



# The Bull Burnisher

A student publication of the University at Buffalo Chapter of the American Student Dental Association

## FALL 2019

It may be cold out, but ASDA Buffalo is red hot. Throughout the semester, we have been busy planning new events, improving old ones, and trying to streamline everything we do at the school. However, let's first give credit to where credit is due: on behalf of the entire executive board, thank you for being an amazing student body. Thank you, leaders and volunteers, for sacrificing your little extra free time to support other students and organize the many great events that make our Buffalo chapter unique. Thank you everyone else for participating in these events and creating a positive and electric atmosphere. At Buffalo, we are more than a body of dental students – we are a family, and proud of it. Here are some highlights of what we have been up to:

Earlier this year, in an effort to ensure the continued robustness of our chapter here at Buffalo, we made a commitment to enhancing our efficiency and organization. In keeping with this commitment, we have fully integrated the organizational software Basecamp into all of our operations, which has led to better collaboration and an increased sense of community among all of our team members. Additionally, email applications have gone to the cloud, and we have transitioned to a new accounting agency in attempt to save money and decrease reimbursement processing time. Many events had record breaking attendance this year. ASDA week was a blast and the Bills Tailgate was a huge hit, as usual. The ASDA fashion show continues to grow and is proving to be an amazing and iconic event at UB Dental. Our brand-new sustainability club wowed us with an awesome Earth Day event last semester that featured an amazing speaker who taught us how to practice sustainable dentistry. Each of our committees put on so many other great events this year – too many to name! We hope to carry this momentum into the next semester with the new events we have coming your way such as the ASDA Symposium, which we hope will be very beneficial, fun, and informative. We can't wait to keep improving our student government. Horns up, Buffalo! – **Will Adamson, Class of 2021, ASDA Buffalo President**



# To the Class of 2023



We would like to take the opportunity to welcome you to the University at Buffalo chapter of the American Student Dental Association, as well as thank each of you for all of your passionate involvement with all of the events we've had this semester.

As students at an American dental school, each one of you is automatically a member of the national community of dental students that is ASDA. ASDA promotes the rights and interests of all

dental students throughout the United States, providing numerous means through which dental students share with one another in the overall experience of being a dental student, and actively advocate for the values and best interests of dental students and graduates.

We know that adjusting to the rigor of dental school can be difficult and completely overwhelming at times, but your presence at and involvement with all of the events have made these events more fantastic than we could have imagined. We

sincerely hope that you all continue to be involved in all ASDA Buffalo events throughout your entire dental school careers!



# WHAT IS ASDA?

Through the blood, sweat, and tears that is dental school, it is easy to get lost in the trenches. We realize many individuals never really understood ASDA or its role. Perhaps some aren't interested, perhaps some simply don't know how to get involved. A lot of that is on us. We put in a lot of effort this year in getting better information out to the entire student body. But honestly, the nature of ASDA and how it works within UBSDM is just straight-up confusing. So, let the dust settle, sit back, and let us give you a clearer picture of who Buffalo ASDA is, what we've been up to, and the goals we've set for the future.

Buffalo ASDA is your supporting student government of UBSDM. At the same time, we are also a chapter of the American Student Dental Association (ASDA). This is not unique, however. Most dental schools are organized the same way. Why? Since ASDA is a national organization, it grants us access to the resources that allow us to support a student body so robustly. It connects us to every other dental school in the US. It supplies us with the infrastructure to exist. It gives dental students across this nation an identity and a voice. Because we are within the ASDA network, we can actively use that voice of ours to make differences on a major scale. Each year groups of students apply and are selected for a variety of national and district level events such as the National Leadership Conference, National Lobby Day, State Lobby Day, NYSDA House of Delegates, Annual Session, and others. These conferences are a lot of fun, but also a lot of work. Students spend the weekend or week learning how to be leaders, advocating for student rights, presenting policies that will lower student debt, and fighting the surge of midlevel providers. You know those political figures you see on TV? We sit in their offices on capitol hill presenting information and trying to push legislation that will secure our profession for years to come. Buffalo ASDA has always played an active role in these affairs. In fact, our very own Claire Session currently holds the National Advocacy Chair position for ASDA! Go Claire!

