college yet alone matriculating into one of the top dental schools in the world. Getting an education from an institution like this and being surrounded by great faculty and classmates is something I'm truly thankful for.

6. What are 3 words you would use to describe yourself?

I would describe myself as proactive, resilient, and passionate.

7. What are some of the organizations and activities you are involved in at the dental school?

SNDA (Student National Dental Association), CMDA (Christian Medical & Dental Association), Bridging the Gap, SEID (Student Entrepreneurs in Dentistry), and BSA (Barakat Student Ambassadors).

8. Describe your first day of dental school.

I remember waking up that morning and taking a second to think about how I got to this point. There were many sacrifices made and so many people that helped me get to where I am today; this was no overnight thing. I just remember being so grateful and trying to remember this moment to shed future perspective because I knew there would be trying days ahead. Participating in the Medical Education Development (MED) Program prior to school definitely helped ease the transition into dental school; it really allowed me to set a realistic expectation for dental school.

9. What do you like most about dental school?

I love that the things that we're learning are directly applicable to our future as opposed to the general education requirements in undergrad. I'm really excited that I will get the opportunity to make the change we all talk about. There is a large need for dental care and instead of sitting around talking about the problem, it's great that we're given the tools to help and do something about it.

10. What do you dislike about dental school?

Overall, dental school is amazing! The only downside is the jammed packed schedule. But, I try to constantly remind myself that there are like seventeen other people who would give up a lot to be in the same seat I'm in.

(continued)

Sometimes you have to look at the bigger picture and opportunities that you have and will have. It definitely requires a "delayed gratification" outlook.

11. Where do you see yourself 10 years from now?

Ten years from now I see myself in private practice. I hope to have practices that meet the demand for cosmetic dentistry but I also hope to have practices focused on reducing the disparities of dental care provision in the underserved areas of North Carolina. My ten-year plan also includes trans-Atlantic dental care. I want to open some clinics in Ghana and I'm really hoping to work with the dental schools in Ghana. These clinics would serve as an opportunity for students to get experience and jobs while also help alleviate some of the unmet dental care needs in Ghana.

12. If you could be anyone else in the world, who would you be?

Michelle Obama or Beyoncé, either of those two. If only there was a hybrid of both! They are African-American women who are absolute powerhouses in their fields. They inspire so many people and use their positions of power to evoke positive change in the world.

13. If you weren't going to be a dentist, what would you be and why?

In a perfect world, I would pursue my passion with music. Music has the ability to transport you to another place and moment in time. It allows you to exist outside of yourself and bring people together, transcending segregating factors such as race, class, and gender.

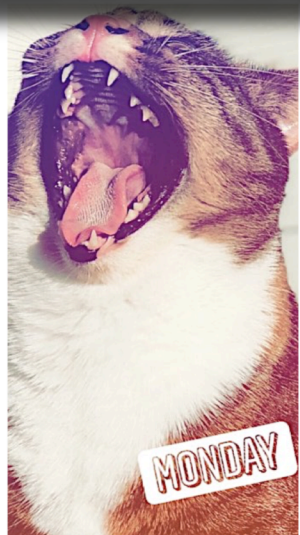
14. If you could be a dental instrument/appliance, what would you be and why?

I would perhaps be a mirror because it helps eliminate your blind spots and it adds perspective. As a dentist working in small confines of a patients' mouths, you have a limited perspective. Having the full picture and scope of the situation makes providing thorough quality care possible.

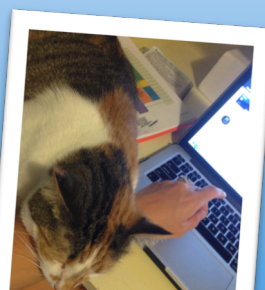
FELINE FRIENDS

HERE'S WHY YOU SHOULD CONSIDER ADOPTING A CAT:

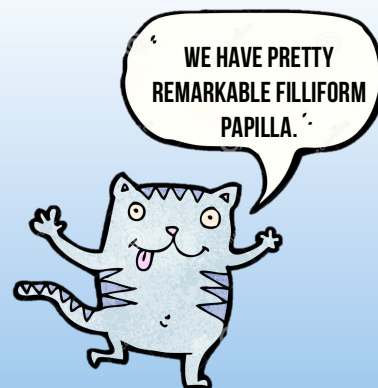
HELEN'S CAT, REINA



Helen May (Class of 2019): "I adopted Reina the Saturday after orientation first year from Safe Haven Cat Rescue (highly recommend! They take such good care of the cats there and really bring some troubled kitties back to good health). She has been the best companion, loves to play and cuddle up on my lap. She was a bit of a handful as a kitten (I adopted her at 2.5 months old) but you just have to "cat-proof" a little bit if you get a little trouble maker like I did cats also have the funniest personalities so it makes everyday life a little more entertaining (and can put you in a much better mood after a stressful day)"



EMILY'S CATS, NALA AND SIMBA



Emily Eickhoff (Class of 2019): Nala (4) and Simba (2) "My cat Nala knows when I am stressed because she will come and sit in my lap when I am studying before a big exam. They are great companions because I don't have any roommates.

