

The “Choice” Program



Sponsored by the Alpha Omega
International Dental Fraternity

*A program outline to guide Jewish students
to consider Dentistry as a career choice.*

Thank you for participating in Alpha Omega's "Choice" program. The purpose of the program is to introduce Jewish students to dentistry as a career option, and supply them with the information to help make "The Choice" of entering the dental profession.

We are all aware that several dental schools have closed and that class sizes at many of the remaining dental schools have been reduced. Additionally, there has been a dramatic drop in the number of Jewish applicants and Jewish dental students. Our student chapters have weakened or are no longer in existence due to low membership numbers. This will translate into fewer members at the alumni level. If a strong Alpha Omega is to survive well into the 21st century, we must address this situation NOW! *The student chapters are our future!!*

The program consists of this manual and a CD-ROM. The manual contains supporting literature including:

- An informational "How to" sheet.
- A sample publicity poster
- A sample press release to be issued to youth groups, Hillel, Jewish Day Schools and any other organization you wish to make a presentation to.
- A sample letter introducing this program to high school guidance counselors
- Sample speeches.
- Alpha Omega background sheet.
- A resource sheet
- A list of web addresses for various Jewish organizations such as day schools, Hillel, AZA, BBYO and Jewish Community Centers.
- Sample sign up sheet

This program has been designed for presentation at a high school or college career night or it can be targeted to a specific group such as Hillel, AZA etc.

If you have any questions, please contact AO headquarters (1-800-MRS TINT) and ask for the name of the chairperson of "The Choice" program.

Good luck for a most successful program. Thank you for help to insure the continued success of Alpha Omega.

This program is simple to organize and execute. It takes a minimal amount of time and can be a bonding tool for your chapter. You will need some advanced preparation to familiarize yourself with the material. Additionally you will need a lap top computer capable of running the CD-ROM and a video projector (if you are speaking to a large group.) Should you feel more comfortable using a carousel slide projector, a set of slides will be available from AO headquarters.

“THE CHOICE” PROGRAM IN TEN EASY STEPS

1. Using the list of web addresses in this manual, obtain the contact information for the group you wish to address and make the initial contact by telephone, conventional mail, e-mail, or in person
2. Set up a meeting date, time and location.
3. Co-ordinate publicity with the organization
4. Make arrangements for refreshments (if appropriate).
5. Ask some fellow AO members to attend the presentation. If there is an AO student chapter in your area, ask the chapter to send one or two students to the presentation.
6. Make sure that you have the proper equipment to run the CD-ROM.
7. Ask an alumni or student member to serve as a mentor to interested students.
8. Be sure to mention Alpha Omega and give a brief presentation of the benefits of AO membership.
9. Take pictures and publicize the event in the local Jewish press. Send copies of the articles to AO headquarters. Also send copies of the articles to the organization that you made the presentation to.
10. Make a follow up inquiry as to how the program was received.

SAMPLE CONTACT LETTER

YOUR LETTER HEAD STATIONARY

October 29, 2003

Mr. Barry Schwartz
Career Guidance Department
C/O Hillel Torah Jewish Day School
Street address etc.

Dear Mr. Schwartz

My name is Dr. Daniel N. Uditsky. I am a general dentist who practices in the local community. I would like to offer my services to act as a counselor and mentor to any students who have expressed an interest in dentistry as a career.

I am a member of Alpha Omega International Dental Fraternity. We are a worldwide Jewish organization with a membership that includes practicing dentists and dental students. Founded in 1907, we are the "Voice of the Jew in Dentistry." We have helped to build two dental schools in Israel, raise money for research grants and provide dental care for indigent Jews in various parts of the world.

Our fraternity has created a program, which is designed to educate young people about dentistry as a career. I would like to present this program at a time and place you feel is appropriate. In the past, I have presented this program at a college and career night. The program consists of a short CD-ROM presentation along with appropriate support materials.

Thank you in advance for allowing me to make this presentation. I look forward to hearing from you in the future.

Sincerely,

Daniel N. Uditsky, DDS

SAMPLE POSTERS

ALPHA OMEGA INTERNATIONAL
DENTAL FRATERNITY

AND

THE SOLOMON SCHECTER JEWISH DAY SCHOOL
(OR THE APPROPRIATE ORGANIZATION)

PRESENT

“THE CHOICE PROGRAM”

EXPLORING CAREERS IN DENTISTRY

Tuesday, December 15, 2003
7:30 p.m.

