

Fall 2016

# THE COLLEGE E-ZINE

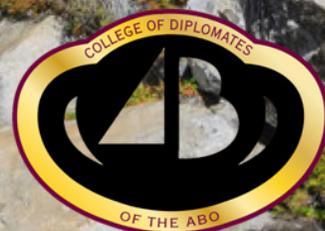
THE COLLEGE OF DIPLOMATES OF THE AMERICAN BOARD OF ORTHODONTICS

*“Keeping Our Members Connected”*

## 39<sup>TH</sup> ANNUAL SUMMER MEETING 2017

Where: Resort at Squaw Creek,  
Lake Tahoe,  
California

When: July 7-11, 2017



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## PREVIOUS E-ZINES AVAILABLE HERE:

Spring 2014 36<sup>th</sup> Annual meeting - QR Code Review

[https://issuu.com/cdabo/docs/e-zine\\_summer\\_meeting\\_-\\_19\\_march\\_we](https://issuu.com/cdabo/docs/e-zine_summer_meeting_-_19_march_we)

Fall 2015 37<sup>th</sup> Annual Meeting

[https://issuu.com/cdabo/docs/e-zine\\_s-f\\_issue\\_ii](https://issuu.com/cdabo/docs/e-zine_s-f_issue_ii)

Summer 2015 37<sup>th</sup> Annual Meeting

[https://issuu.com/cdabo/docs/e-zine\\_summer\\_meeting\\_may\\_29-2015\\_](https://issuu.com/cdabo/docs/e-zine_summer_meeting_may_29-2015_)

Fall 2016 38<sup>th</sup> Annual Meeting

[https://issuu.com/cdabo/docs/e-zine\\_38\\_th\\_summer\\_meeting\\_okt\\_27\\_](https://issuu.com/cdabo/docs/e-zine_38_th_summer_meeting_okt_27_)

Summer 2016 38<sup>th</sup> Annual Meeting

[https://issuu.com/cdabo/docs/cdabo\\_e-zine\\_38th\\_summer\\_meeting\\_20](https://issuu.com/cdabo/docs/cdabo_e-zine_38th_summer_meeting_20)

Disclaimer: “The views and opinions expressed in this ezine are those of the author and not necessarily reflect the views of the College of Diplomates, Council or its members.”



## INTRODUCTION

Dr. Michael Guess

Welcome to the fall 2016 edition of the College E-zine. The purpose of the e-zine is to keep our members updated with events in our community. Members of the College are dedicated orthodontic practitioners with the goal of improving themselves. I admire our members as I believe they all basically live by the credo, "I can be better."

Our President, Dr. Paul Miller has selected Squaw Creek Resort near Lake Tahoe, California, as next year's meeting site. Many of us are familiar with Squaw Valley, the 1960 Olympics and winter sports. Most are less familiar with the splendor and uniqueness of Lake Tahoe in the summer. With summer temperatures in the low to mid-80's there are outdoor activities for everyone, everything and every speed!

Dr. Miller and his team have assembled a special group of speakers. A sneak preview of the planned events suggests that members and their families will be very happy. Also next summer, Dr. Wick Alexander is being honored as the second recipient of the "Legends in Orthodontics." He does not need an introduction and he is a fitting successor to last year's honoree, Dr. William Proffit.

Dr. Ken Hrechka concluded his successful year as President in Asheville. In summary, his meeting went smoothly. Many thanks for the efforts of our Executive Director, Scott Cant and his team of Jan Beck and Darrin Crittington. The Grove Park Inn was a magnificent venue in another long-line of picturesque College meeting locations. And Dr. Hrechka's President's dinner at Taylor Ranch was very special with the setting, food and entertainment. It will be a memory treasured by all who attended. I want to thank Ken and his lovely wife, Kathy for expending the effort for the 38th College Summer Meeting.

At our summer meetings, many members arrive tired and worn out. But after a few days of relaxation and through the inspiration from the speakers and even their colleagues, a re-awakening occurs. I can attest that I return to my office with renewed vigor and excitement after each year's meeting. As often stated by attendees, "if you've never been to a summer meeting, you are missing the very best in orthodontics for yourself, your practice and your family."

Mark your calendar for next summer and plan to attend our meeting in Lake Tahoe. And looking a little farther ahead Dr. Terry Sobler appears to be well-along in planning his 2018 meeting at perhaps the "happiest" reunion ever! He has chosen The Disney Conference Center in Orlando. Wow! I can't wait for that meeting either!

Dr. David Turpin has been a long-time College member and frequent summer meeting attendee. He has always been friendly, gracious and has a keen eye on our profession. He has been a major contributor as a professor, long-time editor and proponent of our specialty. And this past spring he was deservedly honored with the Ketcham Award from the ABO. Congratulations Dr. Turpin!

The American Board of Orthodontics has a short article on their recent activities. If you still haven't seen their new website please set aside some time to review it. It has much to offer! In addition, there is also an article introducing their new President, Dr. Steve Dugoni. Dr. Dugoni has been a long-time supporter and summer meeting attendee of the College. Congratulations and best wishes for a productive year!

In this issue, Rich Arzaga, CFP, CCIM shares some unique business ideas that we all should be considering. Mr. Arzaga will be presenting at next year's meeting as part of the spouse program. I recommend making his presentation about practice valuations, future planning and practice transition. This could be the finest financial speaker we've ever attracted.

The Residents Attendance Program (RAP) that was started at the Bay Harbor, Michigan meeting in 2012 has become successful and active. Included in this issue is a "thank you" note from West Virginia chairman, Dr. Peter Ngan's residents. In addition, the Council wishes to thank all members that financially contributed to the program. Also our younger members are becoming more involved and active in the College. At the Grove Park Inn, Dr. Bryn Cooper made a passionate and well-received presentation to the Council regarding 'issues' affecting young orthodontist and membership in CDABO.

Also in this issue there's a unique gifting program article available to our members. Do you spend countless hours hunting for the "ideal" gift during the holiday season? If so, this may be a very good fit. A cautionary note: This program is not intended to entice or attract new patients to your office and it shouldn't be utilized in such manner.

Finally, there is a short article on living a happier life. It is simple but to the point. If it touches you then share it with your staff, patients, parents and referrers. Let's strive to become a beacon in their lives and lift our own spirits!

I've been lucky enough to live most of my life within a short drive to Lake Tahoe. There are dozens of streams, great fishing, and the Pacific Trail Rim (for minimalist to ardent hikers). The Resort at Squaw Creek is a destination for family fun and relaxation. Look for early registration forms before the end of the first quarter in 2017. The Council is inviting you to Tahoe next year. We hope to see you there!

Best Regards,

Dr. Michael Guess



# PRESIDENT'S MESSAGE

*Dr. Paul E. Miller*

It is a pleasure and privilege to serve as the President of the College of Diplomates of the American Board of Orthodontics. The College is a prestigious organization and I am humbled, and blessed for the opportunity to serve and represent you since 2010-2011 on the council. Tom Skifidas invited me to represent MSO as a Junior Councilor. I was ABO

certified in 1993 and my first meeting was Dr. Perry Opin's in Beaver Creek, Colorado in 1993. While attending Dr. Dorothy Whalen's meeting in 2011 at Torrey Pines, I was recertified. My family and I have only missed two meetings since joining the College in 1993. My children grew up with "The College Kids" and have made lifelong friends and memories.

