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# FLOTTED IN TRANSLATION

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News from ASDA at The University of Utah School of Dentistry

December 2015

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Notes from the Editor: Jamie Udell



Welcome to our first edition of our new Dental School newspaper!! This paper will be BY us as dental students and specifically FOR us as dental students. As you can see, our paper is called “*Flosted in Translation*”. We will start out by publishing it once every semester and see how it grows from there. We are all pretty excited about this newest adventure and will very much welcome from you any thoughts about future articles, things going on with our students or our professors, events we might be partaking in, service to our community..... well you get the idea! Please share your ideas by sending them to me at [jamie.udell@hsc.utah.edu](mailto:jamie.udell@hsc.utah.edu).

Since this is a student driven paper, I think it only makes sense to have a “**Student Spotlight**” included in each paper version. Yes, we are all dental students, but there is so, so much more to know about each one and every one of So

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### Super Snippets Section: American Student Dental Assoc. 2015 National Leadership Conf. in Chicago IL

Ready! Fire! Aim! Yes, in that order!” These were the words of advice given by Chris Salierno to those in attendance at the National Leadership Conference in Chicago this past October. Dr. Salierno used these words to describe his attitude toward innovation in his own practice suggesting that he prefers to act first and modify his approach, “aim”, based on the results. He stated, “more is lost to indecision than to a bad decision.” Jia Jiang echoed these sentiments during his hilarious presentation about how he purposely faced 100 days of rejection in order to overcome his fears. He gives our fear of rejection a new meaning by explaining that, “not acting because you are afraid of being rejected is just a way of rejecting yourself.”

For me, these two quotes sum up the overall theme of the National Leadership Conference: *Optimism*. At this conference I networked with other students, amassed a list of 20 blogs to follow and books to read on being successful and I heard some wonderful presentations but the most important thing I gained was optimism. I left Chicago feeling that dentistry is alive and dynamic! I learned that we *can* succeed as general dentists despite all of the changes occurring in our industry and I acquired key tokens of wisdom in order to do so.

Ironically enough, we have been doing our own share of *Ready! Fire! Aim!* in our chapter and we are seeing so much growth in our organization because of it. In Chicago I gained a greater appreciation for what the ADA, AGD and ASDA do for us as students and dental professionals. I hope you will be involved as we *Ready! Fire!* and *Aim!* in the near future.

Carson McDaniel

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The National Leadership Conference in Chicago was a blast! Of course, trying deep-dish pizza was the first thing we did, and it was definitely all it’s cracked up to be. Each day we got to make a custom schedule of sessions we were interested in attending. There were many topics like post-grad options, fighting misinformation in the media with science, how to set yourself up for financial success as a new dentist, etc. On Halloween night we dressed up and went on a boat cruise/dance party around Lake Michigan. The entire weekend was a great experience. I think that NLC offers valuable information, no matter what year of school you’re in.

Erin Winters

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**1st District 10 & 11 Leadership Advance, Las Vegas NV**  
“Forget about working on your weakness. Play to your strength.”

District 10 & 11’s first annual leadership advance launched with a powerful presentation by

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for this first publication, I thought it might be wise to introduce myself to you because as your Editor, we will be having a lot of interaction with each other. My hope is that after you get to know me, even if it is just through this article to start, you will all feel comfortable with sending me your thoughts for our future editions of the paper. I am not sure if I am exactly “**Spotlight**” worthy, but this is a safe place to start!

#### **Jamie’s Journey:**

I have spent most of my life living as part of a rustic and historical community (population 150!) on an absolutely beautiful mountaintop in Southern Utah. Our home there is a cabin at an elevation of about 7,000 feet. I have absolutely adored living in a small town, although there are a few drawbacks such as having to drive 20 miles just to purchase gas, or 40 miles to get groceries. However the benefits were enormous! I have spent my life surrounded by horses, show rabbits, lambs, cats and dogs, and even an orphaned alpaca.

I have a sister with a chromosome anomaly. With Chelsea being just one year older than I am, she has truly been my best friend and hero my entire life. Just ask her and she will tell you that she has taught me everything I know – but at the very least she has certainly shaped who I have become. One of the characteristics of Chelsea’s disability has been craniofacial and dental issues. During her early years, it was still was not common for doctors to feel comfortable working on children with disabilities. I remember growing up watching my mother often in tears because she couldn’t find a dentist to work with Chelsea. I don’t think that any child should be denied basic dental care. Because of Chelsea, I found my passion for the dental field, specifically in Pediatrics.

