

**STUDENT NEWS at**  
**The UNIVERSITY of UTAH SCHOOL of DENTISTRY**



**FALL/WINTER 2016-2017**



## IN THIS ISSUE:

- **LETTER FROM THE EDITOR**
- **ASDA NEWS**
  - Fall 2016 ASDA Elections and Results
  - Newsletter Logo Contest Winner
- **UUSOD NEWS**
  - Fall 2016 SAC Elections and Officer Profiles
  - Interview with Dr. David Okano
- **SPECIALTY PROGRAMS**
  - Orthodontics
  - Pediatric Dentistry
- **STUDENT LIFE**
  - Mom to Hygienist to Dentist
  - Class Perspectives
  - Student Service
  - ASDA Life Elevated
- **CALENDAR OF EVENTS**
- **SUMMER RECAP**
- **RECIPE**

## FLOSSED IN TRANSLATION: UUSOD STUDENT NEWSLETTER

**Editor:** Jamie Udell

**Layout & Design:** Anjanette Walsh

**Photography:** Derek Tang, & UUSOD Students

### Contributing Writers:

- Mark Ashcraft
- Melanie Barber
- Ashley Boettger
- Amber Clark
- Devin Daniels
- Madison Day
- Shaun Dearing
- Luis Franco
- Adam Hine
- Justin Moody
- Andrew Ray
- Marilyn Sadler
- Rachel Smith
- Anjanette Walsh
- Clint Wire



# Letter From the Editor: Jamie Udell

**Where has this year gone??!!** It seems like just yesterday I was a first year student, jumping up and down with excitement over our relaxed summer schedule. Now my class is in the clinic working on real live patients!! Yikes!! Once you get past the “first” new patient jitters, “first” giving your patient a bath with the ultrasonic, and “first” pulling out the big guns to drill and fill, clinic becomes fun and exciting. There has not been one Dr. attending that has not been great to work with. Each Dr. makes you feel comfortable and at ease. They know when to hold your hand and when to leave you hanging a little, so you push yourself and learn and sweat under pressure!



Jamie Udell, D2, speaking to refugees about the importance of oral health care.

Welcoming in our newest first year students, our school is now full! Our 4<sup>th</sup> year students are applying for specialty programs and getting ready for graduation in May, the third year students are preparing for their second set of boards, 2<sup>nd</sup> year students just finished their first set of boards, and the 1<sup>st</sup> year students are trying to stay above water!! In

this newsletter, you will get to hear from many of our students on their experiences, love for dentistry and their interest in specialty programs, and all the amazing opportunities we get to be a part of. I couldn't be more honored and blessed to be in a school surrounded by so many great students and the best faculty and staff.

Each semester of dental school is challenging in its own way, but I think my class can agree this last semester was one of the most demanding and mentally draining for a lot of us. Every student in my class stepped up to the plate when needed. No one was left out or behind. Study guides and tips were provided for tests and we all stayed when needed in clinic to assist or just give moral support! There was not one professor that was not willing to work with our schedule and spend extra time with us. This is one thing that I value and tell others is the absolute best about our school. Each student is known by name. We are not just numbers on a list. The faculty and staff treat us as equals and professionals. And ultimately we are treated like family.

The first three semesters are out of the way for me. Time really does fly in dental school. It will be over before you know it! Can't wait to continue learning and see what this next year has in store for all of us!!

~Jamie Udell, Editor

# ASDA NEWS

## Why ASDA?

**By: Madison Day, D2**



ASDA has been such a good way for me to integrate into the national dental community. I started out by just joining a bunch of committees here at the U and getting to know people. I was fortunate enough to attend the leadership conference in Las Vegas with districts 10 and 11, a wonderful experience. I met sponsors of ASDA, student leadership from other schools, national student leadership, and dental professions, building my dental network. I was inspired to get more involved in ASDA and applied to go to the district 10 conference in Seattle, Washington. At this conference, I asked various students why they were involved in ASDA and why they thought ASDA was so important. Past ASDA leaders expressed that ASDA was a way to make connections and find what they were planning on doing after they completed their dental schooling. Current students said they enjoyed the advocacy and getting involved with dentist rights and regulations, and fresh ASDA members were just glad to network and build new relationships at the start of their dental school careers. I personally am grateful for the experiences I have had. ASDA is a great way to do something still dental related that isn't studying or school work related.

Elections are held the middle of September for committee leads and for class presidents.

### Current 2016-2017 ASDA Committee Leads:

- Global Outreach- Ashley Boettger
- Community Outreach- McCall McCord
- Newsletter- Jamie Udell
- Advocacy and Organized Dentistry- Jaren Thueson
- Social- Marissa Bergthold
- Pre-Dental- Lley Duarte
- Health and Wellness- Adam Hine
- Website- Derek Tang
- Fundraising- Anjanette Walsh

## ASDA Newsletter Logo Design Contest Winner



**Congratulations!**  
**Sandrine Couldwell, D2**



Sandrine Couldwell is our artwork winner for the Newsletter head contest!! She did a great job. Our newsletter looks amazing!! She will be awarded two free meal tickets. Thank you to everyone who submitted entries for our contest. Be on the lookout for our next contest!!

# UUSOD NEWS

## 2016-2017 Student Advisory Committee (SAC) Elections

**By: Anjanette Walsh, D2**



In September, the UUSOD student body participated in electing new Student Advisory Committee (SAC) officers for the 2016-2017 school year. The SAC is led by a chair and chair-elect. The newly elected Chair-Elect will transition to the SAC Chair position at the beginning of the following academic year. In addition, class co-presidents are elected from their respective classes. SAC Chairs and Class Presidents work closely with ASDA leadership to represent student interests and act as liaisons between the student body and school administration.

SAC leadership is responsible for holding monthly student council meetings to address student concerns and issues at hand. Class Presidents will act on behalf of their class to address concerns and specific class issues. This input is then addressed during the monthly meetings with the Dean. SAC representatives also serve on various UUSOD committees. These

include councils such as Health Science Safety, Quality Assurance, Diversity, and Curriculum.

UUSOD student leaders put in a tremendous amount of time and energy to make sure the concerns of all students are collectively heard and addressed by the administration. They all deserve our respect and gratitude for stepping up to represent UUSOD students.

This section highlights the new SAC officers giving you an opportunity to learn more about who they are. When you see them in the halls, clinic, or the lunch room, make sure you say hello and thank them for all they do to make our school great.

