

Angelo Mariotti, DDS, PhD, Chair



“SIXTY”

Sixty is an interesting number. As we all know,

60 is a composite number (translated: it is a positive integer which has a positive divisor other than itself) and is a sum of twin primes (29 + 31).

The Babylonians used a number system that had a base of

60. This is probably the reason why in geometry,

60 is the number of seconds in a minute and the number of minutes in a degree; and when we think of time, it is also probably the reason why there are

60 seconds in a minute and

60 minutes in an hour. Gotta love those Babylonians. In science, neodymium is a rare earth metal with a bright, silvery metallic luster that is used in magnets and has an atomic number of

60. In astronomy, NGC

60 is a spiral galaxy in the constellation Pisces that is roughly 5 times the size of our own Milky Way galaxy.

Sixty is also an important number for a variety of games which include Chinese checkers (e.g., the maximum number of game pieces), World of Warcraft (e.g., the highest obtainable level), Racko (e.g., total number of game cards), and darts (e.g., highest score with a single dart) to name just a few. Of course in baseball,

60 home runs in a single season used to be a huge number of “dingers” before the advent of steroids. So you see, for centuries (don’t forget the Babylonians)

60 has been an influential number and it just so happens that this autumn the Division of Periodontology will be celebrating it’s

60th (Diamond) Anniversary. I believe that would make us the oldest, degree granting periodontal program in the world. So, mark your calendar for October 30 and October 31, 2009 to celebrate the Diamond Anniversary of Periodontology at OSU. I can think of at least

60 reasons why you should come back to Columbus in October for continuing education programs, a dinner-dance, and to tailgate before the OSU football game. More news will be coming to you about the

60th Anniversary of OSU Periodontology in about **60** days.



Inside this issue:

Chairman’s Note	1
From the Editor	2
Awards	2
Voice of the Director	3
Predoctoral Report	5
Chairman’s Choice	6
2008 Published Articles	17
Eulogy: Dr. John Horton	18
Photos	20
Honor Roll of Giving	30

From the Editor

Dr. Irma Iskandar

It's been a particularly cold winter this year, but the snow is finally melting and the temperature is slowly warming up. Many important events have occurred throughout this season, including the recent presidential election and the changes in our economy. Throughout and despite all these events, the OSU Periodontology program has been busy and active serving the community in many different ways, as you will read about inside this issue.

I want to acknowledge the new faculty advisor for the Cutting Edge, Dr. Binnaz Leblebicioglu. She is replacing Dr. Lewis Claman's position as of this winter quarter. Dr. Kevin Harrison is still cub reporter for the publication.

There are many events scheduled for the upcoming season, such as the Midwest Society of Periodontology meeting in Chicago, and the IADR conference in Miami, where several of our residents plan to present their research findings. Please mark your calendars for these events and we hope to see you there!

Up Next

Midwest Society of Periodontology

Chicago, Illinois

February 28 to
March 1, 2009

Recent Awards to Faculty and Students

Dr. Lewis Claman

2008 OSU College of Dentistry Postle Teaching Award

Dr. Purnima Kumar

2008-2009 Stazen Junior Scientist Award

Dr. Stacey Papapostolou

2009 IADR Research in Prevention Travel Award

VOLPE
PRIZE
The Ohio State University
The Colgate-Palmolive Company

May 14, 2009: Reception at the Barrister Club
May 15, 2009: VOLPE Prize event at the Blackwell

Attendance RSVP to hallberg-henson.1@osu.edu or
Linda Hallberg-Henson at 614-292-0371 by May 1, 2009

Voice of the Director



**Dimitris
Tatakis**
DDS, PhD

Dear Alumni and Friends,

*It was great seeing many of you this past December at our special OSU Perio event, the celebration in honor of Dr. **Lewis Claman**. Residents, faculty, alumni, and guests enjoyed a wonderful evening and remembered the very many contributions of Dr. Claman to this Program. During the preceding afternoon course, attendees had the opportunity to listen to our invited speaker, Dr. **Thomas Hart**, from the National Institutes of Health (NIH). Although the bad news is that Dr. Claman is retiring, the good news is that we can expect to have him back, at least on a part-time basis, after this summer.*

*2009 is going to be a very special and exciting year for the Program; there are a couple of reasons for this. First, this coming May, we will be hosting the second Volpe Prize competition. The **Volpe Prize** is an international competition for dental and graduate students whose research is clinical in nature. The Prize is supported by the Colgate company and the OSU Division of Periodontology. We look forward to another successful event that will show-*

case advanced clinical research relevant to our specialty. The Volpe Prize competition will be held on Friday, May 15th.

*In October, the Program will celebrate its **60th Anniversary**. This is a major milestone for an academic program that has been in continuous operation since its inception. The plans call for an all day event, to be held on Friday, October 30th. Please save the date and plan to be part of this joyous celebration. More details will be made available later in the year.*

*On Friday, April 10th, the Program will have its annual **OSU Perio Research Day**, where residents will be presenting their M.S. thesis research work. The afternoon event will be combined with a morning CE lecture. Please come join us to support our residents and to hear new and interesting research findings while also obtaining CE credits. Our current third year residents, Drs. **Weiting Ho, Patrick Kelsey, Stacey Papapostolou, and Mabel Salas** are working hard to complete their research and clinical requirements to graduate on time, while also making plans for life after OSU Perio. This final stretch can be a stressful period of time, because of the amount of work required, the numerous deadlines, and the uncertainties of what happens next. The "real world" is experiencing economic difficulties and this might affect the possibilities available to these young colleagues. However, I am confident that their determination, hard work, skills, and training they received at OSU*

Voice of the Director - Continued

will allow them to successfully pursue their dreams. We will be celebrating the accomplishments of our third year residents during the annual graduation event, scheduled for June 12, 2009.

Our second year residents, Drs. **Irma Iskandar**, **Chad Matthews**, **Shaun Rotenberg**, and **Janel Yu** are progressing steadily in their clinical training and research endeavors. Along with the third year residents, they will be presenting their research work during the upcoming Perio Research Day. Our first year residents, Drs. **Eric Anderson**, **Pinar Emecen**, **Kevin Harrison**, and **Nidhi Jain** have been very busy in the clinic and the classroom, and have already started working on their M.S. thesis research projects.

Dr. **Stacey Papapostolou**, whose M.S. thesis research advisor is Dr. **Purnima Kumar** ('05), received the 2009 IADR Research in Prevention Travel Award. Hers was one of six awards given and the only one awarded to a presenter from the United States. Congratulations! Stacey will be presenting her research findings at the upcoming IADR meeting in Miami, FL. Drs. Weiting Ho, Mabel Salas, and Chad Matthews will also be presenting their work at the meeting. Dr. **Pooja Maney**, who is preparing to defend her Ph.D. dissertation, will be presenting as well.

The interview process for the new incoming class took place this past autumn, as it always has in the last few years. We changed somewhat the

interview process, by having back-to-back two days of interviews. This made for a very busy schedule for all involved, but the consensus was that it works better because it allows us to see all the interviewees within a short period of time. Interviews, whether in this new format or in the previous one, would not have been possible without the tremendous help of our residents and our staff, as well as our part-time and full-time faculty, who spent a lot of effort and time on the process. This year, we again enjoyed the benefit of having alumni - Drs. **Chun-Han Chou** ('07) and **Ralph Wilson** ('02) - participate in the interviews. I want to take this opportunity to thank again all participants.

The residents and I greatly appreciate your continuing support of the program as we keep on receiving referrals for patients who represent specialized treatment challenges or who cannot afford periodontal treatment in a private practice setting. Should you need to contact the clinic for a patient referral or any other reason, please call 614-292-4927. You can always reach me at tatakis.1@osu.edu or at 614-292-0371.

Best wishes,

Dimitris Tatakis

Predoctoral Director's Report



Lewis Claman
DDS, MS

As most graduates of the Program know, I will be completing my full time service to Ohio State during this academic year. Therefore, this is my last Predoctoral Director's report. I am proud to have had the opportunity to be the Predoctoral Director of Periodontology since 1997 and grateful for support from Dr. Mariotti, fellow faculty, and students. It has been a privilege to work with a talented faculty and great students. I am happy the program will be in very capable hands. In the past year, I have been working with Dr. Hua-Hong (Ben) Chien to transition some of the predoctoral director's responsibilities. As I wind down, I will continue to provide guidance.

