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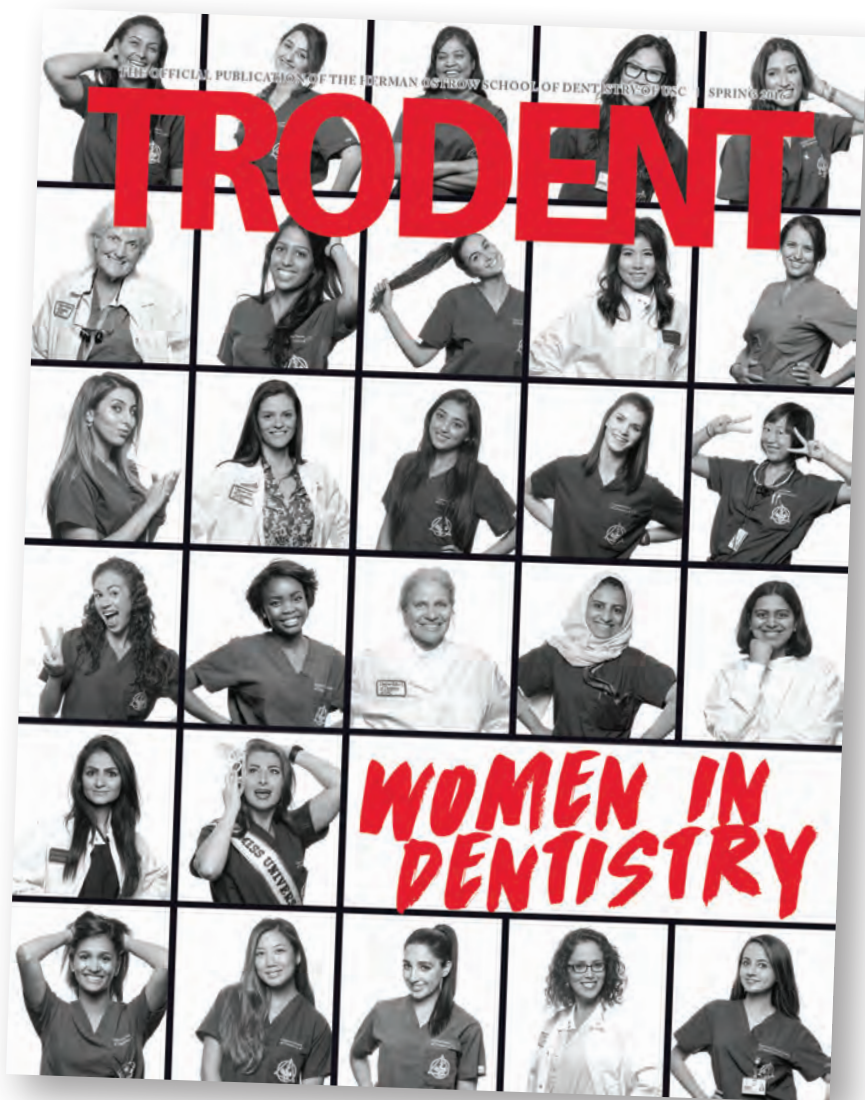
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FEATURES

COVER STORY

KEEPING IT 100 21-28

BY JOHN HOBBS MA '14 & YASMINE PEZESHKPOUR MCM '16

Ostrow unveils the Century Club Alumni Association, a new alumni support group merging the best aspects of the Century Club and the Dental Alumni Association. The new alumni group aims to provide life-long support to Ostrow students and graduates around the globe.

A REASON TO SMILE 19-20

BY BREANNE GRADY MCM '10

Years of meth addiction had taken a toll on Scotty Sanders' mouth. Sober for nearly 9 years now, Sanders says goodbye to the last vestige of his drug addiction with a full-mouth restoration. **PLUS:** Download Layar app (see ad on opposite page) and scan page 19 to see Sanders' incredible transformation.

DEPARTMENTS

News: Third-ever Ostrow alumnus inducted into Half Century Trojans Hall of Fame **9**

Memorials & Tributes **10**

Mouthpiece **12-17**

Cerebral Download: Single-cell molecular profiling shows promise in precision medicine cancer treatment **18**

Inspired:
Laurel Henderson DDS '17 **37**

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TRODENT

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Where Science Meets Art Ostrow students auctioned off illustrations, completed for Pascal Magne's Dental Morphology, Function and Esthetics class, at this year's Academy of Microscope Enhanced Dentistry national meeting. In total, 21 works of art — including an oversized illustration from Magne himself — were sold, raising nearly \$2,500 for charity. The drawings are part of a 2-D, 3-D, 4-D approach to teaching morphology and occlusion.



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DEAN'S MESSAGE



Dear Trojan Dental Family,

Welcome to the Fall 2016 issue of *TroDent*.

In this issue, we introduce an exciting new alumni support group that we think will make a real difference in the lives of Ostrow students and alumni alike. The Century Club Alumni Association (CCAA) represents a successful integration of two groups that have had such a profound, long-lasting impact on this school. For decades, the Century Club and the Dental Alumni Association have been there for USC dentistry, providing much-needed scholarship support for our students, raising money to fund construction projects like the Norris Dental Science Center itself and funding classroom renovations and enhancements like the Century Club Auditorium. Without a doubt, Ostrow would not be the preeminent dental educational institution it is today without these two groups.

I'm incredibly excited to see how the Century Club Alumni Association's executive board takes the best of each of these support groups to create a forward-thinking, active and engaged alumni support group for the 21st century. I'd like to thank *TroDent* cover models and CCAA board members Chris Acone DDS '01, PERIO '04; Scott Adishian '75, DDS '79, PROS '82; Chethan Chetty DDS '00; Karen Liang DH '02, DDS '06 and Joan Beleno Sanchez DH '11 for their counsel, insight and feedback throughout the launch process. Read all about the Century Club Alumni Association on pages 21-28.

Speaking of longtime support, we're also happy to share news that Ralph Allman '57, DDS '62, ORTHO '66 has been inducted into the Half Century Trojans Hall of Fame for his years of dedication, support and service. You would be hard pressed to find bigger champions for USC dentistry than Dr. Ralph Allman and his lovely wife Sigrid Allman '58. Read about Dr. Allman on page 9.

In this issue, you will also find a feature about California's new licensure by portfolio process. This spring, Ostrow became the third school in California to graduate a student licensed in California — it's just a one-state license so far since the Golden State is leading the way with this effort — by completing a portfolio rather than sitting through a live-patient licensure exam. Read about it on pages 31-32.

Finally, on pages 33-36, we have a feature on Ostrow's distance education programs. The dental school currently has three online programs — two master's of science degree programs in geriatric dentistry and orofacial pain and oral medicine plus a certificate program in geriatric dentistry. These programs have been incredibly successful thus far and seem to be leading the way as more and more education goes online. I'm eager to see how these programs continue to flourish.

Whatever your interest, I am sure you'll find something in the following pages. So please sit back and enjoy the *TroDent*.

A handwritten signature in black ink that reads "Avishai Sadan".

Avishai Sadan DMD, MBA

Dean

G. Donald and Marian James Montgomery Professor of Dentistry
Herman Ostrow School of Dentistry of USC

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FEATURES

THE HYPNOTIST 29-30

BY JAMIE WETHERBE MA '04

Ostrow faculty member Peter Stone teaches non-conventional methods to soothe frazzled nerves in the dental chair. Using the power of suggestion, he has even been able to provide treatment with little to no anesthetics and help his patients heal better and more quickly.

THE ROAD LESS TRAVELED 31-32

BY JAMIE WETHERBE MA '04

This spring, Ostrow became the third dental school to have a graduate licensed using California's innovative licensure by portfolio method. Will this WREB alternative become the new standard?

A NEW AGE OF DENTISTRY 33-36

BY BREANNE GRADY MCM '10

With more and more students logging on for class, can dental education be far off? Not at Ostrow, which has launched three online programs and has even more in the works. Read more about how Ostrow is taking dental education into cyber space.

MATCH GAME

VANITY LICENSE PLATE MATCH GAME 17

Match the Trojan dental family member with their dentistry-inspired vanity plate.

CONTRIBUTORS



NORMAN BITTER DDS '58

Norman Bitter graduated from Ostrow in 1958. Afterward, he completed a one-year general practice residency at the U.S. Naval Hospital in San Diego and served as a dental officer aboard the U.S.S. *Dixie*. He practiced general dentistry full-time from 1961 until 2002 in Fresno, Calif. He also taught at Ostrow in the restorative department from 1974 to 1994. This issue, Bitter kicks off *TroDent's* Odd Jobs, a new column chronicling the many interesting jobs alumni have taken during dental school. While Bitter held several odd jobs — including working as a grocer at the long-gone Alexander's Market on Vermont — it was his late-night stint at Pierce & Smith Mortuary that most interested us. Read all about it on page 16.



LAUREL HENDERSON DDS '17

Laurel Henderson is from Fullerton, Calif. She has a bachelor's degree in biology and a master's degree in health and strategic communication — both from Chapman University in Orange, Calif. Laurel is an Albert Schweitzer Fellow and intends to pursue residency in orofacial pain after graduating in spring 2017. Henderson is the reigning Miss Universal City USA and competes for the crown of Miss California USA later this year. She has set out to become the first "Dr. Miss California USA," in an effort to dispell typical beauty queen stereotypes — an initiative she describes further on page 37.



JIANG F. ZHONG MS '02, PHD '03

Jiang Zhong is a molecular biologist with a specialty in cancer biology. He received his bachelor's degree in molecular biology in 1997 from California State University, San Jose, Calif. He then earned a master's of computational biology in 2002 and a doctoral degree of biochemistry/molecular biology in 2003 — both from the Keck School of Medicine of USC. His research laboratory applies single-cell technology to molecular classification of cancer and aims to develop non-invasive technology for early cancer detection. The assistant professor explains why single-cell research is hot right now in dentistry in this issue's Cerebral Download on page 18.



