

1 **Salvador Gaytan:** Welcome to SmileTalk, an entertaining and informative dental talk
2 show, featuring the latest news and developments in dentistry. I'm
3 Salvador Gaytan, here with...?
4
5 **Dr. John Chao:** Dr. John Chao, Happy New Year everybody.
6
7 **Salvador Gaytan:** Happy New Year almost, a few days away.
8
9 **Dr. John Chao:** The next time it will be after new years.
10
11 **Salvador Gaytan:** After new years, yeah.
12
13 **Dr. John Chao:** So, this is our chance to tell our audience, Happy New Year.
14
15 **Salvador Gaytan:** Happy New Year, yeah, if you're getting ready for it after the
16 Christmas hangover, all the shopping and the eating and people
17 flying all over the country. It's kind of a rough -- they call it the
18 holidays, but it is kind of rough on people in general, isn't it,
19 Christmas holidays?
20
21 **Dr. John Chao:** Yeah, and when you say hangover, I got a little alarmed. People
22 don't drink on Christmas -- on Christmas, generally speaking.
23
24 **Salvador Gaytan:** Generally speaking, yeah, but they've been drinking a lot during
25 the year. But it really is -- I remember I got in trouble one time,
26 because I was...
27
28 **Dr. John Chao:** Drinking?
29
30 **Salvador Gaytan:** No. This was quite a while back, at the time I was -- over 10 years
31 ago, I was dating a female, and she had a couple of small kids. We
32 were talking about Christmas holidays.
33
34 **Dr. John Chao:** If I remember, if I know the lady, she is very, very charming, and
35 very, very beautiful.
36
37 **Salvador Gaytan:** That is right, that is right, long, long time ago, but we were talking
38 about Christmas, and I said Christmas is just a hard season, you
39 have to shop, and it's not really a holiday. Holiday is like you
40 relax, but there is no really relaxing if you have kids and you have
41 a lot of shopping to do.
42
43 She said, "You're just being negative on the holidays." Then her
44 son, who was like six at the time, he said, "Well, you know mom,
45 it kind of is a rough season."
46

47 **Dr. John Chao:** For the kid?
48
49 **Salvador Gaytan:** For the kid, yeah.
50
51 **Dr. John Chao:** Why?
52
53 **Salvador Gaytan:** Well, the kid liked the presents, but he realized it is kind of a rough
54 season for adults.
55
56 **Dr. John Chao:** For the mother?
57
58 **Salvador Gaytan:** Yeah, for the mother, yeah.
59
60 **Dr. John Chao:** He's a very perceptive boy, yeah.
61
62 **Salvador Gaytan:** That's right, that is right, that is right. So, that was just kind of
63 interesting, but we're coming to -- Dr. John, we're coming to New
64 Years in a few days, and we talked about some of your New Years
65 resolutions, and we kind of like to get into that, but to get the
66 people warmed up a little bit, let's play a short 15-20 seconds of
67 the song that they're going to hear on new years. Let's cue that up.
68
69 **Dr. John Chao:** That I arranged.
70
71 **Salvador Gaytan:** That you arranged.
72
73 **Dr. John Chao:** I arranged my version of a new year's song.
74
75 **Salvador Gaytan:** And here is what it sounds like.
76
77 **Dr. John Chao:** Okay.
78
79 [Music Playing]
80
81 **Salvador Gaytan:** Well, that's nice, Dr. John. Okay.
82
83 **Dr. John Chao:** You like me on the sax?
84
85 **Salvador Gaytan:** I like you, yeah. Alright, that's good, that's good, so it's a little
86 snippet there.
87
88 **Dr. John Chao:** That's a really sexy instrument, you know.
89
90 **Salvador Gaytan:** That's right. That's very good, and we're going to close our show
91 with some of that probably. But anyways, coming to the New

