

COVID-19 EDITION || DEC 2020

# MARQUETTE IMPRESSIONS

Official Newsletter of Marquette University School of Dentistry  
ASDA Chapter

## Letter from the editors

MARY LOVELL & AUSTIN DAVIES

Dear Readers,

When we were first assigned the task of creating an ASDA Newsletter theme, the first thing that came to mind was all the chaos our community has experienced since being shut down in March. While just about all of us have wanted to pull our hair out and throw in the towel at some point, we haven't. Despite the uncertain times, we're all still here, doing well, and putting in those extra steps to ensure we can become the absolute best dentists we can be. In fact, we truly believe having these experiences will set us up for success, including being better prepared for patient management, cleanliness, scheduling, and most importantly, providing the greatest and safest care to our patients. It's our hope we see the silver lining through this pandemic while remembering we are helping our patients through these ever-changing times. We wanted to take this opportunity to have our Marquette Dental Students showcase the many creative ways our school has adapted and functioned during COVID-19, while adding some humor and great stories! Looking forward to the days of seeing mask-less faces smiling in the hallways!



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## Scrub caps: more than just protection

JESSICA SHORT, CLASS OF 2024

As we all know and have experienced, COVID19 has flipped daily life on its head. Despite this abrupt change, there has been an overwhelming amount of creativity and ingenuity that has arisen amidst this global pandemic to meet the associated challenges we face.

Personal Protective Equipment (PPE) has already been a vital component of the dental profession. Amidst the concerns of the pandemic, the field of dentistry has incorporated the use of scrub caps to further protect providers. The scrub cap aids in protecting dentists from COVID19 as well as other potential risks associated with dental procedures, such as splatter. A scrub cap decreases the risk of any potentially pathogenic molecules making it home with dental health professionals at the end of the day. Dental professionals can rest a little easier knowing that not only is their hair covered and protected from splatter, but that they are taking the necessary steps to keep their family as safe as possible while still serving the community.

In addition to the added protection, scrub caps come in every imaginable color and pattern, allowing the practitioners to display their personalities and potentially put a nervous patient at ease. Imagine a patient with dental anxiety visits your clinic and you enter the operatory room and proceed to don your N95 mask, safety glasses, lab coat, gloves, and even a face shield. You are no longer seen as an approachable person in the room. Scrub caps have the potential to make dental health professionals more welcoming and more human while also protecting practitioners and patients alike. Moving forward through this pandemic and into the future of dentistry, the scrub cap will be an asset to patient care.

**"Scrub caps have the potential to make dental health professionals more welcoming."**

JESSICA SHORT





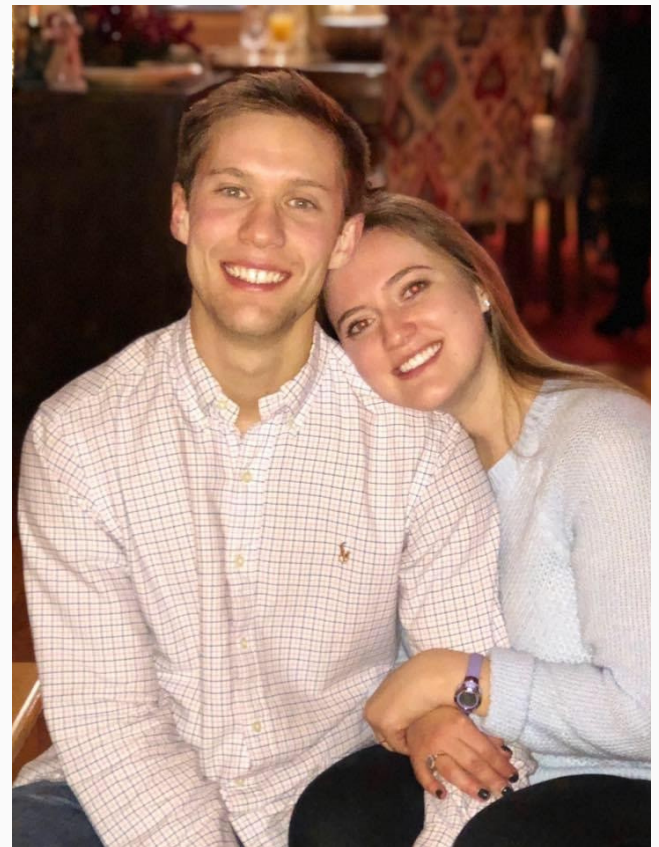
## Dusting off the drawing cobwebs

DRAKE LINDHOLM, CLASS OF 2023

During my time in quarantine, I got back into drawing. I have really enjoyed drawing in the past during high school and college, but have rarely been able to find time for it since dental school started. Quarantine gave me the chance to dust off the cobwebs and make a drawing or two. I mostly draw gifts for people, including a wedding drawing for my fiancé, Sarah. Usually, I use charcoal when making my drawings.