In the coming months, our Division will be looking into new directions for teaching dental students and how we fit into the overall predoctoral program. While our predoctoral students have excellent opportunities to learn periodontics and perform well on Board Examinations, we are looking to use our faculty manpower wisely. We are and want to remain as the content experts in periodontics for the College. We would like to interface well in treatment planning and managing all patients at the College. With the appointment of Dr. Carole Anderson as the Dean of the College, we are seeking ways for our voice to be better heard.

I wish our wonderful faculty and former students the best success in the future. After retiring from full-time teaching in June, I hope to return to teach part time at the College.

Respectfully submitted,

Dr. Lewis J. Claman

CHAIRMAN'S CHOICE

William Menninger felt the six essential qualities for success were sincerity, personal integrity, humility, courtesy, charity and wisdom. All significant qualities to have, yet the understanding of wisdom, what it is and how to acquire it, is an enigma. A wise man (i.e., Gandhi) once said that "It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err." This article by Stephen Hall examines how wisdom might be quantified and discovers some surprising things.

The Older-and- Wiser Hypothesis

By Stephen S. Hall

From the
NEW YORK TIMES MAGAZINE

In 1950, the psychoanalyst Erik H. Erikson, in a famous treatise on the phases of life development, identified wisdom as a likely, but not inevitable, byproduct of growing older. Wisdom arose, he suggested, during the eighth and final stage of psychosocial development, which he described as "ego integrity versus despair." If an individual had achieved enough "ego integrity" over the course of a lifetime, then the imminent approach of infirmity and death would be accompanied by the virtue of wisdom. Unfortunately for researchers who followed, Erikson didn't bother to define wisdom.

As an ancient concept and esteemed human value, wisdom has historically been studied in the realms of philosophy and religion. The idea has been around at least since the Sumerians first etched bits of practical advice - "We are doomed to die; let us spend" - on clay tablets more than five thousand years ago. But as a trait that might be captured by quantitative measures, it has been more like the woolly mammoth of ideas-big, shaggy, and elusive. It is only in the last three decades that wisdom has received even glancing attention from social scientists. Erikson's observations left the door open for the formal study of wisdom, and a few brave psychologists rushed in where others feared to tread.

In some respects, they have not moved far beyond the very first question about wisdom: What is it? And it won't give

anything away to reveal that thirty years after embarking on the empirical study of wisdom, psychologists still don't agree on an answer. But it is also true that the journey in many ways may be as enlightening as the destination.

From the outset, it's easier to define what wisdom isn't. First of all, it isn't necessarily or intrinsically a product of old age, although reaching an advanced age increases the odds of acquiring the kinds of life experiences and emotional maturity that cultivate wisdom, which is why aspects of wisdom are increasingly attracting the attention of gerontological psychologists. Second, if you think you're wise, you're probably not. As Gandhi (who topped the leader board a few years ago in a survey in which college students were asked to name wise people) put it, "It is unwise to be too sure of one's own wisdom." Indeed, a general thread running through modern wisdom research is that wise people tend to be humble and "other-centered" as opposed to self-centered.

"Wisdom is really hard to study-really hard," says Robert J. Sternberg, a former president of the American Psychological Association who edited *Wisdom: Its Nature, Origins, and Development*, one of the first academic books on the subject, in 1990, and also edited, with Jennifer Jordan, *A Handbook of Wisdom* in 2005. "People tend to pooh-pooh wisdom because, well, you know, what's that? And how could you possibly define it? Isn't it culturally relative?" And yet Sternberg, who is the dean of the School of Arts and Sciences at Tufts University, says he believes the cultivation of wisdom-even though the concept is "big, important, and messy" -is essential to the future of society.

Certain qualities associated with wisdom recur in the academic literature: a clear-eyed view of human nature and the human predicament; emotional resiliency and the ability to cope in the face of adversity; an openness to other possibilities; forgiveness; humility; and a knack for learning from lifetime experiences. And yet as psychologists have noted, there is a yin-yang to the idea that makes it difficult to pin down. Wisdom is founded upon knowledge, but part of the physics of wisdom is shaped by uncertainty. Action is important, but so is judicious inaction. Emotion is central to wisdom, yet

(continued, pg 7)

CHAIRMAN'S CHOICE - Continued

detachment is essential.

If you think all those attributes sound fuzzy, vague, and absolutely refractory to quantification, you've got a lot of company in the academic community. But there is a delicious paradox at the heart of the study of wisdom. As difficult as it is to define, the mere contemplation of a definition is an irresistible exercise that says a lot about who we aspire to become over the course of a lifetime and what we value as a society. And little pieces of that evolving definition of wisdom—especially the ability to cope with adversity and the regulation of emotion with age—have begun to attract researchers with brain-scanning machines and serious chops in neuroscience.

"It's very intriguing, and it's becoming a big issue in our field," says Suzanne Kunkel, director of the Scripps Gerontology Center at Miami University in Ohio. She noted that the number of formal talks about wisdom and the aging process has increased significantly at professional meetings. "Part of me is a little skeptical," she says, reflecting the compelling ambivalence the subject elicits, "and part of me thinks there's something there."

The formal study of wisdom as a modern academic pursuit can legitimately trace its roots back to the 1950s, to an apartment building on Newkirk Avenue, just off Coney Island Avenue in Brooklyn. That is where a keenly observant young girl named Vivian Clayton became fascinated by special qualities she attributed to two prominent elders in her life: her father, a furrier named Simon Clayton, and her maternal grandmother. There was something that distinguished them from everyone else she knew. Despite limited education, they possessed an uncanny ability to remain calm in the midst of crises, made good decisions, and conveyed an almost palpable sense of emotional contentment, often in the face of considerable adversity or uncertainty. Long before she went to college, Clayton found herself contemplating the nature of wisdom.

"My father was forty-one when I was born," she said recently. "By far, he was the oldest parent among all my friends, almost the age of my friends' grandparents. He had emigrated from England but had lived through World War II there and experienced

the blitz and had to care for his dying mother, who was so sick that she refused to go down into the shelters during air raids in London. She lived in the East End, where the docks were, and they were always getting bombed. So he would sit with her while the bombs were falling, and when it was over, she would say, 'Now we can have a cup of tea!' He was a very humble man, and very aware of his limitations, but he always seemed to be able to weigh things and then make decisions that were right for the family. He knew what to respond to quickly, and what you had to reflect on." Clayton's maternal grandmother, Beatrice Domb, was the other central figure in her early life. "My mother saw my grandmother as a simple person," Clayton says. "But her simplicity I saw as a sign of deep contentment in her own life. She, who had less than a high-school education, was the matriarch of this very large family."

During her childhood and adolescence, Clayton obsessed over the differences between her mother and father, her grandmother and grandfather. She recalls pondering these differences as a teenager, dipping her toes in Mahwah Creek during family outings in Suffern, northwest of the city; as an undergraduate studying psychology at Buffalo University; and more formally, as a graduate student in the early 1970s at the University of Southern California, working with one of the country's leading gerontological psychologists, James E. Birren. Clayton is generally recognized as the first psychologist to ask, in even faintly scientific terms, "What does wisdom mean, and how does age affect it?"

Clayton's study of wisdom began with a bias, but one that counterbalanced a preexisting bias that pervaded the biomedical literature on aging in the '60s and '70s. Half a century ago, although only 5 percent of the elderly lived in nursing homes, almost all the gerontological research focused on this frail and struggling population. Not surprisingly, these researchers found plenty of negative things about being old. Memory, especially working memory, began to fade. The speed with which the brain processed information slowed down. Older people were more likely to be cognitively impaired.

One of the leading voices pushing for a
(continued, pg. 8)

CHAIRMAN'S CHOICE - Continued

more balanced view of the aging process was Birren. In what might be viewed as a battle between modern psychology and cultural attitudes toward the elderly, Birren was one of the leaders of an effort to investigate positive aspects of aging. At the time Clayton was at USC, Birren's graduate students were exploring the relationship of aging to topics like love, creativity, and wisdom—topics so big and unwieldy that they almost defied study.

Clayton went off to consult the "literature" on wisdom, which almost mirrored the central canon of Western civilization. She rummaged through the Hebrew Bible for clues to wise behavior, analyzed the stories of Job and King Solomon, parsed the meaning of ancient proverbs. "What emerged from that analysis," she says, "was that wisdom meant a lot of different things. But it was always associated with knowledge, frequently applied to human social situations, involved judgment and reflection, and was almost always embedded in a component of compassion." The essential importance of balance was embodied in the Hebrew word for wisdom, *chochmah*, which ancient people understood to evoke the combination of both heart and mind in reaching a decision. At that point, Birren advised Clayton to "become more scientific" and treat wisdom as a psychological construct that could be defined well enough to be measured and studied ("operationalized," in psychological lingo).