The tradition of my family is to have a passion for service. I truly believe God put us on this earth to have a caring heart and serving hands. That belief is core to who I am. I hope the things I list below will convey just how serious I am about this.

#### **Volunteer Involvement and Service in the Community**

Until I started school here in August, the last 7 years was spent as an Emergency Medical Technician (Advanced.) I have been on call 24/7 for the Pine Valley Fire Department. I am also a certified CPR/Basic Life Support Instructor.

In 2011, I was crowned Miss Rodeo Utah and first runner up to Miss Rodeo America. I traveled the four corners of Utah, as well as across the United States to promoting the great sport of rodeo. I have also held nine other Rodeo Queen titles. As a rodeo queen, besides my required duties, I organized a “Boot Drive” to raise money for the Pediatric Unit at Dixie Regional Hospital in which we raised over a thousand dollars. I also conducted a “Sock Drive” in which we collected 350 pairs of new socks for clients of “Dixie’s Care and Share”. In my spare time, I would visit hospitals and nursing homes, as well as call up Elementary Schools to ask if I could come in and read to their students. I have read at so many schools, that I now have converted some of my rodeo books into a Power

Point so that the kids can see the book’s pages up on big screen while I read in the actual book. For the last eight years I have also been on the committee for the “Dixie Round Up Pageant”. I continue to educate about rodeo, but also as I help prepare young girls for pageants I am teaching the important skills of interviewing, public speaking, and communication. These are things that girls will use and keep with them all through their schooling and work careers.

Thirteen years ago I partnered with my parents to start “Hope Springs Ranch”, an all volunteer charity organization in which we use miniature horses to provide service to people with disabilities. Our primary goal is to breed, train and then gift the ponies to children with disabilities. So far we have gifted 48 ponies. Our secondary focus is the community work that we are able to do with the ponies. We take them into schools, nursing homes, assisted living programs, and we host countless classes of school kids up to our place on field trips. “Hope Springs” remains by far my biggest accomplishment and also what fills me with the greatest joy.”

#### **My Academic and Misc. Achievements**

One reason that I am so excited to be your Editor, is that I have a Bachelor of Science in Communication degree, emphasis in Human Communication. I feel I can use those communication skills towards the advancement of *Flossed in Translation*. I also was a “Sterling Scholar” in Literature. I have had one of my stories “A Different Kind of Hero” (about our work with ponies and people with disabilities) published in the “American Livestock” Magazine. Before starting at the ‘U’, I was close to achieving a 2nd Bachelor degree in Biology and I also have an Associate Degree in Science from Dixie University.

I was the cofounder of the first Pre-dental club at Dixie State University, where I served as President for the opening year and Vice President the second year. I wanted to share with other students my love for the field of dentistry, as well as provide an environment where they can be educated on what the dentistry field has to offer, plus the ‘ins and outs’ of applying to Dental School. This club has been beneficial for students already attending Dixie and perusing dentistry as a profession by giving them community service opportunities, job shadowing with dentists, help with what classes to take, as well as preparing for the dental pre-entrance exam (DAT) and being a competitive dental school applicant. In addition, our members were able to participate in the annual Riverside Dental “Dentistry with a Heart”, where roughly 140 underprivileged kids and adults in the community of St. George were offered free dental services each year.

#### **Anything else?**

In my spare time I like to create jewelry, watch movies, spend time with my sisters, needlepoint, and share with others how much animals enhance our lives.

**Until next the next edition of *Flossed in Translation* – I expect to be hearing a lot more from you!**

*Jamie Udell - Editor*

## Future Calendar of Events Section

### *Super Snippets Section: ASDA Conferences - cont. from pg 1*

keynote speaker, Clay Staires, “ America’s Millionaire School Teacher.” Clay Staires dedicated the past two decades of his life to providing leadership development training and to helping leaders grow themselves, their team, and their business. A key point I drew from Mr. Staire’s lecture was the importance of ensuring that the type of leader you are, and the role you serve, match. Leadership is expressed in four major ways: management, development, care, and leading. Leaders whom manage love systems, rules, structure, organization, spreadsheets, and efficiency. Development leaders strengthen individual’s capacity to grow and contribute. They enjoy training, teamwork, change, growing. Caring leaders respond to the needs of their people, express sympathy, and listen. Leaders whom lead enable individuals to accomplish goals, intentionally influence team members, guide, take responsibility, and have a vision. Mr. Staires expressed the importance of determining which sort of leader you are, developing your strength and stretch, and delegating out your weakness. To be an effective and influential leader, you need to be aligned properly to your role to build confidence.

