

1 **Salvador Gaytan:** Welcome to SmileTalk, an entertaining and informative talk show  
2 featuring the latest news in dentistry, as well as other interesting  
3 topics. I'm Salvador Gaytan, and I'm here with...?  
4  
5 **Dr. John Chao:** Dr. John Chao, hi everybody.  
6  
7 **Salvador Gaytan:** Dr. John, we got another fabulous show, and like we mentioned in  
8 our last show, it's SmileTalk, so the topics are going to be dentistry  
9 and other things, isn't it?  
10  
11 **Dr. John Chao:** Whatever makes one smile, that's what this show is all about.  
12  
13 **Salvador Gaytan:** You're going to keep it interesting and entertaining at all times,  
14 isn't that your guarantee?  
15  
16 **Dr. John Chao:** That's what we'll try to do.  
17  
18 **Salvador Gaytan:** Try to do? Aren't we going to do it a 100%?  
19  
20 **Dr. John Chao:** I'm going to try to do it, you have to guarantee it.  
21  
22 **Salvador Gaytan:** Alright, well, I'll guarantee it, and we're going to keep that snap,  
23 crackle pop.  
24  
25 **Dr. John Chao:** Okay, you're the MC, right?  
26  
27 **Salvador Gaytan:** Snap, crackle, pop going.  
28  
29 **Dr. John Chao:** Let's make it pop.  
30  
31 **Salvador Gaytan:** Okay, Dr. John, well, we have our two very fascinating guests,  
32 Miss Cierra, how are you doing Cierra?  
33  
34 **Cierra:** Very good.  
35  
36 **Salvador Gaytan:** Very good. She is my wonderful niece, and my wonderful sister  
37 Noel, how are you doing?  
38  
39 **Noel:** Doing just great.  
40  
41 **Salvador Gaytan:** Fantastic. They are our radio rookies, Dr. John, do you think  
42 they're doing okay so far?  
43  
44 **Dr. John Chao:** They sound like pros.  
45  
46 **Salvador Gaytan:** Pros huh?

47  
48 **Cierra:** Oh yeah.  
49  
50 **Dr. John Chao:** Yeah, Cierra has been on TV.  
51  
52 **Salvador Gaytan:** That's true.  
53  
54 **Dr. John Chao:** Well, weren't you in the movies?  
55  
56 **Cierra:** I was on Dharma and Greg as 01:13.  
57  
58 **Salvador Gaytan:** That is right, I forgot about that.  
59  
60 **Dr. John Chao:** She is very practiced, and she's just very, very presentable on  
61 shows.  
62  
63 **Cierra:** Thank you.  
64  
65 **Salvador Gaytan:** Now, tell us about how old were you when you were on Dharma  
66 and Greg?  
67  
68 **Cierra:** Oh gosh, mom, do you remember how old I was, about nine or 10?  
69  
70 **Noel:** About eight.  
71  
72 **Salvador Gaytan:** About eight? Yeah, nine or 10 and how did -- well, mom, how did  
73 she make her way onto Dharma and Greg, what happened there?  
74  
75 **Cierra:** I remember I was on the news and they saw me on the news  
76 playing golf.  
77  
78 **Noel:** She was on Channel 7, and they were looking for someone to be a  
79 golf stunt double.  
80  
81 **Salvador Gaytan:** Interesting, and so what happened? They just called and said,  
82 "Hey, we need her" or what?  
83  
84 **Noel:** Yeah, they called us up on our telephone and we called in and she  
85 went in and she had to look like the gal that she was stepping in  
86 for, when she swung the club, and so it all worked out.  
87  
88 **Salvador Gaytan:** So, Cierra, do you remember much about -- it was a long time ago,  
89 but do you remember much about that?  
90  
91 **Cierra:** I still remember doing it, yeah.  
92

