Your Seat at the Political Table: ASDA ENGAGE

By Salvatore La Mastra

ASDA has created a brand new tool, called ASDA Engage, to help dental students become more involved in the political issues affecting them and their future careers.

Specifically, ASDA states, “The primary purpose of Engage is to inform dental students on critical issues and rally in response to legislative activities that impact their profession. This is mostly accomplished through action alerts prompting students to contact their legislators.” Engage is an easy to use website that organizes the top issues for dental students and dentists right now, such as midlevel providers, student debt, and licensure.

ASDA Engage makes it easy to stay up to date on the important issues by allowing dental students to subscribe to “action alerts,” so you can be tipped off on major state and national issues. Engage will provide template letters to send to your elected officials as well as links to their twitter and Facebook pages so you can easily voice your stance through social media. Being a dental student is very time consuming and writing a letter and emailing or sending it by snail mail can take up time you don’t have, a simple tweet or Facebook post makes a difference too. It is important that dental students learn to advocate for their future careers as dentists and develop a

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ASDA Conference Recap

By Stephanie Mazariegas

The recent ASDA District 5 Meeting in Destin, FL that took place his past August was full of many amazing learning opportunities. Thirteen D2 ASDA members had the chance to attend this recent meeting and learn about several hot topics in dentistry, practice management strategies, and other leadership opportunities. The attendees included ASDA members from the seven District 5 schools in addition to the University of Texas and Meharry School of Dentistry. Attendees were able to learn about the national goals of ASDA and increase their scope of dental knowledge. National leaders such as the District 4 Trustee, Christian Ortiz; National Editor and Chief, Katie Sowa; and the ASDA

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Note from the President

Hello ASDA members! We are thrilled to welcome the Class of 2017 to LECOM! The ASDA officers have a great feeling that with the collaboration of the Classes of 2016 and 2017, this is going to be a wonderful year for LECOM ASDA. I would like to recap the events we have already participated in this calendar year.

In July, the ASDA chapter welcomed the Class of 2017 to LECOM with a welcome week consisting of a bowling night with pizza and dinner on the river at Tarpon Point. The recruitment was a huge success. I am proud to announce that we already have over 90% of the D1 class signed up for ASDA. I would like to thank the 2016 ASDA members for all of your help during recruitment week as well as Stephanie Mazariegos for planning it all.

In August, our chapter volunteered on two separate weekends with “Day of Hope”, a back to school healthcare event. Our members assisted with oral hygiene instruction, dental charting for dental screenings, among many other tasks. The two events were a huge success. I want to extend a special thanks to Kayla Macri and Jasmine Shafagh for organizing the events.

Lastly, throughout the months of July and August, we have hosted five dinner and dentistry events from Johnson and Johnson to Ignite DDS with Dr. David Rice. The events have enabled our members to expand their knowledge of dentistry and dental materials outside of LECOM classroom. Thank you to all of our speakers and especially to Sapneil Parikh for organizing the events.

On that note, I would like to express my gratitude for my executive officers and committee chairs for their hard work and determination to get our ASDA chapter running strong over the past ten months. We have accomplished so much as a chapter and it would not have been possible without your dedication. With the groundwork laid, I know that the 2013-2014 year is going to be a great year for LECOM ASDA.

-Jenna Weldon Pascoli

(ENGAGE cont.)

passion for staying involved throughout their careers.

To sign up for “action alerts” and stay in the know on important issues visit, http://cqrengage.com/asda/home, and click on the “subscribe to ASDA action alerts.” Once you register, Engage will be able to send you alerts on issues that need immediate action and progress reports on the success of these issues and bills. By registering, Engage will tell you who your legislative representative are; from the President to your local state officials. Engage will provide you with the office addresses and website links to these officials so can learn more about who is representing you and how to get in contact with them to voice your opinion on an issue. As a dental student ASDA Engage gives you access to all the tools you need to become and well informed advocate of the dental profession.

It is very important, as a dental student, to get involved in the discussion of politics because the legislative issues being brought forward at the local and the national level today will affect the career of dentistry in the future. Remember, if you are not at the political table, you are on the menu.

above: the new D1s enjoying the sun at Tarpon Point.
left: Students waiting for the Ignite DDS presentation, a part of our ASDA chapter’s Dinner & Dentistry event
(CONFERENCE cont.)

Vice President, Martin Smallidge were also in attendance.

The keynote speaker at the District 5 meeting was a former ASDA president and nationally recognized author Dr. Chris Salierno, who gave two presentations at the conference. His first presentation covered several practice management strategies that could help any future dentist communicate more efficiently with their patients and establish a more meaningful rapport. He also spoke about developing and improving leadership skills and advised on how to balance a hectic lifestyle.

