

Spring 2016

# THE COLLEGE E-ZINE

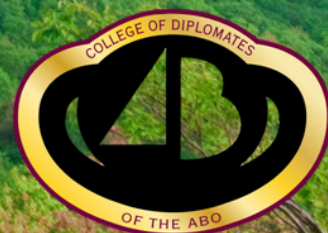
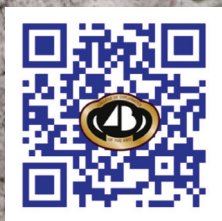
THE COLLEGE OF DIPLOMATES OF THE AMERICAN BOARD OF ORTHODONTICS

*"Keeping Our Members Connected"*

## 38<sup>TH</sup> ANNUAL SUMMER MEETING 2016

Where: Asheville, North Carolina

When: July 8-12, 2016



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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

If I had to say what my favorite time of year was, I would have to say spring, although I could do without the allergies. Every spring things start new again. We start planting flowers, we have to work in our gardens again, and we all have spring cleaning to do. It gives me a

great feeling and I begin to really feel alive again. Now that the wet season is over on the west coast we can all finally get out and enjoy the sun. Pretty soon we will have the annual AAO meeting to attend, and we will have to review a lot of new technology that can help make our jobs a little easier as well as helping us become more efficient and make our patients happier as well. Due to the many advancements we have seen over the last twenty years or so we can see how far we have come in areas such as being able to instruct our patients as well as inform and track them. But whether we realize it or not there are many other changes happening in not only dentistry but orthodontics as well.

In California today between 60-65% of orthodontics is being started by dentists not orthodontists. Every year that percentage is growing higher. In the past the majority of dentists only dealt with simple cases but have only recently begun to deal with very difficult ones. With orthodontic procedures becoming more and more complicated, and specialty training costs continuing to rise, it appears that orthodontic procedures will become, for the most part, a domain in the dental office. Not far in the future there will be a blending of dental, orthodontic, periodontal and pedodontic work. All of these procedures will be offered under one office. Every orthodontic practice owner needs to find a quiet place and look at the future. We cannot survive another 50 years as a 'one trick pony.' Practices that are greater than 10 years old have many advantages by incorporating additional professionals in their orthodontic practice. Procedures might include: minor dental cosmetic work, operculum removal, night guards, and supracrestal gingival fiberotomies, and other procedures. There are reasons why I can predict this is a future model. First it's just simple economics. There are many more offices in the country that are not working at full capacity. Additional procedures fill that void. Second, many dentists have become enamored with orthodontics and will never again refer routine (sim-

ple class I, etc.) patients to us because financially it is more profitable to keep it in 'house.) And even difficult orthodontic cases that we treat for their patients return to them once we've finished our work. Second, patients are beginning to ask if we offer other services. These are current patients and also telephone requests. If your office ethically offers such services then do so. If you want to attract these patients and don't do the work yourself, it may be smart to hire part time help who can do the work, because it is almost impossible these days for two parents who both work to take their child to two different offices. An easy example is coordinating a cleaning with an archwire adjustment. If your office offers both dentistry and orthodontics, you may gain another family. If I were to start this I would inform my existing referral base with a one to one meeting. So far, this has gone well as one referrer of over 20 years actually asked if he could use us for emergency call on a few Fridays per month. The only concern referrers will have is losing their patients to you. Make sure that these good referrers are given the honor and integrity they deserve by making their patients get back to them at the end of treatment.

There are so many people out there now who can't spend the money for the orthodontic work they need. As a matter of fact, there was recently an article in the Huffington Post about a young guy who created braces for himself with a 3D printer and software for only \$60. Now that is what I call change. And don't be surprised if a manufacturer creates a method which allows them to deliver appliances to patients without any other health professional.

[http://www.huffingtonpost.com/entry/college-student-3-d-printed-his-very-own-braces-and-his-teeth-look-amazing\\_us\\_56ec0f8be4b03a640a6a3cb9](http://www.huffingtonpost.com/entry/college-student-3-d-printed-his-very-own-braces-and-his-teeth-look-amazing_us_56ec0f8be4b03a640a6a3cb9)

The reason for this is that people perceive orthodontic work as becoming too expensive. People will do things not necessarily in their best interest to save themselves money and time. But creating a beautiful smile sometimes costs more than the value people think they are getting. I believe that the public knows about everything that is put into creating that one of a kind smile, and therefore they do not realize how much work it takes, and therefore why the cost is justified. We as members of the orthodontic professionals must work harder at educating the public at the total process of orthodontics. This needs to occur sooner rather than later. Current society believes with the internet and such that the cost of everything is known.

