

# OUR TREE

Volume 36, Number 2  
OCTOBER 2021



## PRESIDENT'S NOTES

by Dr. Nate Kirk

As I ponder what to write for the president's message, I realize it is the first day of Fall. Fall makes me think of trees and the beautiful fall colors and then the eventual loss of those leaves. What about "Our Tree" the IU Pediatric Dental Alumni Tree? I envision it at

the home place of Dr. McDonald as green as ever even on the coldest Indiana days and nights because of the strength and resilience of our alumni organization. We need that strength as we take on the challenges of the current pandemic that we are in. We are missing our friends and family and maybe even losing friends and family. While dealing with changes in our everyday lives as well as change to our practices with all the new COVID protocols it is nice to know that we are not in it alone but have our alumni family to lean on if needed. I don't know about all of you, but I need a little IU Alumni suite therapy, fingers crossed it can happen in San Diego in 2022.

While we look ahead, I also want to reflect on a terrific spring meeting we had this past April. Many thanks to the Indiana Society of Pediatric Dentistry for being a partner with us for the biennial meeting. Even though our meeting was virtual it was great to see so many familiar faces. The continuing education from Dr. Naomi Swiezy and our own residents was extremely informative. A few months later, Dr. Jeff Dean also organized a dinner to celebrate the newest edition of the *McDonald and Avery's Dentistry for the Child and Adolescent*. The dinner was held on September 10 and was one of the first in-person events in a long time. A nice crowd of residents, alumni, faculty, staff, and guest authors were on hand to recognize the accomplishment of a new textbook. Look for photos of the event later in this newsletter.

I hope you all have a happy and healthy holiday season. Information about the suite at the AAPD meeting will be sent to all after the first of the year. We will also have information at this time about the next biennial meeting. I am looking forward to seeing everyone this spring.

## WE WILL BE BACK AT THE AAPD IN MAY

Look for information about our alumni suite at the AAPD Meeting in San Diego in May. A mailing should go out in February with details about the activities we have planned.



## CHAIRMAN'S REPORT

by Dr. Brian Sanders

The pandemic has continued to impact the dental profession and our dental clinic is no exception. We are experiencing an increase demand for dental care and an increase in the number of referrals from outside dental offices. This provides our

residents a great educational experience, but the wait time for patients to receive treatment in the operating room has greatly increased. Operating room block time for inpatient and severely medically compromised patients has been reduced. Our medical colleagues are struggling with the same issues.

On the positive note, the dental school has returned to in person lectures and both faculty and staff are back on campus. The number of patients being seen is now close to the Pre-Covid numbers.

Tuesday evening clinic resumed operations in June. Many residents have taken advantage of the opportunity to participate in the clinic and offset some of their tuition (which is now roughly \$40,000 a year). We have also added a new elective course for dental students to assist in the clinic, earning extramural credit while increasing their exposure to Pediatric Dentistry.

Fall is now upon us and before you know it 2022 will be here. Our annual solicitation letter for the Pediatric Dental Department will be coming out in December, as always, your support is greatly appreciated. San Diego is around the corner and I hope to see you there.



## PROGRAM DIRECTOR UPDATE

by Dr. LaQuia Vinson,  
Program Director

The spring and summer semesters flew on by, and it is hard to believe we already in fall in Indiana. The residents and faculty worked extremely hard last year working in a hybrid educational environment, but in spite of a few technology hiccups here and there, we made it through the academic year. We had many achievements last year. During IUSD's annual research day in April, Dr. Kasey

(cont'd on page 2)

## PROGRAM DIRECTOR UPDATE *(cont'd from page 1)*

Ryan ('21) was a co-winner of the Delta Dental Award for Innovation in Oral Care Research for her project "Radiation Dose of Cone-Beam Computed Tomography Compared to Traditional Orthodontic Imaging Utilizing a Pediatric Phantom". In May all 7 residents successfully defended their Master's thesis, and in June we were able to hold a COVID-19 safe "Hail and Farewell" celebration for them. Dr. Noah Menaker returned to practice in the Charlotte, NC area; Dr. Daniel Allen is practicing in Crawfordsville; Dr. Carly Boudreaux is practicing in St. Louis, Missouri; Dr. Kasey Ryan is practicing in Muncie, IN; Dr. Jordan Crowe is practicing in Avon, IN; Dr. Molly Sanders is practicing in Carmel, IN; and Dr. Clay Jackson is practicing in Fishers. All seven graduating residents successfully passed their written examination of the American Board of Pediatric Dentistry.

