

The Old North State Dental Society Presents



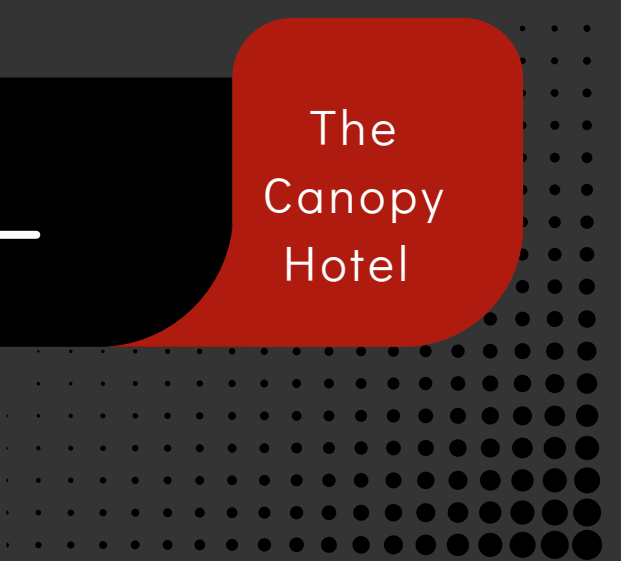
# Shaping the Future

Trends and Insights for Tomorrow

November 22-23, 2024

Charlotte, NC

The Canopy Hotel



# Doctor Program

8:00am - 8:45 am

8:45am - 9:00am

9:00am - 10:00am

10:00am - 10:45am

10:45am - 11:00am

11:00am - 11:45pm

11:45 am - 12:15pm

12:15pm - 1:30pm

1:30pm - 2:30pm

2:30pm - 3:30pm

3:30pm - 3:45pm

3:45pm - 5:00pm

Breakfast Buffet  
Registration

Welcome  
Dr. Elise Newsome, ONSDS President

Opioid Recertification  
Dr. Bertrand Bonnick & Reginald Cook, OST

Selective Caries Removal "Paradigm Shift in Minimally Invasive Dentistry"  
Dr. Roopsi Kur, BDS, MS

Break

A Patient Centered Approach to Manage a Compromised Pulp  
Dr. Tawana D. Feimster

Panel Discussion

Lunch

Building Generational Dental Wealth  
Hosted by T.E.A.M. Financials Kingsly Ifedi  
CPA  
Personal Branding and Marketing  
Dr. Lauren Lockhart and Dr. Lindsey Salone

Break

Men to Men  
Women to Women



# Student Doctor Program

8:00am - 8:45 am

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11:00am - 11:45am

11:45am - 12:15pm

12:15pm - 1:30pm

1:30pm - 2:30pm

2:30pm - 3:30pm

3:30pm - 3:45pm

3:45pm - 4:45pm

Breakfast Buffet  
Registration

Welcome  
Dr. Elise Newsome, ONSDS President

Clinical Case Review with Dr. Elizabeth Ottey  
& Dr. Jamine Ifedi

Selective Caries Removal  
“Paradigm Shift in Minimally  
Invasive Dentistry”  
Dr. Roopsi Kaur, BDS, MS

Break

“A Patient Centered Approach to  
Manage a Compromised Pulp  
Dr. Tawana Feimstar

Panel Discussion

Lunch

Ask Me Anything Panel Ft Sponsors

Rich Life by Mrs. Dawn Ifedi, RDH

Break

Men to Men  
Women to Women



# Speakers



Dr. Roopsi Kaur's professional journey spans continents and disciplines, reflecting her unwavering commitment to dental education. She began her career in India, where she earned her dental degree and completed a general dentistry internship equivalent to Advanced Education in General Dentistry (AEGD). Dr. Kaur later obtained a masters degree and a certificate in operative dentistry from the University of North Carolina's Adams School of Dentistry in Chapel Hill. Since joining the East Carolina University (ECU) School of Dental Medicine in 2012, she has served as Assistant Dean for Engagement and Clinical Associate Professor of Operative Dentistry, imparting her expertise to both predoctoral and postdoctoral students. Her multifaceted role encompasses administration, teaching, research and patient care, exemplifying her holistic dedication to the field.