Ralph and Sigrid Allman with USC President C. L. Max Nikias and First Lady Niki Nikias at the 2012 Friends of Dentistry Gala

PHOTO BY STEVE COHN

Third-ever Ostrow alumnus inducted into Half Century Trojans Hall of Fame

BY YASMINE PEZESHKPOUR MCM '16

Earlier this fall, Ostrow faculty member Ralph Allman '57, DDS '62, ORTHO '66 was inducted into the Half Century Trojans Hall of Fame for more than 50 years of service to the university.

He was presented the award at the annual luncheon hosted by the USC Alumni Association held at Town and Gown.

In his introductory comments, Dean Avishai Sadan praised Allman for helping make Ostrow's orthodontics curriculum for doctor of dental surgery students among the best in the nation.

"For more than four decades, he has been directing Ostrow's orthodontics curriculum for DDS students," Sadan said. "During this time, he has researched and developed the orthodontics profession's best practices to create an intensive, hands-on curriculum in which our students are fortunate to be trained."

To get into the Hall of Fame, and alumnus must have earned a USC degree at least 50 years ago and exemplify Trojan Family ideals.

In addition to his trifecta of USC degrees, Allman has served for more than 40 years as a faculty member — a role he got into by chance, he said.

"I was asked to be a TA during my junior year in dental school for a course on dental

materials. In an unfortunate circumstance, the professor became very ill and had to resign, as did his back-up instructor who had contracted hepatitis," Allman said. "Dean Robert McNulty [1950-1964] asked if I would take over the class for the remainder of the year. So here I was just two years ahead of the students in a class I was teaching."

Allman was such a natural at the job that Dean McNulty asked him to teach the class during his fourth year as well.

There was no turning back from there. After graduating, Allman served as a faculty member while working in private practice for two years before returning as an orthodontics resident.

"Back then you had to have two years between your dental degree and your specialty degree so I took time to practice, but I still taught the dental materials course," he explained.

Upon completion of his orthodontics residency, Allman took on a part-time faculty role, teaching orthodontics to DDS students.

"It's the one-on-one connection you have with students that made me want to stay teaching," he said. "Of course I work with them to better their training in orthodontics, but you also have the opportunity to connect with these people about life in general."

Allman recalled a similar connection he shared with his mentor Dr. Harry Dougherty

during his time at Ostrow.

"Dr. Dougherty gave us a great education but probably more than anything, he was very personable," he said. "He was truly one of those people who made you strive to do better without asking it of you."

In addition to his longstanding commitment to the dental school, Allman and his wife Sigrid (Husted) Allman '58, also a USC dental school graduate, have a large philanthropic footprint around the university as well. They are also generous supporters of USC Athletics and the USC Alumni Association.

"This award should be just as much my wife's as it is mine. She has been unbelievably supportive and enthusiastic about our involvement with the school. We both take a lot of pride in being involved with the Trojan Family."

The Allman family has put roots down at USC, with all three of their children as well as their daughter-in-law becoming Trojan alumni. Their granddaughter Madeline Schenasi '13 also recently graduated from Ostrow, with a degree in dental hygiene.

"It gives Mrs. Allman and me great pleasure to be able to give and still be connected to this great school," Allman said.

Allman joins Ostrow legends Rex Ingraham DDS '41 and Richard Kahn DDS '64 as Half Century Trojans Hall of Famers.

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NEWS BRIEFS

■ OSTROW RESEARCHER AWARDED \$3.3 MILLION GRANT TO STUDY STEM CELL INTERVENTIONS FOR COMMON BIRTH DEFECT

Associate Dean of Research Yang Chai PhD '91, DDS '96 and two Keck researchers have been awarded a \$3.3 million grant from the National Institute of Dental and Craniofacial Research to study stem cells' roll in craniosynostosis, a common birth defect that can lead to developmental delays, blindness, hearing loss and even death. Not only will the researchers delete two genes implicated in suture fusion at various developmental stages in mice, they will also observe cranial fusion in the nearly transparent zebrafish embryo to better understand the genetic and molecular processes involved. Both animals develop craniosynostosis like humans. The study could one day lead to a biological intervention for craniosynostosis patients who must often endure multiple surgeries to break their skulls apart to allow enough expansion room for brain growth. —J.H.

■ MOBILE CLINICS AWARDED GRANT TO UPGRADE X-RAY SYSTEMS

Ostrow's mobile clinics have been awarded a \$50K L.A. Care grant to upgrade x-ray systems in the school's mobile fleet as well as its clinic at the Union Rescue Mission. The new digital systems allow for greater efficiency by decreasing the time spent taking and developing patient radiographs. In fact, since implementation, x-ray times have decreased by 15 minutes in the mobile clinics and by 10 minutes for full-mouth x-rays at Union Rescue Mission. The grant also provided funding for the purchase of 12 tablet computers to be used chairside, allowing providers to easily access x-rays and better explain treatment to their patients. The project is funded in part by L.A. Care Health Plan and will benefit low-income and uninsured residents of L.A. County. —Y.P.

■ OSTROW FACULTY DEVELOPMENT GROUP MEETS FOR THE FIRST TIME

This July, Ostrow faculty members launched a faculty development group to learn better how to relate to students and be able to teach them even more effectively. "It is not your technical skills that are most important but how you relay this information to the students so that they can develop the technical skills and the knowledge to diagnose and treat patients appropriately," explained assistant professor of clinical dentistry Yaara Berdan who, along with associate professor of clinical dentistry Thomas Levy, began the study group. The first meeting featured professor Julie Slayton from the USC Rossier School of Education who spoke about setting and maintaining student expectations in the classroom. For more information on the Faculty Development Group, contact Berdan at berdan@usc.edu. —Y.P.

■ FIRST-EVER SPECIAL CARE DENTAL HYGIENE FELLOWSHIP AWARDED TO OSTROW FACULTY

Earlier this year, associate professor of clinical dentistry Linda Brookman '79 was one of four dental hygienists to receive the first-ever Special Care Dental Hygiene Fellowship by the Special Care Dentistry Association. As part of the fellowship's first cohort, Brookman was "grandfathered" in to recognize her long-time work with special needs patients. The fellowship is for dental hygienists who work with special patients — a population that includes hospital patients with oral care needs and geriatric patients with multiple illnesses. It also includes patients with intellectual and developmental disorders, autism spectrum disorders and HIV/AIDS. Brookman has been working with geriatric populations for the past 15 years at Hollenbeck-Palms Continuing Care Retirement Community and with special needs patients in the Dr. Roseann Mulligan Special Patients Clinic as well as during the 2015 Special Olympics World Games. Former Ostrow faculty member Ann Spolarich also earned the distinction. To learn more about this fellowship, visit tinyurl.com/DHFellow. —Y.P.

■ USC GPR RESIDENTS PROVIDE CARE TO HOMELESS VETS IN VENTURA COUNTY

Ostrow's General Practice Residency program offered dental care to homeless veterans at the 24th annual Ventura County Stand Down this summer. Led by Richard Green DDS '79, the group of GPR residents provided treatment, including cleanings, extractions and restorations to veterans. "It was very rewarding to be a part of this event," Green said. "Most of the veterans were homeless. Some of them hadn't seen a dentist in years, if at all, so they were very grateful for the care." In addition to dental and medical care, the veterans were also offered a place to sleep as well as meals and clothing during the two-day event. The Ventura County Stand Down works to help veterans as well as their immediate families and significant others by providing services to help them achieve their highest quality of life. —Y.P.

■ RESEARCHER EARNS PRESTIGIOUS IADR DISTINGUISHED SCIENTIST AWARD

Professor Michael Paine PERIO '99 has been awarded the 2016 Distinguished Scientist Award for Basic Research in Biological Mineralization by the International Association for Dental Research (IADR). "This is one of the highest honors in dental research," explained Ostrow's Associate Dean of Research Yang Chai PhD '91, DDS '96, who himself earned a Distinguished Scientist Award for Craniofacial Biology Research in 2011. "We are extremely proud of Michael for being this year's winner." The IADR, a nonprofit organization with 12,000 members worldwide, bestows Distinguished Scientist Awards annually on investigators in several dental research subdisciplines, including dental caries, saliva, prosthodontics and implants. —J.H.

SECRET LIVES

Dennis Galanter DDS '60

U.S. Powerlifting
Association
Record Holder

PHOTO BY RYAN FORBES



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PHOTO BY RYAN FORBES

D

ennis Galanter never imagined he would one day hold the national record for deadlifting in his age and weight category.

In fact, all the 80-year-old hoped to do by lifting weights was improve his golf game.

"I had gone to the Titleist Performance Institute to see about getting fitted for clubs. They also had a program where you could have your physical fitness level checked," explains Galanter, an Ostrow alumnus and former faculty member. "I ended up getting a C-plus on my fitness test, and I was very upset."

The ex-college gymnast and longtime fitness devotee sprang to action, signing up at Titleist for weight training to improve his health and knock a few strokes off his game.

"My trainer had me do some deadlifting with lighter weights at first," Galanter explains. "But eventually, when I got up to a couple hundred pounds, he looked at the national records and said, 'Breaking this record is a low-hanging fruit because there aren't too many 80-year-old men who are 148 pounds. You can probably do this.'"

To break the record, Galanter would need to lift 209-and-a-half pounds — 60-plus pounds more than he weighs.

It was a particularly daring feat given that, a little more than a decade ago, Galanter suffered a particularly nasty fall on his back, breaking portions of his cervical spine. "That was scary," he recalls. "I could've been paraplegic."

Through the years, he suffered chronic back pain from the injury. "The back pain kept on coming back, but when I started doing the deadlifting, it actually went away," he says.

So with the national goal in mind, Galanter headed to Lakewood, Calif., to the U.S. Powerlifting Association, where he competed alongside die hard deadlifters — "everyone had a tattoo," he remembers — to snag the U.S. Powerlifting Association Single Lift Record for Deadlift, Master's (Men, 80-plus).