**The following positions were filled for the 2016-2017 academic year:**

- SAC Chair-Elect (D2)
- D1 Class Co-Presidents (2)
- D2 Class Co-Presidents (2)
- D3 Class Co-Presidents (2)
- D4 Class Co-Presidents (2)
- Graduate Program Advisor



UNIVERSITY OF UTAH  
SCHOOL OF DENTISTRY



# UUSOD NEWS:

## 2016-2017 Class Presidents



### D4 CLASS PRESIDENTS



**Rachel Smith, D4 Co-President**

Rachel did her undergrad at the University of Utah, studying exercise physiology. After graduating in 2012, Rachel took the year off to prepare for her wedding to her (now) husband after 10 years of dating. They were married 9 days before dental school started. Rachel currently lives in Bountiful and enjoys hiking, party planning, and spending time with her 5 nephews. Rachel has applied for the GPR at the University of Utah and will be hearing back about acceptances in January.

**Clint Wire, D4 Co-President**

I'm originally from Olympia, Washington and studied Exercise Science at Brigham Young University. I love snow skiing, riding motorcycles, and playing sports. I'm attending an Orthodontic Residency at the University of Iowa after dental school. Oh, and I don't read books unless I have to and I never eat my vegetables.



# UUSOD NEWS:

## 2016-2017 Class Presidents

### D3 CLASS PRESIDENTS



**Justin Moody, D3 Co-President**

I grew up in Payson, Utah and studied Public Health at BYU. I love to play sports and I play the bagpipes.



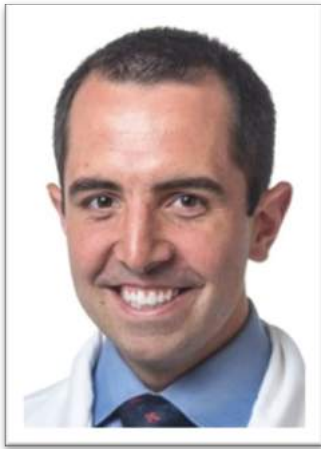
**Taylor Tate, D3 Co-President**

I am from Utah. I attended the University of Utah for my undergraduate studies and earned my bachelor's degree in exercise physiology. For a year and a half during dental school I served as the ASDA Community Outreach Lead and am currently serving as one of the D3 Class Co-Presidents. I am married and we have an almost 3-year-old son and my wife is expecting in February.

# UUSOD NEWS:

## 2016-2017 Class Presidents

### D2 CLASS PRESIDENTS



#### **Peter Mortenson, D2 Co-President**

Friends and family call me P.Mo. I grew up in Bozeman, MT. After serving an LDS mission in Rome, Italy, I graduated with a BS in Italian from BYU in 2015. I enjoy writing songs, hiking, fishing, and teaching. I married Alexandra Burton Mortenson in August of 2016.



#### **Derek Tang, D2 Co-President**

Derek was born and raised in the San Francisco Bay Area in California. He obtained his BS in Biological Sciences, with an emphasis in Neurobiology, Physiology, and Behavior from UC Davis. Post-graduation, he was involved with dental materials science research at the UCSF School of Dentistry for 3 years. This sparked his interest to return to school and obtain a Master's degree in Biological Sciences, emphasizing in Microbiology, where he did research in genetic sequencing of unculturable bacteria from the mouth. In the past two years at the UUSOD, he has been involved in the media and the website for the Utah ASDA chapter. He hopes to continue to bring more awareness to the chapter through social media and media production content.



# UUSOD NEWS:

## 2016-2017 Class Presidents

### D1 CLASS PRESIDENTS

#### **Romeo Barzegari, D1 Co-President**

I was born and raised in Tehran, Iran and moved to the United States during high school. I attended David Eccles School of Business where I received my bachelor's degree in Business Management. Currently, I am a co-president representing class of 2020.



#### **Jacob Haslam, D1 Co-President**

I was born and raised in Ogden Utah and attended Weber State University for my undergraduate degree with a major in Microbiology and yep, you guessed it, a minor in Chemistry. I love being in the outdoors, riding bikes, and anything that has to do with motors. I have enjoyed my time here at the U, and look forward to all that I have to learn from each of you.





# UUSOD NEWS: 2016-2017 SAC Leadership

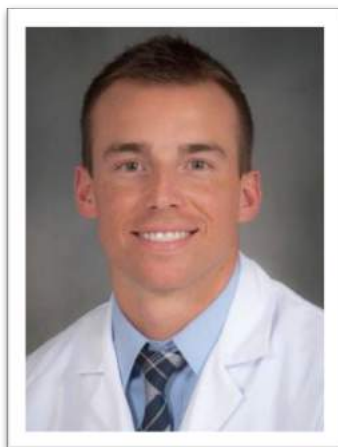
## SAC Chair-Elect

### **Alex Roegiers, SAC Chair-Elect**

My name is Alex Roegiers, I am a second year here at the UUSOD. I am currently the SAC Chair-Elect. I'm originally from Idaho, but have lived the last nine years in Salt Lake City, Utah. I attended Westminster College for my undergraduate degree where I played for the men's soccer team and studied biology and economics. Go Griffins, ca-CAWWW!



## SAC Graduate Program Advisor



### **Riley Hunsaker, Graduate Program Advisor**

My name is Riley Hunsaker and I am a D3. I am from Orem, Utah and I graduated from BYU with a degree in Business Management. I have previously served as the Pre-Dental Committee lead, the D2 Class Co-President, and I am now serving as the Graduate Program Advisor for the school. Come talk to me if you ever have any questions about graduate programs; and I look forward to having some meetings in the Spring and getting to know you underclassmen a little better!



# UUSOD NEWS:

## Faculty Profile

### Interview with Dr. David Okano:

**Mild-mannered periodontist, or  
Irish refugee leading a double life?  
Find out in this risqué, tell-all  
interview with the Doctor himself.**

**By: Devin Daniels, D4\***

**Okano is a very Irish sounding name. Where are you actually from?**

*I was born and raised in Rock Springs, Wyoming.*

**Where did you do your undergraduate degree?**

*I attended the University of Wyoming for my pre-dental program and graduated in 1978 from my home state university...Go Pokes! My dental degree is from the University of Nebraska Medical Center College of Dentistry, graduating in 1981. I did a GPR at the Wood VAMC in Milwaukee, WI, finishing in 1982. My periodontal residency was at the University of Nebraska Medical Center College of Dentistry, graduating in 1985 with a certificate in periodontology and an M.S.*

**Tell us about your experience in dental school and the 5 years after.**

*My undergraduate dental school experiences involved a great deal of time commitment due to academic workload and the amount of lab work we had to do during all four years of school. As with any professional school, it was hard, but we were treated with much respect. In fact, though we did not have doctorate degrees yet, all dental students were called "Dr." throughout dental school. This may not be the correct thing to do, but was an example of*

*the respect the school had for their students and the dignity by which we were treated. The academic atmosphere was conducive to learning. We knew we would graduate as long as we worked hard and made it through the curriculum.*



**Dr. David Okano**  
**UUSOD Clinical Faculty**

Photo Credit: [www.perio.org](http://www.perio.org)

*I would say my GPR year was the best year of training of all of my years of dental education. The VA provided incredible opportunities and experiences with clinical dentistry. I gained much skill and confidence during the year immediately following graduation from dental school.*