Address (include room number)

Please call Dr. Alan Goldberg
847-372-1234
for reservations

Parents are encouraged to attend

Special for your BBYO youth

DENTISTRY AS A CAREER

IF YOU HAVE EVER THOUGHT ABOUT SERVING OTHERS IN HEALTH CARE, YOU WILL WANT TO SHARE A REWARDING AND ENLIGHTENING EVENING WITH SOME LOCAL DENTISTS. PLEASE JOIN US FOR AN EXCITING PRESENTATION AND CHANCE TO DISCUSS THE OPPORTUNITIES THAT AWAIT YOU IN A DENTAL CAREER.

TUESDAY DECEMBER 15, 2003 AT THE JCC

7:30 P.M.

Refreshments will be served (optional)

FOR RESERVATIONS, PLEASE CALL DR. ALAN GOLDBERG AT

847-888-8888.

Sponsored by

ALPHA OMEGA DENTAL FRATERNITY

THE INTERNATIONAL DENTAL ORGANIZATION BASED ON JUDIASM,
PROFESSIONAL EXCELLENCE AND FRATERNALISM

PARENTS ARE ENCOURAGED TO ATTEND

SAMPLE HAND OUT

CONSIDER A CAREER IN

DENTISTRY

A PROFESSION WITH VARIETY

BE A PART OF INCREDIBLE TECHNOLOGICAL ADVANCES

BE A RESPECTED MEMBER OF A HEALING PROFESSION

RELIEVE PAIN

IMPROVE THE ESTHETICS OF YOUR PATIENTS

DETECT DISEASES

CONTRIBUTE TO THE HEALTH AND WELL BEING OF YOUR PATIENTS

CREATE SMILES

PLUS

RECEIVE THE MENTORSHIP OF MEMBERS OF THE

ALPHA OMEGA INTERNATIONAL DENTAL FRATERNITY

THE INTERNATIONAL DENTAL ORGANIZATION
BASED ON JUDIASM, PROFESSIONAL EXCELLENCE AND
FRATERNALISM

FOR MORE INFORMATION IN PARTICIPATING IN THE "CHOICE"
DENTAL CAREER PROGRAM OF ALPHA OMEGA, PLEASE CONTACT
DR. DAN UDITSKY AT -----

SAMPLE PRESS RELEASE

FOR IMMEDIATE RELEASE

**Alpha Omega International Dental Fraternity Sponsors “The Choice”
Program at the University of Texas**

A new program designed to introduce dentistry to college students around the world.

Austin, Texas (December 15, 2003)—Alpha Omega International Dental Fraternity announced today that they will be on the University of Texas Campus to present “The Choice” program. The program is designed to recruit interested Jewish students who wish to pursue a career in dentistry.

An Alpha Omega dentist will be at the University of Texas Hillel House 4645 23rd Street, Austin Texas on Tuesday, April 27, at 3:00 to discuss careers in dentistry. This program will include a short presentation and an informal question and answer session.

Daniel Uditsky, DDS, chairperson of The Choice Program, said “Dentistry is a profession that is frequently overlooked by many Jewish Students. It is our hope that Alpha Omega can show that dentistry is a rewarding and interesting career that should be looked upon seriously.”

Alpha Omega was founded in 1907 based on Judaism, professional excellence and fraternalism – and is the collective voice of the Jew in dentistry. The fraternity has chapters in the United States, Canada, England, France, Israel, and Australia as well as many other countries.

HOW TO GIVE A PRESENTATION

AUDIENCE SELECTION:

The ideal audiences to present this program to are the junior and senior high school students and undergraduate college students. They may be contacted through the school career guidance counselors, BBYO, Hillel, Jewish fraternities and sororities etc. I have listed the web sites of some of these groups below. To access the groups, type the web address into the browser on your computer and select the appropriate location you wish to contact.

Hillel--http://www.hillel.org/hillel/Hillel_Schools_New.nsf/Schools?openform or

<http://www.hareshima.com/organizations/Hillels.asp>

BBYO--<http://www.bbyo.org/contacts/--bbyo>

Jewish community centers (JCC)-- <http://www.jcca.org/direc/MAP3.html>

Jewish Day Schools--<http://www.jewishpeople.net/jewdayschool.html> or

<http://www.maven.co.il/subjects.asp?S=175>

Once you have made contact with the specific organization or group, explain that you represent Alpha Omega and the CHOICE program and would like to give a presentation about choosing dentistry as a career. Our goal is to direct and guide qualified students into the practice of dentistry.