"It really was a culmination and validation of all the work I had put in," he says of the accomplishment.

Galanter earned his doctor of dental surgery degree from USC in 1960 and was a faculty member for nearly three decades, leaving in 1988. He ran a private practice in Westwood, Calif., for 35 years before retiring in 1997. He taught periodontics to general practice residents from 2000 to 2012 at Cedars-Sinai Hospital.

Since retiring, he's devoted himself to creative passions, including playing violin, singing with the Verdi Chorus in Santa Monica and attending study discussion groups.

While he's not currently training to break any new records, he does maintain his routine, lifting weights in his garage three times a week — something he plans to do as long as it's still enjoyable.

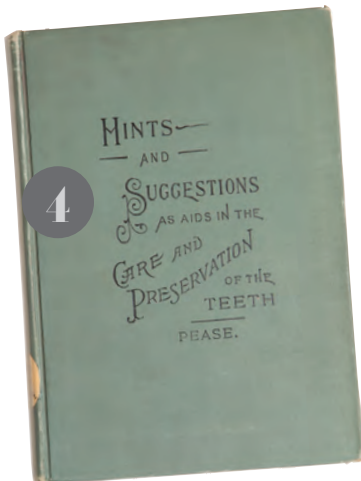
As for that golf game he wanted to improve? "I still can't hit the ball any further," Galanter says, with a laugh. "It hasn't helped that at all."

To break the record, Galanter would need to lift 209.5 pounds, 60-plus pounds more than he weighs.

—John Hobbs MA '14

TREASURE HUNT

Finding extraordinary items
at the Norris Dental Science Center

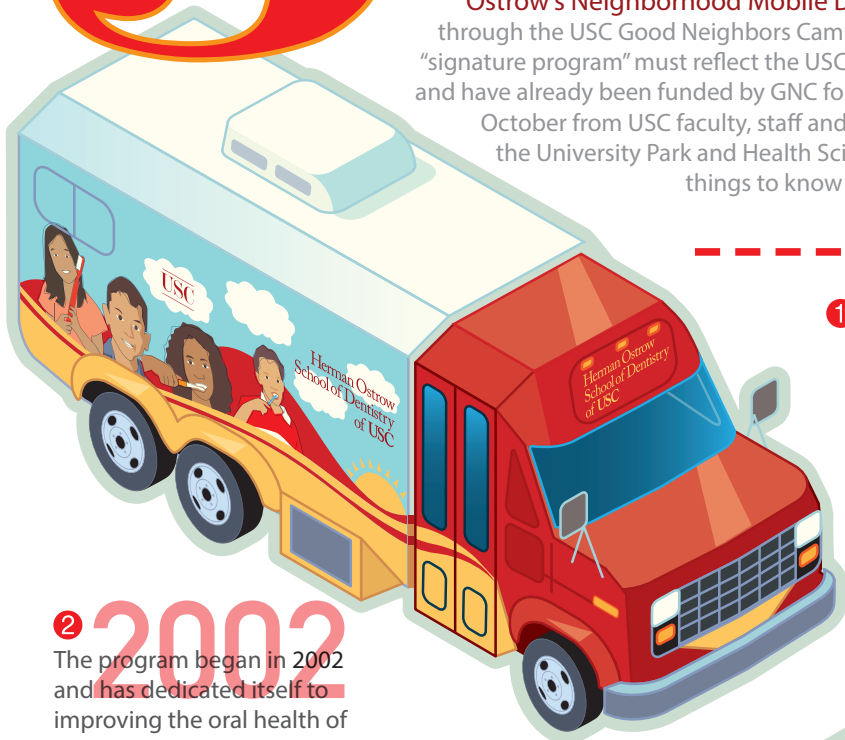


1) The Advantages and Accidents of Artificial Anesthesia Agents, and Their Employment in the Treatment of Disease — This 1879 book was once considered the authoritative text on anesthesia. The book is opened to a picture of Dr. Oscar Allis' ether inhaler, a standard instrument in 1870s dental offices. The dentist would thread ether-soaked gauze through the slots to provide rapid induction of anesthesia. **2) 20th Century Tooth Shade Guide** — Made by the Dentists Supply Company of New York, this handy color wheel, comprised of 25 shades incorporating tones of white, blue, yellow, gray, green and even brown, helped dentists in the early 1900s match their patients' teeth and skin tones when placing artificial teeth. **3) A Few Words of Advice on the Care of the Teeth** — In 1866, British dental surgeon Henry Planck published a small, easy-to-read book on dental care for students. Planck believed teeth were central to both beauty and health. He hoped to instruct students on cleaning, extracting and crafting artificial teeth. **4) Hints and Suggestions as Aides in the Care and Preservation of the Teeth and the Relation of the Dental Organs to Our Health** — A progressive doctor and dentist, Charles G. Pease lobbied against tobacco use and supported hygienic routines. His goal with this 1895 book was to provide easily accessible information on dental care. He wanted to illustrate how dental caries often led to toothaches, pulp irritation and other health maladies. **5) Gold Foil Operator** — The early 20th century dentist would use this set of metal teeth molds to form golden dental caps for patients. Once the dentist selected the right type and size of tooth — no 3-D imaging and personalization here — he or she would use a press machine to stamp the gold foil over the mold, creating a cap to be fit over the patient's tooth.

5

THINGS TO KNOW ABOUT: Neighborhood Mobile Dental Clinic

Ostrow's Neighborhood Mobile Dental Clinic program recently gained "signature" status through the USC Good Neighbors Campaign (GNC), funding the mobile clinics through 2019. A "signature program" must reflect the USC brand positively, impact the community in a major way and have already been funded by GNC for at least three years. Good Neighbors raises funds every October from USC faculty, staff and friends to give back to the neighborhoods surrounding the University Park and Health Sciences campuses in meaningful ways. Here are five more things to know about the Neighborhood Mobile Dental Clinic Program:



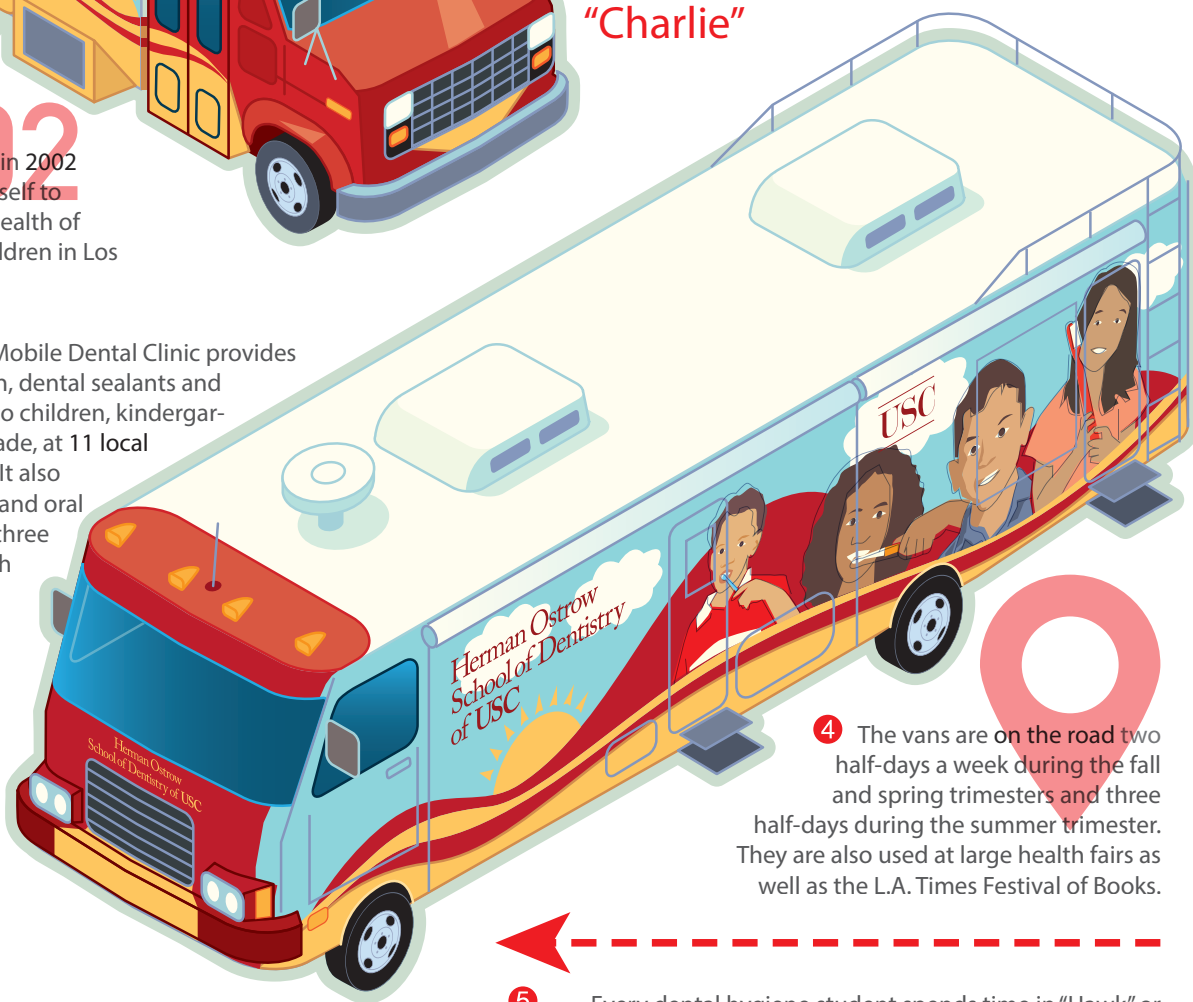
- 1 The Neighborhood Mobile Dental Clinic Program consists of two colorful mobile clinics named "Hawk," which houses three dental chairs, and "Charlie," which has two.