93 **Salvador Gaytan:** And what are the highlights of that show that you remember  
94 actually being on set?  
95  
96 **Cierra:** Well, the whole cast was just super nice and it was a great group of  
97 people.  
98  
99 **Salvador Gaytan:** And that cast had Jenna Elfman as the lead actress, wasn't it?  
100  
101 **Cierra:** Yes.  
102  
103 **Salvador Gaytan:** Yeah, she was the lead actress.  
104  
105 **Noel:** And Joel Murray.  
106  
107 **Salvador Gaytan:** Excellent, and so what did you do on Dharma and Greg, what was  
108 your part?  
109  
110 **Cierra:** Well, they dressed me up like the girl I was playing, she was a  
111 blonde. They put a wig on me, put a hat and then gave me a golf  
112 club and I just swung away.  
113  
114 **Salvador Gaytan:** Fantastic. I do remember that, and you actually got paid for that,  
115 didn't you?  
116  
117 **Cierra:** I did.  
118  
119 **Salvador Gaytan:** Do you remember what you got paid?  
120  
121 **Cierra:** \$500, I think.  
122  
123 **Salvador Gaytan:** See, I remember more than they do. It was \$1500.  
124  
125 **Cierra:** No, it wasn't.  
126  
127 **Salvador Gaytan:** Yes, it was.  
128  
129 **Noel:** Yes.  
130  
131 **Dr. John Chao:** \$1500.  
132  
133 **Cierra:** Oh, wow.  
134  
135 **Salvador Gaytan:** Twice, because they got paid for reruns too.  
136  
137 **Dr. John Chao:** Why aren't you playing golf?  
138

139 **Salvador Gaytan:** Yeah, why aren't you playing golf, Cierra?  
140  
141 **Dr. John Chao:** One swing, 1500 bucks.  
142  
143 **Salvador Gaytan:** Exactly, exactly.  
144  
145 **Dr. John Chao:** Now, that you're taller and you're statuesque, you'd be great.  
146  
147 **Cierra:** One sport at a time.  
148  
149 **Salvador Gaytan:** One sport at a time. Well, you know what I always tell her? I say,  
150 "Listen, golf will be the sport you play after tennis". She's, "No,  
151 no, no, no" I said, "Yeah, believe me, after tennis, whenever that's  
152 done, she'll have her next sport, professional."  
153  
154 **Dr. John Chao:** Well, I predict she'll make a mark on the world with tennis, but  
155 she'll make a bigger mark with golf.  
156  
157 **Salvador Gaytan:** You never know, ladies and gentlemen.  
158  
159 **Dr. John Chao:** She'll do great with both sports.  
160  
161 **Salvador Gaytan:** Okay, we're going to get more with our special guests, but let's get  
162 to our Rapid Fire Five, now.  
163  
164 **Dr. John Chao:** But she'll do better with a smile. Her smile will be better than her  
165 golf and her tennis.  
166  
167 **Salvador Gaytan:** Yes, the smile that you kind of helped create a little bit.  
168  
169 **Dr. John Chao:** Yeah, that's the brightest spot in her life.  
170  
171 **Salvador Gaytan:** That is true, very beautiful smile.  
172  
173 **Cierra:** Yes, I do.  
174  
175 **Salvador Gaytan:** Okay, now, Dr. John, we have our Rapid Fire Five, we have a little  
176 twist. I'm going to say the questions, true or false. Our two guests  
177 are going to guess whether it's true or false, and I'm going to keep  
178 score. It will be a little friendly contest. You're up for that, Dr.  
179 John?  
180  
181 **Dr. John Chao:** Okay. I'll give the correct answer after they answer.  
182  
183 **Salvador Gaytan:** Yes. Okay, are you ready?  
184

185 **Dr. John Chao:** Yes, these are non technical questions, so anybody can answer  
186 them.  
187  
188 **Salvador Gaytan:** Excellent, okay. Question number one of our Rapid Fire Five: One  
189 of the best ways to shop for a dentist is to call and ask how much  
190 they charge for the procedure you are interested in, true or false,  
191 Cierra?  
192  
193 **Cierra:** True.  
194  
195 **Salvador Gaytan:** Noel?  
196  
197 **Noel:** False.  
198  
199 **Salvador Gaytan:** Okay.  
200  
201 **Dr. John Chao:** The answer is true.  
202  
203 **Salvador Gaytan:** Alright, Cierra has got one point there. Question number two:  
204 Since all dentists do the same work, finding the dentist who  
205 charges the least may be the best way to save money, true or false,  
206 Noel?  
207  
208 **Noel:** False.  
209  
210 **Salvador Gaytan:** Cierra.  
211  
212 **Cierra:** False.  
213  
214 **Dr. John Chao:** Correct, it's false.  
215  
216 **Salvador Gaytan:** Both are correct, okay. Question number three: Finding the dentist  
217 who charges the most will guarantee you'll find the best dentist,  
218 true or false, Cierra?  
219  
220 **Cierra:** False.  
221  
222 **Salvador Gaytan:** Noel.  
223  
224 **Noel:** False.  
225  
226 **Dr. John Chao:** That's correct, it's false.  
227  
228 **Salvador Gaytan:** They got them.  
229  
230 **Cierra:** We like that one.