ORGANIZE YOUR THOUGHTS:

It is suggested that you begin planning your speaking engagement at least 3 months in advance so that you can be prepared with any necessary brochures, flyers, and/or audio-visuals. If you are presenting to a high school group, it is important to contact the career guidance department in September or October so that you can be included in the school schedule. From past experience, this program presentation has been well received and, if carefully prepared, can be a most enjoyable and enlightening experience. You should also ask parents to attend since the parents may have some questions that the students might not be aware of.

BE PREPARED, and DON'T TRY TO WING IT!!! Careful organization of your presentation will help guarantee that you have covered your main points clearly and concisely. A sample speech has been prepared which you might wish to utilize. If you prefer to write your own speech, the best way is to first review the material you are presenting and then create an outline. Focus on three to five points on which you want to concentrate. Evaluate each point and be sure that it supports your message. Present only one point at a time in order to maintain attention and avoid confusion. Explain each point, clarify and support your explanation. **AVOID TECHNICAL or UNFAMILIAR TERMS.** Maintain eye contact. When you are ready to conclude be sure to review your main points. Keep the conclusion simple, short and, most importantly, end in a positive note!

PRESENTATION:

Your actual presentation need not be done under “formal” conditions. A stage and podium are often intimidating and can put “distance” between the speaker and the audience. However, a microphone is helpful when you are in a large room. Stepping around the podium and moving closer to your audience gives a feeling of friendliness and sincerity. If a smaller group is present, chairs may be arranged in a semi-circle and a more casual approach may be taken. If you are going to be part of a career night you will have to tailor your presentation to accommodate the cafeteria style arrangement. Dress may be either “up” or “down” but jeans and shorts are not appropriate. A sharp, attractive appearance lends credibility to your purpose.

REHEARSAL:

Practice is essential for a polished and successful presentation. The following tips may be helpful:

- Review the CD-ROM and other visual aids
- Allow time for modification. Practice enough so that you have time to evaluate and revise your presentation as needed.
- Don’t memorize. Use your notes. As libbing is fine, but with notes you always have a place to go.
- Stress IDEAS not WORDS. Remember central ideas and their order. So that if you lose your place, you can always continue in a logical order.
- Be sincere. Let the practice session duplicate speaking situations as much as possible.
- Critique yourself. Use cassette or videotape. Practice in front of a friend or family member and ask for HONEST feedback.
- TIME YOURSELF! No more than ten or fifteen minutes of presentation (shorter if you will be presenting at a cafeteria style career night) in order to allow for questions afterwards. Leave your audience wanting just a bit more information rather than boring them with too much.

Remember that it is normal to be nervous. Just take a deep breath and try to focus on the message and the audience instead of yourself.

DELIVERY: Make it a “show of confidence”

- Take it slowly. Walk slowly and confidently to the podium...pause and establish eye contact.
- Speak from notes.
- Maintain eye contact. Throughout your presentation, take time to look up and focus on different areas.
- Be flexible. Pay attention to the listener’s reaction and adapt your delivery if necessary.
- DON’T RUSH! Relax. Novice speakers usually speak too quickly. Take a breath, sip some water.
- Make a good recovery. If you make a mistake, just relax, SMILE and continue on.
- Avoid a monotone. Be interested in your message and you will be interesting.
- End with confidence. Leave a positive image with your audience. Know your ending sentence well and look up at your audience as you finish. Be sure to ask for and encourage questions at the end of your presentation.
- Pass your literature around at the end of the presentation ONLY!

VISUAL AIDS:

Remember that YOU are your best visual aid! NO chart, graph, slide or object can replace a good delivery or well-written speech. Remember MURPHY'S LAW when using visual aids. Be sure to check all equipment before your presentation. Only show visual aids when you are talking about them then explain. Direct your attention and energy toward the audience and not the visual aid.

QUESTIONS AND ANSWERS:

Anticipate possible questions and prepare appropriate answers stressing the positive! Look each questioner in the eye as you listen to the question. REPEAT the question for all to hear and to make sure you understand the question. If the question is of a negative nature, defuse the negative language. Be sure to make eye contact, looking at several people in the room while answering the question. Take your time.