Attending an ASDA conference grants you the opportunity to learn outside of the classroom from speakers like Mr. Staires. Conferences provide leadership, advocacy, and business education you cannot receive at school. Networking with other dental students and new dentists presents a broader perspective on organized dentistry. These experiences and connections one gains at an ASDA conference are tremendously valuable and beneficial to all students. Finally, the network of students you meet at these conferences become not only friends, but a new family.  
Amber Clark

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We have an excellent ASDA leadership team. They represented our school with expertise and professionalism. We networked with students from other dental schools, met recent dental school graduates, and heard from a variety of speakers offering great advice for students and future dentists. The conference was well organized with a good mix of activities and lectures. It was a worthwhile experience to learn more about the structure of ASDA and how the association helps to empower students. I took away valuable information that will benefit me as a student and as I move forward in my professional career.  
Anjanette Walsh

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I learned about the importance of malpractice insurance, attorneys, and the rise of corporate dentistry. For example, I learned that there are different types of lawyers

that I might need to contact throughout my career, depending on if there's an issue with a procedure or a problem with my staff. I would highly recommend going to future ASDA conferences, as they teach you invaluable information that go beyond the scope of our classes, information that will be crucial to our careers. These conferences are also a great way to develop friendships with classmates and network with students and professionals from across the country.

Mark Ashcraft

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Three main things I learned: 1) Our ASDA chapter has some of the most amazing people in our district. 2) In order to be successful, you should surround yourself with successful people. 3) If you care what happens with the future of dentistry, you need to get involved. I encourage everybody to get involved despite the pressures of dental school.

Daniel Hoopes

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There were a lot of different people who presented on things ranging from how to apply to be in a group practice, to what kind of lawyer you need as a dentist. The most important thing that I learned during the conference was that I need to marry or be related to my lawyer so that they will take good care of me. ;) The conference was good to meet lots of people from around the western US.

Madison Day

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The most interesting and useful information I took away from the conference was a presentation titled “Why Your Lawyer Should Be Your Best Friend” given by Pacific Dental Services. This talk was about all the reasons we will eventually need a lawyer in our future. This was an aspect of Dentistry I had not yet thought much about, so it was really interesting to learn more about the profession that is often overlooked. I would definitely recommend this conference to anyone interested in learning what steps to take and how to stay on your feet after graduating dental school.

Sandrine Couldwell

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I listened to some very enthusiastic speakers and learned some valuable tips necessary for not only being a successful leader, but also how to be a successful dentist as well. Specifically, Clay Stairs presented on how important it is to distinguish the roles within your company, organization, etc. from being a “worker” and a “leader.” To be a successful leader, Stairs states that you cannot be someone who does all of the work yourself, but instead you need to learn how to delegate tasks to a “worker” to prevent running yourself into the ground. I have never thought of leadership this way before, and I think most of us like to be workers because we know the job will get done quickly and correctly the first time, but if we want a successful career and also have time to spend with our families, we need to learn how to transition from a worker to a leader.

Marissa Berghold

## 2015-16 Class Presidents



**Riley Hunsaker D2**

What's up guys! For those who don't know me, I'm a 26 year old BYU graduate who majored in Business and I've wanted to be a dentist for as long as I can remember. I'm an intramural sport fanatic and a former University of Utah intramural champion;). If I have any spare time during dental school, I'm either golfing or hanging out with my 9 month old son and wife. I feel extremely lucky to be here at the University of Utah School of Dentistry, I love that my classmates are some of my best friends, and I am looking forward to the next 2.5 years of dental school.



**Jordan Christensen D3**

Dental school is a blast! Or at least it is now. For you underclassmen that feel like you're just battling to keep your head above water, take courage, because life gets so much better. Being in clinic doing dentistry nearly every day is awesome. However, I would have to say that my favorite thing about school has been my classmates. They are the coolest guys and gals around! I would also have to place defeating Burns in crabapple wars, 2 years running, pretty high up on my list. All-together I am just really happy with the decision I made to pursue a career in dentistry and to attend this dental school.