231  
232 *Salvador Gaytan:* They like simple, Dr. John. Okay, question number four: You can  
233 judge the dentist by the way the receptionist answers the phone,  
234 true or false, Noel?  
235  
236 *Noel:* False.  
237  
238 *Salvador Gaytan:* Cierra.  
239  
240 *Cierra:* False.  
241  
242 *Dr. John Chao:* Both are wrong, it's true.  
243  
244 *Salvador Gaytan:* It is true, Dr. John.  
245  
246 *Dr. John Chao:* In my opinion.  
247  
248 *Noel:* Really?  
249  
250 *Cierra:* Wow.  
251  
252 *Salvador Gaytan:* In his opinion.  
253  
254 *Dr. John Chao:* We'll talk about it.  
255  
256 *Salvador Gaytan:* We'll talk about it. Okay, question number five: Except with your  
257 permission, no one is allowed to inspect your dental records, true  
258 or false, Cierra?  
259  
260 *Cierra:* False.  
261  
262 *Salvador Gaytan:* Noel?  
263  
264 *Noel:* True.  
265  
266 *Dr. John Chao:* It's false.  
267  
268 *Salvador Gaytan:* It's false. I think we have a winner. Cierra got her by a couple of  
269 questions, here we go.  
270  
271 *Dr. John Chao:* Next show, next show.  
272  
273 *Salvador Gaytan:* Wow, okay, mom, you're not going to take that, are you?  
274  
275 *Noel:* No.  
276

277 **Salvador Gaytan:** You'll put her in her place. Okay, Dr. John, question number one:  
278 One of the best ways to shop for a dentist is to call and ask how  
279 much they charge for the procedure you're interested in. That is  
280 true.  
281  
282 **Dr. John Chao:** Yeah, one of the best ways.  
283  
284 **Salvador Gaytan:** One of the best ways.  
285  
286 **Dr. John Chao:** It may not be the best way. So, what was your reasoning on that,  
287 Noel?  
288  
289 **Noel:** So, I'm not really wrong.  
290  
291 **Cierra:** But I still got you, mom.  
292  
293 **Dr. John Chao:** You said false, right?  
294  
295 **Noel:** Yeah.  
296  
297 **Dr. John Chao:** Okay, well, one of the best ways -- it's not that this was the best  
298 question to ask.  
299  
300 **Salvador Gaytan:** Yes.  
301  
302 **Dr. John Chao:** But it is the best question to throw at whoever answers the phone  
303 to find out how they react to a question like this. You can find out  
304 how she would explain to you why perhaps she cannot tell you  
305 over the telephone.  
306  
307 **Noel:** Okay.  
308  
309 **Dr. John Chao:** Why you need to actually be examined. See how much knowledge  
310 she has about the subject that you're inquiring about and it's kind  
311 of put her to the test.  
312  
313 **Noel:** Okay.  
314  
315 **Dr. John Chao:** I think people, unconsciously, do call up, talking about how much  
316 it costs just to find out whether they will be comfortable with that  
317 office or not. So, the office that is not pleasant or not welcoming,  
318 those calls are probably not putting out their best. You should give  
319 everybody a chance to ask their question and patiently, reasonably  
320 answer the question.  
321  
322 **Salvador Gaytan:** Okay.