Drawing by Drake Lindholm



Drake Lindholm with his fiancé, Sarah





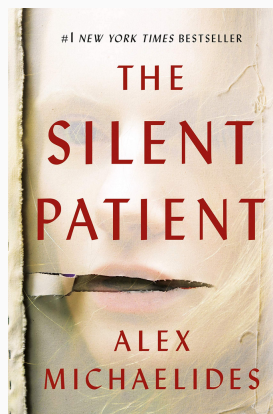
## Exceeding goals: 20 books in 2020

EMILY ZALL, CLASS OF 2022

Before I started dental school, I wanted to read a book. Literally, just any book. I had always read books as a kid and throughout high school, but college just did not provide a lot of time for pleasure reading, so I fell off the wagon. I decided to take the summer off before school started in order to relax and hopefully build an energy reserve knowing sleep wouldn't be a high priority in the coming years. I successfully read 5 books the summer before school started, which got me back into my love for books. I was even able to read a few books during my D1 year (sleep was sacrificed.)

When 2020 started, I set a goal to read 20 books, knowing I would have some extra time as a D2 going into D3 year. However, I knew it would be a squeeze, but thought “maybe I’d choose some shorter books” in order to achieve my goal. Then the pandemic hit. Despite all the craziness and uncertainties surrounding quarantine, my silver lining was more time to read. What else was there to do besides sit and read! I started quarantine at 3 books. I hit my goal of 20 back in July. As we neared the end of October, I was at 55. To tie it all together, I have had a blast being a Book Club co-chair for ASDA. We chose *The Silent Patient* as our Fall book, and so many people have come up to me saying how much they are enjoying it. If you ever read a good book, please stop me in the halls!

The Marquette ASDA book club read *The Silent Patient* during the Fall semester, and will be reading *The Midnight Library* during the Spring.



During 2020, book club co-chair, Emily Zall, finished 81 books!







## More time for introspection and self-care

HANFREY DENG, CLASS OF 2023

As COVID-19 lockdowns put a halt on the hustle & obligations of dental school, I unexpectedly found myself with much more free time. My mental status shifted from that of a hamster running on its wheel, to that of a sunflower lazing on a breezy summer day. I slowly re-entered into a mindset that I had nearly forgotten I was capable of – a mindset that would appear whenever I was free from intense academic pressures. This would be the driving force behind my intense submersion into personal pursuits & hobbies.

I found myself with much more time for introspection. Previously, I would spend personal time learning new songs & practicing new techniques on my guitar. However, with this newfound clarity in my head, I found myself pivoting into songwriting & the necessary musical theory needed to create compelling music. This process required experimentation & new perspectives on my part. In hindsight, I realize this was my effort to confront my personal fears in a concrete manner, by way of preserving it in a well-thought-out music medium.

I desired to take back control of my health, which had taken a backseat to dental school. I turned to running. At the start, I struggled just to run one or two miles. However, I still remembered how to “anchor” myself mentally as I did during cross-country runs in high school. As days turned into weeks, I found myself running faster & longer, soon reaching the five to six mile runs I used to do. Running has maintained my fitness & has given me a constant activity to contrast with these chaotic times. Ever since starting dental school, I’ve found myself too busy to stop & think. With my newfound appreciation for reflection & self-care, I plan to complete dental school in a more sustainable & healthy way.

**"My mental status shifted from that of a hamster running on its wheel, to that of a sunflower lazing on a breezy summer day. I slowly re-entered into a mindset that I had nearly forgotten I was capable of..."**

HANFREY DENG





## Millers Making Masks

MARGARET MILLER, CLASS OF 2023

I was laying on the beach in Florida when I found out that Marquette would be shut down for two weeks back in March. The initial excitement quickly turned into nervousness. What would this mean for Pres Res, Anatomy Lab, waxing our molars...? Little did I know, this extended spring break would last a lot longer than any of us thought. I went back home, and so did my three sisters. It was a very full house for my parents who had just become empty nesters. While the situation was obviously not ideal, I was happy to get to hang out with my family for a long time. “Forced Family Fun” was a norm with games, movies, and any random activity we could think of to fill some time. I finished a lot of puzzles, read, and still studied a lot. But we were also in a unique position to take on another project.