## 2015-16 Class Presidents



**Colby Broadbent D3**

I am a University of Utah graduate from Sandy, Utah. Some of my favorite activities are hiking, playing tennis, backpacking, fishing, playing soccer, boating, and just generally being outdoors. My beautiful wife, Jessica, and almost two-year-old, Graham, keep me busy and like to "help" me with all of our home improvement projects. We are basically an HGTV show in the making, in our little Millcreek home. My advice to any students would be to get to know the clinical faculty members and then learn all you can from them. Each faculty member has specific expertise and brings something different to the table. Lucky for us, they are more than willing to share and teach what they have learned over their career.



**Chris Fanelli D1**

For us D1's this year has been a marathon of learning how to study, taking 2-3 times as many courses as undergrad and still trying to stay active. I am very thankful for the relationships that we as students have with the professors, faculty and most of all our classmates. One thing that I have enjoyed thus far is the Human Anatomy Lab. Luke, Jeff and Nick (the TA's) are outstanding teachers and you can tell the amount of time and effort they put into our course. Also, I am thankful for how helpful my classmates all are. In this first semester, I can see that as a class we work very well as a team and not as individuals. Cheers to completing another semester!

### Winter Contest Winner

## Naming the Newsletter

*"Flossed in Translation"*

By Sandrine Couldwell

Sandrine won two free Cafe Rio meal Tickets and a teeth whitening kit.

### \*\*\* NEW Spring Contest \*\*\*

Designing our logo and newspaper header.

Please submit your ideas to [jamie.udell@hsc.utah.edu](mailto:jamie.udell@hsc.utah.edu)  
no later than February 1, 2016

## 2015-16 Class Presidents



**Ashley Boettger D2**

For those of you that don't know me, I'm from a small town in Montana and attended Montana State University where I majored in Cell Biology and Neuroscience. I initially became interested in dentistry after shadowing an oral surgeon during my undergrad, but decided to apply after working as a dental assistant. I enjoy spending time outside, hanging out with my boyfriend Mike, and am probably overly obsessed with dogs, especially my bull terrier Hermann. Although I think I have experienced more stress in the last year and a half than I have in my entire life, I am loving my time at the University of Utah and am excited for what's to come in the next couple of years!



**Dallin Gomez D1**

Hey guys! Happy first newsletter reading. My name is Dallin and I'm a D1. My wife's name is Katelyn and we have a beautiful 16 month-old girl named Rosemary. I think the rest of the D1's would agree with me when I say that dental school has been great so far! I know we're only about one semester into school, but we've learned so much. It's always busy, but incredibly rewarding at the same time. Some of the best moments so far have been: crabapple wars (go red team!), those minutes right after finishing big tests, movies during lunchtime, getting to know each other better, and of course—trying to knock down markers with mini footballs. Without a doubt, the best part about our school is the people. Thanks for being terrific friends to me and to each other. Let's keep up the collaboration and unity!

## Recipe Corner:

### *Cranberry Salsa* by Anje Walsh (D1)



- 1- 12-oz bag fresh or frozen cranberries
- 1- bunch cilantro, chopped
- 1- bunch green onions, cut into three inch lengths
- 1- jalapeno pepper, seeded and minced
- 2- limes, juiced
- $\frac{3}{4}$ - cup white sugar
- pinch salt

Combine cranberries, cilantro, green onions, jalapeno, lime juice, sugar, and salt in the bowl of a food processor fitted with a medium blade. Chop to medium consistency.

Refrigerate if not using immediately.

Serve at room temperature. Serve with tortilla chips or pour over softened cream cheese and serve with crackers. A perfect appetizer for any holiday party.

**YUM! Thanks Anje!**

Please send recipe submissions for future newsletters to: [jamie.udell@hsc.utah.edu](mailto:jamie.udell@hsc.utah.edu)

## *Fluoride in the Water System - A Personal Perspective*

By: Beverly Udell

Growing up, we joked in my family that we were always just one step behind the times. We were never the first family to try anything. My family was not poor, but we certainly were not rich either. In 1960, the year that I was born as the youngest of five children, my parents were very, very careful as to how they spent their money. I grew up in the era of cloth diapers, black and white television, cough syrup that really did taste like medicine, powdered milk for dinner and everything I owned was a hand-me-down from one of my older siblings. That seemed to be the case through everything in our world, including the stance Oral Health (though I will admit, my toothbrush was my own!)