One hot topic that was discussed at the meeting was the political advocacy that drives many passionate ASDA leaders. Student debt, licensure and midlevel providers affect both dentists and students, and at the conference, a panel of several dental leaders were available to discuss some of the major changes and platforms for the dental community and answer student questions. The opportunity to directly probe several dental leaders who are involved in many policies helps students understand the importance of remaining aware and active in political decisions. Some of the influential leaders that were present include Dr. Carter Brown, Vice President of the AGD; Dr. Gordon Isbell, ADPAC Co-Chair; Dr. Glen Miller, AGD Region 19 Director; and Dr. Howard Gamble, Immediate Past President of the AGD.

The conference was full of opportunities to learn about new technologies in dentistry and political issues, and all future dentists should attend to develop the leadership skills that they need. The District Meeting, like other national ASDA meetings, was an invaluable experience for developing practical skills in the field of dentistry.

Dinner & Dentistry
Oct 23, 5pm
Medpro will speak about malpractice. Event will be followed by a sponsored dinner (Chipotle!). On campus event.

Vendor Fair
Nov 6, 5-8pm
Join us for food, raffle giveaways, and lots of free stuff from the vendors. Meet and network with the dental companies--loupes people will also be there! Event at Holiday Inn, Lakewood Ranch.

Advocacy Week
Nov 11 (tentative)
Each night, guest speakers will discuss political topics currently affecting dentistry. There will be free gifts, chance to register to vote and an opportunity to signup and become a member of the American Dental Political Action Committee (ADPAC).
A Glimpse into 

ERIE & DEFUNIAK

By Evan Busby & Kaycee Wilcox

As all the dental students at LECOM know, in our fourth year, we will relocate to either Erie, PA or Defuniak Springs, FL to do clinical rotations. However, because there are no current D4s who can relay what the cities are like, most of us do not really know what we’re in for. Fortunately for the rest of us, Evan Busby and Kaycee Wilcox respectively researched Erie and Defuniak Springs and share their findings here.

ERIE, PA

Located on the central shores of Lake Erie, in the northwest corner of Pennsylvania, the fourth largest city in the state, Erie lays grounds to be one of the most beautiful places in PA. Erie, growing to about 100K people, is centered in between three other large cities with only about a 90 minute drive to each: Pittsburgh, Cleveland, and Buffalo. Erie directly connects to a peninsula named Presque Isle, home of the Presque Isle State Park.

LECOM’s main campus is located on top of the tallest hill in the city on W. Grandview Blvd, looking out on the north side down through the entire city, all the way to the lake. As you already know, the dental clinic is located directly next door to the left of the main campus. Therefore, you will be surrounded by other LECOM students in the medical, pharmacy, masters, and post-bac programs. Heading east on Grandview Blvd toward Peach St, you will hit Coffee Culture, which is a coffee bistro owned by LECOM. This is open to the public; however, half of the shop requires your LECOM badge to enter giving the students a quiet side to study on with still being able to enjoy the local coffee. From here, heading north on Peach St, you will find the LECOM Medical Fitness and Wellness Center. This is an 82,000 square foot medically integrated fitness and wellness center, opened to the public. With your tuition,
you will have access to this state of the art facility. Across the street from the gym, is Millcreek Hospital, which again LECOM is affiliated with through the medical school and pharmacy school for rotations. Heading north again on Peach St, you will hit State St. which will bring you directly into downtown Erie.

In downtown, you can find a number of restaurants, local bars, pubs, Starbucks, undergraduate colleges such as Gannon and Mercy Hurst, and many other fun things to do. Places you should try in downtown include Plymouth Tavern, Boardwalk Complex, Park Place, Molly Brannigans, Cougars, Cell Block, Sherlock’s, the Brew-Erie, and many other small cafes. All of them have great happy hour food, drinks, and live music. Another hit in downtown is to go watch the Erie Otters (hockey), Seawolves (baseball), and Bayhawks (basketball) play. Broadway plays and other musicals travel to Erie at the Warner Theatre and the Erie Playhouse. You can also see bands on tour at both of these venues, such as the Goo Goo Dolls. Did I mention? Erie has the most wineries in all of Pennsylvania. Downtown celebrates all types of festivals about every other week where they shut down the streets of downtown and allow you to roam through the vendors and excitement.

The next day after a night out on the town, you can enjoy a nice hike and trail ride beginning at upper State St. all the way down to the Presque Isle State Park. Here you can dwell on fishing (ice fishing during the winter), boating, wind surfing, laying out on the sandy beaches, birding, wakeboarding, waterskiing, and many other recreational sports on the lake. There are local places to rent boats, jet-skis, and beach cruisers. And no, there are not any alligators, sharks, or sink holes to worry about. Another fun thing located here at the base of the peninsula is Waldameer Park, which is a large outdoor amusement and water park (don’t worry, for the winter time there is an indoor water park too). Leaving the peninsula, you can take highway 79 all the way back down to W. Grandview, exit and head east where you will run right into the dental clinic and main campus again.

Across the street from the clinic, and basically all around the area, are plenty of places to live. From apartments, to condos, to homes, to section 8 housing, to downtown living, there is bound to be a place that you won’t have a problem liking and affording. Rent is much cheaper in Erie than here in Sarasota. I had an apartment within a house waterfront on the lake for $750 a month including all utilities and fully furnished. If you are from Florida or any other states where it doesn’t snow, don’t worry. There is public transportation in Erie that runs all over the city. I didn’t even bring a car when I lived there. There is an international

Left: Warner Theater in Erie, PA.  
Below: Waldameer Amusement Park.
airport located in Erie, and an Amtrak train station, so book in advance.