92 Years, Dr. John, and we want to know, what are some of your New
93 Years' resolutions? You have one big one in particular, what is it?
94
95 **Dr. John Chao:** Well, I'm looking forward to the fruition of at least five years
96 worth of work on a new method to do gum surgery. So, it's just
97 about to break out, and we're just that close to getting everything
98 inline and getting the patents ready, and so probably some time
99 next year, this all will come about.
100
101 It will be a very exciting time for our practice, and we'll burst on
102 the scene of dentistry with some very exciting discoveries, that will
103 make a very big, significant difference.
104
105 **Salvador Gaytan:** Because this is not just discovery, you've pioneered some
106 procedures that are really exciting with gums, right?
107
108 **Dr. John Chao:** Yeah, yeah, we just cannot disclose it, but it is very, very exciting,
109 and we're very much looking forward to it coming out and my
110 resolution is to work on that and to make it happen, and then to let
111 the rest of the profession know, that there is such a method that's
112 available for the doctors and their patients.
113
114 **Salvador Gaytan:** Well, I like that theme. That's probably going to be our theme
115 now. Make it happen, whatever your resolution is, make it happen.
116
117 **Dr. John Chao:** And yes, we can.
118
119 **Salvador Gaytan:** That's right, that's right. Now, that's exciting, but the second
120 resolution that you have also deals with business.
121
122 **Dr. John Chao:** Yeah. This whole issue of helping people with sleep apnea, that is
123 such an exciting field for dentists. There is such a crying need,
124 number one, for people who have sleep apnea to be recognized as
125 having it, and the person whose best position to find this
126 undiagnosed sleep apnea case is the dentist.
127
128 He sees the patient regularly every three months, every six months,
129 at least once a year, and he's able to talk to this patient on a
130 personal level and be able to pick out this person that's suffering
131 from daytime drowsiness, inability to sleep well, and on the
132 threshold of having major diseases.
133
134 Now, I think I'm going to double my effort next year to number
135 one, screen out the patients who may have it, who has this disease,
136 and then also to work closer with my medical colleagues, the

137 physicians and work with them on a close-knit basis to help these
138 patients.
139
140 In fact, today I just had a call, out of the blue, from a sleep
141 physician from West Covina, and he wanted to cooperate with me
142 on treating his patients, who have need for dental appliance to take
143 care of their problem.
144
145 **Salvador Gaytan:** A sleep physician? Now, [crosstalk].
146
147 **Dr. John Chao:** Yeah, yeah, sleep physician, he's a specialist in sleep.
148
149 **Salvador Gaytan:** Sleep disorders?
150
151 **Dr. John Chao:** Yeah, and he wanted someone who can speak Mandarin and
152 Cantonese, so it happens I'm the only one on the list. Not because
153 I'm specially qualified more than other dentists, but I can speak the
154 language, albeit not so fluently, but at least I can speak it, and I
155 will get better at it.
156
157 **Salvador Gaytan:** But Chinese was your first language growing up.
158
159 **Dr. John Chao:** Yes, but I haven't spoken it for so long, that I'm a little bit rusty,
160 and the medical terminology has to be learned in Chinese, so I
161 have some homework to do. But anyway, that will be my second
162 resolution.
163
164 **Salvador Gaytan:** Okay, and you have a third resolution which is personal, and I'm a
165 little excited about this one.
166
167 **Dr. John Chao:** Yeah, because you got it already, and I don't have that yet.
168
169 **Salvador Gaytan:** Well, what is it that you want?
170
171 **Dr. John Chao:** That's getting buffed.
172
173 **Salvador Gaytan:** Getting buffed.
174
175 **Dr. John Chao:** I want to get in a better shape.
176
177 **Salvador Gaytan:** But you're in pretty good shape really, you have a workout
178 regimen right now, like swimming.
179
180 **Dr. John Chao:** Yeah, I swim on a daily basis and watch my diet, but I think it's
181 time I put some muscle on. I think muscles are a good protection
182 for the bone, and for the tendons, and it prevents osteoarthritis and

183 all that kind of stuff, and osteoporosis. So, I'm going to do it in a
184 reasonable way and with good advice from you, I'm sure, and do
185 this right and get a little stronger. I think I'm relatively fit for my
186 age.
187
188 **Salvador Gaytan:** Yes, you are, you are definitely.
189
190 **Dr. John Chao:** But I want to be stronger, so that will be one personal ambition that
191 I'll have for next year.
192
193 **Salvador Gaytan:** So, we're going to be able to see the results, because the muscles
194 are going to be growing.
195
196 **Dr. John Chao:** Yeah, next year will be the year of the tiger. I'd like to look more
197 like a tiger.
198
199 **Salvador Gaytan:** More like a tiger. Well, tell people that the Chinese New Year is --
200 what is it, around Valentine's Day?
201
202 **Dr. John Chao:** It's actually exactly -- this coming year, it's going to be exactly on
203 February the 14th. So, Valentine's Day will be celebrated along
204 with Chinese New Year.
205
206 **Salvador Gaytan:** So, in America, we have our New Years on the 1st of January every
207 year, but the Chinese New Years is usually around February, some
208 time in February.
209
210 **Dr. John Chao:** It's anywhere from January to the middle of February. It revolves
211 around the lunar calendar. So, it changes from year to year.
212
213 **Salvador Gaytan:** And this year, or 2010 will be the year of the tiger.
214
215 **Dr. John Chao:** Yeah, 2010 will be the year of the tiger.
216
217 **Salvador Gaytan:** Because every New Year has an animal as its year, as its mascot
218 bearer, as its theme?
219
220 **Dr. John Chao:** Yeah. Do you know the story of how these animals came about?
221
222 **Salvador Gaytan:** No.
223
224 **Dr. John Chao:** Of how we have 12 animals? Buddha wanted to celebrate his
225 birthday, so he gave an invitation to all the animal kingdom to
226 come and celebrate with him. Only 12 animals showed up.
227
228 **Salvador Gaytan:** Only 12 animals showed up, wow.