"Charlie"

2 2002

The program began in 2002 and has dedicated itself to improving the oral health of inner-city school children in Los Angeles.

3 The Neighborhood Mobile Dental Clinic provides oral health education, dental sealants and fluoride treatments to children, kindergarten through third grade, at 11 local elementary schools. It also provides screenings and oral health education at three local middle and high schools.



"Hawk"

- 4 The vans are on the road two half-days a week during the fall and spring trimesters and three half-days during the summer trimester. They are also used at large health fairs as well as the L.A. Times Festival of Books.

- 5 Every dental hygiene student spends time in "Hawk" or "Charlie" as part of a required rotation, giving them a greater appreciation for giving back to the community.



Odd Jobs

**TroDent asks our readers:
What was the most peculiar
way you made ends meet
during dental school?**

When I first moved to USC, I had \$2,000 — \$1,000 of which I spent right away on tuition and supplies.

I didn't want to work any jobs at first because I knew I needed to concentrate on dental school.

But a few months into the semester, I realized that in February they were going to take another \$500 for tuition and another \$500 for dental supplies, and that would be the end of my net worth.

I came to the conclusion that I needed to save money on rent and also get some kind of earnings. I thought back to my days in Fresno and how some of the guys used to work at mortuaries. So I went over to Pierce & Smith on Washington Boulevard, which was called "Mortuary Row" at the time, and asked the funeral director if he could use me.

"Yeah, we need someone to answer the phone at night," he said to me. "I'll give you a free room and kitchen privileges. All you have to do is answer the phone, and I'll pay you \$1 a night."

I thought "Well it saves rent and makes me a buck, so why not?"

I worked overnight seven days a week — about 84 hours. But it wasn't as though I was really working. I could study. I could do my lab work.

To be honest, I don't think the phone ever rang once in all the eight months I worked there. The mortuary got a lot of deceased people from the county, but county workers would often wait until the morning to call for a pick-up.

I didn't often run into the bodies. Sometimes, I would go downstairs to check on the people who were in the embalming room, but it wasn't an expected part of the job.

Life at the mortuary wasn't for everyone. My future father-in-law came and spent a couple of nights with me. He said, "Boy, I'm not ever coming here again!" Even one of my classmates, John Aschieris DDS '58, MS '62, asked if he could come work with me. After about a month into it, he said, "You know, I don't like it here!" It didn't bother me though because it just meant I got to keep the whole \$30 a month and didn't have to share.

—Norman Bitter DDS '58

Did you have an odd job during dental school? Email us at ostrow.communications@usc.edu for a chance to be featured in an upcoming issue of TroDent.

PHOTO BY RYAN FORBES

DENTAL
LICENSE
PLATE
EDITIONMATCH
GAME

Match the dentistry-inspired vanity license plate with the Trojan dental family member.

BY JOHN HOBBS MA '14



1

DONNA SMITH '74, M.Ed. '82

Smith teaches preclinical and clinical dental hygiene, pathology and microbiology at Ostrow. She has lectured around the world on non-surgical procedures to treat diseases affecting periodontics — or the *structures surrounding and supporting the teeth*.



2

SCOTT ADISHIAN '75, DDS '79, PROS '82

Adishian's relationship with USC has *not broken down* over the years. He was president of the Dental Alumni Association, established a dental scholarship (with wife Lee Adishian '78) and earned a Widney Alumni House Award for his dedication to USC.



3

WAYNE WONG DDS '80

This 1980 Arthur C. LaTouche Memorial Award winner was an Ostrow assistant clinical professor in restorative dentistry until 1989. Operative dentistry, emergency dentistry and cosmetic dentistry are subjects he's really *bore down on* in his career.



4

TINA SIU DDS '86, ORTHO '88

Siu runs her own private practice in San Marino, Calif. She is a member of the Pacific Coast Society of Orthodontics, the American Association of Orthodontists as well as, *brace yourself*, a diplomate of the American Board of Orthodontics.



5

MARK WHALEN '77

Whalen has been volunteering at Ostrow for a decade. Outside of school, he runs a private practice in Cerritos, Calif. Among his many loves is the clarinet, which he played in the USC Trojan Marching Band. This is his *third in a string* of dental vanity plates.



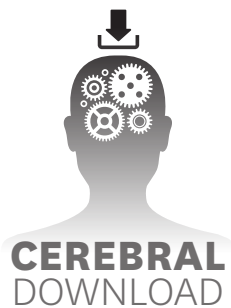
6

JAMES SHENBERG DDS '72

This Ostrow alumnus and former faculty member began his own West Los Angeles practice, where he *nurses teeth* back to health, offering services in preventive, restorative and cosmetic dentistry. He is also a longtime member of Ostrow's Century Club.



Key: 1E, 2A, 3C, 4F, 5D, 6B



IN 2003, while completing my PhD in molecular biology at the Keck School of Medicine of USC, I never imagined my studies would lead to developing technology for an oral swab cancer test at the Herman Ostrow School of Dentistry of USC.

The mouth is one of the first entry points for human viruses that cause cancer. With past technology, the study of oral disease in dentistry was not single-cell based; common practice meant calculating the average of hundreds to thousands of cells — leading to a molecular profile value that was usually, well, misleading.

Using a pool of cells (called a lysate in molecular analysis), we encountered challenges when looking at viruses and cancers that originated in the mouth. One of the problems is that, when profiling a mixture of cells, one cell can influence everything when you do the average. That's an accepted problem — the impurity of your sample. Even one or two cells can throw off everything, much like an executive's salary can throw off the mean salary for an entire company.

Single-cell technology overcomes this hurdle and delivers better outcomes with precision medicine cancer treatment. Since the molecular profiles of cancer evolve over time, the cancer you treat in early stages often morphs into another subtype later on that requires different targeted treatment.

With single-cell technology, the molecular changes of cancer can be revealed in real time by molecular analysis of the rare circulating tumor cells. Circulating tumor cells are cancer cells pulled apart from the primary tumor that circulate through the bloodstream, root and multiply in other areas that were previously cancer-free, called metastases. Once the circulating tumor cells start growing, that can mean end-of-life for a patient because so many cancer cells have spread, you can no longer treat the patient effectively. These circulating tumor cells are rare and require single-cell technology for molecular analysis.



SINGLED OUT

Single-cell molecular profiling shows promise in precision medicine cancer treatment.

BY

JIANG ZHONG MS '02, PHD '03

The challenge with looking at one single cell is that the amount of material is very limited with very low concentrations, posing a challenge for molecular profiling. One remedy is that if you can't increase the single-cell material, you can shrink the volume of the assay, thereby increasing the concentration of your materials. With microfluidic nanoliter and picoliter pipettes utilized in my lab, you can use one cell to be the equivalent of 1,000 by reducing the reaction volume one thousand times to increase the concentration of molecules.

For cancer screening, oral swabs have an advantage over blood screening. Right now, people find out if they have cancer through either imaging or biopsy. Imaging lacks molecular information and is only useful in detecting large tumor masses. Biopsy is invasive and usually performed once the tumor is visibly evident. Drawing blood (for circulating tumor cells) is less invasive but must be done by a trained professional.

Our lab is researching if an oral swab could be used instead of drawing blood to detect circulating tumor cells. If we can isolate and profile cancer cells using an oral swab, with the same single-cell technology for circulating tumor cells, then we can diagnose oral cancer at the early stages.

With an oral swab, a patient could potentially do the test on themselves at home every week to see if they have been infected with a virus or have cancer — maybe by inserting the swab into a low-cost portable device for analysis and communicating with physicians via their smart phones, which is a much more practical and convenient screening than biopsy or blood-draw.

If we know a certain cancer is caused by a virus, for example HPV, which can lead to cervical cancer in women, then we can target that virus for cancer prevention. Furthermore, an oral swab, if proven efficacious, could be a convenient at-home method that detects the viruses that cause cancer and cancer itself early on, leading to effective precision medicine and greater survival rates among oral cancer patients.

PHOTO BY RYAN FORBES



**WANT TO SEE
SANDERS' BEFORE
PICS?
DOWNLOAD THE
LAYAR APP AND
SCAN THIS PAGE
WITH YOUR SMART
PHONE TO SEE
HIS INCREDIBLE
TRANSFORMATION.**

A REASON TO SMILE

BY BREANNE GRADY MCM '10

Ostrow helps a patient put years of drug abuse — and the accompanying dental decay — behind him with a full-mouth rehabilitation.

“Crystal,” “glass” and “ice” are all street names for methamphetamine, slang that makes the recreational stimulant sound smooth, nearly flawless.

Beneath this false veneer, though, methamphetamine addiction destroys millions of lives. For Scotty Sanders, the drug stole his once beautiful smile and lured him into a life of bad choices.

“I didn’t realize anything about methamphetamine affecting my teeth until I was probably 33 years old,” he reflects. “Within the past 8 years, the enamel wore completely off my teeth and that has inhibited my ability to smile or to feel good about myself.” To see Sanders’ before pictures, scan page 19 with the Layar app.

According to the American Dental Association, the oral effects of methamphetamine abuse are often devastating. Typically, long-term users develop a distinct and severe pattern of decay referred to as “meth mouth” that is evident on the smooth surfaces of the teeth, particularly in between the front teeth.

“Meth mouth” is hypothesized to occur for several reasons, one being the drug’s effect on saliva production. Methamphetamine causes a reduction in saliva, which increases the likelihood of dental caries, enamel erosion and periodontal disease. Other possible factors include teeth grinding, poor dental hygiene and increased intake of sugary foods and beverages (users often report strong sugar cravings).

FINDING REDEMPTION

Sanders has been sober for almost 9 years but spent nearly 20 years battling drug addiction, starting with using crack cocaine at 18 years old. He has served time in 12 out of 33 state prisons in California for a total of 12 years.