You'll do great! Be confident!

SAMPLE SPEECH

Note to speaker: You may wish to begin your presentation with a short survey of your participants.

Ask them what they know about dentistry, or do they know anyone who is a dentist? This can serve as an icebreaker and might help to relax you as well. If you choose to do this, be sure that whatever question you ask, you will be prepared to answer!

Introduction:

LOOK AROUND YOU. EACH OF YOU HAS SOMETHING IN COMMON. YOU ARE THINKING ABOUT YOUR FUTURE AND CONSIDERING A VARIETY OF CAREER PATHS, ALTERNATIVES AND “CHOICES.”

DENTISTRY OFFERS UNIQUE OPPORTUNITIES AND BENEFITS. SOME OF YOU MAY FEEL IT IS TOO SON TO MAKE A CAREER DECISION, BUT MOST DENTISTS PRACTICING TODAY MADE THEIR DECISION IN LATE HIGH SCHOOL OR EARLY COLLEGE.

DENTISTRY OFFERS DIFFERENT THINGS TO DIFFERENT PEOPLE. THIS IS A RAPIDLY EXPANDING AND CHANGING PROFESSION. IT ENCOMPASSES MANY FACETS OF HEALTH.

- **Detection of disease**—Dentists are often the first to detect a wide variety of diseases ranging from minor ailments to cancer, heart and digestive diseases.
- **Diagnosis**—Dentists diagnose and treat problems of the teeth, gums, lips, tongue and jaws.
- **Cosmetics**—Dentists perform a wide variety of cosmetic dental procedures.
- **Surgery**—Dentists perform numerous types of surgery on the gums, teeth, jaws and surrounding tissues to repair damage or deterioration due traumatic injury from accidents, disease and neglect. In addition, today such methods as implants, tissue grafts and laser surgery are employed.
- **Public education**—A good dentist is also responsible for educating his/her patients, their families and the general public in the proper care and maintenance of their oral health. Nutrition and disease prevention are also an important part of the dentist’s message. Dentists treat people, not only mouths. They must interact with people of all ages, cultures and personalities.

A DENTIST’S DAY IS DIVERSE AND INTERESTING

BODY OF SPEECH

A DENTIST IS A CREATIVE ARTIST AS WELL AS A SCIENTIST!

WHETHER BRIGHTENING ONE TOOTH OR RECONSTRUCTING AN ENTIRE MOUTH, THE DENTIST MUST HAVE AN ESTHETIC SENSE IN ORDER TO HELP THE PATIENT LOOK AND FEEL THEIR BEST

DENTISTS PROVIDE AN ESSENTIAL HEALTH CARE SERVICE. POLLS HAVE SHOWN THAT THE GENERAL PUBLIC CONSISTENTLY RATES DENTISTS AT THE HIGHEST RATING IN TERMS OF TRUST AND RESPECT.

DENTISTS CAN BALANCE THEIR PERSONAL AS WELL AS PROFESSIONAL LIVES TO MEET THEIR INDIVIDUAL NEEDS, DESIRES AND LIFE STYLE. ONE CAN PRACTICE DENTISTRY

EITHER IN THEIR OWN PRIVATE PRACTICE, AS AN EMPLOYEE OR ASSOCIATE IN A GROUP PRACTICE, RESEARCH, FORENSICS OR PUBLIC HEALTH.

THINK FOR A MOMENT ABOUT WHAT WOULD BE MOST IMPORTANT TO YOU IN SELELCTING A PROFESSION.

- **FINANCIAL REWARDS**—If you thought about financial security (**EARNING A LIVING**) raise your hands. The average income of a dentist is in the highest 8% of U.S. family income and the demand for dental care will continue to grow in the future. People are living longer, keeping their teeth longer, and are better educated about the latest advances in dental care.
- **PERSONAL SATISFACTION**—Is personal satisfaction is important to you? In my opinion, there is no more pleasure to be found professionally than to be able to help someone in pain, restore them to oral health, raise their self esteem by enhancing their appearance, and enabling them to enjoy the basic pleasure of eating a normal meal.