Between 1976, when she finished her dissertation, and 1982, Clayton published several groundbreaking papers that are now generally acknowledged as the first to suggest that researchers could study wisdom empirically. She identified three general aspects of human activity that were central to wisdom—the acquisition of knowledge (cognitive) and the analysis of that information (reflective) filtered through the emotions (affective). Then she assembled a battery of existing psychological tests to measure it. Clayton laid several important markers on the field at its inception. She realized that "neither were the old always wise, nor the young lacking in wisdom." She also argued that while intelligence represented a nonsocial and impersonal domain of knowledge that might diminish in value over the course of a lifetime, wisdom represented a social,

interpersonal form of knowledge about human nature that resisted erosion and might increase with age. Clayton's early work was "a big deal," Sternberg says. "It was a breakthrough to say wisdom is something you could study." Jacqui Smith, who has conducted wisdom research since the 1980s, says it "was seminal work that really triggered subsequent studies."

As Clayton began to describe her research at psychological meetings in the late '70s, the work on wisdom created considerable buzz. One of the people who grasped its significance immediately was Paul B. Baltes, a legendary psychologist then at Pennsylvania State University. Baltes helped pioneer lifespan developmental theory, which argues that in order to understand, say, a sixty-year-old person, you need to take into account the individual's biology, psychology, and sociological context at various stages of life, as well as the cultural and historical era in which he or she lived.

Baltes closely monitored the initial wisdom studies, Clayton recalls, and regularly peppered her with questions about her progress. "I went to all these meetings," she says, "and we would have lunch or dinner at every meeting. He was always asking, where was I with this wisdom stuff?"

The answer would soon be: nowhere. In 1982, Clayton published her last paper on wisdom. By then, she had applied for, but failed to receive, a grant from the National Institute on Aging to pursue the wisdom studies, had quit her position as assistant professor at Columbia University Teachers College and left academia for good. Part of the reason was that she recognized her own limitations in studying a very diffuse topic. "I was lost in the Milky Way of wisdom," she admits, "and each star seemed as bright as the next. Ultimately that's why I didn't continue with it." The universe shifted to Berlin, and the working definition of wisdom acquired a German accent.

The Berlin wisdom paradigm, as it came to be called, was built in part on research using hypothetical vignettes to discern wise and unwise responses to life dilemmas. "A fifteen-year-old girl wants to get married

(continued, pg. 9)

CHAIRMAN'S CHOICE - *Continued*

right away," one vignette suggested. "What should one/she consider and do?"

A wise person, according to the Berlin group, would say some-thing like: "Well, on the surface, this seems like an easy problem. On average, marriage for fifteen-year-old girls is not a good thing. But there are situations where the average case does not fit. Perhaps in this instance, special life circumstances are involved, such as the girl has a terminal illness. Or the girl has just lost her parents. And also this girl may live in another culture or historical period. Perhaps she was raised with a value system different from ours. In addition, one has to think about adequate ways of talking with the girl and to consider her emotional state."

That reply may seem tentative and relativistic, but it reflects many aspects of wisdom as defined by the Berlin Wisdom Project, which began in 1984 under the leadership of Baltes, who along with Birren had championed the search for late-life potential. Born in 1939 in Germany, Baltes had established a reputation as a leading quantitative psychologist by the time he returned to Germany in 1980 to become director of the Max Planck Institute for Human Development in Berlin. There, Baltes and many collaborators - including Jacqui Smith (now at the University of Michigan), Ursula M. Staudinger, and Ute Kunzmann - embarked on an ambitious, large-scale program to, as they put it, "take wisdom into the laboratory."

Boiled down to its essence, the "Berlin Paradigm" defined wisdom as "an expert knowledge system concerning the fundamental pragmatics of life." Heavily influenced by lifespan psychology, the Berlin version of wisdom emphasized several complementary qualities: expert knowledge of both the "facts" of human nature and the "how" of dealing with decisions and dilemmas; an appreciation of one's historical, cultural, and biological circumstances during the arc of a life span; an understanding of the "relativism" of values and priorities; and an acknowledgment, at the level of both thought and action, of uncertainty. "We picked up from the philosophical literature that wisdom is like a peak performance," Smith says. "It's the highest level of potential or achievement that a human mind might be able to achieve." And so the Berlin group focused

more on expertise and performance than on personality traits, because such an approach lent itself to more rigorous measurement than the typical self-report tests of psychological research.

"Wisdom in action," as the Berlin group put it, might manifest itself as good judgment, shrewd advice, psychological insight, emotional regulation and empathetic understanding; it could be found in familial interactions, in formal writing and in the relationship between a student and mentor or a doctor and patient. Yet by its very nature, the researchers conceded, wisdom was a utopian concept that was virtually unattainable. Baltes and Staudinger pointed out in one paper that "wisdom is a collectively anchored product and that individuals by themselves are only 'weak' carriers of wisdom." They generally did not see wisdom as the function of personality. As Smith puts it: "We went in the other direction and tried to define what a product might be. Not the person as such, but rather some sort of performance that we could assess." In evaluating the wisdom of Gandhi, for example, they focused on his speeches and writings.

One instrument the Baltes group developed to measure wisdom was posing open-ended, hypothetical questions like the one about the fifteen-year-old girl who wanted to marry. (In their view, a reply garnering a low wisdom-related score would be an inflexible, authoritative response like: "No, no way, marrying at age fifteen would be utterly wrong. One has to tell the girl that marriage is not possible.... No, this is just a crazy idea.") These vignettes located wisdom firmly in the universe of problem-solving around significant life events-from issues like choosing a career versus child-rearing to facing decisions about early retirement to dealing with a diagnosis of cancer.

The Germans were among the first to reach what is now a wide-spread conclusion: there's not a lot of wisdom around. Of the seven hundred people assessed, "we never found a single person who gained top scores across the board," Smith wrote in an e-mail message. They also punctured one conceit about growing old when they found no evidence, in four different studies, that wisdom, as they defined it, necessarily increases with age. Rather, they identified a "plateau" of

(continued, pg. 10)

CHAIRMAN'S CHOICE - Continued

wisdom-related performance through much of middle and old age; a separate study by the group has indicated that wisdom begins, on average, to diminish around age seventy-five, probably hand in hand with cognitive decline. Nonetheless, the Baltes group suggested in one paper that there might be an optimal age and that "the 'world record' in wisdom may be held by someone in his or her 60s."

The Berlin Wisdom Project made a huge impact on the handful of people interested in wisdom research; by one account, academic "wisdom" publications numbered only two or three a year before 1984 but had grown to several dozen a year by 2000. But the German research, though much admired, did not overcome many of the mainstream reservations in academia. Jacqui Smith, who was collaborating with Baltes on one of his final wisdom papers when he died of cancer last fall at age sixty-seven, says wisdom studies remain on the fringe of academic respectability.

Even some wisdom researchers found the Berlin wisdom studies to be abstract and difficult to understand, and although emotion was always part of the formula, it struck some people as secondary to the emphasis on expert knowledge. "It's great work, and they've looked at it more closely than anybody else," says Laura L. Carstensen, a psychologist who directs the Center on Longevity at Stanford University. "But one of the critiques people have had is that they left emotion out of it. I don't think you can have wisdom without having emotional regulation be a part of it."

How might emotion be important to wisdom? Consider C., a sixty-seven-year-old mother of seven children who lives in Gainesville, Florida. Her life has not been without heartache or emotional tumult. She grew up poor, and she has been drawn into custody battles and financial imbroglios with in-laws. More significant, one of her children was born with cerebral palsy; rather than place the child in a home, as some urged her to do, she insisted on caring for and raising him at home with the rest of the family. "I would put my healthy kids in a home first," she told doctors at the time, "instead of putting a baby in there that can't talk for himself." Despite years of challenge (the son

eventually died at age twelve), C. managed to maintain a kind of emotional equilibrium. "I don't sit around and dwell on bad things," she said. "I don't have time for it, really. There's so many good things you can do."

C., who appears as a pseudonym in the psychological literature, is arguably one of the few certifiably wise people in the world - "certified" in the sense that she scored well above average in a "Three-Dimensional Wisdom Scale" developed by Monika Ardelt, a German-born sociologist at the University of Florida in Gainesville.