After going back to the same prison three times, his cellmate, who is serving a life sentence, gave Sanders some life-altering advice. “He was very clear that if I didn’t make changes in my life then I was going to be spending the rest of my life with him in prison,” Sanders says.

When Sanders got out of prison, he went to

the Tarzana Treatment Center in Tarzana, Calif., a transitional housing program with a sober-living environment.

“I came in kicking and screaming,” Sanders admits. “I didn’t want to be clean and sober. Slowly but surely, though, I decided that I wanted to give this 100 percent and that has been successful for me; I haven’t relapsed — it’s been an awesome experience.” He has been sober since Dec. 3, 2007.

REPAIRING THE DAMAGE

Sanders, who has been HIV-positive since 1994, first came in for an assessment at the Dr. Roseann Mulligan Special Patients Clinic.

In addition to patients with HIV/AIDS, the Special Patients Clinic provides dental care to the frail elderly and individuals with intellectual and developmental disabilities as well as neuromuscular disease.

Sanders’ greatest fear was that all of his teeth would need to be removed and that, at just 45 years old, he would have to wear dentures for the rest of his life.

During the assessment, associate professor of clinical dentistry Piedad Suarez OFPOM ’06, MS ’18 grew concerned and wanted to explore alternatives to extraction. Because it was a complex case, she called advanced operative resident Clarisa Amarillas MS ’16, who, along with associate professor Sillas Duarte, came to evaluate Sanders’ teeth.

“Clarisa and Dr. Duarte came downstairs and looked at my mouth,” Sanders says. “Dr. Duarte said, ‘Yeah, we’ll do it.’ I burst into tears at that moment because it felt like he was giving me another chance just to smile again.”

Amarillas, who completed her residency this past spring, describes the approach taken with Sanders as a “full-mouth adhesive rehabilitation.”

“He had severe erosion, so the teeth were worn down to where there was dentin exposed,” Amarillas explains.

Sanders received treatment in the clinics of Ostrow’s new advanced specialty, the advanced operative and adhesive dentistry program, which is the West Coast’s only such

program. The program teaches students to provide dental care using the latest technology in adhesion to preserve teeth and enhance dental esthetics.

The advanced operative and adhesive dentistry team — comprised of Duarte, Amarillas, Hamad Alqadhi PERIO ’16 and assistant director of the advanced operative and adhesive dentistry program Neimar Sartori — took great care in determining the best solution for Sanders.

The team opted to do minimally invasive CAD/CAM bonded, all-ceramic crowns to allow for maximum dental tissue preservation. “I think we did a good job trying to maintain as much tooth structure as we could,” Amarillas says.

The entire process was laborious for both patient and provider, requiring two eight-hour days a week for six months. The periodontal part of the process occurred in late 2015, followed by a preparation phase, provisional restorations, CAD-CAM restoration digital design and then final restorations.

BUILDING A BETTER LIFE

“You have these moments where you go through really long days, even with amazing patients like Scotty,” Amarillas explains. “We had some long days, and the way he says thank you at the end of the day, you think, ‘This is why I do it.’ It’s fulfilling to be able to change someone’s life.”

Since his sobriety date, Sanders’ life has taken on new form in many positive ways, including his starting a new career as director of operations at a sober-living facility.

He’s also found the ability to trust.

“These doctors here have done tremendous work and have taken so much time with me,” he says. “It’s given me the idea that I matter. It’s also given me the ability to realize there are people who care.”

And, he adds, now that he once again has a healthy set of teeth, you’ll find him smiling in every picture he takes, thanks to Ostrow’s advanced operative and adhesive dentistry team.



Keeping it 100

BY JOHN HOBBS MA '14 &
YASMINE PEZESHKPOUR MCM '16

Welcome to the Century Club Alumni Association, Ostrow's new alumni support group, offering members exclusive lifelong benefits. To get in, all you need is a completed or in-process Ostrow degree.



L-R: Scott Adishian '75, DDS '79, PROS '82; Karen Liang DH '02, DDS '06; Joan Beleno Sanchez DH '11; Chethan Chetty DDS '00; and Chris Acone DDS '01, PERIO '04 were among the chief architects of the new alumni support group.

Keeping it

100

Now what?

You have put in the hard time studying and spending incredibly long hours on the clinic floor. You have proven your competencies, sat through marathon licensure examinations and proudly thrown your graduation cap into the air.

By all accounts, you are now a world-class dental professional ready to face the world. But what next?

It's a transition that is about to become a little easier for Ostrow graduates, thanks to the launch of the Century Club Alumni Association (CCAA), a new alumni group that aims to deliver lifelong support to Trojan dental family members around the world.

Built on a legacy

While the CCAA is new to Ostrow, the support group actually builds upon the legacy of two alumni support groups that preceded it — the Dental Alumni Association, founded in 1907, and the Century Club, established in 1955.

Both groups have been steadfast contributors to Ostrow throughout the years, providing much-needed funds for scholarships, construction projects and classroom enhancements. (See sidebar on adjacent page.)

In fact, the Century Club began as a brilliant plan to break down a large, seemingly unattainable fundraising goal — raising money to build a dental school on the University Park Campus — to a plan to encourage 100 people to donate \$100 each. These donors became the Century Club.

The Dental Alumni Association has been just as generous, providing generation after generation scholarship support and enhancing classroom technology through the years.

Even with a long, rich history of

“WE ARE COMMITTED TO PAYING TRIBUTE TO THE RICH HISTORY OF THOSE BEFORE BUT LOOKING FORWARD TO THE FUTURE NEEDS OF OUR GRADUATES.”

—CALEN OUELLETTE, EXECUTIVE DIRECTOR OF EXTERNAL RELATIONS

giving back, both support groups began running into challenges in the past few decades.

In the early 2000s, the Dental Alumni Association was shuttered after losing its independent status and being brought under the dental school's control. The Century Club remained largely unknown to younger alumni, making recruitment increasingly difficult. Many were also confused by the presence of two distinct support groups.

“The previous structure of the alumni support groups was not effective,” says Karen Liang DH '02, DDS '06, the CCAA's inaugural president. “Our students and alumni longed for an active alumni group, and the school had multiple support groups with

long histories, but they lacked a clear identity.”

Added CCAA board member Joan Beleno Sanchez DH '11: “Both organizations were ineffective because no one was told what these organizations do. Personally, I knew I wanted to support the dental school but wasn't aware there were organizations that would help me do that.”

Time for a change

Looking for a change, the Century Club executive board — comprised of Chris Acone DDS '01, PERIO '04; Scott Adishian '75, DDS '79, PROS '82; Chethan Chetty DDS '00; Liang; and Beleno Sanchez — and Ostrow's Office of External Relations partnered with a marketing firm to help refocus the dental school's alumni support efforts.

“Their charge was to consider an integration of the organizations to allow efficiency and avoid the confusion as to the differences between the two groups,” explains Adishian, former president of the Dental Alumni Association.

The marketing firm conducted peer reviews on other USC alumni support groups and held focus groups, collecting feedback from members of the Century Club, Dental Alumni Association and Friends of Dentistry as well as alumni, students and members of Ostrow's administration.

Through its research, the firm found that indeed the support groups lacked awareness and that younger generations engaged with support groups differently than those who came before them, looking for opportunities to give back to the community as well as for benefits to help them in their careers.

“Today's generations crave mentorship, volunteer and networking opportunities with various professionals,” Liang says. “They want support from



their alumni group and to know that a door to the Herman Ostrow School of Dentistry is always open for them, even after graduation."

Defining moments

In late September, armed with the marketing firm's findings, the board met to discuss and vote on some key elements of the roll-out.

First up — They wanted to unify the two groups in a way that would pay proper respect to the decades of support offered by the Century Club and the Dental Alumni Association.

"We really focused on honoring these two cornerstone organizations at USC dentistry," said Calen Ouellette, executive director of external relations. "We are committed to paying tribute to the rich history of those before, but looking to the future needs of our graduates."

The board voted on the name the Century Club Alumni Association — the moniker itself an homage to the marriage of the alumni support groups, with an emphasis on "Century Club" (note the organization's logo, with its protective double shields representing two Cs) because of its instant brand recognition among Ostrow students.

"[Century Club] is the lecture hall where we were ... every single day freshman and sophomore years," said one student focus group member. "It's a name we're so familiar with."

Next, the new alumni support group needed to define itself. What was its purpose? What were its values? What did it hope to accomplish?

The board members had their own ideas of what made a support group thrive.

"A healthy support group is one that should be relevant, have a strong member base, provide resources and networking opportunities and create a

sense of camaraderie for its members," Liang says.

"A healthy support group starts with a clear focus, goal and mission that is evaluated regularly because, as times change, so too do goals and purpose," Chetty says.

After much discussion, the board came to a consensus on the following mission statement: *The Century Club Alumni Association is home to all Herman Ostrow School of Dentistry students and graduates who share in our mission to support and promote the advancement of oral health education and outreach. We engage our members through a variety of programs including shadow and mentorship, career growth, social connections and community outreach locally, nationally and internationally. The CCAA is committed to sustaining the Herman Ostrow School of Dentistry's tradition of excellence and a dedication to service, lifelong and worldwide.*

Setting levels and benefits

The board also voted to reduce the number of membership levels. In the past, there were seven membership levels spread across two different groups. The marketing firm suggested paring that number down to three.

Each membership level will bring with it a set of benefits. Some examples of benefits include access to an online job board, discounts on continuing education courses and the ability to participate in mentoring programs. A proposed added benefit for the premium membership level: One hundred percent of your membership dues will support the work Ostrow's Community Oral Health Programs do in the community. (See sidebar on page 28 for complete list of proposed benefits.)