You will get to experience all four seasons in this beautiful lakefront city as well. For all of y'all who have only lived in the two seasons of hot and more hot, this will be an amazing change for a small amount of time. The dogwood trees and cherry blossoms blooming during the spring, the leaves falling during the fall, and the cold lake effect snow and blizzards, you will not regret living in such a beautiful area. This city is outstanding for plowing the roads after a huge snow storm. Just like how LECOM Bradenton has not closed for any hurricanes or tropical storms, LECOM Erie has not closed for any blizzards to this day. The city knows how to deal with it to make it safe for the people.

Lastly, LECOM has made a lot of connections in Erie through the medical school and pharmacy school, so there will not be a problem with treating patients in the dental school. Whether you choose Defuniak Springs, FL or Erie, PA, we are all there for a short period of time (less than a year) and for one purpose, to treat the local population.

**DEFUNIAK SPRINGS, FL**

Nestled in the heart of the Florida panhandle, Defuniak Springs can be found about 30 miles north of some of the most beautiful, white sandy beaches. Often considered the gateway to the Gulf of Mexico, Defuniak Springs has steadily grown over the last several years and continues to grow thanks to the expansion of highway 331 that leads straight down to the beach.

Even though it is a small town, it makes up for its size in character. The population is just over 5,000 people inside the city limits. However, keep in mind that many people in rural areas reside outside of the city limits. Many dental students have had a concern about the availability of patients in such a rural area. Rest assured that if you choose to practice in Defuniak Springs during your fourth year, the patient base will be exceptional. Dentists are few and far between in the small, rural towns in the panhandle. Some people have to drive 30 miles to find quality dental care. Fortunately for those residents, LECOM has plans for a beautiful clinic where we will be able to serve oral health needs. The clinic sits just south of Interstate 10 making it easily accessible and in plain view for each person that passes by. News spreads quickly in small towns, so happily for us LECOM students, the locals will do some of the advertising for us.

Believe it or not, Defuniak Springs is surrounded by endless opportunities for fun and new adventures. Vortex Springs, the largest diving facility in the state, is 15 miles east and offers swimming and cave diving in some of the most crystal clear water around. Throughout December, Christmas Reflections, a huge light display, brightens up Lake Defuniak along with the neighboring historic district. On the Fourth of July, families gather around the lake to watch the huge fireworks display over the water.

Three local eats that you should try in the area are Bogey’s Bar and Restaurant, Mom and Dad’s Italian

Above: Sunset on Defuniak Lake.
Right: The Red Bar on Grayton Beach located in Defuniak Springs, FL.
Have you finished all of your PBL and Anatomy readings and just need a little something extra to fill your time? Looking for a fun leisure read? Well, look no further! Dr. Chris Salierno, DMD, (http://thecuriousdentist.com) a nationally recognized lecturer and author, previous national ASDA president, and young entrepreneur, recommends the following books for anyone looking to enhance their practice management and leadership skills.

-Kayla Macri

1. The Millionaire Next Door, Thomas J. Stanley
2. The 4 Hour Work Week, Timothy Ferriss
3. The Power of Positive No, William Ury
4. Bowling Alone, Robert Putnam

Restaurant, and Ed’s Tasty Freeze. Bogey’s sits within historic Hotel Defuniak and serves a variety of seafood and steak dishes made with fresh ingredients. Mom and Dad’s Italian Restaurant was recently featured on the Food Network’s Restaurant: Impossible and provides delicious entrees such as eggplant parmesan and homemade desserts. Ed’s Tasty Freeze is the place to go for the best burger in town made complete with a side of fries and a handmade milkshake.

A “must see” while you are in the area are the beach communities that reside along scenic highway 30A which runs beside the Gulf of Mexico. Rosemary Beach, Alys Beach, Seagrove, Seaside, Grayton Beach, and Blue Mountain Beach are places unlike any you have ever seen before. Each offers a unique experience to your beach visit.

A famous place to eat in Grayton Beach is the Red Bar where you can find amazing food with great, live entertainment while you enjoy your dinner. If it is your lucky night while dining at the Red Bar, you just might run into a celebrity. After dinner you have the option of driving your vehicle onto the beach and enjoying a campfire under the moonlight by the water.

Many larger cities are within driving distance of Defuniak Springs. Biloxi, Mississippi is about three hours west with its booming casinos. New Orleans, Louisiana is about four hours west and an exciting place to visit and experience Mardi Gras. Atlanta, Georgia is about five hours northeast and has endless entertainment opportunities. Sure, Defuniak Springs, Florida is a small town lacking glam and spotlight but while you are here treating the smiles of less fortunate individuals take some time to relax and enjoy the simple things in life.
## ASDA COMMITTEE 2013-2014

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