In 1990, as a graduate student at the University of North Carolina, Ardelt wanted to identify factors that contributed to a sense of life satisfaction and wellbeing in old age and began to focus on the acquisition of wisdom. She discovered Vivian Clayton's early research, which made emotion a central part of wisdom, and she began to build upon Clayton's framework. By 1997, Ardelt had joined the faculty at the University of Florida, and she received a grant from the National Institutes of Health and the National Institute on Aging to develop a psychological test to assess wisdom. She was interested in investigating measures of wisdom and looking at a trait that often goes by the name "resilience" - how some older people are able to deal with adversity and bounce back emotionally while others cannot. Indeed, as she has noted, "successfully coping with crises and hardships in life might not only be a hallmark of wise individuals but also one of the pathways to wisdom."

Thus, beginning in December 1997, Ardelt began to recruit 180 senior citizens at churches and community groups in north-central Florida to participate in what she called a "Personality and Aging Well Study." The participants did not know that one purpose of the study was to road-test a series of questions designed to assess general wisdom. In Ardelt's working definition, wisdom integrated three separate but interconnected ways of dealing with the world: cognitive, reflective, and emotional. Hence, a "three-dimensional" wisdom scale, which, according to the habit of psychological measures, is designated "3D-WS." The cognitive aspect, for example, included the ability to understand human nature, perceive a situation

(continued, pg. 11)

CHAIRMAN'S CHOICE - Continued

clearly, and make decisions despite ambiguity and uncertainty. The reflective sphere dealt with a person's ability to examine an event from multiple perspectives-to step outside oneself and understand another point of view. And the emotional aspect primarily involved feeling compassion toward others as well as an ability to remain positive in the face of adversity. In the initial phase, participants responded to 132 questions that probed for these qualities. Later, Ardelt settled on 39 questions that, in her judgment, captured the elusive concept of wisdom.

There is, of course, something utterly quixotic about assessing human wisdom on the basis of a self-report test in which subjects agree or disagree with statements like "People are either good or bad" and "I always try to look at all sides of a problem." Yet the Three-Dimensional Wisdom Scale, Ardelt argues, distinguished "how relatively wise older people cope with life crises in comparison to older people relatively low on wisdom." And when Ardelt went back and intensively interviewed some of the subjects (including C.), a seasoned, pragmatic, everyday version of wisdom - wisdom with a small "w," you might say - emerged in their life stories.

J., who was also described in the literature, is an eighty-six-year-old African American man who is also no stranger to adversity. He went off to fight in World War II and, after experiencing the horrors of battle, suffered severe depression upon his return to the United States. He acquired an advanced degree and became a successful school administrator, although his marriage had fallen apart. He was devastated when his mother died. Yet he managed to step outside his immediate troubles to assess the situation with a detachment and graceful calm that helped him cope during times of adversity. "I've had as much bad things to happen as good things, but I've never allowed any outside force to take possession of my being," he explained. "That means, whenever I had a problem, I went to something wholesome to solve it." One of the "wholesome" things that helped, he said, was bowling.

The popular image of the Wise Man usually does not include a guy in a bowling shirt, but several qualities have emerged again and again in older people like J. who

score high on Ardelt's wisdom scale. They learn from previous negative experiences. They are able to step outside themselves and assess a troubling situation with calm reflection. They recast a crisis as a problem to be addressed, a puzzle to be solved. They take action in situations they can control and accept the inability to do so when matters are outside their control.

All these sound like noble attributes, but the litany of qualities is so squishy that the definition of wisdom begins to resemble a multicar pileup of platitudes. One person's positive attitude might be another person's form of self-delusion; perceiving one's limitations might be another name for passivity or indecision or lack of persistence. The common-sense language of wisdom often teeters between proverb and cliché. In fact, the Berlin group mounted an extensive study of proverbs as a way of thinking about wisdom, and Ardelt cites the well-known serenity prayer as an example of a proverb that emphasizes the discernment implicit in wisdom. (This is the saying that goes, "God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.")

But as I read the undeniably self-satisfied profiles in wisdom published by Ardelt, they reminded me that wisdom unfolds on many stages and very much depends on the *dramatis personae*. We tend to think of wisdom as a Cecil B. DeMille production in human enlightenment, with Biblical sets and King Solomon (or some similarly commanding figure) talking down to us from a position of social and moral authority. But in our daily negotiation with the improvident turns of an imperfect world, we probably need a more personal form of wisdom in dealing with in-laws or coping with financial stresses. Perhaps the most important yin-yang of wisdom may be the different shapes it takes in the public and private domains. The public face of wisdom has to do with leadership, judgment, and a responsibility to the collective future, offering a kind of moral inspiration to do the greatest good for the greatest number of people; this is the face that emerges when people are asked in surveys to name people they consider to be wise (the nominees invariably include people like Martin

(continued, pg. 12)

CHAIRMAN'S CHOICE - *Continued*

Luther King Jr., Nelson Mandela, Mother Teresa, and again Gandhi). The private face of wisdom may be Vivian Clayton's father, my parents, your Uncle Myron. By comparison, the example of their wisdom is invisible to all but the inner circle of kin and acquaintances that benefit each day, in myriad specific ways, from the exercise of wisdom.

If nothing else, the 3D-WS studies suggest that a kind of wisdom can arise in ordinary people from unexpected backgrounds. With Ardelt's help, I had an opportunity to speak with some of the people who ranked high on her wisdom scale. C., it turns out, grew up on a tobacco farm in Kentucky, never finished high school and harbored no greater ambition than to have children. "We're not mountaineers," she told me, "but we are hillbillies."

Ardelt is now testing her wisdom scale on a different population. In collaboration with George E. Vaillant, a Harvard Medical School psychiatrist affiliated with Brigham and Women's Hospital in Boston, she is assessing a group of Harvard University graduates who have been faithfully filling out psychological surveys every two years since they began college in the late 1930s. "I have identified people I consider wise and people I consider relatively low in wisdom," says Ardelt, who is still analyzing the data. People who rated high in wisdom, she adds, were "very generous," both financially and emotionally; among those who rated low in wisdom, "there was this occupation with the self."

Ardelt acknowledges that no one really knows what wisdom is. "I like my definition," she says. "The Baltes people like their definition, and Sternberg likes his. There's no agreement on what wisdom is, and that's the fuzzy part. We're not there yet."

The "fuzziness" of wisdom studies scares many people away from the subject; as James Birren and Cheryl Svensson noted recently, the thirteen chapters of Sternberg's 1990 collection *Wisdom* offer thirteen different approaches, and many self-respecting psychologists and neuroscientists fairly flee from the suggestion that they are investigating the biological basis of wisdom. Yet many of the emotional and cognitive traits that rank high on current research agendas -resilience, positivity,

expert knowledge systems, cognitive processing, and especially the regulation of emotion - closely overlap with qualities that have been consistently identified by Clayton, Baltes, Ardelt, and other social scientists as crucial to wisdom.

One of the most interesting areas of neuroscience research involves looking at the way people regulate their emotions and how that regulation can change over the course of a lifetime. Laura Carstensen of Stanford University has produced a substantial body of research over the past two decades showing that the ability to focus on emotional control is tightly linked to a person's sense of time and that older people in general seem to have a better feel for keeping their emotions in balance. This has emerged in part from a long-running research project known informally at Stanford as the "beeper study."

In 1994, Carstensen and her colleagues provided nearly two hundred northern California residents, young and old, with electronic pagers; since then, in several waves of data collection, the subjects have been beeped at random times, up to five times a day over the course of a week, and asked to describe the emotions they are feeling at that exact moment. For Jan Post, who lives north of San Francisco, several of these beeps arrived when she was, as she put it, "doing what husbands and wives are supposed to do." Daniel Zucker's pager pulsed on occasion when he was in meetings at work or driving on the highway. Whatever they were doing, the subjects paused to fill out a questionnaire reporting the intensity of nineteen emotions ranging from anger to happiness to boredom. As part of the ongoing study, participants are now coming into the Stanford lab for intense psychological testing, which often includes a session in brain-scanning machines.

What the Stanford researchers have found - in the laboratory and out in the world - is that despite the well-documented cognitive declines associated with advancing age, older people seem to have figured out how to manage their emotions in a profoundly important way. Compared with younger people, they experience negative emotions less frequently, exercise better control over their emotions, and rely on a complex and nuanced emotional thermostat that allows

(continued, pg. 13)

CHAIRMAN'S CHOICE - *Continued*

them to bounce back quickly from adverse moments. Indeed, they typically strive for emotional balance, which in turn seems to affect the ways their brains process information from their environment.