My goals for the College are to continue the core value of the College, which is to promote and support the pursuit of enhanced quality of care through the process of ABO certification, recertification, and continuing education. The organization that orthodontists aspire to join and participate in and other orthodontic organizations want to emulate. This occurs as the College and the ABO work together to promote the value of education, certification, and recertification. It is my belief that our specialties future is dependent upon this process. The CDABO is the only organization that promotes and moves this process forward. The Residents Attendance Program, "RAP", educates the residents regarding the value of becoming ABO certified and encouraging private practice as opposed to a corporate practice. Creating and maintaining a mentoring program for the residents, so they can move forward with knowledge and giving them the information they need to succeed in private practice.

When I first began my journey into college undergrad studies and was working in Estes Park, Colorado during the summer, a friend suggested I visit Lake Tahoe. I did not because of my future commitments. Many years later following college, the U.S. Army, Dental School, Graduate Orthodontics, and 30 plus years in Orthodontic practice, another friend and colleague, Dr. Michael Guess, said I should look at Lake Tahoe for the CDABO meeting. As an avid outdoorsman, I took him up on his request and found myself immediately captivated by its beauty. The Lake's California-Nevada Basin is described as the "Most Beautiful Drive in America", and it's crystal clear water is so enchanting there's no question as to why so many travel hundreds of miles to see it themselves. I would now like to extend an invitation of my own so I may share its captivating scenery with my fellow council members and their families as it was shared with me.

One of the greatest things about Lake Tahoe is its ability to connect you with nature. With it being the largest alpine lake in North America and miles of scenic hikes, family activities and bike paths throughout the surrounding Sierra-Nevada Mountains, its vastness will have you forming a new level of appreciation for Mother Nature's incredible work.

Along with spending time in the great outdoors, I also encourage you to attend our presentations to be held on the topic for this year's meeting, "Controversies: Stability of the End Result". CDABO 2017 Annual Reunion of the Diplomates will be held July 7, 2017 to July 11, 2017 at the Resort at Squaw Creek, Lake Tahoe, California. The Resort at Squaw Creek is located in Squaw Valley, which was the 1960 site of the first winter Olympics in America. The speaker presentations will be in the mornings, while afternoons have been left open so that you may enjoy the scenery and local activities with your friends and family. The first speaker I approached over five years ago was my friend and mentor for 28 years Dr. Wick Alexander. We will be honoring Dr. Wick Alexander for his exceptional commitment and lifetime achievements in our profession. A true "Legend in Orthodontics". I have been privileged to have my friend Dr. Eric Dellinger as our scientific chair. I have known Eric and his family since our early years in the College and consider him a lifelong friend. He has put together some great speakers, which include Dr. William Proffit, Dr. Jason Cope, Dr. Peter Buschang, Dr. Perry Opin, Dr. James Vaden, and Dr. Gary Opin. For our spouse and staff program, we have invited Financial Planner, Rich Arzaga as well as Dr. Michael Guess, who will be discussing electronic tips to help modernize your office.

The greatest joy in my life is raising my family with my wonderful and lovely wife Kristy, loving the Lord, spending time with family, and serving patients as a specialist in Orthodontics and Dentofacial Orthopedics. Kristy and I also look forward to enjoying relationships that have been established with our extended family of CDABO and creating unbelievable memories every year. We look forward to inviting and meeting new friends in the College every year. Now, we invite you to come and join your extended family in Lake Tahoe.



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# SEVEN PLACES TO VISIT WHILE IN LAKE TAHOE

1.

## EMERALD BAY STATE PARK

The bay has the little tea island in the middle and Vikingsholm.

2.

## KINGS BEACH STATE RECREATION AREA

3 miles of beach on the North Shore of Tahoe

3.

## DL BLISS STATE PARK

The balancing Rock is a ¼ million pound boulder balancing on small base of granite.



4.

### DONNER MEMORIAL STATE PARK AND EMIGRANT TRAIL MUSEUM

The tragic and dark story of the Donner Party.

5.

### SQUAW VALLEY

was home to the 1960 Olympics. But in the summer you can ride the gondola to High Camp and Ice Skate and swim plus your on top of a perch and see the majestic lake. There's also night time arcades and a climbing wall. And Squaw has a nice golf course but there are several excellent courses around Lake Tahoe.

6.

### HARRAH'S AUTO MUSEUM

Do you like automobiles? Reno is 45 minutes away and is home to world's largest auto museum.

7.

### TAYLOR CREEK VISITOR CENTER NEAR CAMP RICHARDSON

See how Lake Tahoe was formed and take a good look at the profile chamber that was cut into a river.

7

Kayaks and canoes are popular modes of travel around Lake Tahoe





# OMNI GROVE PARK INN ASHEVILLE, NC “POST-SCRIPT”

*Dr. Ken Hrechka*

**T**he College Annual meeting at Asheville is now history. How was it? When I first suggested Asheville and the Omni Grove Park Inn for a meeting I was aware the College had been there before. I was told the Asheville meeting was one of the best meetings of the College of Diplomates of the American Board of Orthodontics. Could the College have another successful meeting in Asheville? Well, numerous members and their guests approached our staff, College councilors, my family and myself to say the meeting was great.

Why did this meeting succeed? The Grove Park Inn is on the U.S Historical Registry. The Grove Park Inn has gone through multiple phases of modernization, but still hold onto its historical roots. This hotel boasts one of the most luxurious spas anywhere. The restaurants are great. Golf is right on the premises. The town of Asheville is only minutes away. Downtown Asheville host many crafts shops and art museums. Asheville is home to more microbreweries per capita than any city or town in the United States with over a hundred different brews offered. Side excursions during this annual summer meetings offered memories for College members and their families. At the meeting in Asheville side activities included: Touring the Biltmore Estate, horseback riding, white water rafting, Chimney Rock/Lake Lure Tour, quiet water river tubing or Kayaking, beginner and advanced Zip-lining trips, Asheville Brewery tours, and guided waterfall hiking.

At every event outside of the lectures there were children of our members playing with one another. From years of attending the College's summer meetings many of these children now know each other and they now look forward to seeing each other every summer. My son attended every meeting until 2013 when he won the opportunity to attend the Boy Scouts of America high adventure camp at the Boy Scout reserve at Philmont near Cimarron, New Mexico. Michael went on to become an Eagle Scout. He now attends Full Sail University and majors in computer ani-

mation. My daughter has attended every College meeting Kathy and I attended since we first attended Dr. Raymond Sugiyama meeting at Maui and the big Island of Hawaii in 1996. She was one year old during thus meeting. Until this summer and since the College meeting at the Tamaya Resort in New Mexico she was a participant in the hula-hoop contest. She now enters her senior year as a business major at Mount St. Mary's University. The College's annual meeting has and continues to be a professional event for doctors and family.