July ushered in a new class of residents from across the country. Dr. Mitch Westberg (IUSD), Dr. Mackenzie Bates (VCU), Dr. Kylie Bontrager (IUSD), Dr. John Schlotz (UMKC-United States Air Force), Dr. Hannah Jackson (Louisville), Dr. Alexandra Kolar (IUSD), and Dr. Hana Reed (Louisville). We conducted interviews virtually last fall in accordance with the IU GME interview guidelines for residency programs. Despite being in a virtual environment, we had a very robust, interactive interview program that many candidates complimented. We will again return to this same environment for this interview cycle with the hope we can return to in person interviews for the Fall of 2022. The residents are busy as ever in the clinic and the operating room, and we have been able to restart our clinic IV sedations with the hospital sedation team. We completed our delayed CODA accreditation site visit in September and look forward to seeing you all again in person soon.



*All Graduate faculty, first and second year residents*



*Class of 2021 with Drs. Vinson and Sanders: Menaker, Ryan, Crowe, Jackson, Allen, Boudreaux, and Sanders*



*Back row: Drs. Menaker, Jackson, Allen  
Front row: Drs. Crowe, Ryan, Sanders, Boudreaux*



*First year residents with Barbara Dean.*

## CHIEF RESIDENT UPDATE

By Dr. Brittany Bauer

Late spring and early summer at Riley Dental Clinic was a breath of fresh air – literally. The outgoing residents and current second-year class were able to actually see each other's faces maskless while in the rezzie room as mask mandates lifted and everything seemed to be returning back to the normal, we used to know prior to the pandemic. We were even able to get together and celebrate the outgoing resident's graduation with the current second year class and all our faculty, which was greatly deserved. Since completing the clinic renovation, our clinic seems to be busier than ever before. We often joke about putting on ice skates or roller blades prior to the start of each day since it gets so busy, and our legs can only walk so fast from patient to patient!

On July 1<sup>st</sup> we warmly welcomed the new first-year class to our Riley family. They've been busy with their hybrid schedule of in-person and online MSD classes, treating patients for the first time in the clinic, and taking over first call to respond to emergencies in the ED. Both first year and current second year residents were able to attend the fall ISPD meeting in person to learn more about the uses of SDF and Hall crown technique in the clinical setting. With continued extensive wait times for the operating room, our residents have quickly learned to think "outside the box" and have begun incorporating minimally invasive dentistry into everyday practice to keep our kids healthy and smiling prior to their OR date. Lastly, the Riley residents were honored to have been able to attend a dinner in celebration of our faculty for the newly published 11<sup>th</sup> Edition of McDonald and Avery's Dentistry for the Child and Adolescent. Having the opportunity to learn from faculty that writes the book on pediatric dentistry is a privilege that we surely don't take for granted.

As summer comes to close with new protocols continuously being implemented due to the pandemic, the Riley residents have taken every change gracefully without question or complaint. One thing that we've mastered as residents amid a seemingly never-ending pandemic is our ability to quickly adapt. I'm convinced that our resiliency to push forward to continue providing exceptional dental care for the children of Indiana will remain undeterred no matter what challenges lie ahead!

Published by Indiana University Pediatric Dentistry Alumni Association, 301 University Boulevard, Suite 1031, Indianapolis, IN 46202.