*The periodontal residency was extremely busy and much more difficult than dental school. Being in a specialty residency was academically challenging, but the clinical experiences were all very rewarding as one knew this would provide the basis for our future professional careers.*

(Continued on page 11)

## Interview with Dr. David Okano, cont.

**Did you start your practice from scratch? If so, what resources prepared you the most to do so? What advice might you give to those of us wanting to start a practice from scratch?**

*I started my practice from scratch, opening my doors in an area that had never had a periodontist before. During my perio residency, we were fortunate to be exposed to many periodontist attending staff who shared many “pearls” of wisdom. I also had many mentors on the faculty who shared many positive experiences for clinicians. I would suggest any dental student or resident to seek out several mentors who can offer thoughts as to how to be a successful dentist. Talk to many clinicians in private practice. See what has worked for them. Ask what mistakes they have made so you do not repeat their mistakes. I would especially advise that the business side of dentistry be important when talking to practicing dentists. Understanding basic business principals, accounting methods, marketing strategies and staff development are very important to a successful dentist. Also, learning how to work with third party payers and dealing with governmental regulations is critical to the functioning of a dental practice.*

**Periodontics: Great specialty, or greatest specialty?**

*Every individual should go into their career with the mindset that they are entering the “greatest specialty”. This includes general dentistry. I have the highest regard for excellent general dentists as they have developed skills that allow them to do so many disciplines of dentistry very well. For me, periodontics has been the “greatest specialty”. I have enjoyed my specialty career immensely.*

**What made you decide on periodontics?**

*Periodontics was attractive to me as it was a very academic discipline of dentistry that has a very strong scientific basis. Perio has always been evidence based, long before evidence-based dentistry became the popular concept it has become in recent years. Perio integrates oral medicine with surgical management of disease. The challenges of managing chronic disease and to have long-term*

*relationships with patients is very rewarding. Perio patients are the most committed dental patients as they truly want to keep their teeth, or restore dental function through dental implants. They are the cream of the crop of dental patients.*

**What advice would you give to the average general practitioner in regards to perio?**

*The general dentist should become an expert in the recognition and the diagnosis of all periodontal diseases. I would also suggest general dentists be comfortable in providing non-surgical periodontal therapy (i.e. Scaling and Root Planing). Though the dentist may not actually provide the non-surgical periodontal therapy, they must be comfortable in managing and overseeing the periodontal needs of patients in the dental hygiene department. Most general dentists will not provide surgical periodontal therapies, however, they should become very familiar with what surgical periodontal treatment options may be available to their patients. Understanding the many types of periodontal surgeries will facilitate excellent working relationships with a general dentist’s consulting periodontal specialist.*

**What, in your opinion is the most important thing a future periodontist-hopeful should look for in a program?**

*I believe it is very important that a periodontal program offer a wide range of educational opportunities in both periodontal therapies to save teeth and also learn the many surgical procedures involving dental implants to replace missing teeth. A well-rounded background will lead to the ability to provide many therapies to restore dental function.*



(Continued on page 12)

## Interview with Dr. David Okano, cont.

*Though you asked for, “the most important thing”, I will offer one more important consideration. It is very important that a potential applicant to a periodontal program meet the residents in the program. You will spend a tremendous amount of time with your fellow residents and you will learn a great deal from each other. Having a healthy environment in which all of the residents get along well can become a much more enriching experience as one undergoes the academic rigors of a specialty training program.*

~Interviewed by Devin Daniels  
2016

\*Devin Daniels is a fourth year dental student at the University of Utah School of Dentistry. He will graduate, a part of the UUSOD inaugural class, in May 2017. Devin has been accepted to a Periodontics Specialty/Residency Program in California.



**Devin Daniels, D4  
UUSOD Student**

- Dr. Okano is a faculty member at the University of Utah School of Dentistry. He works with students in the clinic and in the classroom instructing on the importance of periodontal therapy, diagnosis, and treatment. In addition, Dr. Okano has a busy faculty practice at the UUSOD where he sees and treats patients. [www.dentistry.utah.edu/DentalClinic](http://www.dentistry.utah.edu/DentalClinic)
- Dr. Okano can also be heard on the University of Utah Scope Health Sciences Radio where he discusses various oral health topics and answers questions about dental issues. [www.healthcare.utah.edu/The-Scope](http://www.healthcare.utah.edu/The-Scope)
- Dr. Okano is a *Diplomate of the American Board of Periodontology*.

To learn more about the specialty of Periodontics  
visit: [www.perio.org](http://www.perio.org)

**The American Board of Periodontology (AAP) is one of nine specialty boards recognized by the American Dental Association.**

### **What is a Diplomate of the American Board of Periodontology?**

- A Diplomate is a periodontist who has made significant achievements beyond the mandatory educational requirements of the specialty and who is certified by the American Board of Periodontology.

### **Mission of the AAP:**

- Encourage Periodontists to pursue the Board Certification process
- Administer a Recertification process to assure continued professional development
- Elevate the quality of care in the specialty of Periodontics
- Collaborate with other entities and organization to improve the profession of dentistry

AAP, [www.perio.org](http://www.perio.org)



# Specialty Programs

## Orthodontic Specialty By: Clint Wire, D4

I've always had an interest in orthodontics ever since I benefited from having braces in high school. I felt a big improvement in my self-esteem as well as the confidence that I had when interacting with others. When I began dental school, I didn't plan on specializing in Orthodontics, but I wanted to keep my options open by doing all that I could to keep my



GPA as high as possible. As we began our 2<sup>nd</sup> year Orthodontics course, I was quickly intrigued by the concepts taught such as bracket prescription, coupling forces, and tooth movement. One day after class, Dr. Iverson spoke with me about how rewarding his career in orthodontics has been and how much he enjoys going to work every day. The intricate problem solving and patient self-motivation to undergo treatment are some of my favorite aspects involved in the specialty. The more that I learned

about the profession, the more I began to become intrigued. I eventually decided that I would do everything that I could to be a good applicant for a residency program.

I applied to over 40 programs, received 11 interview invitations, and was able to attend 10 interviews. The interview process was difficult and stressful, but I enjoyed being able to visit schools all over the country. I ranked schools through the Match program and on November 30<sup>th</sup> was matched to the Orthodontic Residency Program at the University of Iowa. It was my first choice in programs as it is only two years and the tuition is inexpensive. I'm excited to graduate and go on to pursue a career in Orthodontic Care. Please feel free to reach out to me if you have any questions on applying to a residency program!

~Clint Wire



Image Credit: [www.americanboardortho.com](http://www.americanboardortho.com)



# Specialty Programs

## Pediatric Specialty Interviewing: A D4 Perspective By Amber Clark, D4

Interviewing for a residency is much like interviewing for dental school. After being on the interview trail, I have a few words of wisdom to share with future applicants.