The College meeting is not just recreation. The scientific chair for this meeting was Dr. Gary Opin, whom with the help of a close friend Dr. Ravinda Nanda of the University of Connecticut prepared an excellent slate of lectures. The professional lectures were first class. The list of lecturers and lectures included:

**Dr. Ravinda Nanda** – Acceleration of Orthodontic Tooth Movement: What are the possibilities and limitations? In addition Dr. Nanda gave another lecture on Contemporary Management of Open Bite Patients; how we might utilize orthodontics to successfully treat open bites.

**Dr. Steve McEvoy** – Computer Technology in Today's Orthodontic Environment. We learned how the Internet must be treated with care and how we need to be sure we keep access to our information secure.

**Dr. William Proffit** – Offered insight from his experiences, research and education in orthodontic practice in the treatment of several different diagnostic scenarios. Dr. Proffit was also the inaugural recipient of a new College award: Legends in Orthodontics.

**Dr. Eric Ploumis** – Presented a lecture: Emerging Technologies, Emerging Risks: Legal and Ethical Considerations in Utilizing New Technology in the Orthodontic Office. Once again we were reminded our patient's interests are always our first priority.



Kathy and Dr. Ken Hrechka – Grove Park Inn, 38th Annual Summer Meeting

**Dr. Flavio Uribe** – An oral surgeon lectured on: Contemporary Approaches to Orthognathic Surgery – Surgery First. Dr. Uribe presented more than several cases where with careful planning orthognathic surgery could be performed early in the overall orthodontic/orthognathic surgery treat plan for a patient.

**Dr. Brent Larson** – a proponent of Cone Beam imaging, CBCT: Use It Don't Lose It. Dr. Larson offered a historical overview in orthodontics reminding College members that new technology has often been received with some hesitancy or skepticism. He then presented several cases where the use of CBCT provided the orthodontist with information that help provide valuable information in the treatment for patients.

**Dr. Bruce Goldstein** – His lecture was entitled: Improving Treatment Efficiency Utilizing Digital Orthodontics. Dr. Goldstein, a College councilor, presented a great lecture where the use of Sure Smile can provide for computer assisted tooth movement and efficient orthodontic treatment delivery.

For the last few years the College has invited residents from orthodontic programs within reasonable proximity to the annual College meeting site. For this meeting residents from thirteen different orthodontic programs were invited. Directors of eight orthodontic programs expressed interest in having their residents attend. Residents' personal circumstances and university responsibilities and limitations reduced this number. The final count included eighteen rising senior orthodontic residents from the universities of: Kentucky, Tennessee,

West Virginia, North Carolina and Augusta University of Georgia. Following the meeting in Asheville residents from every program in attendance replied in writing that they enjoyed the College meeting and they were grateful to the College for the opportunity to attend. Hopefully we helped motivate them to become ABO and College orthodontists. Good luck to all these fine future orthodontists. The cost to support the attendance of residents comes from vendors. We are grateful for their support.

During this past year I established a new and younger member committee that reported directly to the College council. The chair of this committee was Dr. Bryn Cooper of Houston, TX. Dr. Cooper offered the College council a report that amazed the council. With continued work by this committee and Dr. Copper the future of the College and quality in orthodontic practice and education should be assured.

*As my year as president came to a close I had to reflect on what the College has done. In addition to a successful meeting and continued inclusion of younger members in our annual meetings the council has been carefully brainstorming and researching rebranding of the College of Diplomates of the American Board of Orthodontics. The AAO and the ABO have rebranded themselves and the College is carefully examining what has this meant to orthodontics and orthodontists? How do we proceed? I am very encouraged that I leave behind a council that is capable, energetic and most of all concerned for the future welfare and health of the College and board certified orthodontists.*



# MY FAVORITE ORTHODONTIC TOPICS EDUCATION / PUBLICATIONS

*Dr. David L Turpin, Seattle, Wash*

*Editor Emeritus, AJO-DO, Moore/Riedel Professor, Department of Orthodontics, University of Washington*

I am grateful for the opportunity to share a few of my thoughts on the topics of orthodontic education and the publication of research findings. Because I have always been primarily a clinician, it is normal for people to ask how I happened to get involved editing orthodontic journals. My initial involvement was almost by accident and I can just as easily blame some of my very best friends. During my first few years in practice (early 70's), Bill McNeill, Gordon Newton and I became dissatisfied with our inability to bring about changes we wanted to see in the Pacific Coast Society of Orthodontists (PCSO). At that time we could not vote in Association meetings because we had not displayed five treated cases to a committee of the Constituent and until we did that, we were considered Associate members and not allowed to vote. We were not complaining as much about the requirement to show cases as we were about being considered "second class citizens" within our own organization. It may sound juvenile now when I look back at it, but we were young and very enthusiastic about contributing to organized dentistry in any way possible. So with the encouragement of these two friends, I joined them in writing a letter to the PCSO president with copies to the entire Board of Directors. We thought this bold move was quite possibly the last we would hear of our complaint...but it was only the beginning. The Board responded with an invitation to present our complaints 'in person' when they met during the next annual meeting which was

to be held in Spokane, Washington. When that day finally arrived, the three of us were well prepared to make our best case against the requirements for Active Membership as we saw them. But to our surprise, the Board was way ahead of us. Clearly, not wishing to discuss a change in membership requirements, they greeted us with a plan of their own making. They give us all jobs! I was appointed to be the new Northern Component associate editor for the PCSO Bulletin to work under Bill Parker, the current editor. Bill McNeill was so effective in his committee assignment that he eventually became president of the PCSO.

At the time, I knew little about journalism, but had two of the best teachers around in Bill Parker and Wayne Watson. Bill practiced in Sacramento and can be considered responsible for making the Bulletin a very modern publication in every sense. He insisted on working with the printer to design the photo layout of every page and the results were stunning. He prevailed upon the Board to routinely employ a professional photographer for every PCSO annual meeting. This decision gave him the excellent B & W images he needed for his artistic layout of the publication. The pages increased in each issue and he started designing new and creative covers for every quarterly issue. At the time, no other constituent in the AAO was doing anything like this. After all, we had by far the most meetings with an ongoing supply of material to publish. While the other AAO constituents had

one annual meeting, the PCSO had 9 or 10 meetings a year if you included all three components.

After learning all I could in a short time from Bill Parker, he was replaced as Editor by Wayne Watson. He had also been influenced by Parker and added a scholarly approach to the Bulletin as the organization continued to grow in size and influence. In 1978 Wayne applied for and was selected to become the next editor-in-chief of the American Journal of Orthodontics, following the retirement of Todd Dewel. After working closely with both Bill Parker and Wayne Watson, I had become enamored with the challenges of dental journalism and sought to implement everything they taught me. With Wayne's departure, I was appointed editor of the PCSO Bulletin. My first change was to employ journalism professionals to present workshops on basic writing skills every year during the constituent meeting. At these one-day workshops, we learned how to write news stories, how to edit poorly written material, and how to interview famous people who happened to be orthodontists on the West Coast. With the election of a new PCSO president every year, I would invite myself over to conduct an in-home or in-office interview. These articles filled the pages of the Bulletin with an array of stories supported by "real-life" photos. The goals of our elected constituent presidents soon became common knowledge to our readers.