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Below is a photo of (most of) us at the ISPD Meeting:



**Left to right (back row):** Mitch Westberg (PGY1), Julia Rector (PGY2), Mackenzie Bates (PGY1), Lexie Kolar (PGY1), Hannah Jackson (PGY1), John Schlotz (PGY1)

**Left to right (front row):** Brittany Bauer (PGY2), Amanda Martinez (PGY2), Hana Reed (PGY1), Bri Cipich (PGY2)  
\*\*\*Not Pictured: Kylie Bontrager (PGY1), Kate Clark (PGY2), Casey Dentino (PGY2), Lauren White (PGY2) as their expertise was needed in the OR treating patients.

The current PGY2's celebrating the outgoing residents graduation



**Left to right:** Kate Clark, Bri Cipich, Lauren White, Julia Rector, Amanda Martinez, Brittany Bauer  
\*\*\*Not Pictured: Casey Dentino (PGY2)

(cont'd on page 5)

(cont'd from page 4)

## RESIDENT INTRODUCTIONS

### Second Year Residents:

#### BRITTANY BAUER

**Q.** Where is your hometown, and which dental school did you go to?

**A.** I grew up in St. Charles, IL and Wauconda, IL. I graduated from University of Illinois at Chicago for dental school and undergrad.

**Q.** What is your favorite part about residency?

**A.** I love being in the clinic and being able to interact the entire day with my patients. I love the stories they tell me and the stories I get to share with them while they are getting their smile restored.

**Q.** What is one thing Riley has taught you since starting residency?

**A.** I've learned to become as efficient as possible, whether it be in the OR or having a fully booked column of patients in our clinic.

**Q.** If you could have one superpower, what would it be?

**A.** To speak fluently in every language in the world. I probably think about this daily, and I wish I could speak with all my patients directly without having to use an interpreter. Added bonus: Being able to travel and speak with anyone else in the world!

#### BRI CIPICH

**Q.** Where is your hometown, and which dental school did you go to?

**A.** I'm from Portage, IN and went to IU School of Dentistry

**Q.** What is your favorite part about residency?

**A.** My co-rezzies!

**Q.** What is one thing Riley has taught you since starting residency?

**A.** I've learned a lot about pediatric dentistry and medically compromised patients, but I think the biggest impact for me has been learning to become more resilient because very rarely does everything go exactly as planned when there are so many factors involved

**Q.** If you could have one superpower, what would it be?

**A.** I'm not sure how many times I've said "I wish I could teleport"

#### KATE CLARK

**Q.** Where is your hometown, and which dental school did you go to?

**A.** I am from Indianapolis, and went to IU School of Dentistry

**Q.** What is your favorite part about residency?

**A.** I've loved meeting so many great people!

**Q.** What is one thing Riley has taught you since starting residency?

**A.** I've learned to lean into mistakes I've made and learn from them

**Q.** If you could have one superpower, what would it be?

**A.** I want to teleport with Bri!

#### CASEY DENTINO

**Q.** Where is your hometown, and which dental school did you go to?

**A.** I grew up in Brookfield, Wisconsin, just outside of Milwaukee- Go Bucks, Go Brewers. I went to Marquette Dental School in Milwaukee.

**Q.** What is your favorite part about residency?

**A.** I would say all my coresidents, the people you are in the trenches with that you learn with and learn from.

**Q.** What is one thing Riley has taught you since starting residency?

**A.** Quite a bit, but one intangible is that you will never please every parent. As long as you're following your training and ethical principles, it's important to be ok with that reality.

**Q.** If you could have one superpower, what would it be?

**A.** Bilocation, I would love the ability to be in more than one place at a time. Double the OR rooms!

#### AMANDA MARTINEZ

**Q.** Where is your hometown, and which dental school did you go to?

**A.** I am from Avon, IN, and I graduated from Indiana University School of Dentistry.

**Q.** What is your favorite part about residency?

**A.** I love being able to connect with patients and help them feel more comfortable in the chair whether it be by singing songs, using tell-show-do, or talking about Disney! I also love learning every day from our amazing faculty and working alongside my co-residents who are also passionate in helping our pediatric patients.