"I am most excited about the

HISTORY

Decades of Support

Century Club

It all started with a goal of raising \$10,000 to build a new dental facility on USC's University Park Campus. Century Club founder and first president Fred B. Olds DDS '24 hoped to make that goal attainable by convincing 100 alumni and friends to give \$100 each. Out of that successful endeavor was born the Century Club. Olds' vision — engaging a group of dedicated alumni to give back to their school and provide support for future generations — was innovative at the time. Not only was the Century Club USC's first support group, it was also the first of its kind at any professional school across the nation. Since its founding in 1955, the group has raised millions of dollars to fund major building expansions and improvements — including additions of the building's east wing and the top three floors as well as recent auditorium renovations, to bring new clinical technologies and facilities to the Norris Dental Science Center and to provide faculty salary supplements as well as scholarships. In 2011, the Century Club was named the Alumni Volunteer Organization of the Year by the USC Alumni Association.

Dental Alumni Association

A little more than 10 years after the USC dental school opened its doors, the Dental Alumni Association held its first annual meeting. The inaugural meeting was "the greatest aggregation of clinicians presented in one day in Los Angeles," and something that "no one who has the interest of the profession, himself or his patients at heart could afford to miss." Meetings gave guests opportunities to attend table clinics, see presentations on cutting-edge dental procedures and spend time with their dental colleagues. These meetings eventually grew to include more than 1,000 USC Trojan dental professionals. From 1923 to 2003, the group was its own separate nonprofit, which is why it is not considered first among support groups at USC. Nevertheless, in its more than 100 years, the Dental Alumni Association has been a tireless dental school advocate, providing scholarships for struggling students and generous gifts to strengthen the dental school's educational infrastructure. It is also the organization from which the *TroDent* (originally called the *Alumni Clinic*) was born. In 2003, the Dental Alumni Association went on hiatus, with plans of reorganization at a later date.

Continued on page 28 »

Why did you first become involved in an alumni support group?

I was asked directly to join by a Century Club board member at the time and to be honest, I just thought it was the right thing to do to get more involved with supporting students, not only as faculty but as an alumna.
—Joan Beleno Sanchez DH '11

I wanted to become more involved. As I opened my own practice and got busier there, I wanted to find other ways to contribute again to the school, students and alumni.
—Chris Acone DDS '01, PERIO '04

I first joined support groups and volunteer organizations because of the opportunities they provide to give back to a great profession and to maintain the relationships that I gained over the years.
—Scott Adishian '75, DDS '79, PROS '82

At the time, my dad was very involved with the Century Club and encouraged me to join. I had been out of school for several years, and was ready to give back. Century Club was a great way to be directly involved and make a positive impact on the dental school.
—Chethan Chetty DDS '00

The Herman Ostrow School of Dentistry was my home for six years. So when one of my mentors, Gary Harmatz, asked me to join the Century Club board, I accepted. I want to give back and help support our school, to continue to provide students a positive educational experience that will impact their professional lives.
—Karen Liang DH '02, DDS '06

All Hail the Chiefs



CENTURY CLUB

The Century Club began in 1955, with an initial goal of raising money to break ground on a building on the USC campus (Norris Dental Science Center). These are the individuals who have led the support group over the years:

1955-1956 Fred B. Olds	1964-1965 Harvey M. Spears	1973-1974 John O. Whitaker	1982-1983 Gerald A. DeFreece	1992-1993 Jean E. Campbell	2001-2002 Hossein Jahangiri	2010-2011 Scott Adishian
1956-1957 Frank H. Abbott	1965-1966 Clark D. McQuay	1974-1975 Henry D. Austin	1983-1984 Lawrence J. Kaplan	1993-1994 Robert L. Ibsen	2002-2003 Sadegh Namazikhah	2011-2012 Boris Keselbrenner
1957-1958 Joseph F. Maley	1966-1967 James R. Wilson	1975-1976 Paul M. Johnson	1984-1985 Donald E. Tweedie	1994-1995 Jack F. Conley	2003-2004 Al Rosenbloom	2012-2013 Rex Yanase
1958-1959 Dallas R. McCauley	1967-1968 Charles B. Dorr	1976-1977 Wilson B. Baugh Jr.	1985-1986 Sumner Saul	1995-1996 Pat Tormey	2004-2005 Jon Roxarzade	2013-2014 Richard Green
1959-1960 B.M. Tylicki	1968-1969 Joseph N. Reynolds	1977-1978 Gerald W. Juergens	1986-1987 Ralph B. Allman Jr.	1996-1997 Harris Done	2005-2006 R.K. Chetty	2014-2015 Linda Brookman
1960-1961 John J. White	1969-1970 Sheldon I. Brockett	1978-1979 Hugh R. Brownson	1987-1988 Edward Deeb	1997-1998 Jerry Gardner	2006-2007 Tim Saunders	2015-2016 Chethan Chetty
1961-1962 Cassius E. Paul	1970-1971 Stanley B. Anderson	1979-1980 William V. Ridgeway	1988-1990 George J. Higue	1998-1999 Gary R. Harmatz	2007-2008 Joseph Simaie	2016-2017 Karen Liang
1962-1963 Paul Davidson	1971-1972 Ross C. Huntley	1980-1981 Robert K. Avakian	1990-1991 Hillard L. Torgan	1999-2000 Jerry McClellan	2008-2009 Abdi Sameni	
1963-1964 Douglas F. Snow	1972-1973 Robert X. Morrell	1981-1982 Kenro Nishimine	1991-1992 William S. Frank	2000-2001 James F. Flores	2009-2010 Donna M. Smith	

DENTAL ALUMNI ASSOCIATION

The Dental Alumni Association got its start in the early 1900s, offering support to USC dentistry. These are the individuals who have led the support group over the years:

1909 R.C. Lane	1924 Bert Boyd	1938 Leroy E. Knowles	1951 Dale Over	1965 Bruce K. Adams	1979 Warren J. Hoke	1993 Jerry Gardner
1910 M.M. Dixon	1925 Harry E. Straub	1939 C.N. Skinner	1952 Robert Willey	1966 William S. Frank	1980 John F. Tylicki	1994 Harris Done
1911 C.J.R. Engstrom	1926 P.C. Tennis	1940 Herschel S. Glick	1953 James Dailey	1967 William E. Dahlberg	1981 Clarence D. Honig	1995 Eugene Manusov
1912 James D. McCoy	1927 Floyde E. Hogeboom	1941 Alex J. Linck	1954 Robert Ewing	1968 Robert X. Morrell	1982 John W. Spaulding	1996 Sumner Saul
1913 W.E. Sibley	1928 Ralph M. Rogers	1942 Corydon J. Glazier	1955 Jack Rounds	1969 John Morrison, Jr.	1983 Charles Strother	1997 Robert Avakian
1914 Frank Giguette	1929 C.M. Woodward	1943 Russell Bassett	1956 Dallas R. McCauley	1970 Herbert A. Wasserman	1984 Jack Conley	1998 Arthur T. Forrest
1915 J.C. Hopkins	1930 A.A. Payette	1944 John Griffin	1957 E. Boyd Thompson	1971 John W. Camphouse	1985 Warren E. Thornburgh	1999 Donna N. Arase
1916 John R. McCoy	1931 Fred B. Olds	1945 John B. Wilson	1958 Douglas F. Snow	1972 Nicholas Chester	1986 Barbara Edwards	2000 Abdi Sameni
1917 (No Meeting)	1932 Alfred J. Wilkes	1946 Albert C. Vieille	1959 Arthur L. Hudson	1973 Bob West	1987 William Ridgeway	2001 Robert Barrett
1918 B.B. McCollum	1933 Morris J. Thompson	1947 Arthur L. Everett	1960 Harold J. Holt	1974 Jack V. Faust	1988 Jean Campbell	2002-2016 Scott Adishian
1919 & 1920 J.F. Boeckman	1934 Leland Watson	1948 Harold Barnes	1961 Arthur L. Hudson	1975 Bernard H. Faubion	1989 Howard Landesman	
1921 Frank A. Williams	1935 Lloyd J. Taylor	1949 Donald MacQueen	1962 Robert L. Borland, II	1976 James A. Holt	1990 Leon M. Ellis	
1922 Grover C. Todd	1936 John O. Stoker	1950 Phil Tennis	1963 Mario Fusco	1977 J. Clifford Willcox	1991 Allen K. Wong	
1923 Charles E. Rice	1937 E.D. Shooshan	1950 Francis Conley	1964 S. James Vamvas	1978 James W. Perkins	1992 Eugene Sekiguichi	

PERSPECTIVES

What do you want from an alumni support group?

To me the most important thing that an alumni support group can provide is mentorship not only during our dental education but also as new graduates and later on as new practice owners. It is always nice to have the voice of experience and wisdom by your side.

—Jacqueline Lucero DDS '17

Provide resources to expand our network of professional contacts and keep us current with our alma mater by offering invitations to CE courses.

—Davis Do DDS '17

As I near graduation from the graduate orthodontics program, I hope to have the opportunity to speak with as many alumni as possible to gain insight and advice from those working diligently to carry on the USC legacy.

—Nicole Starkey DDS '14, ORTHO '17

I would like an alumni support group that I can identify with; a group that represents my interests post graduation. My ideal alumni support group will serve as a guidance for the rest of my life.

—Kenny Robles DDS '17

From our alumni support groups I expect an opportunity to make a personal connection. Having more events with them would allow us to build relationships that I believe are beneficial for everyone.

—Nehi Ogbevoen DDS '15, ORTHO '18

The alumni support group should serve as a mentor, guiding graduates to a successful path in their future or new endeavors.

—Kaynaz Razipour DH '16

Keeping it **100**

Continued from page 24 »

mentoring program and shadow day,” Beleno Sanchez says, “because I feel like students are yearning for more experience outside of school.”

“I’m excited about the online CE opportunities,” Chetty adds, referring to services like Spear Online and Ignite DDS, which could offer CCAA members free and discounted classes in practice management, debt management and technology.

“When I was in school, we really didn’t learn about business,” Acone explains. “A lot of it, I had to learn through mentors who showed me the ropes.”