Another favorite addition was a cartoon to match every editorial. A new larger page layout made this possible, but where was I to find the cartoons? I discovered that most cities have vocational schools and associated clubs that specialize in creating, educating and finding jobs for cartoonists. After meeting a few and examining their art, I settled on a political cartoonist who enjoyed the challenge. After reading my editorial for each issue, he would draw his interpretation of the point I wanted to make.

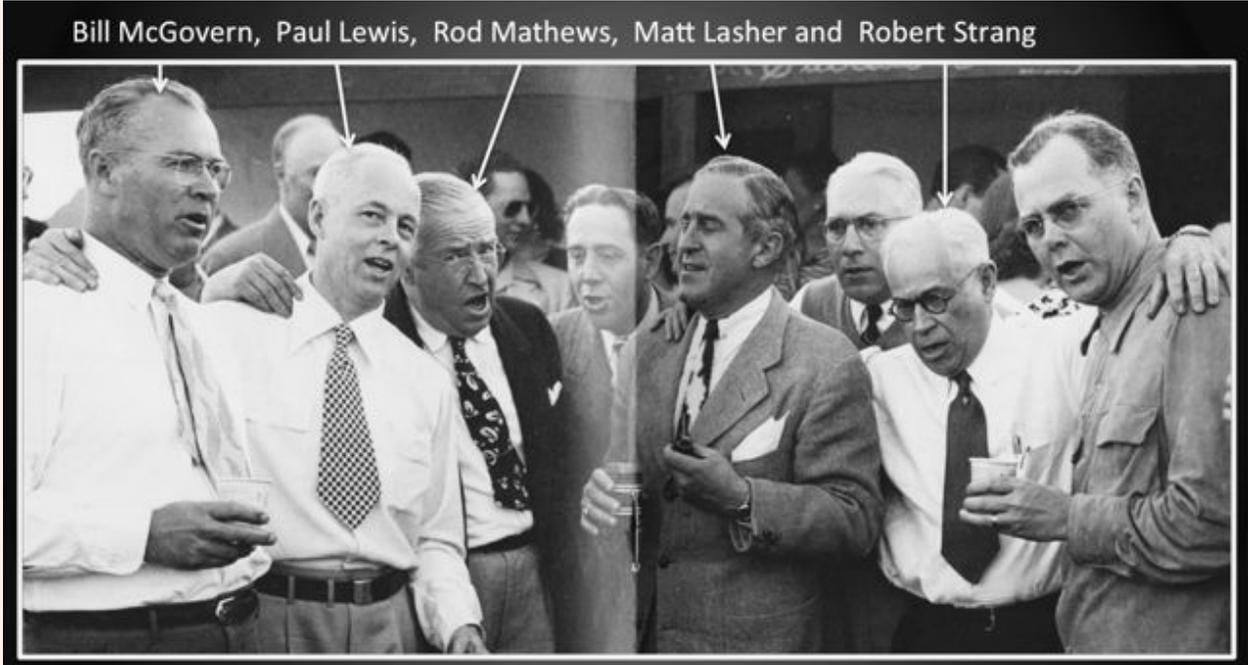
Leaving the PCSO Bulletin to become editor of The Angle Orthodontist (1989-1999) and eventually the American Journal of Orthodontics & Dentofacial Orthopedics (2000-2011) (2013-2014) was a logical sequence in my search for new challenges. Each publication presented new hurdles to making the evidence-based practice a reality in the ever more complex marketplace of today. But I have to admit that neither one of these excellent scientific publications allowed for the creativity that existed in the clinically-based material available for publication from the Pacific Coast Society of Orthodontists.

Our love of orthodontics is now taking over the world and it's easy to understand why. I recently had the privilege of participating in the 50th anniversary of the founding of the Indian Orthodontic Society in Hyderabad, India. The meeting began with a one-day editors' meeting attended by 250 educators interested in learning how to publish their research findings. During 2014, the orthodontists in India downloaded more articles from the AJO-DO website than any other country in the world except the USA. Yet they had only 4 of their own papers accepted for publication in that same year. With over 500 dental schools and 350 orthodontic departments in India, their leadership recognized the fact that something needed to change. The response to this session led by 5 orthodontic editors was amazing. The growth of interest in orthodontics is rapidly spreading throughout the world. About the only difference in orthodontic practice observed from country to country is the method of payment for treatment and how efficiently it is delivered. China is currently very forward thinking with the construction of several hundred 17-story dental hospitals, beautifully equipped and managed on a fee-for-service basis. I had the opportunity to visit two such facilities while attending meetings in Chongqing and Beijing. Another measure of interest in advanced education can be seen in those who travel abroad searching for advanced clinical skills. This year our U of Washington mini-residency (a 5-day course for those in practice for more than five years) drew more applicants than ever before. Thirteen of the fourteen clinicians accepted were from abroad with the most from Southeast Asia as well as Europe.

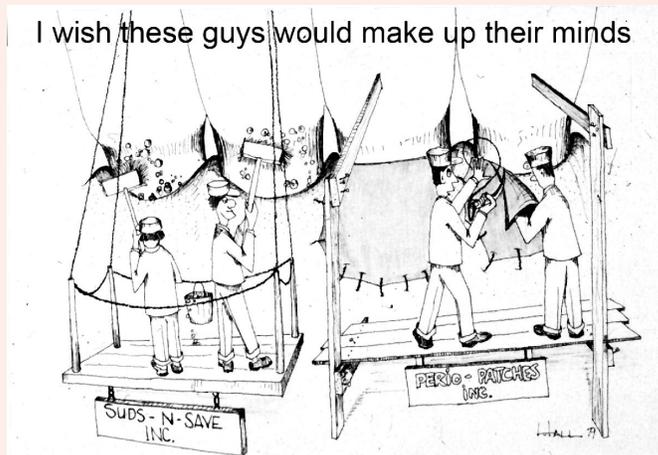
I will always feel honored to have served as a part-time clinical instructor for 42 years in the Department of Orthodontics, University of Washington. With that background of experience, I recently became aware of the Department's single 'endowed chair'. When Greg King retired I was given the opportunity to spend as much as 40% of my time teaching at the University and jumped at the chance. I was selected to be the Moore/Riedel Professor in 2010 and now have only 2 more years left until I plan to retire at the age of 80.

Lastly, I will always be indebted to orthodontic clinicians, educators and many editors who have inspired me from the beginning of my orthodontic career. At the top of a long list is Alton Moore, founder of the Department at the University of Washington. The following story about "arch length" was derived from personal correspondence received from Dr. Moore several years ago.