On a recent spring day in Palo Alto, California, for example, the Stanford researchers put sixty-seven-year-old N., a very nice, good-natured subject of the beeper study, through a battery of cognitive and emotional assessments. She repeatedly filled out questionnaires asking her to gauge the intensity of her emotions; took a vocabulary test; endured a wearying series of tasks designed to assess the quality of her memory; and before the two-day gantlet of testing was done, would also undergo functional magnetic resonance imaging (fMRI) of her brain while she performed a monetary-reward task and viewed pictures laden with positive and negative emotional content. Every once in a while, she was asked to chew on a piece of cotton until it was saturated with saliva (a test for the stress hormone cortisol).

These laboratory sessions are not without their frustrating moments, and the low point for N. occurred in the middle of a Tuesday afternoon, when she was asked to perform two different tasks: public speaking and a maddening mathematical task that involved a formula for counting backward as fast as she could. Every time N. made a mistake, and she made quite a few, a humorless examiner would say, "Error," and ask her to start again. She became so flustered that she'd pretzeled her body into an ampersand and kept repeating, "Gosh, I can't even think. ... " Later she confided, "I was almost in tears right after doing those numbers." But by the time N. completed the final task of the day, which asked her to rate her emotions on a scale of one (for low) to seven (for high), she appeared to have rebounded quite nicely.

"Happiness is a seven," she said with a triumphant laugh, checking the last box on the questionnaire. "I'm getting out of here!" That, in a sense, is the take-home message of the "beeper study," too. The results suggest that older people on average are more even-keeled and resilient emotionally. "Younger people tend to be either positive or negative at any given point in their daily life," Carstensen says, "but older people are

more likely to experience mixed emotions, happiness, and a touch of sadness at the same time. Having mixed emotions helps to regulate emotional states better than extremes of emotion. There's a lot of loss associated with aging, and humans are the only species that recognizes that time eventually runs out. That influences the motivation to savor the day-to-day experiences you have, it allows you to be more positive. Appreciating the fragility of life helps you savor it." Fredda Blanchard-Fields of the Georgia Institute of Technology has produced a series of studies showing that the emotional equilibrium of older people allows them to negotiate solutions to interpersonal problems better than younger people. "She wouldn't call it research on wisdom," Carstensen says of Blanchard-Fields, "but I would."

Carstensen and her colleagues believe that this motivation to focus less on the negative is probably unconscious and shaped by one's sense of time. "According to our theory, this isn't a quality of aging per se, but of time horizons," she says. "When your time perspective shortens, as it does when you come closer to the ends of things, you tend to focus on emotionally meaningful goals. When the time horizon is long, you focus on knowledge acquisition." As time horizons shorten, she added, "things become much clearer, because people are letting their feelings navigate what they do, who they spend time with, what are the choices they're making in life, and it's about right now."

Carstensen calls this "socioemotional selectivity theory" and says that in the shortened time perspective of old age, people are motivated to focus on the positive in a way that registers as a difference in cognitive processing in the brain. "I'm not a 'wisdom person,'" she said in a recent conversation in her office. But she readily agreed that many elements of emotional regulation seen in older adults are "absolutely" consistent with qualities that have long been identified by the wisdom researchers.

This is all of a piece with life-span development theory (Carstensen got her Ph.D. in a program founded by Paul Baltes), which has as a central precept the idea that the decisions one makes at each stage of life

(continued, pg. 14)

CHAIRMAN'S CHOICE - *Continued*

involve trade-offs. As Carstensen puts it, "There's always a cost, always a tension, between selecting any goal." She and her colleague Corinna E. Lackenhoff have speculated that there may even be good evolutionary reasons for this division between knowledge acquisition and emotional fulfillment. Acquiring knowledge (and paying close attention to threat and danger) increases the likelihood that young people will survive to reproductive age; emphasizing emotional connection and kinship at an older age may increase the survival ability of one's children and grandchildren (and their genes) in the future. "If you invest increasingly in those people related to you," Carstensen says, "then you are investing in your own genes' survival."

This "positivity" effect may even have long-term health consequences. Although the findings haven't been peer-reviewed or published, Carstensen said preliminary results from the small sample in the ongoing "beeper" experiment indicate that people who didn't regulate their emotions well as adults and were relatively more negative at the start of the study "were more likely to be dead" ten years later, independent of their health status at the beginning of the experiment.

This intriguing correlation between positivity and longevity has been seen elsewhere. In 2002, Becca Levy, a psychologist at Yale University, collaborated with researchers for the Ohio Longitudinal Study, who have been following aging in a cohort of people since 1975, and they made a very surprising finding: older people with a more positive attitude toward old age lived seven and a half years longer. "It's a pretty robust effect," says Suzanne Kunkel, the gerontologist who heads the Ohio study. "People with a positive perception of aging, of themselves as an aging person, seem to have a longevity advantage." But there may also be downsides to positivity, and Carstensen's lab is investigating that possibility. Older people who are inclined to tune out the negative and focus on the positive, she says, might be more vulnerable to confidence scams and make bad, overly trusting decisions.

Richard J. Davidson, a neuroscientist at the University of Wisconsin, has been looking at patterns of brain activity associated with emotional regulation in a small group of

older people who have participated in the Wisconsin Longitudinal Study. In a paper published last year, the Wisconsin team reported that older adults (the average age was sixty-four) who regulated their emotions well showed a distinctly different pattern of brain activity than those who didn't. These people apparently used their prefrontal cortex, the part of the brain that exerts "executive control" over certain brain functions, to tamp down activity in the amygdala, a small region deep in the brain that processes emotional content, especially fear and anxiety. In people who are poor regulators of emotion, activity in the amygdala is higher, and daily measurements of the stress hormone cortisol follow a pattern that has been associated with poor health outcomes.

"Those people who are good at regulating negative emotion, inferred by their ability to voluntarily use cognitive strategies to reappraise a stimulus, show reductions in activation in the amygdala," says Davidson, who added that such regulation probably results from "something that has been at least implicitly trained over the years." It is difficult (not to say dangerous) to generalize from such a small, focused study, but the implication is that people who learn, or somehow train themselves, to modulate their emotions are better able to manage stress and bounce back from adversity. Although they can register the negative, they have somehow learned not to get bogged down in it. Whether this learning is a form of "wisdom" accumulated over a lifetime of experience, as wisdom researchers see it, or can be acquired through training exercises like meditation, as Davidson's previous research has shown, the recent message from neuroscience laboratories is that the optimal regulation of emotion can be seen in the brain.

Similarly, several years ago, Carstensen; Mara Mather of the University of California, Santa Cruz; John Gabrieli, a neuroscientist now at the Massachusetts Institute of Technology; and several colleagues performed fMRI studies of young and old people to see whether the ability to regulate emotions left a trace in the amygdala. The study indicated that the amygdala in young people becomes active when they view both positive and

(continued pg. 15)

CHAIRMAN'S CHOICE - *Continued*

negative images; the amygdala in older people is active only when they view positive images. Put another way, young people tend to cling to the negative information, neurologically speaking, while older people seem better able to shrug it off and focus more on positive images. This neural selectivity, this focus on the positive, is virtually instantaneous, Gabrieli says, and yet probably reflects a kind of emotional knowledge or experience that guides cognitive focus; Carstensen says older people "disattend" negative information. This "disattention" also echoes some very old thoughts on wisdom. In his 1890 book *The Principles of Psychology*, William James observed, "The art of being wise is the art of knowing what to overlook." In modern neuroscience parlance, Gabrieli says, "you could say that in older people the amygdala is over-looking the negative."

Much of the research to date has reflected a predominantly Western notion of wisdom, but its definition can be further muddied by cultural vagaries. In one cross-cultural study, researchers found that Americans and Australians essentially equated being wise with being experienced and knowledgeable; being old and discreet were seen as less-than-desirable qualities. People in India and Japan, by contrast, linked wisdom to being discreet, aged, and experienced.

Nevertheless, the notion of wisdom is sufficiently universal that it raises other questions: Where does it come from, and how does one acquire it? Surprisingly, a good deal of evidence, both anecdotal and empirical, suggests that the seeds of wisdom are planted earlier in life—certainly earlier than old age, often earlier than middle age, and possibly even earlier than young adulthood. And there are strong hints that wisdom is associated with an earlier exposure to adversity or failure. That certainly seems to be the case with emotional regulation and is perfectly consistent with Carstensen's ideas about shifting time horizons. Karen Parker and her colleagues at Stanford have published several striking animal studies showing that a very early exposure to mild adversity (she calls it a "stress inoculation") seems to "enhance the development of brain systems that regulate emotional, neuroendocrine and cognitive control" - at

least in nonhuman primates. Some researchers are also exploring the genetic basis of resilience.

The Berlin group reported that the roots of wisdom can be traced, in some cases, to adolescence. Jacqui Smith points out that many of the people in the Berlin Aging Study survived two world wars and a global depression; the elderly people who scored high on Monika Ardelt's wisdom scale also reported considerable hardship earlier in their lives.