At the Buffalo level, we are made up of an executive branch with many underlying clubs and organizations. We support most, but not all of the groups you see on campus. Each class also has a separate class council (ie: President of the D1 class, vice president, treasurer, etc.) Yup, that is all under the ASDA Buffalo governance- and funded by us too! From fruit Wednesdays to therapy dogs and Yoga after class, many of the things we take for granted around campus wouldn't be here without ASDA. The infamous 100 days party for the Senior class is entirely funded by ASDA and would not exist otherwise. The best part is, all this is powered by our students' willingness to step up and take care of each other. Did you know the executive council is also active in other communities on and off campus as well? We represent UB dental on multiple councils. We meet with COAL (Coalition for Advocacy and Leadership), a group designated to give a voice to the entire UB community at large. COAL is comprised of leaders from each student government at UB. We discuss issues and concerns effecting all students at UB. Additionally, we meet with the 8th District Dental society once a month. This allows us to listen and give voice to issues and events surrounding the local Buffalo dental community. Each person that is enrolled at UBSDM is also automatically granted ASDA membership. That means you all have access the ASDA world and are fully entitled to all membership benefits. We will review many of these benefits at the upcoming ASDA symposium. In the meantime, feel free to peruse <https://www.asdanet.org/index/join/value-of-membership>.

On a final note, we hope you don't think we are telling you all this to toot our own horn. We do feel Buffalo ASDA is a truly special chapter and we are very proud to have won best school chapter multiple times in the past. However, we also realize we aren't perfect. The fact that we felt so strongly in writing an article like this means we haven't been doing a good enough job educating the student body, and properly bringing information back to the students. The executive board choose transparency as our number one goal and we hope to work towards that goal for many years to come. Please give us constructive feedback, ideas for events, whatever it might be.

And, of course, please keep being an awesome student body. Without you all, Buffalo ASDA and the entire UBSDM community wouldn't be the weird, quirky, and unapologetically wholesome group of individuals it is today. Buffalo doesn't make ripples, it makes waves. Let's continue to be one best, most talented and forward-thinking student bodies in the US. Lets. Go. Buff-a-lo. – **Will Adamson**



## ASDA PREDENTAL

As another semester winds down, we charge forward towards thanksgiving, finals week, and maybe most notably; winter break. With the arrival of winter, comes the long-awaited dental school admissions decisions, released this year on December 2. Many students will learn where they could be spending the next four years of their life, as they begin the transition from pre-dental student to dental student. This semester, we held our largest ever open House at the University at Buffalo School of Dental Medicine. On October 19th, 70 Pre-dental students (and a few guests) joined us for a day filled with Admissions presentations, mock interviews, soap carving activities and networking opportunities with current students and faculty. We

received plenty of positive feedback and are always working to improve our programming to help students at any stage of the application process. We have typically held two events in the fall semester. This year thanksgiving comes a little late, which has driven us toward a virtual fair type event. As we continue to run webinars and expand on social media, we are hoping to capture a larger pre-dental audience! We always appreciate our student volunteers that help us run events and we hope to see some familiar faces roaming the halls and clinics next year! – **Andrew Haber, ASDA Predental Chair**

## ASDA ADVOCACY



ASDA Advocacy was in full force this past Fall. Pasta and Politics this year had a new twist adding in round table discussions on major topics in dentistry. We had an amazing turnout of 165 students with 5 faculty. Throughout November, which was Advocacy month, our Advocacy team tabled for student membership to the American Dental Political Action Committee (ADPAC). Keep an eye on ASDA's social media as there will be a video posted explaining ADPAC. This semester, Dr. Dowd spoke about the impact ADPAC has had and answered many questions. Lastly, many yummy homemade sweets were sold at our Fall 2019 bake sale. For the spring there will be lots more lunch and learns on specific topics, and of course our biggest event for the year Red White and Brew!



