

expanded his office space, added staff and will soon add an additional dentist. Some of his time is spent volunteering as a unit commissioner in the Boy Scouts. He is also active in his church. He has a daughter, 9, and a son, 4.

Class of 1998

Brian Drew, Shawnee, Okla., has four children: Adam, 8, Noah, 5, Luke, 2, and Rachel, born in October 2007. Brian is still playing soccer and has been married to Becky for 11 years. He's been to Guatemala twice for dental mission work.

Craig Lashley, Colwich, Kan., is staying very busy with his practice and family, which includes his wife, Shawna, his daughters, Alex, 11, Sydney, 8, and Sami, 6, and his son, Pearce, 3. He enjoys the kids' sports and spending family time at their cabin in Council Grove.

Kathi Matthes, Lee's Summit, Mo., had a second son, Wyatt, who joined his brother, Jesse, 4. Wyatt decided to join the world in a hurry. He ended up being born at home after nine minutes of labor. Lucky for Kathi and her husband that the EMTs made it to the house to deliver Wyatt.

Class of 2003

Brian Davis, Shawnee, Kan., and his wife were expecting their first baby in April 2008.

Daniel Heard, Sherwood, Ark., opened Central Arkansas Family Dentistry in August 2006. He has two children: Grace, 5, and Leigha, 3. He and his wife were expecting a baby boy, Noah, to arrive in July 2008.

Amy Nery, Denver, Colo., is an orthodontic resident at the University of Colorado School of Dental Medicine.

Jennifer Tindall, Manhattan, Kan., is married to Mark Tindal (DDS 2001). They have two girls: Tatum, 2, and Talia, born in September 2007.

Marvin Heinbach, Lawrence, Kan., has been in the same practice since 2003. He's married to a wonderful woman he married while in dental school. Mark and his wife have two girls: Ava, 5, and Sadie, 2.

Christa Walker, Emporia, Kan., has two children: Allen, 3, and Emmaline Eve Walker, born in July 2007. Emma was diagnosed with osteogenesis imperfecta in October 2007. After two femur fractures she is currently doing well. On a lighter note, Christa has paid off all her student loans!

Class of 2004

Adrian Mohn, Kansas City, Mo., and Pete Mohn (DDS '05) welcomed newborn son, Charles Stoner Mohn, in June 2008. The proud parents reported that he weighed 7 lbs. 1 oz. Everyone is doing fine and very excited about his arrival.



The Joys of Running

Adapted from "My Big Year" by Denise M. Rucci in the Arizona Dental Association's publication, *Inscriptions*, August 2006



Howard Wilt

Howard Wilt (DDS '68) first joined the running craze in 1974 in preparation for a mini-marathon sponsored by the California Dental Association. "To be honest," he recalled, "I wasn't sure I could finish, even though it was only a three-mile race!"

But he did. And after

nearly 30 years of on-and-off running, the Tempe, Ariz., dentist completed the Chicago Marathon's 26.2-miles in four-and-a-half hours ... at age 60. Dr. Wilt then went on to complete the Rock 'n Roll Arizona Marathon and the Tybee (Island) Marathon, off the coast of Savannah, Ga., where his time of three-hours, fifty-eight-minutes qualified him for a coveted entry in the Boston Marathon. After Boston, Howard and his brother competed in more races to assure peak fitness for their next big race, the New York Marathon. "That was my big year," Dr. Wilt said with a smile.

"Make no mistake," Dr. Wilt advised, "training for a marathon is stressful; however, it makes dentistry less stressful." For one thing, he noted, staying in shape helps him through 10-hour stretches at the dental chair and in his 40-year career he's only missed one day of work. "Regular exercise builds up the immune system," he said, "and also wards off depression. I hadn't realized that negativity and sarcasm had been creeping into my speech patterns until I started running, which cleared out the cobwebs."

Dr. Wilt says that competitive running also has had a positive impact on his practice. "Being healthy and achieving goals makes a statement. When patients see that the doctor is healthy, they want to pay better attention to their own health. And when staff can be proud of the boss, they support the boss."

"Running brings an excitement to my life that only a marathoner can understand. You want the real truth, though," he joked. "I took up running because I'm lousy at golf!" ■