229
230 **Dr. John Chao:** Among which was the tiger, and a snake, and the monkey.
231
232 **Salvador Gaytan:** Isn't there a rat too in there?
233
234 **Dr. John Chao:** And there's a rat. So, only 12 of them came. So, in honor of these
235 12 animals, he named the years after them. And so, they get
236 repeated every year, I mean every 12 years.
237
238 If you're born in the year of the tiger, which is 2010 after February
239 the 14th or you're 12, you're 24, 36, 48 or 60 or 72, then you're a
240 tiger, and these are your characteristics. You're courageous, you're
241 self reliant, you're friendly, you're hopeful, you're resilient, and
242 you have vanity of a tiger.
243
244 **Salvador Gaytan:** You have entity or vanity?
245
246 **Dr. John Chao:** Vanity. And you're a feline, so you always end up on your feet.
247
248 **Salvador Gaytan:** Okay, well I like those attributes.
249
250 **Dr. John Chao:** So, this is a very good year, and the tigresses are also incorrigibly
251 competitive, they simply cannot pass a challenge. Are you sure
252 you're not a tiger?
253
254 **Salvador Gaytan:** I'm not a tiger, I'm not a tiger. I think the last time I looked at it, I
255 was a rat.
256
257 **Dr. John Chao:** Yeah. You're a rat, huh? Well...
258
259 **Salvador Gaytan:** And I'm not that bad, I don't know why I should be a rat.
260
261 **Dr. John Chao:** Well, I'm actually a snake. Tigers are unpredictable, and it would
262 be unwise to underestimate their reactions. They may appear cool,
263 but they have the big cats' instinct to pounce at a moment's
264 warning. They're natural leaders, and they have a strong sense of
265 their own dignity, okay, and it goes on and on. They're very
266 intelligent people. So, if you're a tiger, you actually have a very
267 good sign.
268
269 **Salvador Gaytan:** So, now the New Years is coming up here, a lot of people make
270 their resolutions. You're making a physical fitness resolution, even
271 though you're fit, but you want to be extra, you want to be buff.
272
273 **Dr. John Chao:** Yeah, I want to be like a tiger. This is the year. I want to walk
274 around feeling like I'm a tiger.

275
276 **Salvador Gaytan:** That's right. Now, you used to have -- actually for a while, as I
277 remember, you actually had a trainer that you were lifting weights
278 with, weren't you?
279
280 **Dr. John Chao:** Yeah, she came early in the morning about 5:45, and she was a real
281 tigress, she made me work. So, I was in a pretty good shape at the
282 time, but it kind of fallen off when I don't see her anymore. So, it's
283 been a couple of years, so it's time to go back.
284
285 **Salvador Gaytan:** Okay, so you're going to get back into that. A lot of people, they're
286 going to sign up with their local gym, because it happens every
287 January, and a lot of people, they go out with a bunch of gusto, but
288 then after a couple of months, probably half or more, just fall off.
289 Now, can you give people any advice on how to stick with it, Dr.
290 John?
291
292 **Dr. John Chao:** Boy, that's tough, that's tough. I think you have to be motivated. A
293 little bit of sugar makes the medicine go down, you have to have a
294 little fun. When I had the trainer, there was somebody to react to,
295 and to motivate you, so that was good.
296
297 I think taking the class will be really good, if you -- there are no
298 weightlifting classes, but there are aerobic classes and so on. You
299 get with friends and do certain things at a certain time. I think
300 that's probably a very good idea.
301
302 **Salvador Gaytan:** The fun aspect.
303
304 **Dr. John Chao:** You know what really motivates you?
305
306 **Salvador Gaytan:** What?
307
308 **Dr. John Chao:** It's when your friends tell you, "Gee, you're looking good." That's
309 when you get extra motivation. So, stick with it for about a month
310 or two, and then other people's compliments and the comments
311 will add as a strong incentive to keep you going.
312
313 Do it for couple of months, and then the natural results will be very
314 evident, and people will start making comments about you. So, that
315 will be my advice. Not that I'm an expert, but what about you,
316 what do you think would motivate somebody to be consistent or
317 regular?
318
319 **Salvador Gaytan:** I think what motivates someone to stick with it, is they have to
320 believe that it's a need. They have to get -- people have a lot of