# BOCA (BUFFALO OUTREACH AND COMMUNITY ASSISTANCE)

THIS! CLUB! IS! ON FIREEE! BOCA has been taking incredible strides this semester in nearly every aspect of the club! Thanks to our Outreach Chairs, BOCA has added even more local outreaches to the many already existing. While students continue to volunteer at favorite weekly outreaches such as bingo, nail painting and the soup kitchen, BOCA has also introduced new outreaches at St. Vincent's, local health fairs, and our most exciting partnership, Compeer. Our secretary has been working hard in establishing connections and communication between the club and the faculty, while our treasurers have been able to reimburse students that have volunteered for a RAM trip and submitted a reimbursement form. The PR representatives are currently designing brochures and business cards to get the word out about BOCA while currently updating the school's website and Facebook page. Our fundraising chairs have been hard at work allowing for a successful FIGS Scrubs sale and BOCA's Halloween "Boo Bash." We are excited for our biggest event of the year coming in February – the BOCA Gala (Auction)! This year we are expanding in size to accommodate more donation opportunities and to allow for more guests. Coming in the spring of 2020, BOCA plans on sending students internationally to Haiti, Dominican Republic and Ghana, in addition to our RAM trips to West Virginia, Kentucky, Virginia and Tennessee. Keep your eyes open for the BOCA meat raffle, and Pi Day. We can't thank the student body enough for their continued passion in participating in service opportunities. – **Kelsey Quail, BOCA Public Relations Representative**



## ASDA SUSTAINABILITY

The ASDA Sustainability Club has been making strides as it launched a community kitchen this semester. In early fall and over the summer, members of the ASDA Sustainability club worked hard preparing for the launch by cleaning, redecorating, fixing and ordering products for the kitchen. They stocked the kitchen with everything from plates, bowls and silverware to sponges, dish soap and cleaning products. The kitchen was launched in September and has been a huge success! Students have been working hard to keep the kitchen clean and have been utilizing the supplies in support of a more sustainable lifestyle. The idea to create a community kitchen came from students stating that they

had to walk all the way over to Harriman to get a fork if they forgot one or that they were without a plate to eat leftover 'lunch and learn' pizza on. ASDA Sustainability wanted to provide students with access to resources that were more sustainable for the environment, while helping them with their everyday eating needs. Every time you use a community kitchen item, you reduce food-associated plastic waste from one use items. ASDA Sustainability hopes to continue to keep the kitchen clean and expand its impact by providing additional sustainable products like a dual recycling and garbage bin! – **Emily Waldman, ASDA Sustainability Chair**

# THE ROAD TO SUCCESS DOESN'T EXIST

Pallavi Mathur, Class of 2023

I used to admire the idea that “the road to success is always “under construction.” It acknowledges the fluidity of our experiences. It insists that eventually, unanticipated moments will lead us where we need to go. Now I’m wondering if it’s the right metaphor. For a long time I thought progress was supposed to be linear. I expected to hit certain milestones at specific moments, and continue until I reached the place I wanted to be. I also kept in mind that things can change along the way, anticipating the aforementioned construction. But for some reason, it didn’t feel like enough. After a lot of reflection, I think I know why.



**1) First of all, there’s no road.** Roads imply consistent forward movement. The reality is, when we’re pursuing our dreams, things get in the way. So we pause. We move backward. We retrace our steps. We try to formulate a better way onward. We continue. Sometimes, not in the direction we expected. There are a million possibilities that come with each decision we make. The beautiful thing is, we can choose our own adventure at any point in the game — and there aren’t any rules. It’s also important to note that everyone has their own journey. Assuming we’re all headed in the same direction doesn’t do our individuality justice. It’s tempting to follow the steps of our idols and mentors, but they made their moves based on their own unique experiences. They forged their own way.

Let’s not worry about what other people did, or when they did it. Let’s make our own mark. Let’s focus on what fulfills us at each step, and enjoy it.

**2) “Success” isn’t a destination.** The whole concept of endeavors having an endpoint has never really made sense to me. In my opinion, success is whatever you decide it is, whenever you decide it is. It’s different for everyone. Sometimes, all it takes for me to have a “successful” day is simply remembering to stay positive. I see that as a win, but do I see it as the end? Of course not. There’s always another day. There’s always another chance to check off that box. And there are so many more boxes to check off. That’s just me. The important thing to remember is that success is a very personal concept, and there’s tremendous flexibility that comes with it. We decide the checkpoints. We decide the parameters. We decide what we invest our time in, and even what to let go of. Success, whatever that may mean to us, really is in our hands.