323  
324 **Dr. John Chao:** Alright. So, that is a good way to call and find out whether that's a  
325 good dentist for you or not.  
326  
327 **Salvador Gaytan:** Excellent. And for anyone just tuning in, you're listening to  
328 SmileTalk with Dr. John Chao of Alhambra Dental, area code 626-  
329 308-9104 or [AlhambraDental.com](http://AlhambraDental.com). Dr. John specializes in very  
330 difficult cases and has very innovative solutions.  
331  
332 You know what, just one thing though I want to talk about. When  
333 you talk about you have innovative solutions for tough problems,  
334 one of the methods you use to evaluate is a CT Scan, isn't it?  
335  
336 **Dr. John Chao:** Yes, yes, it's not your ordinary medical CT Scan, it's actually  
337 called Cone Beam CT. This is a special dental application of a new  
338 technology where instead of having slices in the way the x-ray is  
339 taken, it's actually a cone shot of the head and this particular  
340 technology actually gives out 150 to 200 times less exposure than  
341 ordinary medical scan.  
342  
343 But this particular scan allows us to get 3D images of the part of  
344 the jaw or face that we want to see. So, we can put a diagnosis a lot  
345 more accurately than before.  
346  
347 **Salvador Gaytan:** Excellent, excellent. That's something that people need to know  
348 when they -- that's how you get to the bottom of things and then  
349 figure out what type of solution for a difficult problem that you're  
350 going to do.  
351  
352 **Dr. John Chao:** Yes, we can come up with different solutions with more certainty  
353 and consistency than we were able to do before.  
354  
355 **Salvador Gaytan:** Excellent. Okay, Question number two, Dr. John, of our Rapid Fire  
356 Five: Since all dentists do the same work, finding a dentist who  
357 charges the least, maybe the best way to save money. That is false.  
358  
359 **Dr. John Chao:** False, because all dentists don't do the same work.  
360  
361 **Salvador Gaytan:** That, yeah, it's true.  
362  
363 **Dr. John Chao:** Finding the dentist that charges the least may be the best dentist for  
364 you, may not be. What a dentist charges may not reflect the quality  
365 of his or her work.  
366  
367 **Salvador Gaytan:** Okay.  
368



369 **Dr. John Chao:** So, it may not be something that you want to count on.  
370  
371 **Salvador Gaytan:** Okay, question number three: Finding the dentist who charges the  
372 most will guarantee you the best dentist. Both of our contestants  
373 got that right, Dr. John, false.  
374  
375 **Dr. John Chao:** Yeah, that is just common sense, everybody will know that one.  
376 We need not to discuss that one.  
377  
378 **Salvador Gaytan:** But, some people might think that, though. Okay, question number  
379 four...  
380  
381 **Dr. John Chao:** Now, what people will think, and I think it's probably not  
382 particularly true, is that they will go to a high rent district. You  
383 would not have to say where it would be and they would believe  
384 that every dentist over there, as long as it's over in that particular  
385 area of the county, that dentist must be good.  
386  
387 **Salvador Gaytan:** Right, it's true.  
388  
389 **Dr. John Chao:** So, in that sense, you need to be a little bit more careful, and go  
390 through your issues and call and find out and interview the dentist,  
391 wherever the dentist is practicing, make sure that that dentist is the  
392 right one for you.  
393  
394 **Salvador Gaytan:** Fantastic. Okay, question number four: You can judge the dentist  
395 by the way the receptionist answers the phone. Cierra got that  
396 right, and Noel, did you get that right?  
397  
398 **Noel:** I'm not saying anything.  
399  
400 **Dr. John Chao:** Well, you have to put it this way. The dentist is responsible for  
401 what his receptionist says. His receptionist or her receptionist  
402 represents that dentist, so you should be able to judge the dentist  
403 by the way his or her receptionist talks to you.  
404  
405 However, you could have an excellent dentist, who has not gotten  
406 a good receptionist. That's possible too, but I think it's fair game to  
407 say that however your impression of the receptionist is, that's what  
408 the dentist is.  
409  
410 **Salvador Gaytan:** Because the receptionist, you have to train her, she has to know  
411 some technical knowledge to convey it to the patient.  
412

413 **Dr. John Chao:** That's true, that's true. So, she should have enough knowledge to  
414 be able to represent the dentist in the way that he wants to be  
415 represented.  
416