Acone says he looks forward to becoming a mentor to future generations as part of the mentorship program. “I would like for the CCAA to open up more opportunities so individuals can enjoy the field of dentistry more rather than just working to pay off loans.”

To increase awareness among students and alumni, the CCAA plans to launch a website by fall 2017 that will serve as a one-stop shop for Ostrow graduates to connect with each other and their

school. The CCAA board will also enlist student representatives to become active in the support group early and spread the word among their dental school colleagues. Finally, it plans to use social media to better connect with existing alumni.

The newly formed alumni support group faces its biggest challenges in the coming months. Will students and alumni take advantage of the new support group’s many benefits, networking and professional development opportunities? Will they let the CCAA help make their transition from school to the working world a little easier?

The CCAA board doesn’t see why not.

“The CCAA is really special because it stands to be the one organization that can span your entire career to retired dental professional,” Chetty says. “The group can be that net that keeps us alumni not only together but working to build each other up, and that’s really exciting.”



WHAT ABOUT THE FRIENDS OF DENTISTRY?

The launch of the new support group does not affect the Friends of Dentistry. This exclusive group of alumni and friends have each pledged at least \$25,000 to the school, which support academic programs, facility improvements, community outreach efforts and scholarships, for example. Members enjoy a variety of benefits acknowledging their special donor status, including exclusive invitations to a variety of social, cultural and athletic events, such as Ostrow’s biannual cruise and the elegant Friends of Dentistry Gala, as well as concierge assistance with USC requests and a place on the Friends of Dentistry’s Honor Roll.

MEMBERSHIP BENEFITS

The Goods

Your relationship with dental school does not end the moment you toss your graduation caps into the air.

Below is a list of proposed member benefits aimed to help students and alumni continue to develop professionally, network with fellow Trojan dental professionals and stay connected to their school. Membership applications will be out soon.



ONLINE DIRECTORY

Provides profiles and key contact information for networking and connecting with fellow Ostrow graduates



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The Hypnotist

BY JAMIE WETHERBE MA '04

**Ostrow faculty member Peter Stone
uses a non-conventional practice to make the most
anxious patients feel relaxed during their dental appointments.**

W

hen patients picture a relaxing place, a dental chair is likely the furthest thing from their minds. But for more than five decades, Peter Stone has been working to make his office and thousands of other private practices more tranquil spaces through hypnosis, an altered state of consciousness in which patients more easily accept suggestions.

Stone, a clinical associate professor at the Herman Ostrow School of Dentistry of USC, has been teaching the techniques and dental applications of hypnosis for more than 30 years.

"It's not part of dentistry," Stone explains. "It's dentistry using hypnosis to assist the patient the same way we use local anesthetic or prescription medications."

Words not pills

While hypnotic dentistry is most commonly used to ease anxiety in nervous patients, Stone explains, the practice can also be used for a variety of dental applications, including nausea, bruxism, TMJ, gagging and bleeding.

"I had a patient who was so frightened, she hadn't had her teeth cleaned in six years," Stone recalls. "After our hypnosis session, she was able to not only have her teeth cleaned, but to have crowns made and implants placed using local anesthetic. Another patient had eight or nine extractions without anesthetic, just hypnosis."

Similar to Lamaze for women during childbirth, hypnotic dentistry involves various breathing, visualization and relaxation techniques to help increase patient comfort and decrease pain, which Stone says curbs the need for painkillers.

"I saw how I could make people comfortable by using words instead of prescribing pills," says Stone, who teaches a two-day class in hypnotic dentistry at USC to fourth-year dental students, as well as postgraduate classes to licensed dentists.

"If hypnosis allowed me to give patients aspirin or Advil instead of codeine and morphine, I thought it was a good idea. The least amount of medication that achieves the goal is what I wanted to provide."

An idea whose time has come?

It's an idea whose time might have come with the United States finding itself gripped by an epidemic of opioid addiction, which can often start with a well-intentioned prescription for painkillers.

The number of opioid pain-reliever prescriptions has quadrupled since 1999, according to the Centers for Disease Control and Prevention.

In 2014, nearly 2 million Americans reported abusing or being dependent on prescription pain relievers, according to the Substance Abuse and Mental Health Services Administration.

The American Dental Association has urged dentists to help prevent the widespread abuse of opioid pain medications by raising professional awareness about prescription opioid abuse and providing resources to help prevent it.

As part of that effort, Stone teaches simple "waking hypnosis" techniques to dentists, including making eye contact and speaking in a pleasant tone while prescribing medications.

"Whenever I gave patients prescriptions, I would tell them not to fill it right away — that their procedure went so well, they probably won't need it," he says, adding that this minimizes difficulty of the procedure and the need for a prescription. "Patients frequently reported they did not need to fill their prescriptions."

Stone explains that whether patients are in a hypnotic state or not, they want their dental procedures to be completed easily and hope for a quick recovery. "During this time, they want to cooperate so they're very accepting of any suggestion," he says.

For example, Stone tells of a time that he was having difficulty extracting a patient's wisdom teeth.

"Offhandedly, I said the work would be easier if the patient wasn't bleeding so much, and instantly he stopped bleeding," he recalls. "After I completed the extraction, it's important to have the socket fill up with blood so I told him to start bleeding again into the socket, which he did."

Benefits beyond the chair

To learn these techniques, Stone attended a four-week class at UCLA on medical and dental hypnosis in the late 1960s, and found the skills so useful, he continued his studies and honed his techniques, case by case.

"The more difficult patients you treat, the more expertise you achieve in taking care of them," he says of his continued on-the-job training. "Over a period of time, I've learned to work and speak in such a way that's very calming to patients."

Stone also created a more serene office space. "Many dentists have patients in several chairs and run back and forth, providing different types of care," he says. "I would only see one patient at a time."

Stone saw the benefits to his patients and practice: If a procedure took an hour for the average patient, it would often take an additional 10 minutes for a nervous patient.

"With a good hypnotic patient, I could bring the time down to less than an hour," he says. "It made the office more efficient and the work more pleasant because when the patient sits still, you're able to provide higher quality care."

The patient benefits also go beyond the chair. "Dentistry is a very common fear for a lot of people so if they're able to overcome that fear, they can overcome other things in their lives that bother them," Stone says.



THE ROAD LESS TRAVELED

California dental students like Alexandra Chamberlain now have an alternative path to becoming licensed, thanks to the Golden State's new licensure by portfolio process.

PHOTO BY BENJAMIN CHUA '95

Many USC doctor of dental surgery alumni have vivid memories — probably not all good — from their Western Regional Examining Board (WREB) examination, the stressful two-and-half-day test to complete licensure.

Alexandra Chamberlain '11, DDS '16, ORTHO '19 is not one of them.

Chamberlain is the first graduate from the Herman Ostrow School of Dentistry to have received her dental license using an alternative new process known as licensure by portfolio.

The new licensure process — the first of its kind in the country — allows dental students to complete clinical competency examinations in conjunction with their clinical training.

"If the school is measuring the competency of dental students and the state board examination is too, why couldn't we do both things simultaneously?" says Michael Mulvehill MBA '01, Ostrow's director of student dental licensure. "That was the impetus; it's just taken us a while to get the point we are today."

In 2015, the first dental students in California — and the country — completed the licensure by portfolio process. The Arthur A. Dugoni School of Dentistry at the University of the Pacific was the first, followed by the University of California San Francisco School of Dentistry.

Earlier this spring, Ostrow became the third school in the nation to have a graduate licensed using this innovative process.

Since Chamberlain completed her portfolio, three more students have followed suit, with many more expected to follow from Ostrow's class of 2017.

"Twenty current students have shown interest in our portfolio program," Mulvehill says. "Part of my job at USC is to make sure the students know the pros and cons of each pathway, so they can better make a decision about which way they want to go."

In the "con" category is license portability. As the first state with the portfolio program, there's no licensure reciprocity between California and other states. "The portfolio students know they're not leaving California," Mulvehill says. "If you take the WREB, you can get a license in any one of 37 states, so there's much more mobility and flexibility."

Portability was not a concern for Chamberlain, who planned to join her father's practice in Redlands, Calif. "So the fact that it's not reciprocal in other states yet wasn't an issue

for me," she says.

In the "pro" column is cost. The portfolio exam costs \$350 in comparison to the \$2,795 fee to take the WREB, which can make quite a difference to cash-strapped students who aren't considering leaving California after graduation.

As a California Dental Association student representative, Chamberlain worked to make the portfolio pathway a viable option for her fellow students.

"I'd spent so much time encouraging all schools to implement the portfolio that I felt like I should lead by example," she says, adding that the portfolio exam was "so much less stressful in terms of what really matters. I think what really becomes stressful about WREBs is finding a patient and making sure they show up, [which] has nothing to do with your actual skills."

Licensure through portfolio involves passing seven clinical competency examinations, including oral diagnosis and treatment planning, direct restorations, indirect restorations, removable prosthodontics, endodontics and periodontics.

"We were tested on more subjects and with more criteria than the WREB exam ..., but [the portfolio exam] also allowed me to divide the stress of licensing exams throughout my last quarter at USC," says Matthew Kuzma DDS '16, another Ostrow grad who received his license by portfolio. Kuzma currently practices near the Bay Area.

To be eligible to take a portfolio exam, fourth-year students must meet a minimum number of clinical experiences in each discipline.

and the portfolio side of the house," Mulvehill explains. "It eliminates having to find another cavity of similar size, shape and circumstance."

In comparison to a one-time testing event, the portfolio allows students to treat patients over multiple visits and provide more comprehensive treatments, making the experience more comparable to real-world care.

"Students can go at their own pace and decide when they want to tackle each exam," Mulvehill explains. "With the licensing exam, everything must be completed within a specific time frame."

Faculty from several different dental schools came together to develop the portfolio criteria and determine how to measure quality in the different disciplines. "It was a nice collaboration and meeting of the minds," Mulvehill says.

Like the WREBs, two examiners assess portfolio students, and so far, nearly 40 Ostrow faculty members are calibrated to evaluate portfolio exams.