In the small Minnesota suburb where I was raised, fluoride had not yet hit the municipal water system and while Crest Fluoride Toothpaste became mainstreamed in 1956, our family was not aware of it until a few years after that. In 1960, the American Dental Association confirmed that Crest effectively prevented tooth decay. And by 1962, Crest had become the best-selling toothpaste in the United States. I remember very clearly when the very first tube of Crest was purchased for our household. I had just turned five years old when my parents said we were going to start brushing with Crest. The year was 1965. We all thought it tasted a bit like cement and we were sure that it must have been because it was supposed to be "good for us." The weird fluoride stuff must have been the main reason for the awful taste. My older siblings all stood in line to brush, and since I was the youngest, they made me be the first to try it. After watching me gag the whole time I brushed, the five Weber children declared that our parents must be trying to poison us. We brushed with straight water after that. The first tube of Crest took about a year to finally be emptied, but I am sure that was only accomplished after my brother Bob thought my parents might notice that the toothpaste was never used, so he had the great idea to send our portions directly down the drain

instead of it ever hitting our toothbrushes. Oh boy Crest, you have come a long way since then in your flavors and choices!

One thing I can also attest to with the Weber clan - typical of other children of the times, we all had a mouth full of silver dental fillings. Except for my parents, whose fillings were in gold. We just always planned on having at least one cavity needing to be filled every single time we went to the dentist. That was the norm. When I was a teenager, fluoride was finally introduced into our public water, and a miracle happened after that. One time not too long after that, I went to the dentist and came away with a "No Cavities Today!" sticker worn proudly on my shirt. I decided that fluoride might actually be a good thing after all!

However, many, many other folks were not so convinced, some of them top scientists and doctors in their field. And sadly, 50 years later and thousands of cavity free mouths later, they are still arguing against fluoride in the water! On the website "50 reasons to Oppose Fluoridation in the Water", Dr. Paul Connet (PhD), truly does state all of his fifty reasons. One I found very interesting was # 37 which states, "Low-income families penalized by fluoridation. Those most likely to suffer from poor nutrition, and thus more likely to be more vulnerable to fluoride's toxic effects, are the poor, who unfortunately, are the very people being targeted by new fluoridation programs. While at heightened risk, poor families are least able to afford avoiding fluoride once it is added to the water supply. No financial support is being offered to these families to help them get alternative water supplies or to help pay the costs of treating unsightly cases of dental fluorosis." I personally believe just the opposite to be true. It is often the poor who are unable to get into the dentist for care. They are the ones who suffer through tooth decay because they can't afford professional oral healthcare and later when they are in pain, finally come in asking to get their tooth pulled. Nor do the poor always get the best nutritional diet, which we know could also severely affect the health of their dentition. And they would not be able to afford the fluoride treatments that the dentist office offered even if they did get into an office.

Fluoride in the Water System Continued from Page 6

Water fluoridation is an easy, effective and low cost way to help these folks. In Antigo, Wisconsin, they discontinued water fluoridation in 1960. By 1965, 2nd grade children had 200% more tooth decay, and 4th graders had 70% more. Antigo reinstated fluoridation. Studies in other communities show similar results.

Am I for water fluoridation? You Bet! For these few, and many other reasons!

## *Students Involved in the Community*

### **Special Olympics:**

For District 10 Service Day, our Community Outreach Committee gathered volunteers to participate in the Special Olympics which was held at the University of Utah over October 16<sup>th</sup> and 17<sup>th</sup>. Our volunteers teamed up with local hygiene students to offer oral hygiene education and dental screenings to the awesome athletes in attendance!



### **ASUU Child Care:**

The Pediatric Dentistry Interest Group (PDIG) provided oral hygiene education to twenty 4-5 year olds at the University of Utah's on-campus Child Care. Our volunteers also discussed what to expect at a first dental visit, demonstrated the importance of flossing and brushing with "sugar bug" props, and passed out toothbrushes. The kids were super engaged and loved the lesson!