This notion that wise people might have been "vaccinated" earlier in life by adversity reminded me of Vivian Clayton's father, sitting next to his frail mother in London while the German bombs rained down around them, celebrating their survival each time with a cup of tea. It also made me curious about Clayton, who disappeared from academia in 1981. I managed to track her down through a short item on the Internet, which described a psychologist of the same name who tended bees as a hobby in northern California. It turned out to be the same Vivian Clayton, and she agreed to meet with me at her office in Orinda on a sunny March morning, a few hours before seeing her first patient of the day.

Now fifty-six - "and proud of it," she said - Clayton turned out to be a vivacious woman with a soothingly enthusiastic voice. After all the abstraction involved in thinking about wisdom, she had turned to a more pragmatic role as a geriatric neuropsychologist, helping families and lawyers determine mental capacity in older people experiencing cognitive declines; in fact, she helped write the California State Bar manual for making these determinations. She never contributed anything to the wisdom field after 1982, although Paul Baltes continued to send her papers from Berlin and Monika Ardelt has occasionally sought her counsel. I asked her if she regretted not continuing in the field, and she said not at all. "I reached a fork in the road," she said. "Wisdom can be a very abstract concept, and as I got older, I gravitated to more practical approaches."

We talked about wisdom in contemporary culture, and gradually the conversation turned to bees. "You know, bees have been around for hundreds of millions of years, at

(continued, pg. 16)

CHAIRMAN'S CHOICE - Continued

least, as living creatures," Clayton said. "And when you work a hive, and you're there with that hive alone, and you hear how contented the bees are, you just have the sense that they have the pulse of the universe encoded in their genes. And I really feel that the concept of wisdom is like that, too. Somehow, like the bees, we are programmed to understand when someone has been wise. But what wisdom is, and how one learns to be wise, is still somewhat of a mystery.

UPCOMING EVENTS

Academy of Osseointegration, San Diego, CA
February 26-28, 2009

Midwest Society of Periodontology, Chicago, IL
February 28 to March 1, 2009

Periodontal Research Day at OSU, Columbus, OH
Friday, April 10, 2009 from 8:30 AM to 4:30 PM

American Association for Dental Research, Miami, FL
April 1-4, 2009

International Association for Dental Research, Miami, FL
April 1-4, 2009

EUOPERIO 6 in Stockholm, Sweden
June 4-6, 2009

G3 Resident Recognition and Awards
June 12, 2009

Certificates Delivered to 3rd Year Residents
June 23, 2009 at 4:30 PM



OSU Division of Periodontology

2008 Published Articles (alphabetically, by first author)

PEER-REVIEWED ARTICLES

- 1) Antunes KB, Miranda AM, Carvalho SR, Azevodo AL, Tatakis DN, Pires FR. Sarcoidosis presenting as gingival erosion in a patient under long-term clinical control. J Periodontol 2008 Mar;79(3):556-61.
- 2) Beaumont C, Schmidt RJ, Tatakis DN, Zafiropoulos GG. Use of engineered bone for sinus augmentation. J Periodontol. 2008 Mar;79(3):541-8.
- 3) Burrell RC, Walters JD. Distribution of systemic clarithromycin to gingiva. J Periodontol. 2008 Sept;79(9):1712-8.
- 4) Chou CH, Walters JD. Clarithromycin transport by gingival fibroblasts and epithelial cells. J Dent Res. 2008 Aug;87(8):777-81.
- 5) Fitzgerald RR, Rawal SY, Walters AW, Walters JD. Pre-orthodontic gingival augmentation with an acellular dermal matrix allograft: a case report. PERIO 5(2008), No. 2 (99-104).
- 6) Khoury SB, Thomas L, Walters JD, Sheridan JF, Leblebicioglu B. Early wound healing following one-stage dental implant placement with and without antibiotic prophylaxis: a pilot study. J Periodontol. 2008 Oct;79(10):1904-12.
- 7) Kulekci G, Leblebicioglu B, Keskin F, Ciftci S, Badur S. Salivary detection of periodontopathic bacteria in periodontally healthy children. Anaerobe. 2008 Feb;14(1):49-54.
- 8) Su GN, Tai PW, Su PT, Chien HH. Protracted benign paroxysmal positional vertigo following osteotome sinus floor elevation: a case report. Int J Oral Maxillofac Implants. 2008 Sept-Oct;23(5):955-9.
- 9) Trombelli L, Farina R, Minenna L, Carrieri A, Scapoli C, Tatakis DN. Experimental gingivitis: reproducibility of plaque accumulation and gingival inflammation parameters in selected populations during a repeat trial. J Clin Periodontol. 2008 Nov;35(11):955-60.
- 10) Wessel JR, Tatakis DN. Patient outcomes following subepithelial connective tissue graft and free gingival graft procedures. J Periodontol. 2008 Mar;79(3):425-30.

Eulogy: Dr. John Horton (1931-2008)



In Honor of Dr. John Horton From the Division of Periodontology, The Ohio State University College of Dentistry

John Edward Horton passed away on October 28, 2008 in Columbus, Ohio. He was 77 years old.

Dr. Horton had two remarkable careers: one in the United States Army, where he achieved the rank of Colonel, and one in Academics. Each of his careers was a life's work, which make his accomplishments even more amazing. His dual military and academic careers were at times separate and at times concurrent, but always followed the parallel tracks of research, teaching, and public service.

Dr. Horton received his BS degree from Providence College in 1952 and attended the University of Massachusetts Graduate School from 1952 to 1953. He received his DMD degree from Tufts University School of Dental Medicine in 1957. He attended Baylor University College of Dentistry from 1963 to 1965 receiving a MSD while obtaining his Certificate in Periodontics at Brooke Army Medical Center, Fort Sam Houston, Texas. As he neared completion of his career in the Army, anticipating a second career in academics, Dr. Horton attended George Washington University School of Education and received his MA in Education in 1978.

Dr. Horton had a distinguished career in academics, teaching and public service. He

was Chief of Oral Diagnosis, Preventive Dentistry and Periodontics at several U.S. Army locations during his military service. His most significant appointment was Chief, Departments of Microbiology and Immunology, Division of Basic Sciences, US Army Institute of Dental Research, Walter Reed Army Medical Center from 1973 to 1977.

While in the service, Dr. Horton was an instructor at several of his posts. Most significantly he was an instructor in Microbiology and Immunology at the Periodontic Residency Training Program, U.S.A. Institute of Dental Research, Walter Reed Army Medical Center from 1972 to 1977. While in Washington, D.C., Dr. Horton gave several Professorial Lectures at The George Washington University and was a lecturer at Johns Hopkins (1975-1979).

Dr. Horton's many contributions to public service, is highlighted by his involvement in the peer review process at the NIH, where he served on the Oral Biology and Medicine II Study Section from its beginning and for four years. The group met three times a year to consider grant requests.

After retiring from military service in 1977, Dr. Horton was appointed as an Associate Professor and Chair/Program Director of the Department of Periodontology at the Harvard School of Dental Medicine from 1977 to 1981. Dr. Horton became Professor and Chair of Periodontology at The Ohio State University College of Dentistry in 1981 and assumed direction of the Periodontal Graduate Program 1982. He was Chair until 1995, program director until 1997 and retired from the University in 2002.

During his military service and continuing throughout his academic career, Dr. Horton was an attending dentist then resident and finally staff periodontist at six different hospitals in Germany and the United States. After advanced training, he maintained a clinical periodontal practice.

A successful career in academics is marked by teaching, research and public service. Dr. Horton was a strong contributor in each area. What most distinguishes Dr. Horton is his dedication and accomplishments in Dental Research. His focus was on bone research. His research led to identifying osteoclast activating factor (OAF), a key

(continued, pg. 19)

Eulogy: Dr. John Horton - Continued

factor in the initiation of bone resorption. This important host product since been renamed interleukin-1 (IL-1). He was the first author on the important 1972 publication "Bone Resorbing Activity in Supernatant Fluid From Cultured Human Peripheral Blood Leukocytes", which has had over 400 citations in the scientific literature. He was also first author on the 1974 publication entitled "Macrophage-Lymphocyte synergy in the production of *Osteoclast Activating Factor* (OAF). His work led to the modern era of bone research.