Recently, we had a patient advise us that she knew exactly how much clear removable orthodontic costs us to make. And she wasn't willing to spend more than 10% more than the office costs. Clearly, this person understood the costs of having the appliances made but didn't know the value of the process.

Another thing that Spring makes me do, is to start thinking about our summer meeting at The College. I am sure, as always, that the program that is planned will be helpful to us in our profession and will provide us with excellent opportunities to learn. We have many great speakers this year as set up by the scientific chair, Dr. Gary Opin. And this will be the first time in the College history that we honor an orthodontist for his lifetime achievement. Dr. William Proffit will be the first so honored orthodontist for his lifetime of work for the benefit of our profession. Each lecture Dr. Proffit presents brings a message for all of us. I am anticipating listening to him in Asheville this summer.

It refreshes me every year when I can come to the College and enjoy myself by spending time with old friends and colleagues. This is one week in my life that I allow myself to feel relaxed and can enjoy...But back to talking about change. We must realize these days that everything is changing. Our lives, families, and professions continue to evolve and continue to surprise us with new ways of doing things. Many of the benefits of the meeting include:

- 1) Spending time with family,
- 2) Meeting with other professionals,
- 3) Spending time socially with others,
- 4) Take time to relax,
- 5) Give us time to think and recommit ourselves.

Many things this year will make the meeting much easier. In this ezine you will benefit by finding Quick Response (QR) Codes that you can use during the meeting. Using these will help you save time while

also giving you the ability to find schedules and events on your smart phone. If you have any questions about how to use QR codes, follow the link to the Spring 2014 e-zine below (pages 9-12).

In order to help you have the best time possible, the College Council invites you and your entire family to come with you to the 2016 meeting in Asheville, North Carolina. The city of Asheville has the largest home found in North America: the historic Biltmore. Not only that, but there are many more reasons to come to Asheville such as more than 60 waterfalls and over 100 hikes that are close to the hotel. The city is also well known for the myriad of culinary dishes readily available at local restaurants. There are so many different foods which the restaurants throughout the city have to offer that will delight and surprise you.

Of all the great reasons to come to the meeting, the best would have to be the scientific meetings as well as the social activities offered in the great city of Asheville. And as always, we wish all of our members the best Summer 2016 38th Annual Meeting at the Omni Grove Park Inn, Asheville, NC from July 8-12, 2016.

I wish to thank American Way, the magazine from American Airlines for allowing us to reprint an article on Asheville from January 2016. In addition, the Omni Grove Park Inn staff have been wonderful and finally I'd like to acknowledge the excellent website of [www.romanticasheville.com](http://www.romanticasheville.com) and Mr. Mark File. I strongly urge you to review these sources several weeks prior to your arrival to get the most out of our meeting.

Sincerely Yours,

Best Regards,



Michael B. Guess, DDS, MS, MA

#### PREVIOUS E-ZINES AVAILABLE HERE:

Fall 2014 37th Annual Meeting

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

Spring 2015 36th Annual meeting - QR Code Review

[https://issuu.com/cdabo/docs/e-zine\\_summer\\_meeting\\_-\\_19\\_march\\_w](https://issuu.com/cdabo/docs/e-zine_summer_meeting_-_19_march_w)

Summer 2015 37th 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 2015 38th 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)

July 8-12, 2016

*"Cutting Edge Technology in the Changing Orthodontic Environment"*  
Grove Park Inn, Omni Hotel, Asheville, NC



# MESSAGE FROM THE PRESIDENT

*By President, Dr. Ken Hrechka*

Don't forget to put the College of Diplomates of the American Board of Orthodontics (College) 38<sup>th</sup> Annual meeting in Asheville, North Carolina on your schedule for July 8 – 12, 2016. This is going to be a great meeting. Members of the College Council, Asheville Meeting Committee Volunteers from the College membership, and the College Executive Director and his staff have spent many hours working to make the upcoming meeting in Asheville an experience you must not miss. Put this meeting in your books to further expand your education. Plan on making this, a family vacation that years from now you and your children will say, "That trip to Asheville.....It was one of the best decisions we ever made. "

This meeting will be the first College meeting to begin honoring, "**Legends In Orthodontics**". Our 38<sup>th</sup> annual reunion meeting will **honor Dr. William Profit**, a Kenan Distinguished professor in orthodontics for the University of North Carolina, at Chapel Hill. He has also agreed to provide us with a lecture, which hopefully will offer us some pearls we can take home to our practices.