321 wishes, but they need to have a need. And I think the fun aspect,
322 like you said, if people can make their resolution, have some
323 element of fun, then they're going to be more likely to repeat it.
324

325 **Dr. John Chao:** Yeah, you have to make a need you want. You can mix those two
326 up. Somehow that becomes a magical formula, to eventually make
327 something a habit. A habit takes six months or longer. So, if you
328 do it for six months, then it's something that you just need to do,
329 then that becomes such a routine for you.
330

331 So, it's the same thing with dentistry, same thing. How do I
332 motivate my patients to brush their teeth properly and floss them
333 and so on? I make it a want.
334

335 **Salvador Gaytan:** You know what I think you should do, now that we're talking
336 about it? I think you should have a short two minute video showing
337 people's teeth falling out, rotten, scare the heck out of them.
338

339 **Dr. John Chao:** No, no, we want a good CD with upbeat music and we'll call it
340 dental aerobics.
341

342 **Salvador Gaytan:** Dental aerobics, huh?
343

344 **Dr. John Chao:** Yeah, we do the flossing and the brushing with rhythm and so on,
345 and get the patients motivated. But actually I tell my patients, and
346 I've said so before on this show that keeping your teeth clean is
347 addictive.
348

349 People just need to do it for a while, and all of a sudden you don't
350 want to do without it. It feels so neat and clean, and it makes you
351 feel so healthy. Did you know, 99% of the germs that enter the
352 body, goes through the mouth?
353

354 **Salvador Gaytan:** That's incredible.
355

356 **Dr. John Chao:** Yeah. If you can keep it healthy, it's just going to make you feel
357 good. It's going to make you feel good, because it's clean, it's
358 going to make you feel good, because the body is healthy.
359

360 **Salvador Gaytan:** Well, it's funny you should mention that, Dr. John, because for
361 about the last 20 years, the only way that I've ever gotten sick,
362 which is very rare, really sick, it always has to start with a sore
363 throat. If I can keep myself from getting a sore throat, I will not get
364 sick.
365

366 **Dr. John Chao:** And you get sick less, when you have less germs in the mouth. The
367 germs in the mouth feeds into diseases in the lungs. So, I believe --
368 I don't have any scientific proof.
369
370 I believe that there is a connection between flus and colds and all
371 the respiratory diseases and the conditions in the mouth, directly
372 and indirectly. The people who are healthy in the mouth, in the oral
373 cavity, tend to have less diseases, less flus and colds and stomach
374 problems and so on.
375
376 **Salvador Gaytan:** Fantastic. Now, it is a holiday still -- it's a holiday season after
377 Christmas, and people are going to be eating a lot of chocolate,
378 which I like -- I love chocolate, that's my weakness, but I've been
379 pretty good about it. But now you have a little bit of information
380 about chocolate, that perhaps you can share with our audience.
381
382 **Dr. John Chao:** Yeah, I think we talked about chocolate before, that Marie
383 Antoinette brought chocolate from Spain. Spain got it from their
384 colonies in the Americas. So, we joked about when Marie
385 Antoinette was asked, what can we do about all those hungry
386 people? She said, "Let them eat cake." I think if she said that, she
387 probably meant chocolate cake.
388
389 **Salvador Gaytan:** Chocolate cake.
390
391 **Dr. John Chao:** Chocolate cake, so we joked about that. But the tidbit that we want
392 to share with the audience today is that coffee, tea and chocolate,
393 all arrived in England at the same time.
394
395 Coffee from America, Tea of course from Asia, particularly China,
396 and chocolate from America, and especially from Jamaica, which
397 became an English colony in 1655, while chocolate was enjoyed
398 by the elite, such as Marie Antoinette in France. Democracy
399 prevailed in England, so if you have money, you can buy it.
400
401 So, they actually, in those days, had chocolate houses. Hot
402 chocolate was served in chocolate houses, much like we have
403 Starbucks serving coffee today.
404
405 **Salvador Gaytan:** So, Starbucks is not a new idea.
406
407 **Dr. John Chao:** No, no, they may have copied it from the English, back in the
408 1600s. So, that's a little tidbit about chocolate. Now, you just
409 talked about weaknesses, Sal, what are your resolutions for 2010?
410
411 **Salvador Gaytan:** My resolutions.