417 **Salvador Gaytan:** Okay, Dr. John, question number five of our Rapid Fire Five:  
418 Except with your permission, no one is allowed to inspect your  
419 dental records. That is false.  
420

421 **Dr. John Chao:** Okay, Noel, what were you thinking?  
422

423 **Salvador Gaytan:** Mama Bear got it wrong on that one. What was she thinking?  
424

425 **Dr. John Chao:** It's actually right in just about most instances.  
426

427 **Noel:** Yeah, I figured that patients have a right to their privacy, but I do  
428 know in the incident if they were trying to identify somebody, I  
429 know they could go into their dental records to figure out their  
430 teeth. If there was a death or if somebody was missing, I know  
431 they can do it. They have that right to do that. I thought your  
432 records were a little more private, your dental records were.  
433

434 **Dr. John Chao:** Yeah, the exception is that it's provided by law. If a judge says you  
435 need to subpoena the record, then your permission is not  
436 necessarily needed, or some disaster or some event comes along.  
437

438 So, even though just about most of the time, just about all the time,  
439 we don't let anything out, except we have the signature of the  
440 patient.  
441

442 That's an exception, but the patient has already given the consent,  
443 that is the insurance companies that want to come and inspect the  
444 record of the particular patient, who belongs to that particular plan,  
445 and the dentist has signed up with that plan as a contract provider,  
446 but the consent has already been given. So, they don't need it  
447 beyond that, though once in a while, we do have to give out the  
448 records.  
449

450 **Salvador Gaytan:** Okay. That concludes our Rapid Fire Five, Dr. John. Now, you  
451 know Dr. John, you made a prediction. We talked about Tiger a  
452 few segments ago in December, and you made a prediction that  
453 kind of came true, because at the time that we had talked about  
454 Tiger in early December, he had only had one mistress, but you  
455 made a prediction, didn't you?  
456

457 **Dr. John Chao:** Well, actually I remember there was one for sure, and a rumor of a  
458 second one. We weren't sure about the second one. So, I said there

459 is no way you can have two, and not have three or four or five. I  
460 said the nuisance is going to come out that at least it'd be four and  
461 five.  
462  
463 So, I was right and wrong, because actually now there'd be 10 and  
464 more, but at the time, nobody thought that there could be more  
465 than one or two. They were stepping very gingerly, as I saw the  
466 newscast, but knowing human nature, as it is, I was bold enough to  
467 make that prediction on this show, as you will remember. So, that  
468 gave me bragging rights for a week or so.  
469  
470 **Salvador Gaytan:** Well, when it comes out, there's another one -- as I mentioned, I  
471 get a little tidbits to the grapevine over the years about how Tiger's  
472 -- he was frequently seen in Newport Beach, Corona del Mar, kind  
473 of where I hang out some times.  
474  
475 **Dr. John Chao:** You've seen him?  
476  
477 **Salvador Gaytan:** I've seen him, yes.  
478  
479 **Dr. John Chao:** With his...?  
480  
481 **Salvador Gaytan:** No. Not with other girls, but I heard from acquaintances that he  
482 was interested in other females.  
483  
484 **Dr. John Chao:** Well, Noel, didn't you hear something about that? You said that  
485 you had heard that he was...  
486  
487 **Salvador Gaytan:** No, I had told her.  
488  
489 **Dr. John Chao:** Oh, you had told her, well, okay. So, you are the starter of that  
490 rumor.  
491  
492 **Salvador Gaytan:** Well, yeah, I try...  
493  
494 **Dr. John Chao:** You're a regular rumor monger, weren't you?  
495  
496 **Salvador Gaytan:** I just hear things, I didn't believe it at the time, but then it came  
497 out, this was probably -- but I have heard a little something more, a  
498 little update. I don't know if this is true or false, but I just hear stuff  
499 buzzing around that perhaps -- that maybe he may have been in  
500 another state recently, getting some surgery for some damage to  
501 his facial area.  
502  
503 **Dr. John Chao:** Oh, really?  
504