Our Scientific Chair, **Dr. Gary Opín**, has arranged a fantastic collection of great speakers. **Dr. Ravinda Nanda** has assisted and he will also provide us with new technology. Not just what it is, but is it true to the hype. Please look for more details in this publication and the Asheville meeting program publication.

I am looking forward to another great showing of invited orthodontic residents to partake in a College meeting. Asheville proximity to universities permits us to invite residents from numerous schools. More than a few program directors have accepted the invitation. The Residents Attendance Program (RAP) has taken on wings and is soaring. The College supports the invited residents by covering their meeting and hotel costs. This costs money and we can use more. Please, if you have a special relationship with any vendor, have them contact our Executive Director, Mr. Scott Cant at [scant@aaortho.org](mailto:scant@aaortho.org). Read this program thoroughly to find out how you can help sponsor a resident. Keep an eye out for College emails on this subject.

**Asheville:** The weather in July is better than we find throughout most of the east coast during the summer. Typically during this time of the year there is negligible rain, perhaps a thunderstorm with little to no precipitation. Daily temperatures vary significantly from an average of 85 during the day to 65 at night. Due to the mountains and altitude, humidity is Asheville's saving grace, typically in the low 60% range, that is, COMFORTABLE. Asheville's altitude is also a comfortable 2100 feet, much easier to cope with for young children and us older individuals than the altitude of the much higher Rocky Mountains.

Why come to Asheville, besides the great summer weather, and the wonderful scenery of the west-

ern Blue Ridge Mountains with the Smoky Mountains in the background, well how about just about everything. There is lots to occupy your family starting with the Western North Carolina Nature Center and it's collection of animals indigenous to western North Carolina, a Pin Ball Museum, Zip-Lining recognized as one of the best such adventures anywhere, craft and art shops galore, more micro-breweries per capita than anywhere else in the U.S., award winning restaurants with small town prices. The hiking around Asheville offers scenic grandeur that makes a person pause to realize, "Wow, This is a great country." Be sure to see Chimney Rock at Chimney Rock State Park. If you prefer you can just take a seat at the Omni Grove Park Inn and soak in the view. Did I say soak in the view, experience the on site spa, aesthetically pleasing, relaxing and "Awe". The host hotel, the **Omni Grove Park Inn** is previously known as the Marriot Grove Park Inn. It is listed on the U.S. Historic Registry. Under new ownership much of hotel is undergoing modernization for current expected amenities and comforts. If you prefer the feeling of yesteryear, a portion of the hotel is maintaining its original rustic feel. The demand for these rooms is high and calls for early reservations. The main onsite restaurant the Sunset Terrace offers outdoor scenic dining and a menu fit for a king. Don't forget to tour the **Biltmore**. The largest private home ever built in the U.S. by George Vanderbilt. Tours are awe-inspiring. Look for more details in our program brochure and this Ezine.

Historically past College annual meetings offered a specially scheduled **wine- tasting/dinner event**. I look forward to hosting such an event. This wine-tasting/ dinner scheduled for **Posano** restaurant is a limited attendance, additional-ticketed

event. Please find the line item on your registration sheet and apply early. My site visit crew and I tried out this restaurant. You will be pleasantly impressed with the efforts of the chef and his sommelier.

For all you golfers, our thanks go out to our golf-chair **Dr. Eladio DeLeon**. He is the golden Chair of Orthodontics and the Program Director of the Orthodontic Department at Georgia Regents University. Additionally Dr. DeLeon is the current president of the American Board of Orthodontics. The golf course is nestled in the Blue Ridge Mountains and right next door to the Omni Grove Park Inn. For anyone looking to play golf the way it used to be played and the way the game is supposed to be experienced, this is the course. Look for more details in the meeting program brochure.

By now, you have to be saying to yourself, where is the application sheet. If you misplace the Program Brochure, please contact the College Executive Director, Mr. Scott Cant at [scant@aaortho.org](mailto:scant@aaortho.org). I am sure he will be able to email you a replacement in electronic format. Once again I invite you to attend the College of Diplomates of the American Board of Orthodontics 38<sup>th</sup> Annual Meeting, July 8-12, 2016, in Asheville, NC. After investigating what Asheville has to offer, no one will blame you if you decide to arrive early or stay a few extra days so you and your family can enjoy as much of this mountain community as possible.

