



Regaining Balance

On March 6, 2010 before the AzDA House of Delegates, Mark B. Hughes, DDS became the 102nd President of the Arizona Dental Association. Following is his address.

Thank you for your support of the AzDA Board of Trustees during this past year. Almost from the moment I was elected Vice President, I've encountered situations and experienced emotions that I had no idea would come into play during this time. It has been quite a roller coaster ride.

A few years ago I had the good fortune of attending a series of seminars at the L.D. Pankey Institute during which I learned that the key components comprising their philosophy are balance in all aspects of life, to have passion for life, to add value to the lives of others every day so that they might benefit from your interaction with them and pass that on to others. I believe the popular catch phrase is "Pay it Forward." I believe in the positives of setting goals and pushing those around you to achieve those goals by the example you set. I believe in working together and striving for common goals.

I have also seen the destructive force that can be generated by the ruthless quest for power,

position, and greed. It has wounded this association. We must strive to redirect our efforts to regain balance.

When I was a freshman in college, I worked as an EMT in an emergency room in my hometown hospital. One afternoon while I was out of the ER helping to take a patient to a care ward, a young man came in the front door of the hospital. He had sliced his forearm with a butcher knife and walked through the hospital bleeding all of the way to the ER. When he arrived, he took a wild swing at the nurse on duty and then sat on a stool

and refused to let her near him. She had paged me and as I walked into the ER, the patient's back was toward me. I walked up to him and placed my hand on his shoulder and asked what we could do for him, as I could see his arm was bleeding through his coat. He immediately spun around and hit me as hard as he could in the middle of my chest.

Through some miracle of fate I was completely balanced and his punch did not move me. I asked if he was going to hit me again, or would he rather we help

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On the eve of assuming the AzDA presidency, Dr. Mark Hughes "kicked up his heels" at the Arizona Dental Foundation's 25th Anniversary celebration (see page 34) with Dr. Thuy Ngo and Dr. Brien Harvey.

him with his wound. He then realized we were there to help him become better and his anger was of little use. He broke down crying and allowed us to get him the help he needed, both physically and mentally.

My satisfaction and peace of mind come from knowing I have always tried to do the best I was capable of doing for others in need – in my life, in my profession, and for this association. Coach Pat Riley has said, "Excellence is the gradual result of always wanting to do better." Romans 12:12 states and I am paraphrasing, "Rejoice in our confident hope, be patient in trouble, and keep on praying."

This association has been wounded these last several years from within. We must not allow ourselves to be torn apart by internal strife among our members. We must learn from our mistakes of the past and press on to the greater achievement of the future.

We must regain our balance. Our success depends on teamwork, a winning attitude, and putting the good of the association above all else. You, the members of this House, have been blessed. You've been the

recipients of many good things in your lives and because of that you've been given opportunities to succeed. Along with great blessings come great responsibilities – to reach out, to care, to make a difference to others, to step up and get involved in the leadership of your profession. I applaud all of you for stepping up and accepting responsibility for our association.

I believe in order to lead we must have an attitude of gratitude. I've learned a lot more from my mistakes and my losses than I have from winning. I've always tried to learn from my past mistakes, not allow them to happen again, and become better because of them.

Whatever you can do for this association... that's what we need you to do. And, if everyone does what they can do, then we will be alright. St. Francis of Assisi said, "Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible." According to an old Spanish proverb "A little spark kindles a great fire."

I am hoping I can help create a little spark in each of you and by doing so reestablish the great fire in you

to balance this association. The true measure of our success comes when we feel good about our ability to contribute to this association. Confucius said "Our greatest glory is not in never failing but in rising every time we fall." Finally, the Latin phrase "Mocte virtute" means "Increase in Excellence!"

Those of you who have the courage and are willing to take on the challenge will ultimately excel. We must focus on the task ahead and have the discipline needed to succeed. Good luck and God speed to all of us.

My wife told me not to get up here and babble for too long. I hope I haven't. It's rumored that I don't speak a lot at meetings but when I do say something, I hope people will listen. I also believe that those who exalt themselves will be humbled and those who humble themselves will be exalted, as it states in Luke 14:11. I am your humble servant. Thank you.

Dr. Mark Hughes practices General Dentistry in Glendale. He is the 102nd President of the Arizona Dental Association. Email him at BoardofTrustees@azda.org

Taking the Oath of Office on March 6, 2010 are AzDA Board of Trustees members (L-R) B.J. Henkenius (NADS Trustee), Donald Simpson (Immediate Past President), Gregory Pafford (Secretary), Mark Hughes (President), Lisa Lear (Speaker of the House), Gary Jones (Vice President), Allison House (Treasurer), and Bryan Shanahan (President-elect).