Dr. Tawana D. Feimster became board certified in endodontics in 2014. Before obtaining her dream of becoming a specialist, she earned a BS degree in dental hygiene at the University of North Carolina at Chapel Hill. After completing the first two years of dental school at Meharry Medical College School of Dentistry, she was a Summer Research Fellow at the National Institute of Health (NIH) and was granted a research position to continue so she transferred to Howard University College of Dentistry to complete her dental degree and continue research at NIH. After Graduating at the top of her class with a research publication, Dr. Feimster decided to further her dental education and completed a General Practice Residency at St. Barnabas Hospital in Bronx, NY, then attended the University of Maryland-Baltimore College of Dental Surgery in Baltimore, MD where she obtained her Master of Science in Biomedical Sciences and a certificate in Endodontics. After completing the Endodontic residency, Dr. Feimster returned to Howard University School of Dentistry and worked full time as an Assistant Professor in the Endodontic department. She has maintained a Deans Faculty position at the University of Maryland, and was named Top Dentist in the Northern Virginia Magazine and in Houston while working in private practice.



Drs. Lauren Rennick Lockhart and Lindsey Rennick Salone are identical twin sisters and Charlotte natives who attended the University of North Carolina at Chapel Hill for both their undergraduate education (c/o 2006), and dental school (c/o 2010). After graduation, the twins separated as Dr. Lindsey completed a General Practice Residency at UNC-Chapel Hill (c/o 2011), and Dr. Lauren went on to study orthodontics at Baylor College of Dentistry's Orthodontic Residency Program. Graduating in the class of 2013, Dr. Lauren became the first black female to graduate from Baylor's Orthodontic Residency, and is proud to be a Board Certified Orthodontist. After completing their respective residency programs, both twins moved back to their hometown of Charlotte, NC. Dr. Lauren and her husband, Dr. Bryan Lockhart, a fellow orthodontist, opened Dual Image Orthodontics in 2015. In 2018, they joined with Dr. Lindsey to open Dual Image Dentistry & Orthodontics, and in 2021 Dr. Lindsey opened Dual Image Dentistry. Aside from their practices, Drs. Lauren & Lindsey are known for their strong social media presence. They are known as The Twintists, (twin dentists), and have over 214K followers across all of their social media platforms (IG, TikTok, Facebook, YouTube). The Twintists use their page to not only entertain, but to inform and inspire others.



# Speakers



Reginald B. Cook, CDA, OST, OSHA Outreach Trainer. Reginald “Reggie” Cook is the CEO of Cook Health and Safety Compliance (CHSC, LLC). Providing health and safety compliance training and consulting services that are specialized to the dental environment in the North Carolina and South Carolina regions. Reggie’s professional work experience in the dental environment from the front end to the back end of the dental office; as well as, his experience as an OSHA Outreach Trainer, NC SPICE Instructor, Infection Control and Sterilization Instructor brings a valuable range of knowledge and expertise to the dental environment. As a Compliance Specialist, Reggie works closely with OSHA, CDC, OSAP, and the NC and SC County Health Departments in relation to Community Outbreak Crisis such as the recent COVID-19 Pandemic. Reggie has worked in the dental environment for over 25 years in several capacities to include but not limited to: a Dental Tech in the US Army, and a Dental Assistant Staff Member at UNC School of Dentistry-Graduate Department of Pediatrics. His cumulative experience has allowed Reggie to gain hands-on understanding in the clinical environment and first-hand experience with the Asepsis Protocols and Infection Control Standard Operating Procedures (SOPs). Reggie believes in the biblical principle to much is given, much is required. Thus, as healthcare professionals, we have a required responsibility to the health and safety of patients, staff, ourselves and the community we serve through active compliance.