505 **Salvador Gaytan:** Yes. Now, I don't know if that's true, but I'm just hearing a little  
506 buzz, and maybe that's why we haven't seen him for a few weeks.  
507 So, we'll see if that comes out true or not. But who knows, I mean  
508 his wife was mad, and she was swinging a club. So, two windows  
509 broken out, we got to think maybe she got a piece of him.  
510  
511 **Dr. John Chao:** Yeah, this is the year of the tiger, but I don't know whether it will  
512 be the year for Tiger Woods.  
513  
514 **Salvador Gaytan:** That's true, that is true. We'll just have to see how that plays out,  
515 but getting to our special guests, Cierra and Noel, we're going to  
516 get into a little bit more details here. We got into a few details  
517 about Cierra's tennis scholarship to Texas.  
518  
519 She's going to be starting this coming August. It was a long road to  
520 get there. So, let's kick it to Mama Bear Noel. How old was she  
521 when she started even swinging a tennis racket?  
522  
523 **Noel:** I'm going to say about two.  
524  
525 **Salvador Gaytan:** Two.  
526  
527 **Noel:** She had a little racket. She had a racquetball racket first, and then I  
528 would throw her balls in the house, and then it started becoming  
529 dangerous for the windows. So, she made pretty good contact, and  
530 so then we took it outside onto the tennis court.  
531  
532 When she was four, she was pretty much playing about four days a  
533 week, 45 minutes she played tennis. Then, I'd take her to the  
534 driving range, and she'd hit golf balls four days a week, and then  
535 she'd go to kindergarten at about 11'0 clock.  
536  
537 **Salvador Gaytan:** Now, a lot of people, Dr. John, I think would think, "Oh come on  
538 now, this is not true."  
539  
540 **Dr. John Chao:** No, I saw her play. I saw her play when she was four or five. So,  
541 she was actually playing better than me at the time.  
542  
543 **Salvador Gaytan:** Dr. John, you let a four, five year old beat you?  
544  
545 **Dr. John Chao:** Because I was taking lessons at the time with Noel, and then she  
546 would be on the court, and she would play with her -- rally with  
547 her mother, and she was better than what I could do.  
548  
549 **Salvador Gaytan:** Oh my God. So, it is true, it is true, she was playing at that...  
550

551 **Dr. John Chao:** I saw her play. I was the eyewitness.  
552  
553 **Salvador Gaytan:** Eyewitness, so then what -- how long did that continue, that she  
554 was playing, practicing golf and tennis?  
555  
556 **Noel:** When she was five, she asked me when could she play her first  
557 tournament. So, that was two years away, and so she started her  
558 first golf tournament and her first tennis tournament at age seven.  
559  
560 **Salvador Gaytan:** And Cierra, what are your memories? Do you remember playing  
561 tournaments at seven and eight?  
562  
563 **Cierra:** I remember my first tennis tournament, but not my first golf  
564 tournament.  
565  
566 **Salvador Gaytan:** I remember her first tennis tournament, I was there.  
567  
568 **Cierra:** You guys were all there, I think.  
569  
570 **Salvador Gaytan:** We were all there.  
571  
572 **Dr. John Chao:** We were there, yeah. I remember it very distinctly.  
573  
574 **Noel:** I think it was Laguna Niguel.  
575  
576 **Cierra:** It was.  
577  
578 **Dr. John Chao:** I think she played the cute little girl.  
579  
580 **Cierra:** And I lost.  
581  
582 **Dr. John Chao:** She lost, but later on she was able to beat her regularly.  
583  
584 **Salvador Gaytan:** Now, see, for people listening out there, Cierra's first tennis  
585 tournament experience, she went down in defeat. From down in  
586 defeat...  
587  
588 **Dr. John Chao:** She didn't give up.  
589  
590 **Salvador Gaytan:** She didn't give up -- to tennis scholarship, to a division one  
591 college. So, you see people, you can't give up. Now, I remember  
592 that match too, and you know what was so funny about that match,  
593 is what my recollection is. At that age, they don't exactly know  
594 how to keep score professionally at that point. They get a little  
595 [crosstalk].  
596