Be yourself. You have heard this over and over. It's true. Just be yourself, plain and simple. Why? You need to be yourself for yourself, the residents, and the faculty. You need to be at a program where you get along with other residents, the director, and Attending Doctors. Depending on your specialty, you will be with that group of individuals for anywhere from 1 to 6 years - make sure you are happy!

Take notes. Do this after you have interviewed and visited the program. The programs that you visit later in your interview trail will be more fresh on your mind. By taking notes, you can help yourself remember why you enjoyed earlier programs. Make a pro and con list for each program to help yourself. If you are participating in the Match, this should especially come in handy when you make your rank order list.

Relax. Depending on the program, you may be interviewing with anywhere from one to eight or more individuals and/or group of individuals. For example, I interviewed at a program that had five groups, round robin style, to rotate through. At

another program, there was just one interview session with four individuals asking questions. Whatever the layout, make sure to relax. Be confident. Programs want to see who you are off paper. Relax, and have fun with the experience.



Have fun. Most programs will have a social or dinner event before or after the interview. Some of these events include residents and faculty, and some are just with the residents. Enjoy your time getting to know the residents, faculty, and other applicants. Be yourself at these as well.

At the end of the day, don't stress. You did your best, and everything moving forward is out of your control (except for your rank order list if you are participating in Match, of course!). Don't stress about how well or how poor you may have interviewed. Move on. Interview at the next program. Go home.

You got this.

~Amber Clark



AMERICAN BOARD OF  
PEDIATRIC DENTISTRY

To learn more about Pediatric Specialty Programs visit: [www.abpd.org](http://www.abpd.org)

# UUSOD Student Life





# UUSOD Student Life: Mom to Hygienist to Dentist

## Dental School? Kids? What Was I Thinking???

By: Melanie Barber, D2

My journey to dental school was a tortuous one (think Wharton's duct). I originally took the DAT in 2009 and planned on applying to dental school for the following year. However, I decided to hold off, since there were no dental schools in Utah at the time and my husband still had schooling to finish. That's when I decided hygiene school sounded like a good idea, because I could still work in the dental field and have more flexibility with my schedule. In addition, there was still a possibility to apply to dental school a few years down the road. I was accepted to Utah Valley University's dental hygiene program and had a great experience there. I graduated in 2012 and worked as a hygienist for a year and a half before I decided I wanted to apply to dental school. I loved hygiene, but I wanted to expand my scope of practice in order to help patients even more. Fast forward to fall of 2014. I was scheduling dental school interviews and... SURPRISE! I found out I was pregnant! I had to make a very difficult decision on whether I would still attend dental school, knowing my baby would be two months old when I started. I think you all know what I decided.

Several of my fellow dental students know how difficult it can be to juggle being a good parent as well as a good student. Even as I'm writing, I see

Christian in my peripheral vision pulling ornaments off the Christmas tree. The only way I have been able to make it through dental school with an energetic



baby boy is through improving my skills in time management (I try to start on assignments as quickly as possible), discipline (waking up at 4 AM to study), the help of my incredibly supportive husband, my wonderful extended family and the grace of a Higher Power. I also have to take breaks and do something fun every once in a while! Attending dental school as a mom has been an amazing and challenging experience and in the end it will all be worth it...right??

~Melanie Barber

# UUSOD Student Life: Mom to Hygienist to Dentist

## A Personal Statement

**By: Marilyn Sadler, D1**



"Are you willing to pack 1200 pounds of dental equipment onto small, unpressurized aircraft, snow machines, or boats, to remote Alaskan villages?" Answering yes to that question changed my life.

I come from generations of dentists and have worked in a dental office most of my life. I began in my father's dental office in North Dakota as a child and my responsibilities grew as I grew. Eventually I was sitting chair side, assisting him. I loved working with him but at age 17, I was ready to move on.

I moved to Utah, working as a Certified Nursing Assistant, while attending an ADA accredited dental assisting school. After graduating I took the Certified Dental Assisting Board Exam and saw the flyer on the job board. It read "Alaskan Dental Assistants Needed" based out of Dillingham, Alaska. After searching a map and inquiring about the job, I answered "yes" to the above question, changing the course of my life.

I fell in love with Alaska and its people. For two years, I traveled to 27 villages, sleeping in schools, health clinics, or homes of local villagers. I learned to set up portable dental offices in random places, such as a wood shop, storage room, or school hallway. I received an award for spending 109 days in the villages. I felt gratitude and love from the children we treated and educated. The rewards went beyond the monetary value of my employment, leaving me with experiences and friendships to last a lifetime. These experiences made me passionate about wanting to be a dentist.

I enrolled at the University of Alaska, taking evening classes, while working full time as a dental assistant. The dentists were generous, enriching my education by sending me to dental conventions across the lower 48 states. I broadened my skills by learning the front office, eventually accepting a position as Office Manager.

After moving to Lincoln, Nebraska I worked at the College of Dentistry in the surgical department and enrolled at the University of Nebraska to finish pre-dental courses. I married and had a surprise honeymoon pregnancy. Despite this detour in life, I completed a semester of school while working at the dental school that year.

My husband was offered a job in Salt Lake City, bringing us back to Utah. I continued to work as a dental assistant. I helped a dentist sell his practice, and also became a dental assistant instructor. I enrolled at Weber State University while six months pregnant. To avoid missing any part of my classes, I made arrangements to deliver my son on a Friday so I could return to class Monday.

(Continued on page 18)

## A Personal Statement, cont.

I earned a baccalaureate degree in Dental Hygiene, graduating *Magnum Cum Laude*, with two little ones in tow. I was honored to receive the "Most Outstanding Student Award" in my class, selected by the university faculty and staff.

After graduation, I became active in the American Dental Hygienists Association, volunteering in leadership for 24 consecutive months; 12 months as President Elect and 12 months as President of the Northern Utah Dental Hygiene Association. I was offered an adjunct clinical faculty position at Weber State University Dental Hygiene Program to work with the senior students in the on-campus clinic. Fall semester, 2015, marks my fourth year as a clinical instructor at Weber State.

This past year I've had an opportunity to work in the community as university faculty at the off-campus Weber Midtown Community Health Center Dental clinic, where I supervised WSU students as they provided dental hygiene services to underserved and uninsured patients. I have observed in the operating room at the U of U and have begun employment with the Weber County Jail as a dental assistant for Dr. Marc Collman.

I've been blessed to be employed in almost every position in a dental office, most recently as a hygienist. I have observed the stress, ethical decision making and responsibilities that guide a dental practice. I've worked with dentists who volunteer their skills to help those in need within their practices, communities, and abroad. It is my goal to follow in their footsteps after dental school. I find joy working with and helping people. Growing up in a dental family has profoundly influenced my decision to become a dentist, but twenty years of experience has made me realize how much I love dentistry and the depth of my dedication to this profession! I am ready to be a Dentist!