**3) We are under construction.** When we look at change in the context of reaching our goals, we tend to focus on external aspects. We see change as a result of circumstance, or view other people as responsible for it. Yet how often do we come to an unanticipated point in our journey and realize that maybe, just maybe, we are creating these changes? It’s not a groundbreaking revelation that we are constantly growing. Our goals and priorities evolve as we move through life, and this is what we see manifested before us. Obstacles become opportunities. Old desires dissolve into the background. New ones seem to emerge out of nothing. The journey isn’t changing per se — we are. When we grow, so does our perspective. We’re not static, passive beings. Life doesn’t just happen to us. We have the power to create the course of our lives, so let’s harness our potential and reclaim it. No matter where you feel you are in life, I hope you’re in a place that empowers you to keep going.



# SNDA (STUDENT NATIONAL DENTAL ASSOCIATION)

Greetings UBSDM! SNDA Buffalo has been busy this semester making a name for our self on campus with exciting new events, outreaches, and collaborations. SNDA's mission is to serve the Buffalo community at large and aid in the advancement of minority students in the field of dentistry. Through educating members on the obligations of the dental profession, serving as a forum and network for dental students and pre-dental students, providing dental care and education to those who face barriers to access. This past semester we collaborated with SNMA to host a networking event for medical and dental students. With UBAI we co-hosted, Wax and Chill, a mock waxing practical to prepare nervous D1s for their first practical! To celebrate Hispanic Heritage month we collaborated with HDA to host a festive Salsa Dance Class for the UBSDM community. In addition, we have participated in various community outreaches supplying oral hygiene supplies and oral education throughout the semester. Next semester we plan to launch a mentorship program with a local high school to motivate them to pursue careers in healthcare. Please stay tuned for future details by following our Instagram account @snd\_a\_ubsdm.



## ASDA WELLNESS

ASDA Wellness is all about making sure the students of UB SDM are as healthy and happy as can be as we all power through the stress of dental school together. We provide monthly dog therapy, weekly free fruit delivery, and biweekly free yoga, in addition to many other rotating events. This year, we have been trying to focus on distributing our events across the five dimensions of wellness: emotional, physical, intellectual, occupational, and environmental. So far, we have had one emotional wellness event called "Play like a Kid" in which we brought all sorts of childhood activities out for the lunch hour to have a recess-type throwback. We had finger painting, coloring books and crayons, chalk drawing, kickball, and bubbles. Students really enjoyed this event, and we will be hosting it again in the spring. We also hosted a midterm snack break, where we had Wegmans deliver a massive order of snacks to the Squire basement lounge for students to enjoy during the midterm craziness. Again, we had great reception for this, so we will be hosting another snack break closer to finals week. Coming up, we have three final big events for the semester. First, we have an intellectual wellness snack and learn on November 14th during lunch in Squire 326 during which Dr. Hutter will be talking about "rejuvenating the mind" and maintaining healthy balance during dental school. Second, we are teaming up with Sustainability to provide an environmental wellness bonanza during the upcoming Charity Fashion Show. We will have a used clothing pop-up sale during the show where we sell name-brand, gently used items donated by dental students. Look out for our sustainable line in the fashion show...rumor has it we will be auctioning off luxury outfits worn by our models! Third, we have the annual occupational wellness ConnectLife holiday blood drive on November 20th from 12pm-5pm. Please consider attending and donating blood! It takes about 30 minutes total including paperwork time, and you save the lives of up to 3 people! Especially around the holidays, this type of giving is so important! We hope you consider taking part in all of the exciting Wellness activities happening this time of year...and never hesitate to contact your Wellness chairs, **Ana Martins and Lauren Wager**, if you have suggestions for future activities!