"There are very strict requirements on who is actually eligible to be an examiner," explains Chamberlain, including coursework and clinical examination experience.

Portions of the portfolio might entail a half dozen appointments, requiring timing strategies.

"The listening exam is more condensed and focused on diagnosis, and there are no reevaluations," Mulvehill says. "Portfolio students must become more organized in their management of patients."

Kuzma says organization was key to completing his portfolio exam. "I would recom-

"If the school is measuring the competency of dental students and the state board examination is too, why couldn't we do both things simultaneously?"

—Michael Mulvehill MBA '01, Director of Student Dental Licensure

"The portfolio is a little more rigorous to qualify for than the [WREB]," Mulvehill says. "Students have to have a little more breadth of experience to become eligible; it's not overwhelming, but there is a little more involved."

Once students hit the minimums to qualify, Ostrow ties the portfolio exams into the regular competency examinations in the DDS program.

"In other words, if you successfully complete the clinical competency examination, you would get credit on the Ostrow side of the house

mend students wishing to participate in the portfolio do extensive research into the process," he says. "Know the exams; know your schedule; start as early as possible."

While only offered in California for the foreseeable future, Mulvehill believes the portfolio process will gain momentum.

"We're cutting a new path on the road to licensure so we'll have to see what transpires over the next five to 10 years," he says. "But the longest journey begins with the first step."



A New Age of Dentistry

Ostrow moves the profession forward by developing online programs suited to practicing dentists from around the world.

BY BREANNE GRADY MCM '10

Ostrow professor and director of the online
master's of science program in orofacial pain
and oral medicine Glenn Clark



PHOTO BY TRACY + DAVID STILLS AND MOTION

A New Age of Dentistry



First-year residents greet second-year residents via teleconference.

PHOTO BY TRACY + DAVID STILLIS AND MOTION

Online programs are quickly becoming the vanguard of educational models, with various iterations showing up from undergraduate sociology classes to full-scale MBA programs. Now imagine that an online clinically based master's program exists in dentistry. How does that work exactly?

Glenn Clark, director of the online master's of science program in orofacial pain and oral medicine at the Herman Ostrow School of Dentistry of USC, has the answer.

"What we're doing is changing the face of graduate education in dentistry," Clark says. "Traditionally, you had to quit your dental practice career to get training. Now you can continue your career, work hard, get advanced training and change the direction of your practice and the mix of patients you see."

Around the world

Ostrow currently offers three online programs: master's of science degree programs in geriatric dentistry and orofacial pain and oral medicine as well as a

graduate certificate program in geriatric dentistry. Another seven programs, ranging from a master's degree in dental hygiene to a collaborative interdisciplinary program in pain medicine, are in different stages of the curriculum committee application process.

Mariela Padilla, assistant director of distance education programs, brings her background in curriculum development to Ostrow, helping create the online programs alongside Clark and Roseann Mulligan MS '87, who is the associate dean of community oral health programs and hospital affairs as well as director of the online programs in geriatric dentistry.

As a native Costa Rican, Padilla's focus is to bring these programs to Latin American students by ensuring that educational materials and offerings have strong Spanish language support, including closed captioning — a model that will eventually be replicated with other languages.

How it works

Geared toward practicing dentists, many of whom are already well-established in their

careers, the programs use a hybrid model — part online and part face-to-face.

"We want to make sure that the students are receiving the skills they need for a very practical field of dentistry," Mulligan says. "We have a competency-based program, which means the students will need to demonstrate knowledge and skills acquisition."

For the online portion, students watch lectures, take quizzes and complete literature reviews in their own time. They present clinical cases in weekly live video conferences with faculty.

During in-person instruction, students participate in a series of intensive two-week boot camps at Ostrow, during which they are trained a variety of skills. Their skill acquisition is validated with an evaluation technique known as objective structured clinical evaluation (OSCE).

"Successfully completing an OSCE means the student has learned a very specific skill by following standardized criteria and has demonstrated immediate application of the skill in a clinical setting," Padilla says. "A very important part of the boot camp experience is that we validate the knowledge and, at the

same time, reinforce the social component of education.” Regular proctored examinations and oral exams contribute to the assessment process, she adds.

To finish the program, students complete two capstone projects: a research article, the results of which are publishable in high-impact journals — the first online master’s in orofacial pain and oral medicine class had five papers published — and a case portfolio.

The portfolio consists of 18 cases assembled by the students of de-identified patients that they present to the faculty along with a defense of their treatment approach.

“What some dentists were taught long ago is outmoded,” Clark says. “This program is a way for dentists to stay up to date in their pursuits.” The difference between continuing education and a university degree is that “when you seek a university degree, the bar is set much higher and there is an in-depth assessment of knowledge and skills acquired,” Clark says.

As with any curriculum, developing an online program poses its own unique challenges, especially logistical challenges presented by having a global student population, logging on from as far away as the United Arab Emirates or Australia. Such distances make live conference calls from different time zones exceedingly complex.

“Our offerings in distance education are always growing. Keeping them cutting-edge as new material and discoveries are produced is critical — you’re always updating, and it’s always in real-time,” Mulligan says.

Now in its fifth year, Ostrow’s online programs continue to take unique approaches to the material.

The geriatric dentistry program, for instance, takes the students on field trips to a nursing home and an older adult wrap-around care community when students are in town. “It’s an opportunity to teach students in the environments that will be part of their future practices, where they will find themselves interacting with other health care professionals,” Mulligan says. “It’s taking a holistic approach; oral health isn’t just about your teeth. We have to teach very broadly — about social, psychological and medical issues as well as dentistry.”

During one of the in-person boot camps, Mariela Padilla guides Dr. Einas Abdulrehman OFPOM ’18 through a trigger injection for a competency exam.



PHOTO BY TRACY + DAVID STILL AND MOTION

Noticeable benefits

The online programs offer dental professionals noticeable benefits, including access to Ostrow’s faculty who work closely with each individual to improve their practice and clinical skills.

Mohammad Khalifeh MS ’13, a graduate of the online master’s program in orofacial pain and oral medicine, said that before the program, he had been very content with the procedures he performed in his own practice.

“However, the information that I was introduced to allowed me to add more advanced and effective procedures to best cater to the needs of my patients,” Khalifeh adds. “All faculty and staff are very friendly and available when needed. The program covers a wide range of dental and medical knowledge and residents have to put in considerable effort to learn and understand the different topics in the program.”

Reigning Miss Universal City USA Laurel Henderson DDS '17 aims to inspire young women and challenge pageant girl stereotypes by becoming the first “Dr. Miss California USA.”



PHOTO BY TIFFANY NEIMAR DDS '18

Between the ages of 16 and 22, I worked at a girls' summer camp on the shore of Lake Champlain in Colchester, Vt. as a summer camp counselor. I spent my days dressing up in ridiculous costumes, planning “Extravaganzas,” teaching swimming lessons, soothing homesick campers and providing mentorship to young women in an informal and friendly way.

We had a rule that no celebrity posters were allowed in the cabins to encourage the girls to find better role models — real women who are changing the world right in front of them.

Each fall after I returned to school, I would stay in contact with my campers and answer letters and emails asking for advice about relationships and parties. The trust that these young women placed in me and continue to place in me is incredibly cherished.

One camper even wrote her admissions essay to a prestigious private high school about her time in my cabin and sent me the essay. In turn, I wrote my admissions essay for dental school about her and my love for inspiring and empowering young women.

It has been clear to me since those six summers spent at camp, that my purpose in life — both personally and professionally — is in the service of young women who need a role model.

My choice to enter the pageant world and to attempt to become the first ever “Doctor Miss California USA” came rather naturally after I decided to be a role model. Anyone who has been my patient, taken one of my fitness classes or had the hilarious fortune of working with me knows that I have a flair for making others laugh and smile: I love the spotlight! I thought about the image of pageant women and how infrequently educated women are represented in this realm.

It seems the recurring trope of pageant women is that they cannot articulate themselves in an onstage question but feel comfortable walking in heels and a bathing suit.

Being the competitive soul that I am, I decided that I wanted to bring something no one has ever seen before to the pageant arena: a confident, educated, articulate young woman who can walk in heels and charm a crowd of strangers with the best of them.

To the surprise of my family and frankly, myself as well, I won my regional pageant after just three weeks of preparation, wearing borrowed shoes and a resale gown. I was crowned Miss Universal City USA this March and have been preparing ever since for Miss California USA this December.

It seems that every time I take a risk, the reward is always greater than the risk of failure. I have inspired women in my journey to be crowned Miss California USA. In turn, they have inspired me.

I have a friend at school who now is pursuing her passion of creating makeup tutorials and is entering video contests with her artistic work. I have a faculty member who saw a pageant flyer and encouraged her own daughter to try a pageant to see how it helped her develop as a young leader. A mother at my aerial silks classes asked me to start having lunch with her daughter to encourage her to pursue the sciences in addition to her love of Cirque du Soleil. In fact the more I risk, the more I feel like I am changing the world around me.

I hope I win a crown in December, but, even if I don't, I know that I have created an environment where being smart, confident, beautiful and giving isn't rare and that failure isn't failure if you've elevated the community around you on your way to greatness.



A Planned Gift That Made Sense

When Frances Peskoff '64 and her husband, Arthur, created the Frances and Arthur Peskoff & Trudy Berwin Scholarship at USC, it made sense emotionally and financially.

After all, Frances had only been able to attend USC because she had received a scholarship. And Frances and Arthur were able to pay lasting tribute to Frances' late sister Trudy Berwin JD '80 by including her in their scholarship's name.

They were able to create the scholarship by establishing a Charitable Lead Trust, which perfectly suited the couple's financial situation, too—since it provided them with an immediate income-tax charitable deduction and a lifetime income.

To make a planned gift that makes sense for you, call the USC Office of Gift Planning at (213) 740-2682.

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