See you there!

*Kenneth M. Hrechka, D.D. S.  
President- College of Diplomates of the American  
Board of Orthodontics*





## INTERPRETING DATA FOR TREATMENT OUTCOMES: IS WHAT'S GOOD FOR THE STATISTICIAN GOOD FOR CLINICIANS?

*William R. Proffit, DDS, PhD  
Emeritus Professor, Orthodontics  
UNC School of Dentistry*

As orthodontics moves toward data-based rather than opinion-based treatment, new findings for treatment outcomes in a group of patients usually are presented in statistical terms. Previously, these were almost always in the mean/std. deviation format. Now, non-parametric statistics not based on the normal distribution often are presented, with findings in the median/interquartile format. Treatment outcomes usually are not normally distributed—a few patients have most of the changes—so this is an improvement, but still does not provide an insight into the clinical usefulness of the new data.

There are two key things that a clinician needs to know when treatment outcomes with alternative treatment approaches are presented. The first is a whether a statistically significant difference in treatment outcomes is clinically significant. Only if it's clinically significant should you consider a change in clinical treatment. An excellent illustration of its importance comes in the evaluation of growth modification, especially with appliances that hopefully would increase jaw growth. It now is widely accepted that functional appliances can produce an acceleration of mandibular growth. Does that mean an ultimately larger mandible?

There is about a 50-50 split between the many studies of this issue that say yes or no. It helps a lot to realize that those in both camps report a possible increase of 1-2 mm in mandibular length over what it would have been without treatment. Is that statistically significant? Perhaps. Is it clinically significant? Almost surely not—if you want to correct a skeletal Class II, your method had better include a decrease in maxillary growth and some compensatory tooth movement as well as a slightly larger mandible. Improved mechanical devices are not going to change that. In the future, gene therapy or some other way to modify the biology might.

Another prominent illustration of the importance of distinguishing statistical from clinical significance can be seen in the recent report in AJODO that early (preadolescent) Class II treatment reduces the chance of injury to protruding maxillary incisors.<sup>1</sup> That was reported in one of the first published clinical trials of preadolescent vs adolescent Class II treatment,<sup>2</sup> and a follow-up paper from the same study pointed out that the typical injury to incisors was only chips in the incisal enamel, with obvious fracture of a crown rarely observed.<sup>3</sup> So the effect was statistically significant but probably not clinically significant. The recent paper, amazingly, did not consider the magnitude of

injury in reporting the results—and is misleading because it didn't.

The second key thing clinicians need is even more important, because its answer is the heart of the decision to adopt a new clinical procedure and also the critical component in obtaining informed consent to treatment. It's always true that some patients respond to any treatment better than others. The size of the standard deviation, or better the interquartile distribution, tells you something about the variability in responses within a group of patients, but even with nonparametric statistics there is a strong tendency to focus on the median and think about the responses as being normally distributed even when you know they weren't. The median change is what my patient will get? The greater the variability within the group that were studied, the less likely that is, and you and the patient need to know that likelihood.

To understand the new data from a clinically useful perspective, two things are needed: first, the nature of the response must be defined; then, the individual responses—not the group response—must be examined to put the patient in the proper sub-group, so that the percentage chance of favorable clinical changes can be determined. Let's look at another growth modification example to clarify this important point.

Does Class III treatment with bone anchors and Class III elastics during adolescence produce forward movement of the maxilla? On the average, the answer is

yes. The mean change in the position of the maxilla is a little over 4 mm, twice the mean amount of change with facemask treatment prior to adolescence.<sup>4</sup> But it's more important to know that with a patient of northern European descent like those who have been studied, you can expect 80% to have forward movement of the maxilla and one-third to have increased prominence of the midface as well—which means that 20% don't have a positive maxillary response.<sup>5</sup>

Knowing that, would you suggest this method to a maxillary-deficient adolescent? In fact, this is the most effective growth modification method that orthodontists have ever seen. What should you tell the patient and parents about this during informed consent? They need to hear about the success rate and midface advancement that was not possible previously, and that there's an 80% chance of a good response and a 33% chance of an excellent response—but they also need to understand that there's a 20% chance of no maxillary advancement. Will this method decrease the change that jaw surgery ultimately will be needed? It will take more long-term data to be sure about that, but it seems likely that it will.