Since his initial work, many interleukins have been discovered. Dr. Horton's bone research also had a direct clinical application in ultrasonic instrumentation for the surgical removal of bone. He was the first or contributing author on 46 publications in refereed journals and 12 articles in non-refereed Journals. He was also an author of two textbook chapters/monographs and a coauthor on 84 abstracts in dental journals. His research has been published in *Science*, the *Journal of Immunology* and the *Journal of Periodontology*. His publications have been cited in the scientific literature over 1,800 times.

Without a doubt, Dr. Horton's most significant contribution to knowledge was his dedication to graduate students, dental faculty and dental hygiene faculty research throughout his academic career. He was the research and thesis advisor for 14 graduate students, a member of 4 dissertation committees and 9 graduate thesis committees. His ability to mentor graduate students was truly a gift that has carried over to his students' successful careers in periodontal practice and academics.

Additionally, many of his students were recipients of awards for local, regional and national competitions in periodontics. As a strong advocate of recruiting international students and faculty, his influence truly had a global affect. Numerous international residents from many countries trained at OSU have had prominent careers.

His national and international vision and dedication enriched our program and the specialty of periodontics. Dr. Horton believed in all of his students. He brought discipline into the program and inspired his students to reach their potential. He continued to follow

his students' progress after their graduation and would always congratulate former students when they passed the American Board of Periodontology Exam. His caring nature extended to many countries.

Dr. Horton received the outstanding faculty award for Phi Beta Delta at Ohio State (1998), was elected as an Honorary member of the Turkish Society of Periodontology (1988), was elected Honorary Member of the Association of Gnathology in R.O.C (1994) and The Ohio State University Representative to the Ministry of Education, Republic of China, Taiwan (1990). Most recently he was the recipient of the "Distinguished Alumni of the Advanced Training Program in Periodontics", Baylor College of Dentistry, Texas A&M University Health Science Center. He was a fellow of 5 scientific organizations and elected into 4 honorary societies. Dr. Horton was recently honored at the Baylor Reunion during the 2007 American Academy of Periodontology in Washington, D.C. He was recognized for a "remarkable career as an educator, clinician, and researcher".

The faculty and staff at The Ohio State University College of Dentistry Division of Periodontology are proud of Dr. Horton's accomplishments. We especially recognize his contribution to our program. His dedication to excellence in research and teaching at Ohio State helped form the foundation for our program to be nationally recognized.

Dr. Horton was a passionate supporter of periodontal graduate education and as a result, OSU periodontal residents have been the beneficiaries of this outstanding program. As an advocate of the periodontal program for over 27 years, he will always have the respect from and support of the periodontal program and its graduates.

AAP Meeting September 2008
Seattle, Washington



Clockwise from left: Drs. Jain, Emecen, and Ho outside the original Starbucks Café; residents posing at Pioneer Square; Drs. Maney and Burrell posing for the camera; residents enjoying the Biohorizons Party at the Experience Music Project museum.

AAP Meeting September 2008
Seattle, Washington



Clockwise from left: Drs. Tatakis, Jain, and Palermo at the Buckeye Alumni Reception; Drs. Salas, Papapostolou, and Dr. Tsolaki posing with alumnae Dr. Rawal; Drs. Anderson, Ho, Kelsey, and Emecen at the Osteohealth party located in the Space Needle; OSU faculty and residents outside of the Taphouse Grill in downtown Seattle.

AAP Meeting September 2008
Seattle, Washington



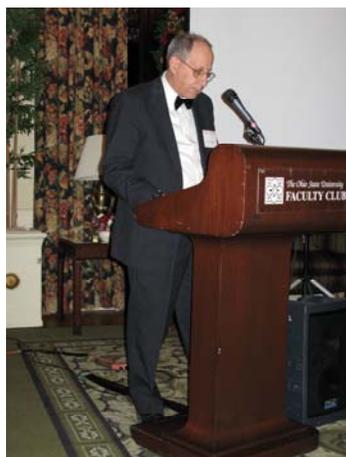
**Clockwise from left: Dr. Yu at the Space Needle looking for interesting landmarks;
alumni Drs. Wessel and Chou posing with Penn resident Dr. John Cheng;
Dr. Ho resting outside the convention center like the locals do;
Drs. Yu, Ho, and Iskandar forming O-H-I-O with the Space Needle!**

Claman Retirement Symposium

December 5, 2008

Retirement message

From Dr. Lewis Claman



I would like to thank all of the faculty, graduates and staff who were at my retirement party in December. I would also like to thank the many faculty, graduates and staff who wanted to be at the reception but were unable to attend. Most importantly, I would like to thank my wife Nancy, my children, Erica and Daniel for always being there for me. Also, my sincere gratitude to those who contributed to the “*Claman Endowment Fund*”. This was truly a wonderful evening for me!

I am proud and honored to have worked with so many outstanding colleagues, students and staff throughout my career. I was most fortunate to have arrived in Columbus in 1972 at the right time and coming to the right place. The OSU College of Dentistry has been my second home and wonderful career. From a modest start, I have found a career and a personal life that I could only have hoped for in my greatest dreams. From the very start of my graduate training and continuing throughout my career, I have felt accepted and appreciated.

I am very appreciative to Dr. George App, who accepted me into the graduate program and gave me the opportunity to teach at Ohio State. I am indebted to Dr. Charles Solt for mentoring me to be a teacher. I will be forever grateful to Dr. Leonard Ebel for his support, especially in 1980. Because of his efforts, I received tenure. I am thankful to Dr. John Horton for his support of my promotion to associate professor and in preparing for the American Board of Periodontology Oral Exam. I have the upmost gratitude for Dr. Angelo Mariotti who has been a friend and mentor, has provided outstanding guidance to me throughout the time he has been Chair, and has reassured me when I most needed his support.

I have had a wonderful working relationship over the years with all my fellow faculty, staff and colleagues. I would like to especially thank Dr. Dimitris Tatakis, Dr. Jim Palermo and Dr. Larry Shell (my associate in dental practice) for all their support, friendship and guidance. Last but not least, I am grateful to Dr. Mariotti and Ms. Linda Hallberg-Henson for organizing my retirement celebration.

With sincere appreciation,

Dr. Lewis J. Claman

Claman Retirement Symposium

December 5, 2008



Clockwise from left: Drs. Tatakis, Mrs. Claman, Dr. Claman, and Dr. Chien pose at the entrance of the Faculty Club; Dr. Claman with Drs. Griselle Ortiz, Rupa Hamal; Dr. Kumar delivering a speech for Dr. Claman; Drs. Lelebicioglu and Stilley with Mrs. Joan Sachs and Mrs. Jean Spunt; Dr. Solt acknowledging Dr. Claman's contributions to the periodontology program.

Claman Retirement Symposium

December 5, 2008



Clockwise from left: Third year residents Drs. Ho, Salas, Papapostolou, and Kelsey pose with Dr. Claman; Drs. Dave Darany, Pete Leone, and Lisa Palermo-Edwards; Dr. Claman with Dr. Leonard Ebel; group photo of Drs. Tatakis, Jain, Claman, Anderson, Chien, and Harrison.

Claman Retirement Symposium

December 5, 2008



Clockwise from left: Dr. Fred Sakamoto conversing with Dr. Dave Messick; Mrs. Bridgette Mariotti posing with Ms. Linda Hallberg-Henson; Dr. Thomas Hart and Dr. Bulent Bekcioglu; Mrs. Pat Palermo with Drs. Jim Palermo and Lisa Palermo-Edwards; Drs. David Cachillo, Andrea Shapiro, and Vladimir Shapiro.

Claman Retirement Symposium

December 5, 2008



Clockwise from left: Mr. Daniel Claman and Mrs. Betsey Claman; Dr. Claman posing with fellow alumnae and faculty; Ms. Linda Hallberg-Henson with Ms. Deborah Hooper; Dr. Timothy Coffelt and Mrs. Kathy Coffelt.

Perio/Ortho Party for Dr. Emecen and Dr. Hooja

December 11, 2008



Clockwise from left: Drs. Hooja and Emecen pose for the surprise party hosted by both Periodontology and Orthodontics divisions; the celebration cake; Drs. Tatakis and Mariotti with Dr. Emecen; staff members Joan Sachs, La Romaine, Courtney Johnson, and Lisa Howard smile for the camera.

Perio/Ortho Party for Dr. Emecen and Dr. Hooja

December 11, 2008



Clockwise from left: Drs. Jain, Iskandar, Salas, and Yu pose with Dr. Emecen; Drs. Mariotti and Emecen with Orthodontic residents; Drs. Hooja and Emecen enjoying the scene; Drs. Lelebicioglu and Emecen with fellow Orthodontic residents.