Dr. Bertrand Bonnicks is a 1986 Graduate of the University of Maryland School of Dentistry, where he served for two years as the SNDA President. He did two years of post-graduate training at Long Island Jewish Medical Center—after serving as Chief Resident and was a part-time Instructor for ten years, achieving the Instructor of the Year Award from the Residents in 1991. He moved to North Carolina in 2003 and started a full-time practice dedicated to Sedation General Dentistry. He currently practices with a DSO in High Point and runs a practice with his wife in Walnut Cove, North Carolina.



Mr. Kingsley Ifedi is a financial professional with a strong background in Accountancy and a passion for helping dental clients achieve their financial goals. Licensed CPA known for strategic tax planning and business advisory. Kingsley specializes in serving dentists and healthcare professionals. He helped acquire and grow a dental practice (Empire Dental Group) with his brother Dr. Jamine Ifedi, and worked in the practice operationally as the Office Manager. He has a competitive spirit and passion for success, honed through his collegiate football career as a Quarterback, his commitment to helping clients achieve their financial touchdowns is unmatched. Kingsley understands the unique challenges faced by dentists and healthcare professionals and is dedicated to helping them thrive both personally and professionally. Currently he provides CPA services for one of the biggest Dental brokers in the nation and helps new Dental practice owners with all things accounting, growth and tax strategy.

# Speakers



Dr. Elizabeth Marie Alston Ottey was born and raised in Burlington, North Carolina. She is the daughter of the late Rev. Charles and Marie Alston. She attended and graduated from the University of North Carolina at Charlotte with a Bachelor of Science Degree and a Minor in Women Studies in 2010. During her tenure at UNC Charlotte she was crowned Co -Miss UNCC, and was President of the Iota Rho Chapter of Delta Sigma Theta Sorority, Inc. In 2013, she received her Masters of Health Science from Meharry Medical College. In 2017, Dr. Ottey graduated from Meharry receiving the distinguished honor of graduating at the top of her class. In spring 2020, Dr. Ottey received her Master's in Biomedical Science and a Specialist Certificate in Orthodontics from the University of Maryland.



Mrs. Dawn Ifedi, a native of Charlotte, NC is dental hygienist, entrepreneur, and Rich Life Coach. As a mentor she is passionate about helping others in and outside of the dental field driven to make a positive impact in the lives of those around her. She is compassionate and committed to supporting people in various aspects, whether through volunteering, providing emotional support, and offering practical solutions to challenges in and outside of the dental office. Dawn is often involved in philanthropic endeavors for Empire Dental Group, mentoring other dental hygienists and dental assistants in the various seasons of their careers. Dawn's motivation comes from a genuine belief in the power of connection between people and making a difference in the world.



Dr. Reina Ransom is a 2018 graduate of Hampton University and a 2022 graduate of The University of North Carolina Adams School of Dentistry. During dental school Reina was a very active member of the Student National Dental Association on both a local and national level, serving as the organization's National President for the 2021-2022 academic year. Dr. Reina is very passionate about serving the underserved and devotes much of her time to volunteering and mentoring dental and pre-dental students. Dr. Reina prides herself on providing her patients with the tools and knowledge to take control of their oral health. During her free time Dr. Reina enjoys traveling, trying new restaurants, exercising and spending time with family and friends. Dr. Reina is a member of Alpha Kappa Alpha Sorority Inc., the Old North State Dental Society, the North Carolina Dental Society and the American Dental Association®.

# Speakers



Dr. Jennifer Crisp, "Dr. Jenn," is originally from Raleigh, NC and is a Tar Heel through and through! She completed her undergraduate studies at UNC-Chapel Hill, and then earned her Master of Science in Biology from NC Agricultural and Technical State University. She then returned to UNC Adams School of Dentistry, where she received her Doctorate of Dental Surgery degree. After dental school, she completed a General Practice Residency at UNC Hospital where she worked with medically compromised adult and child patients with complex dental treatment needs. During this time, she realized she enjoyed working with all patients, but her true calling was working with children. She returned to UNC Adams School of Dentistry to the Department of Pediatric Dentistry, receiving her Master of Science degree and Certificate in Pediatric Dentistry. Her research during her residency was published in the Journal of the American Dental Association and she received the Turner Graduate Student Research Award. Dr. Jenn always says if she were not a dentist, she would be a teacher. Dr. Jenn works alongside three other dentists at Crisp and Associates with two office locations in Burlington and one in Yanceyville, NC.