597 **Cierra:** Oh come on.  
598  
599 **Salvador Gaytan:** Well, that is true. The funniest thing was, I remember, Cierra's  
600 opponent had won a point, and then she moved to serve. They  
601 serve cross court, and so she moved, and she was going to serve in  
602 the box in the far left, and Cierra was in the box in the far right.  
603  
604 Her opponent was looking at her like, "Well, come on, you need to  
605 move over to the left." Cierra stood there, and she stood -- so the  
606 opponent started waving with her hand, like hey, move over, move  
607 over. She did that about three or four times, Cierra didn't move for  
608 whatever reason. So, finally she said, "Oh, what the heck with it,  
609 I'll just switch and I'll serve to where Cierra is." Then another thing  
610 is...  
611  
612 **Dr. John Chao:** That's sportsmanship. That's really nice to see.  
613  
614 **Salvador Gaytan:** That's sportsmanship. Then, in the middle of the match, they got  
615 lost on what the score was. So, you got two little girls up at the net,  
616 they went, "What do you think the score was?" "I think it was this.  
617 What do you think it was?" I don't know, well, okay, let's make it  
618 this. So, it's an interesting experience when they're small like that.  
619  
620 **Dr. John Chao:** That's really cute to see.  
621  
622 **Noel:** Good memories.  
623  
624 **Dr. John Chao:** Very nice to see.  
625  
626 **Noel:** Very good memories.  
627  
628 **Salvador Gaytan:** Yes. So, Noel, what was the development, what did she have to do  
629 from five to 10 to 11? Did the schedule stay the same or did things  
630 change or...?  
631  
632 **Noel:** Well, she started tournaments, so she started at the lowest level,  
633 and then graduated. She started at the satellites, and then she  
634 moved into the opens in her section, and then got highly ranked in  
635 her section. She was ranked as high as two in Southern California.  
636 Then, she was taking it to the national level.  
637  
638 **Salvador Gaytan:** Now, what year was that, when she was ranked number two, do  
639 you think?  
640  
641 **Noel:** Okay, she was 12 years old, 11 years old I think?  
642

643 **Salvador Gaytan:** About 2002, somewhere there?  
644  
645 **Noel:** It was the 10 and unders. I'm not even sure if it was the 10 and  
646 unders or the 12 and unders. She took it to the national level, and  
647 then in the 14s, she was ranked one in doubles, and seven in  
648 singles in the nation.  
649  
650 **Dr. John Chao:** I'm going to ask a question of Cierra. I think people listening will  
651 be thinking about this too. Tennis was very intense in your life.  
652  
653 **Cierra:** Yes.  
654  
655 **Dr. John Chao:** Did you feel -- now this is a very frank question. Did you feel that  
656 you were pushed and coerced in any way beyond what you were  
657 willing? How were you feeling about all this intensity about sports  
658 when you were growing up?  
659  
660 **Cierra:** Well, yes, everyone gets pushed at some point. You don't want to  
661 do it some days, but I'm glad my mom did that, because in the end  
662 I've gotten as far as I've gotten and I'm happy where I am now.  
663  
664 **Dr. John Chao:** Yeah, but did you enjoy the process or did you feel like you were  
665 being just pulled and pushed, and it was not something you wanted  
666 to do or did you enjoy it while it was -- did you enjoy the contests  
667 and enjoy the matches?  
668  
669 **Cierra:** I always enjoyed playing tennis, yes, but...  
670  
671 **Dr. John Chao:** Well, that's something that you like to do. It's not something that  
672 you hate to do.  
673  
674 **Cierra:** No, I never hated tennis.  
675  
676 **Dr. John Chao:** Yeah, okay, so you wanted it?  
677  
678 **Cierra:** Yes. But I didn't always want to practice. My mom had to push me  
679 to do that.  
680  
681 **Dr. John Chao:** Yeah, that's true, but you wanted it, right? Did you have thoughts  
682 of winning really big and becoming really a great player, and  
683 eventually going to college on scholarship and so on?  
684  
685 **Cierra:** Well, that was the dream, yeah.  
686  
687 **Dr. John Chao:** So, it was something that you wanted.  
688