*"It probably all began with Hays Nance when he suggested that in the exchange from primary to permanent dentition, arch length as measured from mesial of the permanent 1st molars to the lower incisors decreases an average of 1.8 mm per side in the lower arch. I happened to meet Dr. Nance only once when I was still in Northwestern's Graduate Program (1947-48)," noted Al Moore. "While attending a research meeting associated with the AAO Meeting that year, I sat in the back of the hall counting attendees while noting the consistently dwindling audience. Next to me sat a man in an unpressed blue pin-stripe suit, listening attentively to the research reports. One of the reports affirmed the change of arch length predicted by Nance. At its conclusion, the man next to me leaned over and said, almost disparagingly..."Do you believe that Nance stuff?" I replied "Has anyone yet proven him wrong?" He smiled and said, "I guess not...nice to hear you say that...I'm Hays Nance." And he reached to shake my hand. He never asked my name and got up and left. And...on average, the Nance observations hold as true today as they did back in 1948."*



Group of early PCSO members who enjoyed singing when they met socially after traveling by train to a West Coast meeting

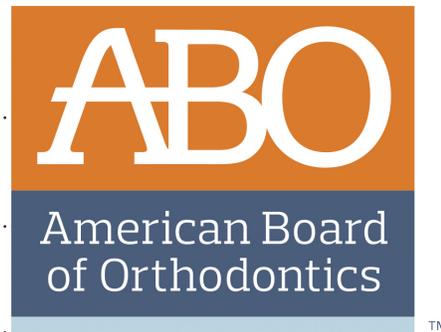


Cartoon (to graft or not?) published in the PCSO Bulletin

Artist: Dr. Stan Hall

# AMERICAN BOARD OF ORTHODONTICS REPORT

*Dr. Steven A. Dugoni*



The ABO conducted Clinical Examinations in both February and September of 2015 as well as February 2016. A total of 298 examinees were certified or recertified at these exams.

A complete listing of newly certified or recertified orthodontists by constituency can be found on the ABO website. The next exam is scheduled for September 28-October 1, 2016 in St. Louis. Dates for 2017 are now posted on the ABO website and include February and September exams.

During the ABO February 2016 Clinical Exam, the ABO took the opportunity to create professional videos on why board certification matters as well as what examinees can expect during their Clinical Exam. The videos offer potential examinees a chance to listen and watch examinees going through the ABO clinical examination process and hear ABO examiners talk about the importance of board certification.

The ABO Written Examination was administered April 12-15, 2016 at Pearson-Vue Testing Centers throughout the United States and Canada. In all, 383 of the examinations were complete, resulting in a 95+ percent pass rate. The reliability of the examination was .88. The next Written Examination will be offered April 4-7, 2017. Eligible individuals may register for this exam beginning September 19, 2016.

The Charles Burstone / American Board of Orthodontics 2016 Educators Symposium was held on April 2nd in St. Louis, Missouri. There were representatives from 51 of the US and Canada Orthodontic programs with a total of 96 in attendance. There were seven programs in attendance representing the PCSO. The format consisted of roundtable sessions optimizing the time for collaboration and idea sharing among the participants.

The ABO presented a Cephalometric Workshop at the 2016 AAO Annual Session in Orlando, Florida. Approximately 100 orthodontists and residents were in attendance and learned the rationale behind the cephalometric requirements and had the opportunity to practice cephalometric tracings and superimpositions.

The ABO and the College continue to work together to support orthodontic programs in their preparation for the clinical exam thru our advocacy program. To date, all 72 orthodontic programs have at least one advocate assigned to their school. The ABO appreciates the College offering courses for examinees to prepare for the clinical exam during constituency meetings and at the AAO Annual Session.

If you have any questions regarding the American Board of Orthodontics please email me at [Dugoni@americanboardortho.com](mailto:Dugoni@americanboardortho.com)



# NEW ABO PRESIDENT

*Dr. Steven Dugoni  
President, American Board of Orthodontics*

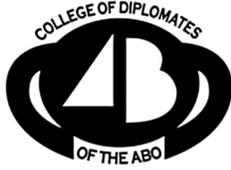
The American Board of Orthodontics (ABO) installed Dr. Steven Dugoni of South San Francisco, California, as president on May 3, 2016 during the ABO President's Dinner. This event was held in conjunction with the 2016 Annual Session of the American Association of Orthodontists (AAO) in Orlando, Florida. The other officers of the ABO are Dr. Chun-Hsi Chung of Bryn Mawr, Pennsylvania, president-elect, and Dr. Larry Tadlock of Colleyville, Texas, secretary-treasurer. Dr. Eladio DeLeon Jr. of Augusta, Georgia, is the immediate past president.

During his tenure as an ABO director, Dr. Dugoni has represented the Pacific Coast Society of Orthodontists (PCSO). He currently serves as the ABO's liaison to the AAO, the College of Diplomates of the American Board of Orthodontics, the dental specialties, the Graduate Orthodontic Residents Program, the World Federation of Orthodontists and the AAO's Society of Educators.

Dr. Dugoni is an Adjunct Clinical Professor of Orthodontics at University of the Pacific where he has taught since 1981 and he is director of the Early Treatment clinic. Dr. Dugoni has lectured at the California Dental Association, American Dental Association, Edward H. Angle Society of Orthodontists, College of Diplomates of the American Board of Orthodontics, Pacific Coast Society of Orthodontists, and the American Association of Orthodontists meetings. He is a member of the Edward H. Angle Society, the College of Diplomates of the American Board of Orthodontists, and is a fellow of the American College of Dentists and the International College of Dentists.

He has published in the American Journal of Orthodontics and Dento-facial Orthopedics, the California Dental Association Journal, and the Angle Orthodontist. He is a Past President of the Pacific Coast Society of Orthodontists and the Northern California Component of the Edward H. Angle Society. This year Dr. Dugoni was awarded with the Medallion of Distinction Award, the highest award presented by the University of Pacific School of Dentistry Alumni Association, for having made significant contributions to the school and the professional of dentistry. Dr. Dugoni has been in private practice for 35 years. He has been married to his wife Lisa for 37 years and has 2 children, Emily (age 30) and Patrick (age 26).

"My past seven years of serving on The American Board of Orthodontics have been extremely rewarding because I have had an opportunity to work with extraordinary ABO directors who are dedicated to elevating the level of orthodontic care," Dr. Dugoni said. "I am looking forward to my year as president, and I will concentrate my efforts on having all recent graduates from orthodontic departments take the Initial Certification Examination of The American Board of Orthodontics. I enjoy examining very talented orthodontists and discussing their quality orthodontic care. As an ABO director, I have had an opportunity to visit orthodontic programs throughout the PCSO, and it is very satisfying to see residents and educators working together on preparation for the ABO Initial Certification Examination."



College of Diplomates  
of the American Board of Orthodontics  
401 N. Lindbergh Blvd  
St. Louis, MO 63141

## Student Membership Application

### Please type or print information

Date:

Student name for membership

AAO Student Member Number (if applicable)

Address

City:

State/Province:

ZIP Code

Country

Home Phone:

Cell Phone:

Fax:

E-Mail:

Dental School

Year of Graduation

Graduate Program

Year of Expected Graduation

Department Chair \_\_\_\_\_

Where do you plan to practice upon graduation? \_\_\_\_\_

When do you plan on taking the ABO Written Exam? \_\_\_\_\_

When do you plan on taking your ICE (Initial Certification Exam)? \_\_\_\_\_

Signature \_\_\_\_\_

Please email or fax your completed application to [TheCollege@aaortho.org](mailto:TheCollege@aaortho.org) or 314-993-6843

Your student membership begins when your completed application is received.