~Marilyn Sadler





# UUSOD Student Life: Class Perspectives

## D4 Rachel Smith

It is so hard to believe that in less than 6 months, the D4 class will be graduating and out in the real world. It is quite exciting to see my classmates receive offers to their dream schools all over the country to continue their education in 5/9 dental specialties. As the acceptances continue to come in, it will be fun to see where everyone ends up! As much as I look



forward to practicing dentistry in a practice and making some money (finally!), I am saddened to think that in a very short time, my classmates and best friends will be scattered all over the United States, either continuing their education or working. These last 3.5 years have truly been the best of my life and that is due in great part to the amazing people that were chosen to study alongside me. I honestly don't know how Dr. Lowder put together such a

perfect mix of personalities, not only for my class, but for all four classes.

As Christmas approaches and we head into our last semester of dental school, we begin to prepare for the Western Regional Examining Board (WREB) to obtain our practicing licenses. We will begin screening patients to find the ideal case to ensure we pass the exam with flying colors. If you find someone with mild periodontal disease or a carious lesion barely extending to the DEJ, please find a D4 to refer them. ☺

The last thing that we would like you to know (especially the D1's and D2's) is that it gets SO much better, so keep pushing. Dentistry is hard and there are still days that I question myself, "Why the heck did I do this to myself?", but the good definitely outweighs the bad and I am excited for you all to experience it, too. Good Luck!

~Rachel Smith

## D3 Luis Franco

D3! Finally. Who would have known that walking through the proverbial hell would take about a year and a half to two, and at the end, there would be the "sweet silver song of a lark". Or, in our case the high-pitched sound of a high-speed hand piece winding up to drill on enamel. The journey here has not been an easy one; endless histology and

(Continued on page 20)

## Class Perspectives, cont.

physiology classes, frustrating crown preps on ivory teeth and of course the unforgettable smell of cadavers or the slightly better smell of endo preps on teeth that were extracted long ago.



The D3 year, for me, personally began in August when I had a chance to go on a service trip to the Dominican Republic and put my newly acquired skills to work providing much needed care to people that truly have no access to dental care. Trust me, the journey that we all had to endure for the privilege of taking care of patients is all worth it when an “old grandfather” holds your hands, addresses you with reverence as a doctor, and thanks you for relieving his pain with the best extraction you have done so far.

The rest of the D3 year has revolved mostly around taking care of more complicated patients and increasing the speed of our procedures. A three-hour crown prep is just not going to “cut it” in the real world. Also, while talking about patients and the clinic, the ever-increasing number of competencies that we have to complete will put your skills to the

test and will keep you looking for the perfect endo patient and pathology cases to present.

Most didactic classes are done and now is the time to start preparing for the NBDE II and any other tests that might be required to apply to certain specialties such as the ADAT or GRE. If you are thinking about specializing, plan on taking these tests at your earliest convenience since the second semester of the D3 year might be full of externships, applications, and hopefully interviews. As always, please let me know if there is anything I can do to make your journey a little easier.

~Luis Franco



## **D2 Mark Ashcraft**

After finishing the terribly difficult D1 year at the University of Utah, I went into the first semester of my D2 year thinking that it would be significantly easier than previous semesters. At first, I played a lot and didn't study as much as I should, but after a couple of weeks I realized that the first semester of D2 year is comparable to D1 semesters.

Although this semester was fewer credits, my schedule was just as packed. This is because the Fall D2 semester is shorter (the credits are crammed into fewer weeks). The most difficult classes were Human Disease & Therapeutics and Oral Pathology. The other classes included Operative 2 (which was a

(Continued on page 21)

## Class Perspectives, cont.

lot of fun), Fixed Pros (where we learned how to do crowns), Oral Surgery, Practice Management, Endo, Pedo-Ortho, and Clinic.



During the first year-and-a-half of dental school, it's easy to lose sight of why we're here. We spend eight hours each day in a classroom, and then multiple hours after that studying for tests. Classes are overwhelming and the stress can at times be too much to handle. I'm grateful that we get into the clinic so quickly here at the University of Utah because seeing patients helps remind us why we chose to become dentists in the first place. Now that I get to spend time with patients each week, my excitement to be here has been re-ignited, and I look forward to my career of helping people with their oral health.

~Mark Ashcraft

## **D1 Adam Hine**

The highlight of this first semester, without a doubt, has been getting to know my classmates and our instructors. Although things have been stressful, the fun people I'm surrounded by and quirky phrases our instructors often use have propelled me through this semester.



I've enjoyed being involved with different ASDA committees and I've especially enjoyed being really involved with Health and Wellness. I look forward to planning more fun events to help us all keep well balanced. And, I look forward to working in the clinic more!! It's nice to get a break from the classroom every now and then.

~Adam Hine



# UUSOD Student Life: Student Service

## Student Service in the Dominican Republic By: Ashley Boettger, D3

This August myself and seven other D3 students were able to travel to the Dominican Republic with the G3 Foundation to provide dental services to the local population. This was the second time U of U dental students were able to travel with this organization. The first being the trip the class of 2017 took in February, 2016.



The G3 Foundation is a nonprofit organization that was established in 2004 by a dentist from Manti, Utah. Their mission is three-fold: to provide international dental care and basic medical services to underserved populations, to provide students, doctors, and other volunteers with a humanitarian and cultural experience, and to provide dental

students with an opportunity to further improve their clinical skills under the supervision of volunteer dentists.



We arrived in Santo Domingo, the capital of the Dominican Republic on a Friday afternoon. Exhausted from our overnight flight, we checked into our hotel and met-up with other volunteers for dinner. Our trip included students from the U of U, Creighton, Scotland, and Spain and general dentists and specialists from Utah and Texas. There were also volunteers who helped translate, sterilize, assist, etc.

We started work Saturday morning. All of the dental equipment was stored at a local dentist's house so we picked it up and took it to our first clinic site. In each area we traveled to, the clinic was set-up in whatever type of facility was available. This was often a school would already be a long line of people waiting to receive care. Some would even wait out all night to

(Continued on page 23)



## Student Service, cont.

ensure that they were able to receive dental treatment.

We spent a total of three days working in the capital. Each day we traveled to a different location so that we were able to serve multiple communities. Students took turns rotating through oral surgery, restorative, pediatrics, and hygiene. Typically, endodontics is offered to patients as well, but wasn't available on this trip.

From Santo Domingo we traveled to the city of Las Terrenas, a coastal city two hours outside of the capital. Lucky us, we got to stay at a beautiful resort while in Las Terrenas and have an afternoon off to explore. As a group we decided to ride horseback to El Limon Waterfall. Definitely worth the trip if you get the opportunity! The next two days were spent providing dental care to communities in Las Terrenas. We then returned to Santo Domingo where we were able to spend some time site seeing before returning to Salt Lake.