My dad works at a restaurant, and his co-workers needed masks since some were still working. My mom got a sewing machine, we became all-too-frequent visitors at the quilt store, and we set up a little mask factory in our kitchen. Over quarantine, we made around 400 masks, not only for these workers but also our family members, a few of whom are nurses and work in other health care professions. When we found out masks were going to be a necessity for a long time, we started to crank out more and more. I never thought I would learn how to sew in my free time, but it became fun to find pretty fabrics, experiment with designs, and know we were helping out, even if it was a very minor way. I can’t say I am wishing to get back to the sewing machine any time soon, but at least I had a productive “hobby” during quarantine and made some cool masks to wear.



Margaret Miller and her family made about 400 masks during quarantine for restaurant workers, health care professionals, and family members.







## Back in my happy place

DR. PATRICK KNAPP,  
DDS



I have a feeling that most people don't realize how much I love trains and model railroading. It all started when I was a very little boy. I don't know if it was a Christmas or Birthday gift but my Mom and Dad got me my very first train set: Lionel O scale (O scale is pretty big in size and the locomotives can exceed a foot in length). It was big and it was beautiful. It had a classic Santa Fe locomotive (with that distinctive red war bonnet nose) and several different types of cars including a red caboose. I would sit on the floor for hours watching my train go by. The sound and that little whiff of ozone were pure kid heaven. And Dad and I always mused about how we'd make a train layout together (a layout is when you affix the tracks to a board and build scenery). Well, O scale trains are really big and also really expensive. And as a kid I didn't have much money and much space for my beautiful O scale Lionel train. I needed to think smaller.

Early in high school I took all my bonus money from selling Boy Scout Christmas wreaths and started buying HO scale trains (which are smaller and less expensive than O scale trains). And now my Dad and I started to get really serious about a train layout because we could do a lot more for less money and in a smaller space. In fact, we'd go to all kinds of model train shows together and dream of the cool scenery

we'd make. And in the interim, I set up my HO scale trains on the floor in the upstairs of my Grandma and Grandpa's house. That was my zone. I built little structures, I added more and more track, and, no matter what, if I was having a bad day I could always hang out with Grandma and Grandpa and run my train and dream that I was on that train going to new and beautiful places.

Time passes and life changes. Off to college. Grandma and Grandpa pass away. Mom and Dad move. And my trains and train dreams get packed away. And life continues to change. Go to dental school. Get married. Move around the country. Practice dentistry. Become a dental professor. And then something happens. Life events sometimes remind you of where you once were and what your most special dreams used to be.

Five years ago I had a life changing event. During that time I rediscovered model trains and immediately felt like I arrived back at a happy place. And unlike the past, I'm not putting my trains and train dreams back in a box. Plus, I have a little more money and space than I did back in high school. So I have been collecting model trains like a mad man (I have such a patient and supportive wife). I started out by collecting N scale trains which are smaller than HO scale trains (N scale locomotives are 4 to 5 inches long). And this past spring (2019) I bought my first Z scale train which is the smallest scale of them all (locomotives are 3 inches long) but we don't refer to them as cute! So there you have it. I love trains (model and otherwise). I don't have that layout yet but it's in the works. Stay tuned. Oh, almost forgot: someday I'd love to take Amtrak's Southwest Chief from Chicago to California and then take the California Zephyr back spending time seeing America the old fashioned way and taking pictures and writing music.





## Small World, Big Ideas

ZOYA SHAMS, CLASS OF 2024

Quarantine was quite interesting for me to say the least. I spent most of my time between my two jobs. I was a dental assistant and also working for the ADA in government affairs. Even then, I still felt like I had so much free time and wanted to do something more than binge on Netflix.

This quarantine was the first summer I did not go to LA in the last 5 years. Every summer my friends and I go to UCLA to coach a leadership camp for a week-long, led by Dr. Bill Dorfman. This year we were all devastated we could not go, which is the one time of year we see each other because we all live so far away from each other. I came up with the idea one day of creating a podcast so we can all stay connected and talk about different topics we are interested in. After getting on a call with my friends to pitch my idea they were all thrilled at the idea and this became our quarantine project.

The Small World podcast is about 4 best friends living in three different countries coming together across multiple time zones to share their triumphs, lessons learned and encounters with industry experts while highlighting key pieces of advice- a lot of which has propelled them towards success in their early twenties. The Small World podcast releases episodes once a month and currently has 4 episodes. You can listen to the small world podcast on Spotify and find them on instagram @smallworldpodcast!