**Q.** What is one thing Riley has taught you since starting residency?

**A.** While I have learned so many things over the past year of residency, I have learned that small things to us as pediatric dentists can mean the world to a child or their family. For example, a child not allowing you to even get close to them at the first appointment to allowing you to touch a toothbrush to their tooth (still can't really examine the teeth) at the next appointment may seem a like a small step to us. However, the parent's may see it as a huge success since the patient has never allowed someone else near their mouth. We should celebrate all the small victories for our patients!

**Q.** If you could have one superpower, what would it be?

**A.** My superpower would definitely be to have super speed. This would make going from patient to patient quicker and treatment would be done before the kids even knew it began!

(cont'd on page 6)

## RESIDENT INTRODUCTIONS *(cont'd from page 5)*

### JULIA RECTOR

- Q.** Where is your hometown, and which dental school did you go to?
- A.** I'm from South Bend, IN and went to dental school at IU.
- Q.** What is your favorite part about residency?
- A.** I love being part of a group of dentists at the same spot in their careers looking to learn and bounce ideas off each other.
- Q.** What is one thing Riley has taught you since starting residency?
- A.** I've learned that there's a lot you can get done in clinic without having to go to the OR.
- Q.** If you could have one superpower, what would it be?
- A.** Flight! I think that would be so fun and make my commute a lot easier haha.

### LAUREN WHITE

- Q.** Where is your hometown, and which dental school did you go to?
- A.** I'm from Fort Wayne, IN and went to Indiana University School of Dentistry
- Q.** What is your favorite part about residency?
- A.** Getting to go to work with 14 great co-residents everyday!
- Q.** What is one thing Riley has taught you since starting residency?
- A.** It's really hard to pinpoint one thing Riley has taught me because I have truly learned so much, but I have definitely gained so much more confidence in my treatment planning and skills in my year so far and looking forward to gaining even more during second year.
- Q.** If you could have one superpower, what would it be?
- A.** Invisibility, there's got to be some top-secret information I'd learn with that power

### **First Year Residents:**

#### MACKENZIE BATES

- Q.** Where is your hometown, and which dental school did you go to?
- A.** I'm from Central Pennsylvania, but went south for dental school at Virginia Commonwealth University
- Q.** What is your favorite part about residency?
- A.** I love learning different and new techniques from my coresidents and trying new things.
- Q.** What is one thing Riley has taught you since starting residency?
- A.** The first 2 months of residency have taught me that I can push myself to new heights both mentally and physically.
- Q.** If you could have one superpower, what would it be?

- A.** I would love the ability to speak every language. Being able to communicate and utilize 1 on 1 behavior management with every patient would be extremely beneficial.

### KYLIE BONTRAGER

- Q.** Where is your hometown, and which dental school did you go to?
- A.** I am originally from Elkhart, IN and I graduated from Indiana University School of Dentistry.
- Q.** What is your favorite part about residency?
- A.** Picking a different scrub cap to wear each day :)
- Q.** What is one thing Riley has taught you since starting residency?
- A.** I learned that not every patient is a candidate for sedation or general anesthesia and the importance of trying some behavior cases in the chair.
- Q.** If you could have one superpower, what would it be?
- A.** Maybe shapeshifting. Who wouldn't want to go to the dentist and be seen by Elsa or Spiderman?

### HANNAH JACKSON

- Q.** Where is your hometown, and which dental school did you go to?
- A.** Mount Vernon, IL, and University of Louisville School of Dentistry.
- Q.** What is your favorite part about residency?
- A.** I've enjoyed gaining new perspectives on the best treatment for my patients and getting to be around 13 new friends each day!
- Q.** What is one thing Riley has taught you since starting residency?
- A.** Each patient is a new challenge each day and pediatric dentistry is not cookie cutter.
- Q.** If you could have one superpower, what would it be?
- A.** Mind reading so I could really tell what my patient is thinking when I tell them crazy stories.

### LEXIE KOLAR

- Q.** Where is your hometown, and which dental school did you go to?
- A.** Fort Wayne, IN and Indiana University School of Dentistry
- Q.** What is your favorite part about residency?
- A.** The free coffee and vitamin C drops!
- Q.** What is one thing Riley has taught you since starting residency?
- A.** The importance of interdisciplinary communication when dealing with medically complex patients.
- Q.** If you could have one superpower, what would it be?
- A.** My superpower would be to have 8 arms so that I could prep 4 quads at once.