This was an amazing opportunity and an invaluable learning experience. I was able to do more dentistry in a week than I have been able to do in months at

the school. The dentists are incredible and work with you one-on-one to help you develop your skills. They make it a point to help the students learn as much as possible, and go out of their way to make the experience memorable. Moreover, while our main purpose was to provide the Dominicans with dental care, we were able to sneak off for a few adventures. I highly recommend that you try to take advantage of these opportunities whether it be with the G3 Foundation or another outreach group!

The next G3 trip will take place in February 2017 and is open to both D3 and D4 students. Please let me know if you are interested in going!

~Ashley Boettger

## **Dominican Republic** **By: Andrew Ray**



Going to the Dominican Republic with the G3 foundation was a wonderful experience. It was an experience that changed the way I would practice dentistry forever. Traveling to a country where dental health wasn't a priority was so eye opening. Seeing patients walk in the makeshift clinic in so much pain,

(Continued on page 24)



## Student Service, cont.

and watching them walk out as a totally different person really helped me realize the importance of what we are doing at the school.

It was a blast to be able to work hard and get sweaty to help make a difference in people's lives. It was really fulfilling to see how big of a change we would make in the patient's life. Without our help, they would never be able to receive care. Working with children, and teaching them how to care for their teeth hopefully will start to make a difference in the way the Dominican culture regards oral health.

~Andrew Ray

## **Justin Moody's Favorite Things From the Dominican Republic Trip** **By: Justin Moody, D3**

1. Freedom to do dentistry – Doing dentistry in the Dominican Republic was extremely exciting because you could just do dentistry all day without being hindered by an attending dentist or paperwork. Whether you were assigned to do restorative, extractions, SRP, or pedo, you could literally do as many procedures as you were able. It was a dream come true for a dental student.



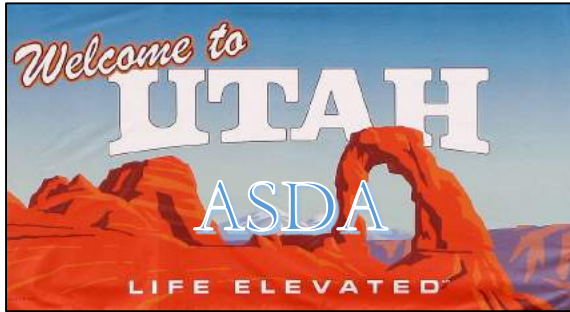
2. Hangin' with the peeps – Being able to hang out with some of my best friends for a week and a half was definitely a highlight of the trip. It was great to look forward to partying with them each day after a hard day's work. Playing on a perfect beach, learning new card games, and just talking and laughing were some of my favorite moments.
3. Serving – I'll be honest, the main reason why I wanted to go to the Dominican Republic was to get better at dentistry. However, my excitement to do dentistry soon doubled when I experienced what it was like to actually serve someone in a way that otherwise could not have been done had we not been there. It was a pretty special feeling, and I'm so grateful I got to go.

~Justin Moody



# UUSOD

## Utah ASDA Life "Elevated"



**ASDA Life "Elevated"**  
**Things to DO, SEE, and EAT**  
**Around the Great State of UTAH**

### Free, Nearly Free, & Worth It Winter Activities

By: Shaun Dearing, D2

Festival of Lights in Spanish Fork is definitely at the top of my list to see holiday lights. Though located in Utah County, this drive-through experience is far less crowded than Thanksgiving Point and offers many unique light-up displays!

Open until New Years

Cost: \$7 per car

[www.spanishfork.org/festivaloflights](http://www.spanishfork.org/festivaloflights)

Thanksgiving Point Festivities seems never ending. They have everything from a new mile long walk with lights featured with music, sleigh rides, and reindeer. My favorite activity this year is the weekly, live ice carving. Watch professionals transform 300-pound blocks of ice into something spectacular.

December 2, 9, 16

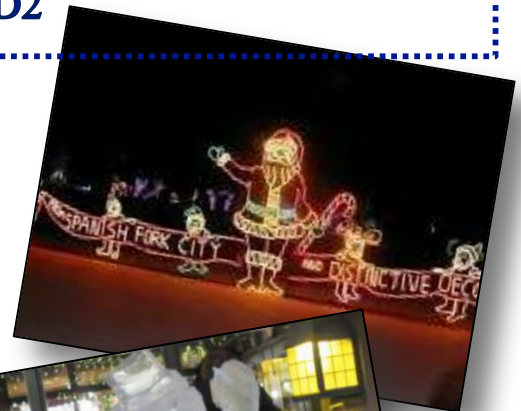
Cost: Free

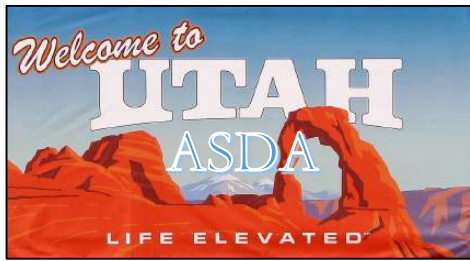
[www.thanksgivingpoint.org](http://www.thanksgivingpoint.org)

Tracy Aviary was recently featured on National Geographic's Instagram account and it is time you see why. From local to exotic birds, Tracy Aviary has it all and is featuring Winter Wednesday's for an extra great price. November-February

Cost: \$1 on Wednesdays

[www.tracyaviary.org](http://www.tracyaviary.org)






---

## ASDA Life "Elevated" Things to DO, SEE, and EAT Around the Great State of **UTAH**

---

### Free, Nearly Free, & Worth it Winter Activities, cont.

Zoo Lights at Hogle Zoo is a fun alternative to the crowded and sluggish zoo experiences. Enjoy the many lit displays while discovering that some animals are more active in the chilly temperatures.

December 1-31

Cost: \$8 for adults and discounts are available from Wendy's

[www.hoglezoo.org](http://www.hoglezoo.org)

Tubing at Soldier Hollow is the laziest way to have a blast tubing over 1200 feet. Relish in the idea after sliding and gliding to the bottom, you get to relax while a towrope brings you back to the top!

Opens mid-December

Cost: \$24 for adults

[www.utaholympiclegacy.org/SoldierHollow](http://www.utaholympiclegacy.org/SoldierHollow)




---

### **Freebies On Your Birthday** **By: Madison Day, D2**

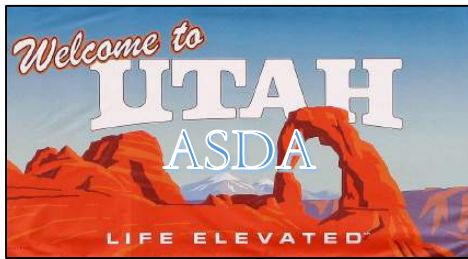


When you're single and poor you have to improvise to have an amazing birthday.  
SO... Here are a list of places to go on your birthday!!