Small World



@smallworldpodcast

Viewers can check out D1 Zoya Sham's collaborative podcast on Spotify and Instagram.



**"The Small World podcast is about 4 best friends living in three different countries coming together to share their triumphs, lessons learned and encounters with industry experts."**

ZOYA SHAMS





## What I learned in quarantine is...

JAKE LANDON, CLASS OF 2024

Quarantine brought about a unique and challenging set of circumstances that caught me quite off guard. Not being able to go to bars and restaurants with my friends, in addition to having to deal with the widespread cancellations of sporting events, made me feel secluded from the world around me. But as time went on, I was pleasantly surprised by the copious amounts of free time I possessed to develop new hobbies and master new skills.

For the vast majority of time I spent in quarantine, I was back in my hometown of Tucson, Arizona with my family and girlfriend. This proved to be the biggest blessing in surprise because it was the longest amount of time that I was able to spend with my family in the last four years. A popular hobby that my girlfriend and I picked up over this time was painting with watercolors and cooking homemade dinners. Both are very simple activities, but it greatly helped relieve any stresses or tensions that we may have gathered from the day.

This newly placed effort to develop hobbies has also carried over to this semester. I have been learning to play the guitar as a way of taking my mind off the hectic daily life events during the ongoing pandemic. Overall, quarantine has shown me the importance of taking part in daily activities to give your mind a break from the day to day stresses.

**"Quarantine has shown me the importance of taking part in daily activities to give your mind a break from the day to day stresses."**

JAKE LANDON





# Hands of Comfort Foundation

JEFF UJU, CLASS OF 2024

Hands of Comfort Foundation, INC is a 501(c) (3) charitable, non-profit organization which works with and through public and individual contribution to improve the quality of life for disadvantaged children and adults, locally and around the world. The mission of the Hands of Comfort is to promote healthy living both at home and abroad; and improving quality of life by promoting learning strategies, investing in the future through scholarship award programs, and good health through education and prevention in the developing countries around the world.

I come from a family that loves to give back. As children, our parents made it a point to take us to Nigeria once a year. They felt it was important for us to see our heritage, to know our family, and to appreciate how they struggled to get to where they are today. During those times as children, we looked forward to putting together care packages to take home to Nigeria. I remember feeling so excited to get there and help people. Eventually, my four siblings and I fell in love with giving back as much as possible.

During quarantine, I could not help but think about how hard it would be for the people back home to get the necessary resources needed to survive through COVID-19. So, my family and I gathered some funds and bought bags of rice to communities in Nigeria. I thought it would be a great idea to formally launch the foundation and see if there are people who have the same spirit of giving as we do and, here we are now.



To make a donation or learn more about the Hands of Comfort Foundation, founded by D1 Jeff Uju, please visit [thehandsofcomfortfoundation.org](http://thehandsofcomfortfoundation.org).

**"Hands of Comfort Foundation works to improve the quality of life for disadvantaged children and adults, locally and around the world."**

JEFF UJU



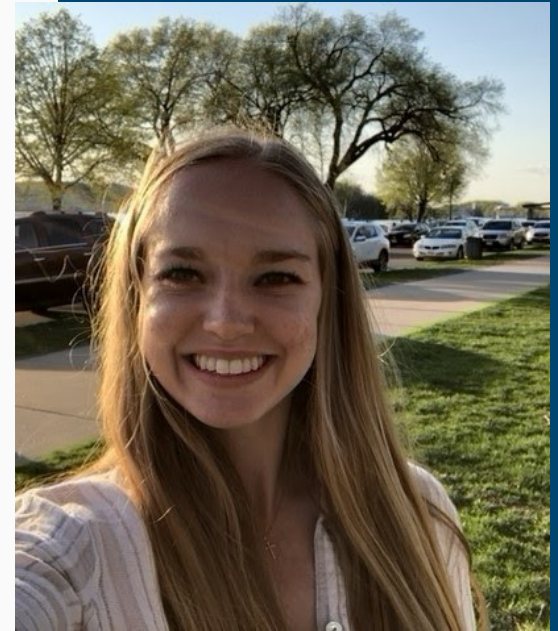




## 30-Day Yoga Journey

ISABELLE KICK, CLASS OF 2024

Back in March when the whole world shut down, my senior year of track and field ended abruptly, and we were all sent home. My coach sent out a bunch of resources and ideas to get through the pandemic, and one of the items she suggested was a 30-day yoga journey on a YouTube channel called “Yoga with Adrienne”. I decided to take up this journey and make a commitment every single day for the next 30 days. These videos ranged from 10 minutes to 40 minutes, with each day being a little bit different. I was able to get more in-tune with my body as well as develop a bit of routine that was so needed. In a period of time with so much uncertainty and anxiety, this little commitment I made was so helpful for my physical and mental wellbeing. I would highly recommend this 30-day yoga journey to anyone!