689 **Cierra:** Yes.  
690  
691 **Dr. John Chao:** It wasn't something that Noel wanted, your mother wanted for you,  
692 so you were doing it to please her?  
693  
694 **Cierra:** No, I wanted it. I wanted my scholarship.  
695  
696 **Salvador Gaytan:** And she got it.  
697  
698 **Cierra:** Yeah.  
699  
700 **Salvador Gaytan:** For anyone just tuning in, you're listening to SmileTalk with Dr.  
701 John Chao, the friendly dentist, 626-308-9104 or  
702 [AlhambraDental.com](http://AlhambraDental.com).  
703  
704 **Dr. John Chao:** I'm sorry I interrupted Noel, go ahead Noel.  
705  
706 **Noel:** I just had a story about her golf.  
707  
708 **Salvador Gaytan:** Go ahead.  
709  
710 **Noel:** I'm going to say, when she was about eight, she was playing the 11  
711 and unders in Arcadia. It was an 18 hole golf course, all par threes.  
712 My mom and I dropped her off, and we came back, par was 54,  
713 and we came back and asked her how she did, and she looked at  
714 me and my mom. She was, "Oh, I won."  
715  
716 I said, "Oh well, what was your score?" She was, "56," and we  
717 couldn't believe it. But at that time, they had adults walk in their  
718 group, because they couldn't keep score. She looked at me, and she  
719 goes, "Your daughter shot a 56." So, that was two over par at age  
720 eight on 18 holes. So, she was quite a golfer, as well as a great  
721 tennis player.  
722  
723 **Salvador Gaytan:** We can get into that in probably our next show.  
724  
725 **Dr. John Chao:** Well, so how many times did you shot just two over par on their  
726 course?  
727  
728 **Salvador Gaytan:** Well, I've shot under par a lot of times, but not at that age, not at  
729 that age. I was a late bloomer. But probably in our next show, we'll  
730 get into more of her, because she was actually a phenom in golf,  
731 but at some point she chose tennis, although she still is very good  
732 in golf. So, we'll probably get into a little more of that in the next  
733 show. So, now kind of wrapping it up, what...?  
734



735 **Dr. John Chao:** Let me ask her.  
736  
737 **Salvador Gaytan:** Go ahead.  
738  
739 **Dr. John Chao:** Cierra, how do you feel about golf compared to tennis, or what  
740 attracts you about golf and tennis, and what made you decide? We  
741 want to hear from you.  
742  
743 **Cierra:** I just enjoy tennis more, and I think it's more fun and exciting,  
744 more competitive and I enjoy it more.  
745  
746 **Dr. John Chao:** You don't think what Michelle Wie does is competitive?  
747  
748 **Cierra:** It is, but it's different kind, she is playing against herself, basically  
749 it's her and the course. In tennis, it's me and my opponent.  
750  
751 **Dr. John Chao:** I see. So, you don't like to play against yourself?  
752  
753 **Cierra:** It's tough.  
754  
755 **Dr. John Chao:** And make \$1500 a swing?  
756  
757 **Salvador Gaytan:** That's true. Well, I think you kind of like the action in tennis a  
758 little bit more, a little more fast paced?  
759  
760 **Cierra:** Yeah, I do, it's true.  
761  
762 **Salvador Gaytan:** The sweating, and the grunting.  
763  
764 **Cierra:** But I still hit golf balls from time to time, and it's there, maybe one  
765 day.  
766  
767 **Salvador Gaytan:** Maybe one day, Dr. John, double professional athlete, we never  
768 know.  
769  
770 **Dr. John Chao:** I know one day she'll be a great golfer.  
771  
772 **Salvador Gaytan:** Absolutely, absolutely. Well, we're coming to the conclusion of  
773 our show with our special guests. They're going to be on for our  
774 next show, because we still have more items to cover. But it's been  
775 very fascinating, and you can, like I said, Dr. John, specializes in  
776 very difficult dental cases. You can reach him at 626-308-9104 or  
777 [AlhambraDental.com](http://AlhambraDental.com). That's the wrap, Dr. John.  
778  
779 **Dr. John Chao:** Shoot us your questions. We'll see you next week.  
780

781 *Salvador Gaytan:* Absolutely. Goodbye, everybody.  
782  
783 *Cierra:* Bye.  
784  
785 *Noel:* Bye.  
786  
787 [END OF AUDIO]