- Red Robin gives you a free hamburger (none of the fancy ones though)
- Denny's gives you free pancakes, bacon, sausage, and eggs on your birthday- just show ID
- Starbucks gives a free drink of any size and any amount of extras- if you have the APP! - this one lasts for three days
- Chick-fil-A Gives a free cookie on your birthday if you have the APP!!
- Firehouse subs gives free Sammies on your birthday with ID
- Noodles and Company gives free noodles!
- Krispy Kreme - free donut
- Buffalo Wild Wings- free desert








---

## ASDA Life "Elevated" Things to DO, SEE, and EAT Around the Great State of **UTAH**

---

### Good Eats: Student Deals and Discounts Edition

By Anjanette Walsh, D2

**UConnection** is an app for college students. It is available for smartphones and offers savings for many local restaurants with just the tap of a button.

Simply download the free UConnection app, create an account with your [hsc.utah.edu](mailto:hsc.utah.edu) email address and start saving!

[www.uconnection.com.apps](http://www.uconnection.com.apps)

Some recent deals include:

- **Blue Plate Diner** (2041 S 2100 E)
  - 10% OFF
- **Brio Tuscan Grille** (City Creek)
  - 20% OFF for Faculty/Students 1-5 pm
  - Plus, a free appetizer or dessert when you sign up for BRIO rewards card while dining
- **Costa Vida** (Foothill Village)
  - Buy one Entrée, Get one FREE with purchase of 2 medium drinks
- **Jersey Mike's Subs**
  - Tuesday- 15% OFF regular subs
  - Thursday- Free chips and drink with regular sub purchase



- **The Kathmandu** (212 S 700 E)
  - \$11.99 Lunch Special
  - Free Lassi Drink with entrée purchase
  - Free Dessert with entrée purchase

- **Olive Garden**
  - \$5 OFF total bill

- **Papa John's Pizza**
  - 3-Topping Pan Pizza \$10

- **Pig and a Jelly Jar** (401 E 900 S)



- \$12 all you can eat boneless buffalo bites (3pm – 9pm)
- **Pizza Studio** (Foothill Village)
  - Buy one Pizza, Get One 50% OFF! (Not valid for gluten free pizzas)
  - Free Drink with pizza purchase
  - Student Meal Deal: Unlimited Toppings Pizza plus Fountain Drink for \$5.99



- **Subway**
  - \$3.50 Sub of the Day

# Calendar of Events 2017

**There are two free Continuing Education opportunities for students in January 2017.**

Dr. Gordon Christensen CE Course and Dinner  
Wednesday, January 4, 2017  
5:30 – 7:00 p.m.  
Roseman University College of Dental Medicine

**PRACTICE SUCCESS FOR THE NEW DENTIST: Observing Future Trends in the Profession**

CE Course 1.5 credits

Dr. Gordon Christensen's presentation will include an observation of many areas of dentistry relative to ongoing and future trends. Current changes are taking place in the profession, some of them very significant. The most active areas are esthetic dentistry, new technology, and implant dentistry. Conceptual changes are taking place as well. Dr. Christensen will make predictions about the future trends based on current trends, concepts under development, and patient needs and interest.

There is no charge for Dental Students.

Dinner will be provided for those who RSVP to the event.

Roseman University  
D1 Classroom  
10920 S River Front Pkwy  
South Jordan, UT 84095

Check your school email for the links to sign-up and RSVP or contact the presidents of the Academy's Student Chapter for more information: Riley Hunsaker- [riley.hunsaker@hsc.utah.edu](mailto:riley.hunsaker@hsc.utah.edu) and Andrew Ray- [andrew.ray@hsc.utah.edu](mailto:andrew.ray@hsc.utah.edu)

## Roseman Dental School -

Everyone is invited to attend this event. Last year, Dr. Gordon Christensen came to speak to students at the University of Utah School of Dentistry. This year, the UUSOD has coordinated with the Roseman Academy of LDS Dentists Student Chapter to have him come speak at their school. It will be held on January 4th, 5:30 pm, at Roseman Dental School.

## Snowbird Ski Resort -

In order to attend this event, you must sign up to become a free member of the Academy's student chapter at the UUSOD.

Dental students are invited to attend the Snowbird, UT Dentistry Update that will be held on Friday and Saturday, January 27 & 28, 2017 (you can attend just one of the days if you would like) at the Cliff Lodge. The course is a half day from 8:00 a.m. to 11:30 a.m. both mornings and includes a breakfast buffet beginning at 7:00 a.m. The Dentistry Update will be presented by Dr. Gordon Christensen and is complimentary to dental students.

If you would like to attend, please send the following information to Riley Hunsaker by **Monday, January 16, 2017.**

- Full name
- Mailing address including street, city, state, and zip code
- Email
- Phone number
- Year of graduation





# UUSOD 2016 Summer Recap



# UUSOD

## 2016 Summer Recap



### Report of the 39<sup>th</sup> Annual Dental Conference of the Academy of LDS Dentists, 2016

**By: Anjanette Walsh, D2**

The 39<sup>th</sup> Annual Dental Conference of the Academy of LDS Dentists was held in Provo, Utah on August 12 & 13. There were six students in attendance representing the UUSOD. The two-day session offered CE courses by top dental professionals from all over the United States.

Course subjects included:

- Oral Surgery and Anesthesia Techniques from a practicing oral surgeon and anatomy professor at Detroit Mercy School of Dentistry
- Industry Trends and Clinical Advice by an international expert on dental materials
- New Materials Research on Zirconia products from a national leader in dental research
- Diet and Nutrition by a dental hygienist and professor at Baylor College of Dentistry
- Esthetics and Cosmetic Dentistry from a Beverly Hills dentist
- Practice Management and Business Advice by a world-renowned business advisor

There was a special Lunch and Learn for dental students and recent graduates hosted by academy founder, Dr. Gordon Christensen. Dr. Christensen encouraged students to continue the life-long learning process and offered advice on practice management, choosing the right dental products, as well as imparting strategies for becoming successful dentists.

In addition, the academy offers weekend events for the whole family. Spouse and youth programs are organized in conjunction with the clinician courses. Significant others are able to attend programs on a variety of subjects presented by national speakers and experts. Children ages 6-18 can participate in the Youth Adventure Program where they hear from motivational speakers in the morning and head out for fun adventures in the afternoon. This year's activities included Lagoon and Seven-Peaks Waterpark.

Breakfast and lunch are included with the weekend fees, as well as snacks and beverages. Meals range from fresh fruit and bagels for breakfast, to a Nacho Bar for an afternoon snack. Café Zupas catered lunch on Friday, and Saturday's lunch was a prime rib buffet. In keeping with tradition, a dinner and fireside are held on Friday evening\*. This year's fireside event took place at the Provo Marriott Hotel & Conference Center. A banquet style dinner was served and attendees were inspired by speaker Elder Randall K. Bennett. Elder Bennett, an orthodontist, shared his life story and experiences of personal and professional service.