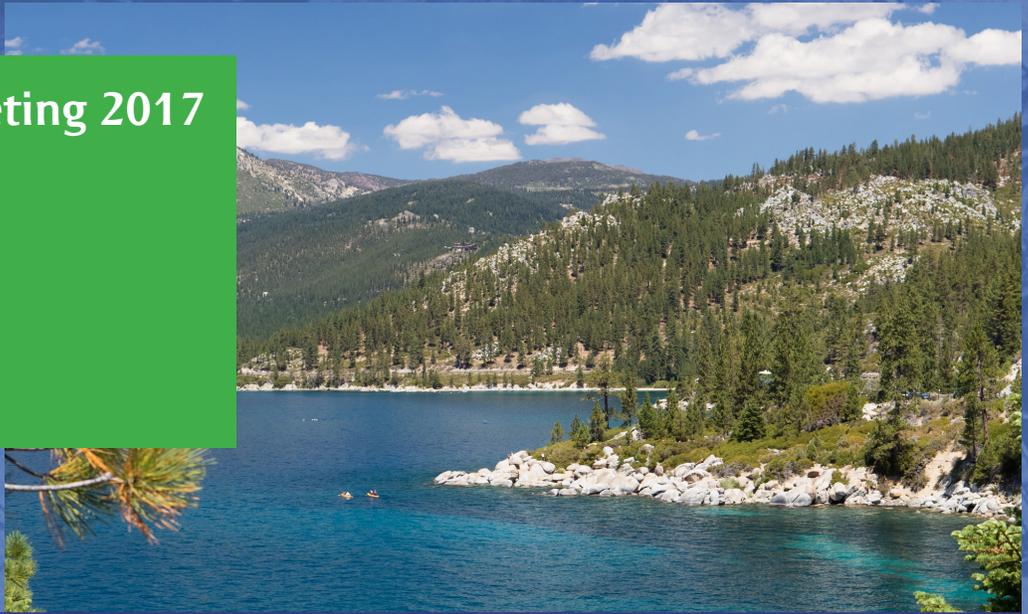
# FUTURE MEETINGS

## 39<sup>th</sup> Annual Meeting 2017

LAKE TAHOE, CA!

July 7-11, 2017

Resort at Squaw Creek



## 40<sup>th</sup> Annual Meeting 2018

ORLANDO, FLORIDA!

July 6-10, 2018

Hotel information TBA



## 41<sup>st</sup> Annual Meeting 2019

NASHVILLE, TENNESSEE!

July 5-9, 2019

Hotel information TBA





# BUSINESS EXIT PLANNING FOR ORTHODONTISTS

*Rich Arzaga, CFP, CCIM*

*Guest Speaker, 39th Summer Meeting Lake Tahoe, CA*

*“Three myths, some best practices, and you”*

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**Y**ou have spent your career building your practice. It has allowed you to maintain a certain standard of living which you most likely would like to maintain in your later years. Chances are, the day you decide to stop generating income and rely instead on income from assets you have built, you may have underestimated how much capital is needed to be financial independent for the remainder of your life. For example, using a crude rule of thumb that you should draw no more than four percent (4%) of your liquid assets each year (many argue that 3% is the better number to use), to generate \$200,000 of income present value growing with inflation, you will need at least \$5,000,000 in liquid assets to have a reasonable chance for success. Yes, that is six zeros behind the number five, not including after the period. The Hypothetical example assumes an inflation rate, rate of return, and withdrawals take over a period of time. It is not represen-

tative of any specific situation and your results will vary. The hypothetical rate of return used does not reflect the deduction of fees and charges inherent to investing.

Whatever your actual number, it is likely that most of the capital needed to fund your goals will come from the equity you have built in your business. And that makes the idea of business exit planning an important component of your current business operations, and aiming to maximize the best personal yield from your exit. Notice I did not write “highest” value. That is because there is more to the goal of getting the highest yield than selling your practice to the highest bidder.

What follow are three of several myths of business exit planning, along with some best practices on making the most of this important asset you have worked hard to build.

## Myth #1: “Selling for the highest price will provide the best yield.”

For many business owners, this is incorrect. Managing taxation on the sale of a business will impact net proceeds to the seller, as does the potential for installment notes, or the use of trust strategies. In

fact, there are typically five practical ways to exit a business, with the least efficient way being to sell for the highest price. A formal exit planning process will help identify which exit strategy is suitable for you.

## Myth #2: “I will deal with my exit plan in five years.”

When talking with business owner about their intention to retire, the answer is almost always “in five years.” Ask a colleague this question, and you will likely hear the same response. Fast forward three years, the answer is likely still “in five years.” Without a written exit plan in place, it’s easy to see how

the procrastination continues. Even though the actual exit might take an additional five, 10 or 15 years to execute, having a strategy in place is critical to pursuing post-exit financial goals. Furthermore, it may take a number of years to execute on the most suitable options.

## Myth #3: “My accountant does exit planning.”

While accountants are usually viewed as the most trusted advisor for business owners, and while taxes play an important role in this process, these professionals generally have little to no comprehensive experience in the field of exit planning. I have many case studies that highlight this. Keep your accountant if they are good. You will need them. But consider incorporating them into part of a bigger team of pro-

fessionals who, done properly, can guide you through the process. An equally important part of this process is illustrating your options. Not all exit strategies will work for all Orthodontists. But there may be a few worth illustrating to determine which may be a better fit for your personal financial planning goals. Illustrating your range of potential outcomes is part of the role of a professional business exit planner.

As I think about business exit planning today, I contrast this to the notices posted in a hotel pool and spa area. There may be more rules posted in this area on how to exit the pool/spa, than many owners have for their own business. While the lack of proper planning is a problem that may become epidemic as more Baby Boomers exit their business, it will not impact you if you decide to put your own plan in place.

Rich Arzaga, CFP®, CCIM is a registered representative with and Securities offered through LPL Fi-

ancial. Member FINRA/SIPC. He is also an Honored Adjunct-Professor at the UC Berkeley Personal Financial Planning program. He is regularly quoted in the national business, financial, and trade press on personal financial planning matters for business owners and high net-worth families. He can be reached at rich@cornerstonewmi.com.

Disclosure: The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

This information is not intended to be a substitute for specific individualized tax advice. I suggest that you discuss your specific tax issues with a qualified tax advisor. CM Tracking 1-536877

Editor’s Note: Mr. Arzaga will be presenting a two day financial planning seminar for the 2017 summer meeting for spouses. He can point anyone needing help with financial planning. Plan on making his lectures at next summer’s meeting! The College is very fortunate to have someone of his caliber willing to help us.

# FROM THE RESIDENT'S ATTENDANCE PROGRAM

*West Virginia University,  
Dr. DoBin Choi, Dr. Marina Gonchar, Dr. Uyen Nguyen*

As third year residents at West Virginia University we have been privileged enough to attend numerous meetings and continuing education events. Yet, we can confidently say that the CDABO meeting in beautiful Asheville, NC was by far the most unique. We had an invaluable opportunity to listen to world-famous speakers, learn about the board certification process and its importance to our profession, meet some of the greatest minds in orthodontics today, and still had the time to enjoy the scenic and vibrant town of Asheville, NC. Here is some of the highlights.