# MAKE YOUR WORK A MEDITATION

- Mayur G. K. Dudhat, Class of 2021

Too many people go on thinking in wrong terms. Work is not work, and without work you will become more disenchanted, because what will you do? Your whole energy will become just a whirlpool inside and will create a thousand and one problems. Work is needed... it is a relaxation. You create energy by food, by sleep. Where to put that energy? You have to be creative about it. And work is a very ugly word, and particularly in the West, it is very ugly. That has created a certain subconscious attitude. In primitive societies, work is taken to be almost a play, a game. Everything is thought to be a game. Once, a man came to see me. He was a bus driver. Of course, to drive a bus in a city like Bombay or Delhi where the whole traffic is neurotic, brings one to be continuously on the edge of a nervous breakdown. He was very nervous,



shaking. He told me, "I want to get rid of this work. It is too much! I cannot sleep – it gives me nightmares. And the whole day on the wheel in such neurotic traffic I cannot relax for a single moment." I told him, "Try a meditation that I will give you, for seven days. Take this as a challenge – that these people are running into the middle of the road and doing everything in disorder. Take it that they are just creating a situation for you in which to test your skill. Take it as a play. Take it as a situation in which your energy is put to test, and your whole skill is to be judged." This idea appealed to him and after seven days he came and said, 'It has worked... tremendous! Now I am not worrying about the road; I am enjoying it! The more disorderly it is, the more I enjoy it. It is really beautiful how I can avoid all the problems of the traffic. When I come back home, I come almost as a victorious player; like somebody who has won a gold medal in the Olympics!' Take work as a game and enjoy it. Everything is a challenge. Just don't go on doing it, dragging yourself because it has to be done. Then you will become ill. If you have to work for four, five hours a day and those hours are a continuous sub-current of avoiding it, then you are dividing your being. It is not a question of work. It is a question of your whole inner well-being. You will become divided doing something for four or five hours which you cannot like or don't like. So, there are only two possibilities: either find work you like or become capable of liking the work, whatsoever it is. The second is the best alternative because it is very difficult to find work that you like. Sooner or later you will dislike it. In the beginning, maybe you like it. Everybody in the ashram comes and in the beginning they are so full of energy. You also were full of energy. Once I allow them in the ashram and they become inmates, their energy is gone. They start creating problems and avoiding work and this and that. If nothing works, they are ill. I don't say that they are consciously ill. I'm not saying that they are pretending illnesses – no. They may be getting ill, but that getting ill is also their work, their karma. They have done it. First people come and they say that whatsoever is the work, they will do it and that just to be in the ashram is enough of a reward. Once the work is given and they are insiders, once they have settled and they know now nobody is going to disturb their settled-ness, then they start creating problems. So, the first alternative is to find work you like. But that is not going to help for long because every kind of work, by and by becomes boring. You have to repeat everything. The other alternative is best. Bring a capability to like anything that you do; whatsoever the work you can like it. Try it. Find out ways how to like it. People want to find out ways how to dislike it, so of course they find ways. For three weeks, try doing the work and liking it. Enjoy it, and singingly. Let it be just a dance. If you are cleaning, it can be a dance, a singing, an enjoyment, a delight and you will be tremendously benefited by it.

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Beloved of my Heart

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# ASDA SOCIAL CIRCLE

Hey ASDA Buffalo! It's LJ and Jackie, your ASDA Social Chairs! This semester is FLYING isn't it? Well, it kinda went August, September – OOOCTOOOOOBERRR – November. We wanted to let all you awesome people know that we appreciate you for taking part in our huge events such as all of ASDA week and The ASDA Bills Tailgate! Huge shout-out to Gabriella Sadek for designing our shirts this year! Additionally, we want to give a huge thanks to Sehie Olivia Koh (pictured top right). She may not be an ASDA Social Chair, but she can definitely put on an event! The Fashion Show was an amazing night. Everyone, from students to faculty, was showing what their mamas gave them, from their fashion style to their artistic skills. All these events could not have been so fun without every single one of you. Next semester, get ready for our Classy Spring Formal along with a competitive school-wide Field Day in the works! Keep on keeping on, and let's look forward to next semester – Your Social Chairs, **LJ Camacho '21 and Jacqueline Kim '22**