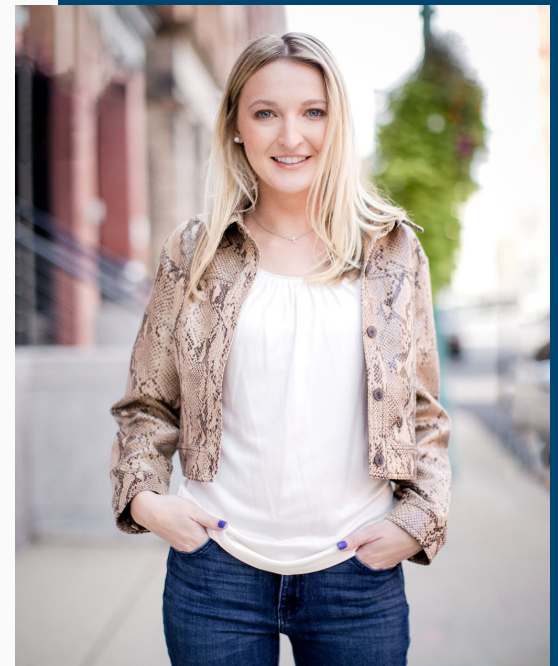


## A new knitting challenge

MARY LOVELL, CLASS OF 2022  
NEWSLETTER CHAIR

Since I was 7, I've been knitting as a form of stress relief and for Christmas presents for my entire family. The joke in my family when I went away to grad school was that I'd come home with sweaters for everyone, but dental school took ALL of my time. I even got to add knitting on my dental school application as a form of “manual dexterity” when Brian Trecek asked me about hobbies besides teeth and studying.

Over quarantine, I decided to take on an even bigger challenge besides hats, scarves, and washcloths: the afghan. An afghan is an incredibly large knitted blanket that has recently become popular with people arm knitting. However, I'm STILL working on knitting this afghan with traditional knitting needles and wool yarn. I was inspired by my great Auntie Cleo, who knit my parents an afghan with an embroidered “L” (for Lovell) for their wedding 26 years ago. She has since passed, but I hope to have her patience as I'm going on month #10 knitting a giant blanket!





## Cooking his way through quarantine

AUSTIN DAVIES, CLASS OF 2023  
NEWSLETTER ASSOCIATE

When I first heard that we were going to be under a lockdown, I wasn't entirely sure I understood how much time it would leave me with. I knew that lockdown would entail limited time outside of my apartment, masks, and not nearly as much time spent talking with people. All these things were clear as day, but not how hard it was going to be to find ways to make life seem normal. In the middle of the summer, I found myself trying to find different ways to spark joy and break up the monotony of alternating between the couch, the living room, and my bedroom. I thought to myself 'All this time that had been presented to me shouldn't be wasted,' so I decided to get back to cooking like I used to with my family.

There was something refreshing about reviving a part of me that took a backseat for so many years. Food has always been a staple of the community in my family, taught from many generations down along with the recipes that are infused with as many memories as there are spices. My grandfather was the son of a German butcher and my grandmother had a particular gift of making food that could cure the blues no matter how down you might be. From a young age, I worked in all sorts of kitchens and restaurants where I learned from seasoned chefs how to prepare everything from smoked meats to decadent sauces. Usually finding myself with too little time or convincing myself to do more productive things, I decided to allow myself time to cook for my roommate, his fiancée and myself.

I started to bake bread in small batches, but quickly picked up the pace; from deep-dish pizza and chocolate souffle to Carolina style ribs and cheesecake. Everything from scratch meant the process was more involved than from anything in a box mix but it was worth every minute. Feeling the heat from the range surrounded by the aromas of soul food was the best medicine I could have asked for, and the food was nothing short of wonderful. Rekindling this hobby leads me to believe 'Food' is the 6th love language and one that should not go underrated. My advice is to make that cookie recipe you've wanted to try, or try to make that spinach artichoke dip because, in the words of my grandma "If it's not good for your body then it's gonna feed your soul, and you need to feed both to be happy."

"Rekindling this hobby leads me to believe 'Food' is the 6th love language."

AUSTIN DAVIES



Photo by Rachel Thornton