Dr. Alyssa Sprowl is originally from Stone Mountain, Georgia. She is a graduate of Hampton University and received her Doctorate of Dental Surgery at Meharry Medical College. She successfully matriculated through her general practice residency at Veteran's Affairs Medical Center. Realizing her true passion, Dr. Sprowl completed her postdoctoral program in orthodontics and dentofacial orthopedics at the University of Nevada, Las Vegas.



Dr. Lajoi Wiggins obtained her Doctorate of Medicine in Dentistry from East Carolina University School of Dental Medicine, her Master of Science in Dentistry from Virginia Commonwealth University School of Dentistry and her Bachelor of Science in Biology from the University of North Carolina at Charlotte. She received her pediatric dentistry training at the Virginia Commonwealth University School of Dentistry Department of Pediatric Dentistry. Board Eligible with the American Board of Pediatric Dentistry, Dr. Wiggins taken several opportunities to engage in mission work. Her most recent dental mission trip was with the VCU Jamaica Project, where she had the opportunity to provide comprehensive and emergent treatment to both adults and children in need. Originally from Hawaii, Dr. Wiggins has resided in North Carolina for most of her life until recently. She relocated back to Charlotte, North Carolina, after she completed her residency in pediatric dentistry.



# Speakers



Student Dr. Lativia D. Nash was raised in Pelham, North Carolina (Caswell County). She calls herself a "SpAggie" as she attended both North Carolina A&T but graduated from the University of North Carolina at Greensboro with a Bachelor of Science Degree. In 2022, she received her Master of Biomedical Science from Barry University in Miami, FL. After receiving her Masters, she was accepted into her #1 choice, East Carolina University and is currently a 3rd year dental student. Lativia is a recipient of The National Health Service Corps scholarship program. She is very dedicated to giving back to the community in whatever way possible and her heart desires to help get more African Americans earn admissions into dental school. In her spare time, Lativia enjoys traveling. She has traveled alone to four countries and plans to continue.



Oscar N. Mvula, DDS is a board-certified pediatric dentist and co-founder of Piedmont Dental Specialists, an organization dedicated to supporting pediatric dental practices with a focus on both pediatric dentistry and orthodontics. A graduate of North Carolina A&T State University with a BS in Chemical Engineering (2007), Dr. Mvula went on to earn his dental degree from the University of North Carolina at Chapel Hill, class of 2011, and completed his pediatric residency at Bronx Lebanon Hospital.

With extensive experience in pediatric dental care, Dr. Mvula currently oversees the operations and growth of Piedmont Dental Specialists, which supports practices in delivering high-quality, patient-centered care. He is also expanding his impact through a new venture in Kenya, where he is building a BPO company aimed at enhancing service capabilities in healthcare support and other sectors.

Throughout his career, Dr. Mvula has prioritized excellence in care, team collaboration, and innovative business solutions to expand access to quality dentistry and healthcare support.



Since his graduation from dental school, Dr. John Selden has devoted himself to acquiring advanced skills that enable him to successfully treat even the most complex cases. As a Master Restorative Dentist, Dr. Selden even provides other dentists with analyses of their challenging cases and step-by-step treatment plans. Dr. Selden has also been voted a Top Charlotte Area Dentist by Charlotte Magazine every year for the last decade. At the same time, Dr. Selden enjoys creating an atmosphere where patients feel like family and can relax knowing they're in the best of hands.