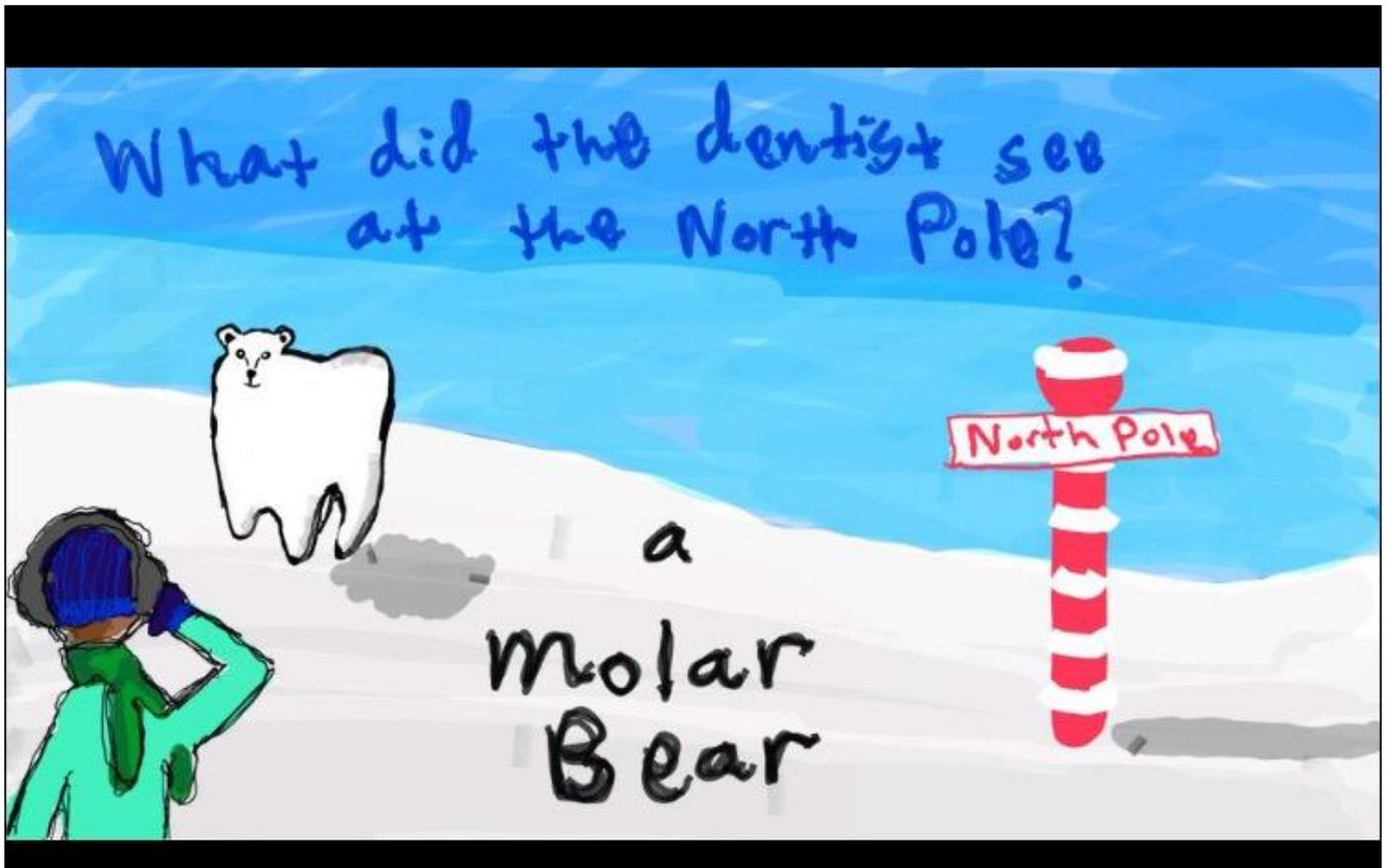


### **ADPAC Drive:**

Dr. Bryan Shanahan from Arizona came to present for our Legislative Committee's first annual ADPAC Drive, where 95% of our student body learned about the importance of ADPAC and the impact their voices can have for their patients and profession! For more information about the critical issues facing dentistry today including student debt and midlevel providers, make sure to check out ASDA's Engage website at <http://cqrcengage.com/asda/>. Please contact our Legislative Liason, Scott Allen, if you are interested in becoming an ADPAC member – your voice matters!

### **CARE Fair:**

Our Community Outreach Committee coordinates with the Junior League of Salt Lake City multiple times a year to offer dental screenings, supragingival scalings, fluoride applications, sealants, and emergency clinic vouchers to low income residents of Salt Lake County. For the October CARE Fair, our Community Outreach Lead advocated for, and received approval, to offer \$500 vouchers to high need patients to receive treatment at our school clinic. 19 of these \$500 vouchers were provided, totaling \$9,500 worth of dental services!



By: Lauren Greener D1

Happy Holidays!  
From The  
Newsletter Committee