Honor Roll of Giving

Gifts to the Division of Periodontology can be conferred to the following funds:

Endowed Chair for Periodontology: To help ensure the long-term health and stability of the Division of Periodontology at the OSU College of Dentistry, alumni and friends of the division have established a Campaign to raise \$1.5 million to create an Endowed Chair in Periodontology. For the division to not only retain outstanding faculty, but to also recruit new faculty to fill the open positions today and in the future, it must distinguish itself even further from the other periodontal programs across the country. One of the best ways to do this is through the establishment of an endowed chair. For more information on what an endowed chair is and does or to talk about your interest in supporting this campaign, please contact Rachel Childress, Director of Development, at (614) 366-1392.

The George R. App Periodontal Endowment Fund: Interest from the Endowment is used to support graduate student education and development with special interest in providing funds for travel to meetings by Ohio State University periodontal graduate students.

Periodontal Research and Training Fund: This fund is used to support a wide variety of periodontal activities by the Division of Periodontology in the College of Dentistry. More specifically this fund is used for but not limited to the purchase of equipment for the graduate program, support of alumni activities (e.g. the annual AAP Buckeye Reception, CE courses, mailings, etc.), endowment of graduate research projects, purchase of food for graduate student activities, etc.

Center for Research in Periodontology: Periodontal research in the Division of Periodontology involves both basic science and clinical science research projects.

The Lewis Claman Periodontal Endowment Fund: Interest from the Endowment will be used to support an award for OSU dental students who exhibit clinical excellence in periodontics. Special consideration will be given to students who want to choose a career in academic periodontics.

Donors to the Periodontal Endowed Chair

Donations and Pledges (\$50,000 and up)

Dr. Ronald and Mrs. Marcia Garvey

Donations and Pledges (\$25,000 -\$49,999):

Dr. Joseph and Mrs. Melanie Koberlein

Dr. Winfield and Mrs. Jayne Meek

Dr. James and Mrs. Patricia Palermo

Dr. Fred and Mrs. Jody Sakamoto

Dr. R. Jeffrey and Mrs. Diana Stephens

Donations and Pledges (\$2,500-\$4,999)

Project Advantage

Dr. David and Mrs. Renne Cacchillo

Dr. Russell Hatfield

Dr. John Kukucka

Donations and Pledges (\$1,000-\$2,499)

Dr. Barry and Mrs. Denise Blank

Dr. Laurie McCauley

Ms. Helen Dennis

Mr. Matt Dennis

Dr. Timothy and Mrs. Catherine Coffelt

Dr. Mark E. Frenchi

Donations and Pledges (up to \$999)

Dr. Michael P. Rethman

Dr. Charles and Mrs. Doris Solt

Dr. Timothy and Mrs. Moore

Dr. Binnaz Leblebicioglu

Dr. Lewis and Mrs. Nancy Claman

Dr. Thomas J. and Mrs. Michelle Miller

Dr. Hua-Hong (Ben) and Mrs. Jane Chien

Dr. John and Mrs. Susan Horton

Total Pledges and Gifts: \$221,377

Goal: \$1,500,000

Balance: \$1,278,623

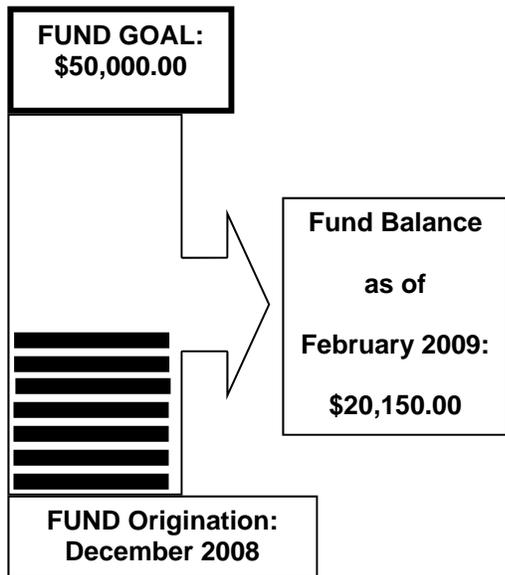
For more information, please do not hesitate to contact our development office at **614-293-0571** or visit our website at www.giveto.osu.edu/Dentistry.

(2.2009)

Donors to the Claman Endowment Fund

The 'Claman Award' will be bestowed annually on one dental student who Division faculty believe exemplifies excellence in clinical periodontics. Eligible senior dental students must be excellent students with an interest in periodontics. Special consideration will be given to those individuals who are considering a career in academic dentistry.

To ensure that the Claman Endowment is restricted to this purpose only, OSU requires the Endowment to be at least \$50,000. All full-time faculty, current resident classes and some alumni have donated or pledged at least \$1000. Please consider a \$1000 donation to make the Claman Endowment a reality.



Donations and Pledges (\$1000 and up)

- Blank & Levy and Associates
- Jen'Tai Chen
- Ben Chien
- Lewis Claman
- Timothy Coffelt
- Mark Frenchi
- Joseph & Melanie Koberlein
- Purnima Kumar
- Joseph Ladner
- Binnaz Leblebicioglu
- Wm. Scott Lightfoot
- Angelo Mariotti
- James Palermo
- Linda Records
- David Sorboro
- Dimitris Tatakis
- Michael Toms
- John Walters
- Resident Classes of 2009, 2010, & 2011
- Weiting Ho, Patrick Kelsey, Anastasia Papapostolou, Mabel Salas, Irma Iskandar, Chad Matthews, Shaun Rotenberg, Janel Yu, Eric Anderson, Pinar Emecen, Kevin Harrison, Nidhi Jain

DIVISION OF PERIODONTOLOGY 60th ANNIVERSARY EVENT

Friday, October 30, 2009 at *The Blackwell Hotel and Conference Center*

- **CE Course, 8 AM to 4:30 PM
- ** Anniversary Dinner Event, 6 to 10 PM

Saturday, October 31, 2009 at the *College of Dentistry*

- **CE Course, 8 to 9 AM
- **Tailgate, 9 AM to Noon



Tradition, Education, Scholarship

It's Noteworthy

the Cutting Edge is available electronically! If you would like to receive it by email, please email us at osugradperio@osu.edu and let us know where you would like it delivered. It can also be accessed on the web.

We encourage all alumni of our program to visit The Division of Periodontology on the OSU College of Dentistry website. The website has been recently updated and is very detailed.

1. The web address of the college is <http://dent.osu.edu>
2. Click on Academic Sections
3. Click on Periodontology and you will be at the Periodontal Homepage

You can then navigate to the Division of Periodontology's History, Faculty, Staff, Predoctoral Program, Postdoctoral Program, Research, Service, Continuing Education, Alumni, Patients and the upcoming Volpe 2009 competition.

To access current or past Cutting Edge issues:

1. Click on alumni
2. Click on the Cutting Edge
3. Click on any issue to open or download.

The direct Web address for the Cutting Edge is: http://dent.osu.edu/perio/alumni_the_cutting_edge.php

Upcoming Elections for AAP Secretary

As you know, election to Secretary of the AAP ultimately leads to the Presidency. This year is unusual for the AAP since 4 periodontists will be on the ballot for the position of Secretary. The candidates include Richard Cutler, Terrence Griffin, Nancy Newhouse, and Joan Otom-Corgel. Richard Cutler was kind enough to provide a brief commentary of his outlook for the AAP. As you review all of the candidates, I hope this helps you in coming to a decision in the upcoming elections.

"The future of Periodontics has many bright opportunities, as well as some serious challenges. The de-emphasis of the role of effective specialty care is of great concern. With our future in sight, we should work to continue to enhance the role of the periodontist as the best suited dental professional to handle the periodontal and implant placement needs of the public. As we move forward, it is as important as ever to continue our leadership chain with officers who have a proven track record in organized Dentistry. We must clearly articulate our messages in an effort to reverse the confusing effects of unsubstantiated technologies and therapies. It is most important to improve upon the good work that we have done and have leaders that bring profession to periodontics and periodontics back to the profession. I wish you the best and look forward to answering any questions or concerns you may have." Richard Cutler, candidate for AAP Secretary

THE BUCKEYE PERIODONTAL ALUMNI NEWSLETTER

**BUILDING ON THE PAST - SHAPING THE PRESENT - CHARTING
THE FUTURE**

WE'RE ON THE WEB!

[http://dent.osu.edu/periodontal/
alumni_the_cutting_edge.php](http://dent.osu.edu/periodontal_alumni_the_cutting_edge.php)

**OSU College of Dentistry
Section of Periodontology
Postle Hall
305 W 12th Ave - Room #4129
Columbus, OH 43210
METER: 21550-011000-61804**