DENTISTRY IS SEARCHING FOR HIGHLY QUALIFIED, COMMITTED AND HIGHLY MOTIVED STUDENTS TO JOIN ITS PROFESSIONAL RANKS.

THERE ARE VERY FEW FIELDS OF PROFESSIONAL ENDEAVOR WHERE ONE CAN TRULY SAY THAT THEY ENJOY CAREER AND FINANCIAL SECURITY, PERSONAL AND PROFESSIONAL SATISFACTION, CREATIVE AND ARTISTIC FREEDOM, BEING ABLE TO HELP THE GENERAL PUBLIC WHAL ALSO MANAGING TO ACCOMMODATE A COMFORTABLE PERSONAL LIFE. **DENTISTRY OFFERS ALL THAT—AND MORE!**

CONCLUSION

WE OF THE **ALPHA OMEGA INTERNATIONAL DENTAL FRATERNITY** FEEL SO STRONGLY ABOUT INTRODUCING OUR CAREER OPTIONS AS A VIABLE ALTERNATIVE TO THE MOST MOTIVATED AND HIGHLY QUALIFIED STUDENTS, THAT WE HAVE EMBARKED ON THIS PROGRAM APTLY NAMED “THE CHOICE. YOU ARE THE FUTURE AND YOU HAVE A “CHOICE.” THERE IS A BRIGHT FUTURE OUT THERE FOR YOU AND DENTISTRY CAN PROVDE THE VEHICLE. CHOOSE THE PROFESSION THAT CAN OFFER YOU FINCANCIAL SECURITY, EDUCATION AND LEARNING, PERSONAL AND PROFESSIONAL SATISFACTION, RESPECT AND THE CHOICE OF LIFESTYLE DETERMINED BY WHAT **YOU** WANT TO DO!! BECOME A MEMBER OF A PROUD PROFESSION....BECOME A DENTIST.

PAUSE FOR A MOMENTTHEN CONTIUE.....

BEFORE APPLYING TO DENTAL SCHOOL, YOUR UNDERGRADUATE EDUCATION SHOULD PROVIDE A SOLID FOUNDATION IN THE NATURAL SCIENCES INCLUDING BIOLOGY, ORGANIC AND INORGANIC CHEMISTRY, AND PHYSICS. YOU DON'T HAVE TO MAJOR IN SCIENCE, HOWEVER YOU WILL NEED TO COMPLETE THE PRE-DENTAL SCIENCE COURSES. YOU WILL ALSO NEED TO TAKE THE DENTAL ADMISSIONS TEST AND THEN APPLY TO DENAL SCHOOL. TALK TO A COUNSELOR OR ADVISOR WHO IS KNOWLEDGABLE ABOUT THE HEALTH PROFESSIONS. TALK TO THAT ADVIOR REGULARLY. TALK TO A DENTIST

AND ASK TO SPEND A DAY OR TWO IN HIS OR HER OFFICE. YOUR LOCAL DENTAL SOCIETY MAY BE ABLE TO DIRECT YOU TO OTHER SOURCES OF INFORMATION. YOU MAY CONTACT ME FOR ADDITIONAL INFORMATION.

I AM SURE THERE MUST BE A NUMBER OF QUESTIONS. WHO WOULD LIKE TO ASK THE FIRST ONE?

SPEECH OUTLINE

“DENTISTRY: A CHOICE CAREER”

INTRODUCTION:

I'm pleased to be here today to talk to you about one of the most important decisions you'll ever make...CHOOSING A CAREER. What I am going to do today is focus on one career possibility. THAT CAREER POSSIBILITY IS DENTISTRY. I am going to give you the facts and fill you in on what it takes to get into and through dental school. But only you can decide whether or not dentistry is for you. You'll need help from your family, of course, but the ultimate decision is yours.

BODY:

Ask yourself the following questions:

- Do you enjoy interacting with and helping people?
- Would you like a career that offers variety?
- Would you enjoy the prestige of a health care profession
- Would you be willing to accept the responsibilities of providing health care?
- Do you enjoy working with your hands as well as your mind?
- Do you have interest and ability in science?

What are the advantages of a career in dentistry?