They are easy to take care of compared to dogs because you don't have to worry about rushing home to let them out to go to the bathroom. Also I have an automatic cat feeder, so I can leave them at home if I need to travel for a weekend and they have everything they need. Low maintenance and lots of love= perfect pet!"

RECAP: WELLNESS WEEK 2017

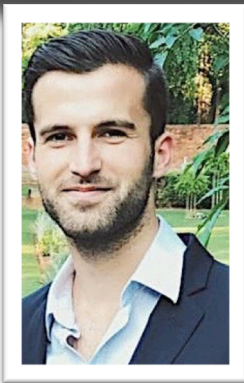
NICOLE CUCCHI, CLASS OF 2019

UNC ASDA hosted its first annual Wellness Week this past September in conjunction with a national ASDA Wellness Month initiative. Pre-doc students, grad students, professors, and faculty took part in various activities around the community and at school to benefit their social, educational, emotional, physical, and occupational wellness.

A lunch and learn was held that week to promote patient and provider safety in the workplace and educate the school on safe sterilization methods. Crossfit Homeward, Pure Barre Chapel Hill, and Barre3 Chapel Hill hosted exercise classes where members attended to explore physical activity options in the community. Chopt and One Fish Two Fish put on benefit nights to support the chapter and encourage healthy eating.

Sports Dentistry hosted a Class Cup soccer tournament the Wednesday of Wellness Week where various classes, grad programs, and faculty battled for the championship. A dog therapy session was hosted in the courtyard and students were able to play with puppies from a local shelter. DEAH DAY also overlapped Wellness Week, displaying the school's commitment to service and community wellbeing. The Wellness Committee was thankful to all who participated in this year's initiative and look forward to this week of wellness in the future!



MEET 4TH YEAR DENTAL STUDENT, SHERIF ERI HYSA

1. **Where are you from?**
I am originally from Albania, but moved to the US about 12 years ago. Lived in Chicago for 3 months then lived in Outer Banks, NC since then.
2. **What were you like as a child?**
I'm sure my mom would say I was a trouble maker and she'd be right. I grew up in a very different environment than most people my age grew up in. Most of the day as a child was spent playing soccer with different neighborhoods. Everything revolved around soccer. So I would only stay at home for a few hours to grab something to eat and the rest of the time was spent with friends in the neighborhood getting into all types of different adventures.

3. **What are your favorite hobbies?**
My favorite hobbies would include soccer, basketball; any beach related activities and lately I have started reading almost everyday. This last one is a very recent habit; in fact I use to despise reading.
4. **What inspires you?**
The funny thing about inspiration is that it is not constant. You know, we don't go on everyday feeling inspired, all of the time. But I have been very lucky to have the closest thing to a constant source on inspiration. My parents. By constant I mean that they are the true definition of courage and perseverance. Twelve years ago my parents had the courage to leave behind their close friends, brothers, sisters, their own identities and way of life on a sole belief that there is a better opportunity in a different part of the world. I mean could you imagine for a second leaving almost everything you have ever known and making that decision? It is hard for me to imagine but that for me is enough to give me inspiration when I need it. And the every day hard work of adjusting to a different world and doing that just so my brothers and I can have the chance to a fair education- that to me is the constant reminder of being grateful of the opportunities that I have.
5. **What are some of the organizations and activities that you are a part of at the dental school?**
Throughout my time in dental school I have been a member of ENNEAD, AGD, SEID and I have participated in several other volunteer based organizations.
6. **What do you like most about dental school?**
The close friendships that I have been able to make. Those are the most important things at the end of the day.
7. **What do you dislike most about dental school?**
The limited food choices, I wish we had better food options around the school.
8. **What has been your coolest experience in clinic?**
This experience wasn't at the school clinic but it was part of my second DISC community rotation. A patient had neglected her oral health care for the past 10 years because of an extreme fear of the dentist. She came in for an emergency toothache but that day she was still so fearful that I was not able to provide any care other than talking to the patient and trying to understand her point of view. By the end of the fourth week on rotation, we were able to complete almost all of her comprehensive treatment plan,

(continued)
which included 3rd molar extractions under local anesthesia, and several restorations. To be part of such a dramatic change in someone else's life, this was one of the most rewarding experiences I have had in dentistry thus far.

9. **Where do you see yourself 10 years from now?**
I don't see myself 10 years from now. What I mean is that I don't set goals or think that far ahead. If you had asked me 10 years ago I would have never told you I'd want to be where I am. Don't get me wrong, it is very important to set goals for the future but there is a balance to that. And 10 years is too much, goals that far into the future can sometimes close the doors to other opportunities because you start to get tunnel vision toward that destination and miss the opportunities that pass along the journey.
10. **What advice do you have for the first- and second-years?**
To keep an open mind and most importantly a positive attitude and have a daily reminder of the opportunity in front of you. During the 1st and 2nd year things can get very hectic with the never ending science classes while still learning a new hand skills, so it is easy to get lost into how busy you are and how its not fair. But at the same time you could also still be trying to get a better score on the DAT and applying to dental school again.
11. **If you could be anyone else in this world, who would you be and why?**
I'd be a puppy because how cool would it be to be that happy over someone throwing a ball for you to go fetch. I mean puppies get happy over the smallest things and that would be really cool.
12. **If you could be a dental instrument/appliance, what would you be and why?**
Intraoral camera, because want to be able to bring a better understanding to the patients. And as dental students and dentists start getting dental jargon when explaining dental treatment needs to a patient. You can literally watch the patient's eyes start to gloss over when you start talking about the different theories of cariology. But once you take a picture of that cavity and show it to them, that is what hits home and it leads to a positive behavior change. So why not be an intraoral camera?