412
413 **Dr. John Chao:** How are you going to cover up your weaknesses or correct them?
414
415 **Salvador Gaytan:** Well, I will share that, but for anyone just tuning in, you're
416 listening to SmileTalk. I'm Salvador Gaytan here with Dr. John
417 Chao, the friendly dentist from Alhambra Dental, and you can
418 reach Dr. John at AlhambraDental.com or 626-308-9104.
419
420 **Dr. John Chao:** We'd love to hear from you.
421
422 **Salvador Gaytan:** Yeah, questions are welcome, aren't they, Dr. John?
423
424 **Dr. John Chao:** Yes, absolutely.
425
426 **Salvador Gaytan:** And we will answer them. We've answered them on some
427 previous shows. So, getting back to resolutions, who needs
428 resolutions, Dr. John? But I do have a few. I do have a few, and I
429 do share, I love physical fitness. But I too even want to get a little
430 more buff, but specifically I want to increase my mile time.
431
432 A mile is four laps around a football track, a regular track at a
433 football at a high school. And I've been around six minutes and 30
434 seconds or so. I want to get below six minutes this year, 5:59 or
435 less, which is a pretty good time.
436
437 **Dr. John Chao:** You're doing over six right now?
438
439 **Salvador Gaytan:** I'm doing over six, about 6:30 and 6:45.
440
441 **Dr. John Chao:** You just have to get 30 seconds.
442
443 **Salvador Gaytan:** Yeah, I know, but when you get below six, it really gets tough.
444
445 **Dr. John Chao:** Really?
446
447 **Salvador Gaytan:** Yeah, because in high school, my best time was 5:23, and that is
448 really fast. So, that's one of my objectives.
449
450 **Dr. John Chao:** So, what happened to the four minute mile?
451
452 **Salvador Gaytan:** Four minute mile is not going to happen in my lifetime. You have
453 to be thin as a rail to run that fast. I think the world record time is
454 somewhere around four, I mean a 3:41 or so around there.
455
456 **Dr. John Chao:** Wow.
457

458 **Salvador Gaytan:** That's an all out sprint, which is incredible. So, that's one, and
459 second one is probably to win some more golf tournaments.
460
461 **Dr. John Chao:** Well, you've won your share, and so you're greedy, you want
462 more.
463
464 **Salvador Gaytan:** I want more and bigger ones.
465
466 **Dr. John Chao:** Bigger ones, yeah.
467
468 **Salvador Gaytan:** So yeah. So, I'm going to focus on getting that ball in the cup a
469 little more often.
470
471 **Dr. John Chao:** Okay, well, watch your putter, don't ruin it.
472
473 **Salvador Gaytan:** I will not.
474
475 **Dr. John Chao:** And don't let anybody take it from you.
476
477 **Salvador Gaytan:** I will not.
478
479 **Dr. John Chao:** And stop bashing your car with it.
480
481 **Salvador Gaytan:** We're not going to allow that as some golfers do.
482
483 **Dr. John Chao:** You have to be careful, because you get a lot of attention from
484 females. I've noticed that.
485
486 **Salvador Gaytan:** Well, I'm not going to -- I guarantee you, I will never have that
487 problem.
488
489 **Dr. John Chao:** I don't believe you will.
490
491 **Salvador Gaytan:** I will not. Now, Dr. John, we only have a few more minutes left in
492 our show before the New Year, and we're going to play some of
493 your compositions at the very end, the Auld Lang Syne. You have
494 a collection of songs, as we mentioned, that you have composed,
495 that is available to the audience if they would like them, isn't that
496 right?
497
498 **Dr. John Chao:** Yes, we mentioned it before. So, we'll have four songs that you
499 can download free of charge from my website,
500 AlhambraDental.com and you should be able to find that on there.
501 Press the button and you can download it. In fact you can hear all
502 our previous broadcasts from our website. And in fact, all the
503 shows are getting transcribed right now.