We greatly enjoyed hearing Dr. Flavio Uribe lecture on the topic of surgery first in orthodontics. Surgery as a treatment option has been an integral part of our education and to hear Dr. Uribe speak about this topic greatly added to our knowledge. Dr. Uribe's lecture was innovative and informative: educating the attendees regarding patient selection, post-orthognathic orthodontic management, and use of auxiliaries to obtained ABO quality results. As residents, we feel that educators like Dr. Uribe will catapult the orthodontic profession to greater heights and it was our distinct honor to have had the opportunity to be exposed to the new frontier of orthodontics, made possible by the generous members of the CDABO.

Another speaker that struck a chord with our group was Dr. Eric Ploumis. As residents we are focused on grasping orthodontics to our fullest extent. However, we often forget the legal burden and responsibility we have as doctors to our patients. Eloquently describing some of the legal pitfalls that we should avoid as new graduates, Dr. Ploumis was able to open our eyes to the legal matters of our profession. Truly, it was an excellent lecture and invaluable advice, especially for new doctors seeking to give the best care to our patients while staying ahead of the legal loopholes.

Also amongst the renowned speakers that we were fortunate enough to hear was Dr. Brent Larson. With the development of cone beam computed tomography and

the significant three dimensional information that it provides, the treatment options and care that orthodontists are able to provide to patients have reached a new height. Dr. Larson eloquently covered the basics of how to orient and read CBCT images which was extremely valuable to us residents. Not only did Dr. Larson's lecture give us greater knowledge regarding CBCT imaging, but it also made us more comfortable with its use. Additionally, much of our research involves the manipulation and utilization of CBCT imaging; therefore, Dr. Larson's lecture definitely added to our project quality.

Lastly, we had the privilege to introduce and listen to Dr. Bruce Goldstein. Dr. Goldstein covered the benefits of SureSmile and how he incorporates the technology in his everyday practice. He opened our eyes to a new realm in the orthodontic profession by demonstrating to us that a practitioner can efficiently treat patients without compromising the quality of care and treatment outcome. For us, the exposure to how Dr. Goldstein practices orthodontics was invaluable and has inspired us to educate ourselves more about different innovations that exist beyond what we are taught at our program. Through Dr. Goldstein's lecture and the conversations, we are motivated to always learn, learn, learn and be more open to trying new things that may enhance the care we are able to provide to our patients.

In addition to the prestigious lectures we attended, the final highlight of the CDABO Annual Meeting was a chance to interact with these highly achieved, board-certified orthodontists from all over the country at a personal level. At the welcome reception, on a bus ride to Taylor Ranch, or in the hallway outside the lecture room, everybody shared jokes, stories, and knowledge. Such great experiences at the meeting gave us a sense of support and camaraderie through the College. As graduating residents attending the CDABO Annual Meeting, we truly felt the desire to become part of this group and strive for the best in orthodontics through board certification and life-long learning.

## 39<sup>TH</sup> ANNUAL MEETING SCIENTIFIC SPEAKER LIST

Dr. Wick Alexander      Dr. Jason Cope  
Dr. William Proffitt      Dr. Perry Opip  
Dr. Peter Buschang      Dr. Gary Opip  
Dr. James Vaden



## SPOUSE & STAFF PROGRAM

Rich Arzaga, CFP, CCIM  
Dr. Michael Guess





# HEALTH THROUGH HUMOR, LAUGHTER AND PLAY

*Dr. Michael Guess*

All of us have times where things aren't how we expect them and need to refocus and destress. If you let things "eat at you" chances are you'll stay with this cloud much longer than needed. My favorite thing to do is watch a few old Stooges short films. Yes, I know. They are disrespectful, and mean to each other. But the Three Stooges always seem to end up on top and there is humor for the ridiculousness of the situation. So next time at the end of the day you find yourself a little "run down" try one of these activities. These ideas work and entire books can be written about each topic below. Look at what appeals and try

it on. If you seem to "shake" some of your non-optimal feelings then you now have a technique. Put it to use and everyone around will feel the changes in you. Be kind to yourself!

The idea to use humor, laughter, and play to promote your health probably seems too simple to be true. But the good part, it really is true and that simple. A sense of humor, laughter and play all have a part in keeping us healthy. There are benefits to increasing humor, laughter, and play into your life that will affect you mentally, physically and socially.

## *Humor And Laughter*



The sound of laughter is infectious to everyone around. Have you ever heard an unrestrained laugh of a young child and been able to resist smiling in return? The sound of a roaring laugh is far more contagious than a sniffle, sneeze, or cough.

When laughter is shared between people, it binds them together and increases happiness and intimacy. Laughter is beneficial physically, mentally and socially. On a tough patient day one staff member finds a YouTube video of comedy usually less than 2 minutes and all of us watch it. It reminds us that we need to re-focus our natural state of happiness. And there are many other benefits.

### **Some of the physical benefits include:**

- Boosted Immunity
- Lower stress hormones
- Preventing heart disease
- Relaxing your muscles
- Decreasing pain

### **Some of the mental benefits include:**

- Easing anxiety and fear
- Improving mood
- Adding joy and zest to life
- Stress relief
- Enhancing resilience

### **Some of the social benefits include:**

- Enhancing teamwork
- Helps to diffuse conflict
- Promotes group bonding
- Strengthens relationships
- Attracts others to us

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## What About Play

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And Yes! Play is an important part of ensuring you stay healthy. We can't do our best treatment and diagnosis if we aren't on top of our game. We have all heard the Play 60 ads for children reminded how good it is for children to go out and play. But guess what? We often forget is that it is just as important for adults to incorporate play into their lives as well.

There is no age limit to the advantages of play. Physical play is important for the elderly to ensure help delay or prevent cognitive decline. Although in early stages of study, research that have been done have shown that physical play definitely plays a part in prevent cognitive decline.

There is also no situation that is too serious for play to be included.

Playing at work is essential for getting through stressful situations.

Creating an emotional distance to rally from a hard day at work is important. This is true for all of us in the orthodontic profession. So help your staff help you! And don't forget the parents in your practice. In today's society almost all jobs have become stressful, even if you work from home.

### Some of the benefits of play include:

- Stress relief
- Improved brain function
- Boosted creativity and productivity
- Improved relationships
- Helps you feel younger



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### Play is also great for all relationships

Play brings joy, vitality, and resilience to our relationships and also helps us learn how to trust one another and feel safe.

#### How to Incorporate More Play, Laughter and Humor into Your Life

**Be more spontaneous:** Being spontaneous helps you to get out of your head and away for your troubles.

**Smile:** Smiling is the initial start of laughter. A smile can be as contagious as laughter is. When you experience something even mildly pleasing, practice smiling. Smile at everyone you pass in the street, you will feel happier just by sharing a smile, even with a stranger. Observe what they do. Lifting the mood of others is very satisfying and helps us stay balanced. And as an orthodontist you know it takes only a few to create an excellent smile.

**Watch comedy:** Comedy shows, either live or on television or internet videos are a great and effortless way to laugh more. There are tons of comedians to choose from, so there is something for everyone.

**Count the Wonders in Your Life:** By making a list of all the good things in your life, you will see all the rea-

sons you have to smile. Making a list of all the good in your life will also help you focus more on the good and forget about the bad.

**Spend time with fun, playful people:** These are the people who find humor in everyday events. Their laughter is contagious. These are also the people who are more likely to be willing to play a game with you.