### JOHN SCHLOTZ

- Q.** Where is your hometown, and which dental school did you go to?
- A.** My hometown is St. Louis, MO and I went to UMKC School of Dentistry
- Q.** What is your favorite part about residency?
- A.** Nothing beats bringing a smile to a kid's face. I love the opportunity to change a child's fear into enjoyment for dental visits.
- Q.** What is one thing Riley has taught you since starting residency?
- A.** Learning how to navigate and treatment plan the most medically complex children has been a vital part of my early education.
- Q.** If you could have one superpower, what would it be?
- A.** Teleportation. To be able to explore the entire world and be back with family and friends in a second would be the greatest ability.

### HANA REED

- Q.** Where is your hometown, and which dental school did you go to?
- A.** I grew up in southern Indiana in the small town of Tell City. I went to dental school at the University of Louisville
- Q.** What is your favorite part about residency?
- A.** Learning from some of the best in the field and working with some of the brightest co-residents to really push me to better my skills
- Q.** What is one thing Riley has taught you since starting residency?

- A.** I love being at Riley because you are able to learn a lot not only about dentistry but integrating a lot of medicine in with it.
- Q.** If you could have one superpower, what would it be?
- A.** X-ray vision. It would be awesome to not have to take X-rays on the kiddos

### MITCH WESTBERG

- Q.** Where is your hometown, and which dental school did you go to?
- A.** I hail from the Pacific Northwest, born and raised in Albany, Oregon. I graduated from Indiana University School of Dentistry earlier this year.
- Q.** What is your favorite part about residency?
- A.** My favorite part about residency is being immersed in the full breadth of treatment we provide our kids, all the way from routine work in the clinic, to conscious sedations, and to the operating room under general anesthesia.
- Q.** What is one thing Riley has taught you since starting residency?
- A.** Riley has taught me that pediatric dentistry is figuratively a dance, constantly causing you to go back and forth between an array of different behavioral management techniques and treatment methods until you find what truly works best for you and the kids you treat.
- Q.** If you could have one superpower, what would it be?
- A.** I would like to be able to emit 450-500 nanometer wavelength blue light beams from my eyeballs on command so I can cure resin-composite by just looking at it.



## MARK YOUR CALENDAR

**IUSD Alaska Alumni Cruise  
Is Planned for  
July 1 - 8, 2022**

**20 hours of continuing education  
(10 hours will be self-study)**

**The cruise ship will be leaving from Seattle and  
returning to Seattle at the end of the cruise.**

**As soon as details are finalized with Celebrity an  
email blast will go out with all the details.**

## 11TH EDITION OF TEXTBOOK DINNER CELEBRATION HELD SEPTEMBER 2021

by Dr. Jeff Dean

To celebrate the release of the 11<sup>th</sup> edition of “McDonald and Avery’s Dentistry for the Child and Adolescent”, the IU Pediatric Dentistry Dept hosted a dinner celebration to honor over 45 authors and contributors to the textbook. On Friday, Sept 10, 2021 and in collaboration with the Indiana University Pediatric Dentistry Alumni Association and the Indiana Society of Pediatric Dentistry, the event took place from 6 to 9 pm at the Hillcrest Country Club ([www.hillcrestccindy.com/](http://www.hillcrestccindy.com/)) and included a reception and dinner with a short program during dinner with our own Alumni Member, Dr. Olaf Plotzke, serving as Master of Ceremony. In addition to Olaf, Dave Avery gave a reflection on the textbook via recorded video, and Jim Jones, Larry Goldblatt and Jeff Dean also gave remarks. The dinner had 53 attendees and feedback on the evening was great. As many of you know, this textbook is very popular around the globe and has been translated into 8 languages: Chinese, Farsi, Japanese, Italian, Portuguese, Spanish, Russian and Taiwanese. This 11<sup>th</sup> edition of *McDonald and Avery’s Dentistry for the Children and Adolescent*, is actually the 12<sup>th</sup> edition by Ralph McDonald, as his first edition was titled “*Pedodontics*”.