504
505 **Salvador Gaytan:** Well, that's right, you mentioned your shows are getting
506 transcribed into English, written transcriptions.
507
508 **Dr. John Chao:** Yes. So, they can be viewed in their written form. But the plans are
509 afoot to actually translate the written form into different languages,
510 into Chinese, and into other Asian languages such as Hindi. So, we
511 will be able to disseminate what we talk about on this show
512 worldwide to various countries.
513
514 **Salvador Gaytan:** A worldwide audience. That's another, well, not necessarily a
515 resolution, but an objective that probably is going to happen in
516 2010, isn't it?
517
518 **Dr. John Chao:** Yeah, that's true. From what we talk about on the show is not at all
519 common knowledge in other countries, not at all. So, there is a
520 crying need for this kind of knowledge to be disseminated to other
521 parts of the world. The Americans are pretty well educated as of
522 dentistry, so a lot of stuff we talk about, some people in our
523 audience have heard about or at least have some notion of.
524
525 But what we talk about in terms of dentistry is pretty strange to a
526 lot of people in different parts of the world. So, our plans are to
527 actually internationalize it, if I may use that word, offshore and
528 have it propagated to more people.
529
530 **Salvador Gaytan:** Well, that's pretty exciting news, because as we talked about, if
531 people have good oral health, especially in some of the third world
532 countries where the disease is a little more rampant, but if they can
533 have better oral health, that could actually stem a lot of the
534 diseases and the sicknesses.
535
536 **Dr. John Chao:** Absolutely. If they understand the body connection to the oral
537 cavity, they can do so much better without a lot of medical care or
538 dental care, if they can only know how to take care of their own
539 teeth.
540
541 **Salvador Gaytan:** Because if you think rather it's -- probably Americans, we take it
542 for granted, but in a lot of countries, there are people who don't
543 even own a toothbrush, isn't that right?
544
545 **Dr. John Chao:** Yeah. They have other things to worry about. But more and more
546 now, the countries are getting industrialized. I think China is
547 coming up, and they need this kind of knowledge. They don't grow
548 up with it. More and more now, that country, the billion people
549 there can afford more and more what's available in the west all

550 these years, but they just need to have the knowledge of how
551 important oral health is. So, by translating our show into Chinese, I
552 think we may be able to do our part in helping.
553

554 **Salvador Gaytan:** How many languages do you think you'll ultimately translate these
555 shows into, Dr. John?
556

557 **Dr. John Chao:** Well, it depends on the availability of funds and opportunities and
558 finding the right people to do it right. That's the important thing.
559 So, we'll see how it goes.
560

561 **Salvador Gaytan:** You think you'll have your shows in Swahili?
562

563 **Dr. John Chao:** Why not, why not? Africa needs it just as much as other countries.
564 So, maybe one of these days we will do that, and we'll see how it
565 goes. We'll translate it into one language and see how that goes. If
566 it goes well, we'll keep doing it.
567

568 **Salvador Gaytan:** Well, Dr. John, we're coming to the final minute of our show or
569 so. It's a few days before New Years; you've shared your
570 resolutions. Are you ready for the New Year? Are you ready for
571 2010, Dr. John?
572

573 **Dr. John Chao:** Yes I am, yes I am. I'm sorry to see 2009 go.
574

575 **Salvador Gaytan:** It was a good year, wasn't it?
576

577 **Dr. John Chao:** Yeah, I'm kind of sentimental. It's a good, very interesting year.
578 Some things were not so good, but I'm very blessed to be in
579 America, I enjoy everything about America, I enjoy the
580 opportunity, and America is going to go up and down, and
581 America will always be strong.
582

583 The people are too good, too decent, too hardworking for America
584 to stay down. Even though we're down, we're really much higher
585 up than most countries, and no country actually is better than us.
586 There's no country economically, in any way is superior to
587 America.
588

589 So, we have to remember not to be down on America, to be
590 optimistic, to look forward to wonderful things that this country
591 and its people will do. So, I'm very, very enthusiastic about this
592 coming year.
593

594 **Salvador Gaytan:** So, make your resolutions and look forward to a fantastic 2010.
595

596 *Dr. John Chao:* Yes, Happy New Year, everybody.

597

598 *Salvador Gaytan:* Happy New Year.

599

600 *Dr. John Chao:* We'll talk to you 2010.

601

602 [Music Playing - *Auld Lang Syne* by *Dr. John Chao*]

603

604 [END OF AUDIO]