**Dance whenever you can:** It sounds silly. However, letting your body moves gets your blood flowing and increases endorphins.

**Set up a game night:** For children of any age set up a game night! Game nights take minimal effort and will encourage laughter, play, and emotional release. Playing games together is a great way to stay connected, communicating and engaged with the most important and valuable people in your life.

**Incorporating more play, humor, and laughter into your life isn't difficult and yet brings a multitude of benefits to your life.**

Taking even just fifteen minutes, a day to implement some of the above tips into your life is enough that you will begin seeing the positive effects. Pass this along to your patients!

# THOUGHTS FOR HOLIDAY GIFTS TO FAMILY, STAFF AND FRIENDS

*Dr. Michael Guess*

## ***Food for Thought***

The annual summer College meeting is a trip many of us look forward to enjoy. It is always set in a magnificent location that creates lifetime memories for both family and members alike. It's a shame that more people can't take advantage of these meetings! Recently we were offered an opportunity to expand the places of vacation and travel. This program is exclusively for doctors. A member from our group has negotiated a "no fee" membership for our College members. The program allows our members to buy at a "wholesale price" weekend getaways, cruises and luxury vacations in many sought after locations. The vacations are divided into regions of the country but you aren't limited what can be chosen.

About the Program: What is it?

Assured Travel has been a leading company in promoting relationship building for 10 years by creating, high value, and low cost travel for your friends, relatives, staff, and others close to you. This is a low cost program that allows you to offer something very special and memorable to people you care about that may never have an opportunity like this in their lifetime. How would you like to have your nephew rave about his trip to Hawaii that his uncle gifted him as a graduation gift? Expensive no .... priceless: Oh yes!

This service allows a business to purchase a holiday or vacation voucher that can in turn be gifted to your son's favorite teacher, your helpful mailman, a neighbor, a relative, a family friend, your daughter's coach, a wedding, an anniversary, a birthday, a graduation,

a 'special' recognition to people that are actively involved in our lives. These vacations are offered at a greatly reduced price for being a doctor. These travel vouchers can also be used for a contest, raffle, community group, etc. For instance, a voucher could be donated to your class reunion. The class reunion raffles the voucher and keeps the money to help pay for the reunion. Another example: you can help a staff member go on a "dream" vacation with accommodations worth \$1800 for merely \$299. The only additional costs to the end user are taxes and port fees (Cruises). All of a sudden you have the ability to help people visit places like Hawaii, Mexico, California, the Caribbean and several other leisure destinations for a fraction of the retail cost.

And think of the time spent determining a proper gift and the frustration from not knowing. For example, I received a small portable TV one year and two years later the same "friend" gave me a second one. That was an uneasy moment when it was obvious that I had two. So I've decided to make it easy and I'm purchasing these vouchers for friends and family. No wasted time fighting the crowded store, or surfing the net, calling to make sure it is in stock, picking the gift up, wrapping, delivering and hoping it is useful and wanted.

Here's an important note: The vacation locations and accommodations are in heavily visited areas. Please review the website and use the passcode to look through the various programs. ([www.DrAssuredTravel.com](http://www.DrAssuredTravel.com) password: doctor750) This program was negotiated by a fellow member of the College to include no membership fees and the discounts and trips negotiated are the lowest cost offered anywhere.

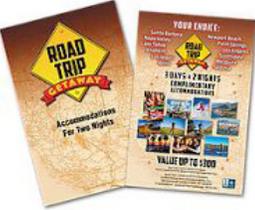
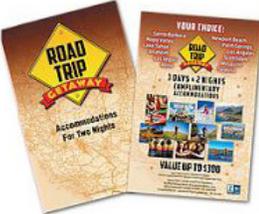
# The Process

## Initiate – No Fee to sign up.

- A) Place your order for at least \$750 in vacation packages and Assured Travel will mail them directly to you
- B) Your package will arrive at your home or office!
- C) Write a personal note and mail it to your family, staff or friends or simply treat yourself to a long awaited vacation!

## The Process

1. You create a holiday list for family, friends and staff. In addition, weddings, anniversary's, community participant raffles and other events that the office would like to "donate." Then the doctor goes to the Assured Travel Website and orders a minimum of \$750 in vacation packages. This order allows the deepest discount to some great places to visit.

			
<p><b>Road Trip Getaway: West Coast</b></p>	<p><b>Carnival Cruise</b></p>	<p><b>Road Trip Getaway: Midwest</b></p>	<p><b>Holiday Passports Silver</b></p>
<p>2 nights of standard accommodations</p>	<p>3, 4 and 5 night itineraries</p>	<p>2 nights of standard Accommodations</p>	<p>5 Vacations with a menu of 50 options.</p>
<p>Anaheim-Cabo-Cancun-Hawaii-Tahoe-Vegas-Mesquite-Monterrey-Napa-Puerto Vallarta-San Carlos-Scottsdale</p>	<p>Primary Ports or Departure from: Pt. Canaveral, FL and Long Beach, CA  Interior Stateroom Cabins</p>	<p>Austin-Branson-Denver-Galveston-San Antonio-Smokey Mountains-St. Louis-Williamsburg-Cancun</p>	<p>Complimentary Accommodations Discounted Cruises Discounted All-Inclusive Pre-Paid &amp; Discounted Airfare</p>
			
<p><b>Resort Collection</b></p>	<p><b>Road Trip Getaway: East Coast</b></p>	<p><b>Luxury Collection</b></p>	
<p>4 Nights of Resort Accommodations</p>	<p>2 nights of standard</p>	<p>7 Nights of Luxury Resort Accommodations</p>	

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2. Once the order is completed you will receive your travel vouchers in less than one week. Send them to your family or staff in personalized cards with a short hand-written note. They'll love it and the travel card is ready to use with instructions to activate.

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3. Recipient activates and registers their voucher and then subsequently selects their vacation location and provides Assured Travel with the dates they would like to travel.

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4. Assured Travel will make the arrangements and once they are able to secure a confirmation, the recipient will be contacted.

5. Repeat above to improve staff morale, family appreciation and your stress levels.

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6. Think of additional uses such as community raffles, PTA prizes, weddings, and just doing a good thing for others!

*(Note: Most dental / medical boards have specific rules and Assured Travel recommends that you review the information on the website with your state dental/ medical association and with your own state board. Do not utilize this for marketing for new patients! This would be of questionable ethics and it will most likely get you in trouble!)*

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We all have given presents, cash and store gift cards for weddings, Christmas gifts, etc. This program allows the receiver access to special places for people that we care about in our lives. And although cash is appreciated, it is often used to pay bills or expenses.

But.....a vacation creates lasting memories. If your aunt and uncle sent you and a guest on vacation as a college graduation gift would you remember them? Giving these enables others to spend "down time" in a desirable location which should create a lifetime of fond memories.



**Assured Travel**

5958 Priestly Drive 2nd Floor  
Carlsbad, CA 92008

**Phone:**

(800) 939-5936

Email: C3@AssuredTravel.com

# Save the Date!

## 39th Annual Meeting

"Controversies: Stability of the End Result"

July 7-11, 2017

Resort at Squaw Creek, Lake Tahoe, CA