### Excerpt from the Kupietzky and Gelbier Foreword to the 11<sup>th</sup> Edition:

‘In 1963, when Ralph McDonald wrote *Pedodontics*, dentistry for children was still in its infancy. McBride in 1952 wrote that children were sometimes described as being “temperamental and hysterical, notional and incorrigible”. McBride published his *Juvenile Dentistry* in 1932, which probably remained the leading text until McDonald entered the field, although there were others. McBride said of his own book, “it was not scientific nor theoretical, but purely a résumé of practical procedures employed over ten years in a private practice devoted entirely to children”. In 1963, McDonald published his book, *Pedodontics*, a 479-page compilation of material drawn from McDonald’s lectures (figure 2). It contained eleven chapters and was highly successful as a textbook for graduate students. *Pedodontics* was upgraded in 1969 as *Dentistry for the Child and Adolescent* which contained his original 11 chapters from 1963 plus an additional 17 chapters written by fourteen contributors. The specialty of pediatric dentistry has grown over the past century in popularity. For the 2020–21 academic year, the number of positions offered, and residency positions filled surpasses all specialties and advanced education in general dentistry programs. *McDonald and Avery’s Dentistry for the Child and Adolescent* has grown alongside providing graduates and specialists with knowledge, science and technique as envisioned by McDonald so many years ago.’



Faculty and residents with the textbook.



## CATCHING UP WITH DR. ANDREW WILLIAMSON – CLASS OF 2011

By Melissa Evans, IUSD Director of Development



### Why did you decide to go into pediatric dentistry?

I grew up in a pediatric dental office because my mom was a dental hygienist. My mom would take me to work with her sometimes, so I had the opportunity to see her and the dentists she worked for interact with patients. I had the chance to see the lifestyle of a business owner who gets to choose their own schedule and have flexibility. I have always had a passion for children. My first

job was as a daycare assistant. I loved working with kids and the pediatric pathway would be a great job path for me.

### Tell us a little bit about your career in dentistry.

I received my undergrad dental training at the University of Louisville and participated in a GPR there as well. When I decided to go into pediatrics, I applied to 8 different schools and got 6 interviews. When I came up to IU, I loved the hospital and the environment there. I was happy to match at IU because I really enjoyed the residents, the town, and what the program had to offer. While I was in residency from 2009-2011, I served as chief resident during my 2<sup>nd</sup> year. I met my wife Angie on a blind date in Broad Ripple after we got set up by Dr. Diana Kozlowski. My wife was working as a hygienist in a private practice in Fishers at the time. On July 2, 2011 we got married, on July 15<sup>th</sup> we moved to Tennessee, and on July 18<sup>th</sup> I started my first job as an associate in Brentwood TN. I was there for about 6 months before I knew in my heart that I didn't want to stay there long term, and started planning my exit strategy. I began the planning process of building my own practice in January 2012, and I opened the doors to my new practice in Spring Hill, TN, Williamson Pediatric Dentistry, on November 1, 2012. We started with 2 ops, and have now expanded to 6 ops with an average patient per day ratio of around 35-45 patients a day. I worked 4.5 days a week from 2012-2017, and once my student loans were paid off, we cut back to 4 days a week and are closed on Fridays.

### What do you enjoy outside of dentistry?

I spend the majority of my time outside of work with my beautiful family. My wife Angie and I have a total of 5 children. Unfortunately, our first son, Riley, was stillborn at 37 weeks. He was named in honor of the hospital who helped my wife and I meet, and the place that gave me a great education. Our first rainbow baby, Nehemiah, is now almost 8 years old. We lost our third son Gabriel to a miscarriage in 2015. Our son Jonah turns 5 in October of this year, and our beautiful daughter Audrey just turned 2 in August.