## Annual Dental Conference, cont.

Membership in the academy is open to anyone who is a dentist, dental specialist, or dental hygienist. Membership is free for dental students while in dental school and for two years after graduation. For students, there is a mentoring program, scholarships, student chapters, service opportunities, and many other resources. Moreover, the academy organizes and sponsors humanitarian service opportunities all over the world.

There were many local dentists in attendance this year, including faculty from the UUSOD. The newsletter committee would like to convey a special thank you to Dr. John Gerritsen and his wife Janice for their support of the UUSOD students. Dr. Gerritsen has been involved with the academy for many years and is currently working with the dental residents at the University of Utah.

Also, a thank you to Devin Burns, D4, for establishing the student chapter here at the UUSOD. Devin has served as president for the past two years. The current chapter president is Riley Hunsaker. Riley is organizing a presentation to highlight the academy objectives and benefits of membership. An email will be sent to each class once this event has been scheduled. In the meantime, don't hesitate to talk to Riley or contact the academy directly if you have any questions.

The 40<sup>th</sup> Annual Dental Conference of the Academy of LDS Dentists will be held August 18-19, 2017. Save the date! It is a worthwhile experience for all dental students to attend. Participation is open to anyone in the dental profession. If you are not LDS, it is a great opportunity to experience a little bit of the LDS culture while learning and networking with other professionals from around the country.

[www.academyofldsdentists.com](http://www.academyofldsdentists.com)

LDSdentists@gmail.com

801-889-7012

\*The dinner and fireside are optional for an additional fee.

---



# UUSOD

## 2016 Summer Recap



UNIVERSITY OF UTAH  
SCHOOL OF DENTISTRY

### First Annual UUSOD Award Ceremony

**By: Anjanette Walsh, D2**

The First Annual UUSOD Awards were held on June 1, 2016. Faculty, staff, and the student body gathered to celebrate the School of Dentistry's best and brightest. Students were recognized by their peers and faculty members. Students also voted for outstanding faculty members in four categories.

D4 student, David Drake, was Master of Ceremonies for the event along with presenters Dr. Rory Hume, Dr. Lea Erickson, and Dr. Glen Hanson. The event was a success in highlighting the appreciation for excellent work, dedication, and collaboration that makes the UUSOD special.



**And, the winners are...**

#### STUDENT TO STUDENT AWARDS

D1 Excellence in Leadership- *Chris Fanelli*  
D1 Excellence in Teamwork- *Anjanette Walsh*  
D1 Excellence in Service (tie)- *Madison Day and Jamie Udell*

D2 Excellence in Leadership (tie)- *Ashley Boettger and Carsen McDaniel*

D2 Excellence in Teamwork- *Tim Johnson*

D2 Excellence in Service- *Taylor Tate*

D3 Excellence in Leadership- *David Drake*

D3 Excellence in Teamwork- *Devin Daniels*

D3 Excellence in Service (tie)- *Amber Clark and Rachel Smith*

#### FACULTY TO STUDENT AWARDS

Excellence in Ethics- *McCall McCord, 2019*

Excellence in Public Health/Outreach- *Lance McGavin, 2019*

Excellence in Diversity and Inclusion- *Daniel Hoopes, 2017*

Excellence in Endodontics- *Jordan Christensen, 2017*

Excellence in Oral Surgery- *David Drake, 2017*

Excellence in Orthodontics- *Clint Wire, 2017*

Excellence in Pediatric Dentistry- *Amber Clark, 2017*

Excellence in Periodontics- *Devin Daniels, 2017*

Excellence in Prosthodontics (tie)- *Colby Broadbent, 2017 and Chris Capener, 2017*

(Continued on page 33)



## UUSOD First Annual Award Ceremony, cont.

Excellence in Restorative Dentistry- *Kathryn Cameron, 2017*

Excellence in Special Care- *Bentley Anderson, 2017*

D2 Excellence in Patient Care- *Melissa Pysnak, 2018*

D3 Excellence in Patient Care- *Justin Nybo, 2017*

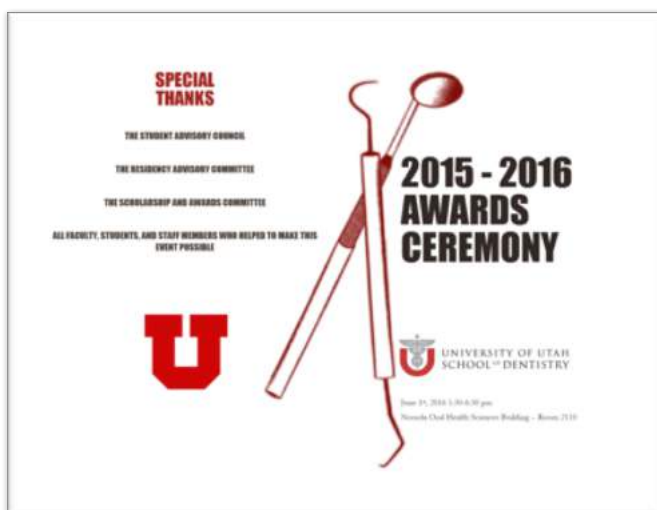
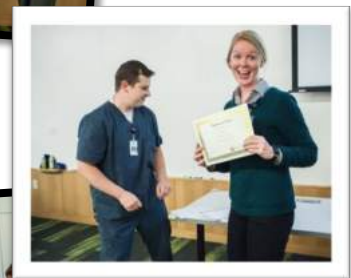
## STUDENT TO FACULTY AWARDS

Outstanding Sense of Humor (2)- *Dr. John Colombo and Dr. Tom Liddell*

Outstanding Teacher (2)- *Dr. Mark Taylor and Dr. Bryan Trump*

Outstanding Student Advocate (2)- *Dr. Annette Fleckenstein and Dr. James Keddington*

Outstanding Clinical Teacher (2)- *Dr. David Okano and Dr. Barlow "Barry" Packer*



# UUSOD

## Student Recipe

### Rolls Are Not the Same Without Texas Roadhouse Cinnamon Butter

By: Jamie Udell, D2



Photo Credit: Google Images

#### For the Butter:

- 1 stick (4 ounces) unsalted butter, at room temperature
- 1/4 cup powdered sugar
- 1/4 cup honey
- 1 teaspoon ground cinnamon

In the bowl of an electric mixer fitted with the whisk attachment, beat the butter for 30 seconds, or until pale in color. Add the powdered sugar, honey, and cinnamon and beat until well combined, light, and fluffy, about 1 to 2 minutes. Serve immediately or store, covered, in the fridge for up to 5 days. Bring to room temperature before serving.



Photo Credit: Google Images

---

The Newsletter Committee would like to thank everyone who submitted articles and helped put together another great newsletter! Happy New Year and Happy Spring Semester 2017!!

---



# University of Utah School of Dentistry





# University of Utah School of Dentistry