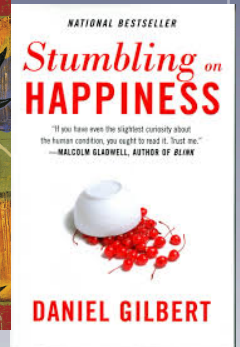
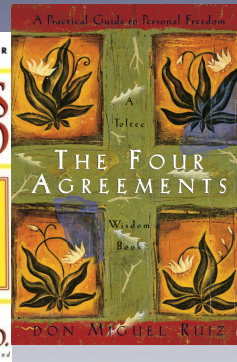
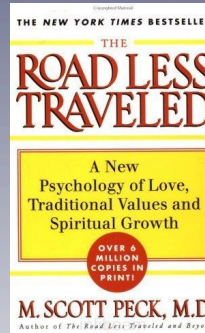
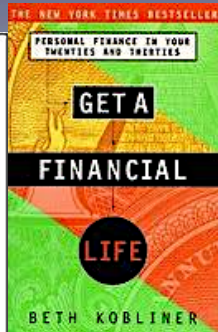
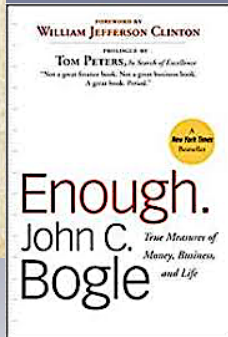
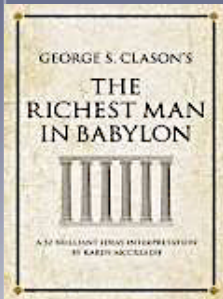
ASDA NATIONAL LEADERSHIP CONFERENCE RECAP NEHEMIAH LAWSON - ASDA CO-PRESIDENT

Chicago. The windy city known for deep-dish pizza, incredible architecture, loyal sports fans, and so much more. This previous November 17th-19th, myself and four other dental students (Donna Thomas, Will Porzio, Callie Bader, and Justin Nunes), had the humbling opportunity to attend ASDA's National Leadership Conference held at the Hilton Chicago in the heart of downtown. Every year, ASDA hosts a variety of conferences in which students are able to enrich their dental school experience. However, the National Leadership conference stands above the rests in opportunities to enhance leadership skills from the local to national levels as a dental student. From enriching keynote speakers, to incredible breakout sessions, and enriching networking opportunities with national leaders of ASDA and the ADA, not a single moment was wasted at NLC. We were able to hear from Kevin Brown (national motivational speaker), Austin Eubanks (columbine shooting survivor, CEO of Foundry Treatment Center, and recovered addict), and Derreck Kayongo (Global Soap project founder & CEO, Center for Civil and Human Rights). Each of their stories were incredibly moving and passionate, stressing to dental students our role as leaders in our respective communities and the world. Breakout sessions were customizable for students interested in residency applications, chapter improvement, as well as better personal and team leadership skills. Even more, pre-dental students had their own tracks as well to help with the dental school application process. When we weren't busy with hearing

from keynote speakers, participating in breakout sessions, or rubbing elbows with national leaders, we had a fortunate opportunity to participate in social activities at night hosted by respective vendors or personal exploration of the city. On the second day of the conference, I also had the humbling presentation of a national award (the ASDA National Rising Leader Award). After nomination from our respective chapter, a letter of recommendation, CV/resume, a letter of good academic standing, and a vote from the National ASDA Board, I was chosen from many national leaders across the nation. The Rising Leader Award recognizes the importance of developing leadership skills, philanthropy, and involvement in organized dentistry early in a dental student's career. This award was a firm reminder that dentistry is so much more than what you learn in the classroom, and that some key characteristics to success are simply innate and cannot be taught. Chicago has so much to offer, and I highly suggest that everyone try to visit and/or attend the National Leadership Conference before leaving dental school. How do you get the opportunity, you may ask? Get involved with ASDA! The ASDA board selects based on leadership potential, contribution to overall chapter events, and involvement on a specific committee. It is an experience that is truly unparalleled to anything offered locally or nationally by any other dental student organization. I'm sure that I can speak for the selected group when I say that we won't forget this trip and will take the lessons learned into the rest of our training and matriculation into the career!

WISDOM TEETH

BOOK RECOMMENDATIONS
COURTESY OF DR. KING



Books on Money & Finance

Books on Living & Leadership



ENJOY YOUR BREAK!

Thanks for reading! Look for the next edition of News Bites, coming Spring 2018.

Want to contribute to the next edition? Contact a member of the ASDA Newsletter Team below!

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