My biggest hobby is building Legos. I have an extensive Lego collection. You can watch me on Facebook Live sometimes for episodes of "Late Night Legos with Dr. Drew." During those sessions, I build and interact with people about Legos and talk about various subjects. I'm also an avid Bourbon collector

and I play golf whenever I get the chance. We are 100% a baseball family, and I spend lots of time with my sons at practice and games. Nehemiah made all stars this past summer and is currently playing open league ball this fall along with his little brother. Angie is in the process of training for a marathon and will run the Nashville Rock and Roll Marathon in November. I am so proud of her for pushing herself to the limit to conquer this milestone. I also love to be outside and keep my yard and landscaping looking as nice as possible throughout the year.

### Why have you stayed involved with the IUSD Pedo Alumni Association?

Being involved keeps you in network with new grads coming out of the program and faculty members. It also allows us to keep up with new developments in the program. The Alumni Association has allowed us the opportunity to come back for biennial CE courses, dinners, and other events. We love coming back to see people and catch up on life and business.



When I go to the AAPD meeting, I have friends that are from other residency programs who always ask to come hang out at the IU Suite. That's because we have the best alumni association in the country, and they wish their programs had stuff like ours. Getting to catch up with the faculty, current residents, and other alumni is always a great time.

**Do you have any advice for new alumni?**

Before you graduate, do as much research as you can on what opportunities are available to you. There are so many things to consider when you are looking for a job. You must do your research and find out what is going to make you the happiest. Remember, it isn't all about the money. It's about personal happiness and a good work-life balance.

Also create a financial strategy to become debt free as quickly and efficiently as possible. We have been very diligent about our finances and it has allowed us to pay off all our student

loans and our practice loan in 8.5 years. This has been a HUGE financial milestone! Make sure to invest in you and your family's future. But also, don't overwork yourself. Make sure you take time off to enjoy the things in life you want to do because you don't want to get burned out. Make the changes you have to in your practice to make it less stressful. Over the last year, I've evaluated our practice and changed the hours to make things better for myself and the staff. Another thing is to make sure you have things in place to protect your family in the event of your death, especially in this day and age with the pandemic. Get life insurance with great coverage to make sure things are there to help with selling your practice and paying the bills if you are to have something tragic happen!

And finally, if you're not staying actively fit doing things like exercising and eating healthy, that will catch up to you quickly. Our jobs are demanding on our bodies. Our backs and necks go through the ringer. Make sure to take care of yourself so your families and colleagues can have you around for a long time!!!!



## DR. PHIL PATE IS RECOGNIZED FOR HIS LONGTIME SERVICE AS VOLUNTEER FACULTY MEMBER AT THE DENTAL SCHOOL

Dr. Phil Pate was honored in a school recognition program for his long service as a volunteer faculty member for the IU Pediatric Dental Department. Included in the photos is former Dean Larry Goldblatt, Dr. Thomas Hasewinkel (another honoree) and Dean Carol Anne Murdoch-Kinch.



## WE APPRECIATE DR. OLAF PLOTZKE!

Many thanks to alumnus Dr. Olaf Plotzke for serving as the MC for the McDonald Textbook Celebration Dinner. He is quite busy as he serves as the first president of the Canadian Society for Disability & Oral Health. Dr. Plotzke had a private practice as a pediatric dentist for 30 years while also teaching at Schulich School of Dentistry for 41 years in various roles. In 1996 he became the Dental Director of the Cleft Lip and Palate and Craniofacial Anomaly Team at Thames Valley Children's Centre in London, Ontario. Dr. Plotzke has authored or coauthored several scientific articles, participated in Operation Walk Canada, and volunteered for mission trips to Guatemala. He was recently honored with the Alumni of Distinction Award from the Schulich Faculty of Medicine and Dentistry.

## CONGRATULATIONS TO THE 2021 RALPH E. MCDONALD AWARD RECIPIENT

The AAPD 2021 Ralph E. McDonald Award Recipient was announced. Congratulations to Jennifer Cleary, DDS, MS, from the University of Michigan in Ann Arbor. Her project was titled "The Effectiveness of Silver Diamine Fluoride as a Treatment for Caries in Comparison to Traditional Restorative Techniques: A 12 month Randomized Controlled Trial."