- Variety—Rapidly changing, expanding nature of the profession, due to advances in dental research, control of caries with fluoride, cosmetic dentistry and implants. Variety also manifests itself in the wide variety of patients that make up a typical dental practice. Each patient requires a unique treatment plan because each patient is different.
- Growing number and range of services that dentists can provide
 - Preventive/public education: Dentists educate the public and patients on how to prevent and treat oral health problems. They provide nutritional guidance and advice on maintaining good total health
 - Detection of diseases of the body that may or may not be manifest in the mouth alone such as hypertension or cancer.
 - Esthetic improvement—Dentistry plays an important part in a patient's self esteem through cosmetic dentistry
 - Restoration and reconstruction—Dentists repair damage caused by oral disease as well as traumatic injury.

- Correction of misaligned teeth and facial deformities with surgery and orthodontics.
- Creativity
 - Creative decisions involved in the development and implementation of treatment plans
 - Artistic element: A lot of dentistry is a detail-oriented craft involving careful, precise work.
 - Dentistry is a combination of art and science
- Prestige
 - Dentists occupy a highly respected position in the community because they provide an essential health care service.
 - Professional status earns the respect and appreciation of patients and fellow citizens.
 - Opportunities to work medical colleagues.
- Flexibility
 - Dentists in private practice can choose their own hours, can easily integrate their personal and professional lives.
 - Opportunities to work in a variety of practice settings including solo practice, group practice, teaching, research and the military.
- Security
 - Job security—Over the next 10 years, more dentists will be leaving the profession than are graduating from dental schools. There may be a shortage of dentists.
 - Financial security—Dentists are consistently in the top 8% of all wage earners in the country.

What are the services that a dentist provides?

- Health care—the average dentist will treat over 1,000 different patients in a year
- Education
 - In-office patient education
 - Community education through public speaking engagements, radio or television appearances.
- Leadership/executive management
 - Supervision and management of the dental team
 - Supervision and management of other dentists in a group practice.
 - Management of business and financial aspects of practice.
- Research
 - Development and testing of new techniques and materials
 - Basic research

- Community service and advocacy
 - Lend knowledge to criminal investigations (forensic dentistry)
 - Serve the less fortunate
 - Help with Special Olympics

Dental Specialties

Although the majority of dental school graduates become general dentists, dentistry offers several specialties. These include orthodontics (braces) pedodontics (dentistry for children), oral surgery, periodontics (treatment of diseases of the gums) and endodontics (root canals).

Getting a dental education

- Preparing for dental school
 - If you are in high school, enroll in college preparatory classes such as chemistry, physics biology and algebra. Get a broad exposure to science and math.
 - If you are in college, build a solid background in science, especially in biology, organic chemistry, general chemistry and physics.
 - Talk with a counselor or advisor knowledgeable about the health professions
 - Contact the American Dental Association and/or some dental schools about specific requirements for admission.
 - Learn about and take the Dental Aptitude Test.
- Dental school
 - 4 years of dental school
 - Specialty training will take several additional years
 - Curriculum areas
 - Basic health sciences including anatomy, biochemistry, histology, microbiology, pathology, pharmacology, and physiology.
 - Application of health sciences including the delivery of services, diagnosis of dental conditions, and treatment planning.
 - Practice management, including patient psychology, business management, and professional ethics.
 - Tuition, expenses, financial assistance
 - Dental school is a sound investment in your future
 - Most students cover their dental school expenses with loans. Most dentists pay these loans off in about ten years after graduation.

CONCLUSION

I hope that I have given you a clearer view of what it would take to become a dentist. By now, you should have a feeling for what it would take to get a dental education. I hope that you appreciate the unique opportunities and benefits within your reach if you choose a career in dentistry. You probably have more questions now than when we started. I'll be happy to answer those questions; however, you can also talk to your counselors, teachers, parents and the dentists in your community.

Note: This program was prepared by PIP's Michael Kohlreiter, Ben Williamowsky, and Charlene Berkman. and revised in 2004 by Daniel Uditsky and Fred Margolis.

Resources for Career Guidance

American Dental Association

Career Guidance Department

Brochures, Power Point Presentation, and Table Top Display Banner

211 E. Chicago Avenue

Chicago, Illinois 60611

312-440-2500

www.ada.org

American Association of Dental Schools

1625 Massachusetts Avenue, NW

Washington, D.C. 20036

URL: <http://www.aads.jhu.edu/>

Alpha Omega International Dental Fraternity

CD with Power Point Presentation

800-677-8468

www.ao.org

E-mail—Headquarters@ao.org