# Speakers



Dr. Charles Cooke is a pediatric dentist who proudly offers gentle dental care to infants, children, adolescents and patients with special needs. Dr. Cooke received his Bachelor of Arts in music from Duke University and his Doctorate from the University of North Carolina at Chapel Hill School of Dentistry. Dr. Cooke's devotion to caring for his community and those in need led him to participate in service and teaching opportunities both nationally and abroad, serving in global dental missions, traveling to Florianopolis, Brazil and Lilongwe, Malawi. Dr. Cooke is an avid Duke Basketball fan and he enjoys spending time with his wife and children!



Dr. Hannibal Crisp is a native of North Carolina. He attended the University of North Carolina at Chapel Hill for his undergraduate studies where he majored in Exercise and Sports Science, and played linebacker on the varsity football team. He attended East Carolina University School of Dental Medicine, where he obtained his Doctor of Dental Medicine degree, and graduated #2 in his class: the inaugural dental school class at ECU. As a dental student, Dr. Crisp was also the National SNDA Vice President, President-Elect and President. He then went on to complete his Oral and Maxillofacial Surgery Residency at the Medical University of South Carolina in Charleston, SC.



Dr. Jamine Ifedi is a trailblazer and advocate for new graduate negotiating power & compensation. He earned his Masters of Business Administration from East Carolina University (2017) and his Doctor of Dental Surgery from UNC-Chapel Hill Adams School of Dentistry (2021). In 2022 Dr. Ifedi and his wife opened their first practice in Charlotte, NC, Empire Dental Group. With a passion for geriatrics, Dr. Ifedi has served as a Travel Dentist to over 100 nursing homes across North and South Carolina. During his down time, Dr. Ifedi also serves as the Treasurer to a 501-c-3 non profit he co-founded in 2012, The Talented Empowered Aspired Men (T.E.A.M.). T.E.A.M. focuses on rebuilding strong families through the education, upliftment, and increased accountability of men.



# Speakers



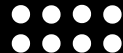
Dr. Bryan Lockhart is a distinguished Board Certified orthodontist renowned for his expertise and leadership in the field. With a commitment to excellence, he operates two esteemed orthodontic practices in Charlotte, NC alongside his orthodontic partner and spouse, Dr. Lauren Rennick Lockhart. Hailing from Decatur, GA, Dr. Lockhart pursued his dental education at the University of North Carolina at Chapel Hill, where he honed his skills and knowledge. His dedication to advancing his professional development led Dr. Lockhart to complete a rigorous one-year General Practice Residency at Montefiore Medical Center, followed by the attainment of his Certificate in Orthodontics from Jacksonville University in Jacksonville, FL. Eager to deepen his expertise, he pursued further specialized training at Jacobi Medical Center in New York, undertaking an Orthodontic/Orthognathic Surgical Fellowship that has enriched his practice.



Dr. Jibri Muhammad, a proud native of Atlanta, GA, is a dedicated and compassionate general dentist. He is a 2020 graduate of Howard University where he earned his bachelors in chemistry and a 2024 graduate of the UNC Adams School of Dentistry. He currently practices at Oasis dentistry in Concord, NC. With a commitment to providing exceptional dental care, Dr. Muhammad combines his extensive education with a passion for helping patients achieve their best oral health. When he's not in the office, Dr. Muhammad enjoys indulging in his love for muscle cars, engaging in the community through service, and spending time in nature, finding balance and inspiration in the great outdoors.



Student Dr. Davarion David is a DDS candidate in the class of 2026 at UNC Adams School of Dentistry and a graduate of East Carolina University. Davarion is an active participant in extracurricular organizations at UNC. He is a member of the Barakat student ambassadors, UNC's SNDA, the admissions team, Bridging the Gap program, and a former MED mentor. Upon graduating Davarion hopes to practice somewhere in the Charlotte area to be close to home. When not in clinic or class, Davarion likes to explore new restaurants in the RDU area, hang out with friends and catch up on sleep. One of Davarion's favorite quotes is "you've made it through 100% of your worst days", highlighting that you should always remember no matter how bad it seems, you are a lot stronger than you may realize.



# Thank you to our Sponsors





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DENTAL SOCIETY