We are in an era when orthodontists need to be critical consumers, questioning the information provided about advances in clinical treatment. That goes for appliances and other hardware; it also goes for treatment concepts. If the advocate of a new treatment approach can't provide good answers to clinical versus statistical significance and percentages of success, skepticism is in order—and if he or she can, accepting the new information and acting on it should be the response.

## References

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3. Koroluk LD, Tulloch JFC, Phillips C. Incisor trauma and early treatment for Class II division 1 malocclusion. *Am J Orthod Dentofac Orthop* 2003; 123:117-125.
4. Cevitanes L, Bacetti T, Franchi L, McNamara JA Jr, DeClerck H. Comparison of two protocols for maxillary protraction: bone anchor versus face mask with rapid maxillary expansion. *Angle Orthod* 2010; 79:9-806.
5. DeClerck HJ, Proffit WR. Growth modification of the face: a current perspective with emphasis on Class III treatment. *Am J Orthod Dentofac Orthop* 2015; 148:37-46.

**Note: Dr. Proffit is being honored this year for his contributions from his illustrious career. He will be speaking to our group on Sunday from 10:45-12 noon. Don't miss him!**



# THE HISTORY OF THE OMNI GROVE PARK INN

OMNI RESORTS  
the grove park inn

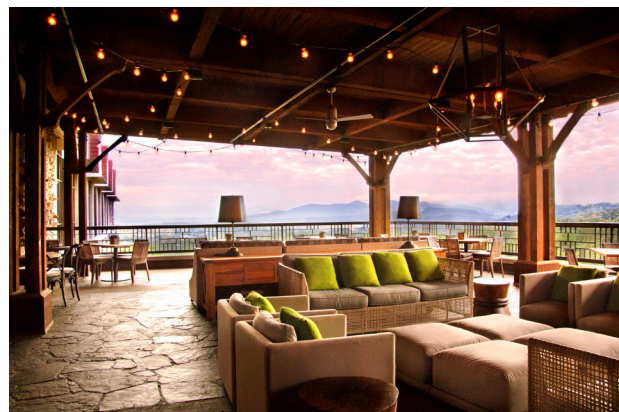
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**E**dwin Wiley Grove, known as the “Father of Modern Asheville” was born in 1850 on a small farm in Tennessee. After serving in the Civil War he developed a very definite plan for his life and career. Grove set out to establish himself in the pharmaceutical world and was determined to rise from his early poverty to great wealth and success.

Grove purchased a pharmacy in Paris, Tennessee in his mid-twenties and put all of his energy into formulating a “tasteless” quinine product to prevent and

treat malaria, a life-threatening disease that permeated the South in the 19th century. After many years of experimentation, Grove introduced Grove’s Tasteless Chill Tonic and success soon followed. In the late 1890’s Grove’s Tasteless Chill Tonic had become a household staple and even outsold Coca-Cola. Eventually over 1.5 million bottles of the Chill Tonic were sold.

Grove himself was often ill, afflicted with periods of bronchitis and chronic hiccups. He followed his physician, Dr. S. Westray Battle to Asheville, NC in or-





der to convalesce in the clean healing mountain air of Asheville, NC. In 1898 Grove established a residence in Asheville and began to envision his next big adventure.

While still pursuing pharmaceutical inventions, Grove met Fred Seely in Detroit, who was beginning to make a name for himself in the pharmaceutical business. Grove invited Seely to his home in Asheville and after one week Seely left his position in Detroit to work for Grove at the Paris Medicine Company. Business, however, was not the only thing that interested Seely. Grove introduced his daughter, Evelyn, to the bachelor, and within 24 hours Grove had given Seely permission to wed her. The couple married by the fall of 1898.

Grove began to purchase property in Asheville in the early 1900's following his successful real estate developments in Atlanta. In 1909 Grove purchased 408 acres in north Asheville, including what would become The Omni Grove Park Inn, but he would con-

centrate on establishing residential neighborhoods before ever considering building the hotel.

In 1911 Grove began to plan the development of a grand hotel, a place of respite and wellness, on his beloved Sunset Mountain. Grove reviewed hundreds of proposed plans from prominent architects from all over the country but none of them were satisfactory. Instead, it was his own son in law, Fred Seely who created the sketch, the tangible articulation of Grove's vision, The Grove Park Inn. Grove accepted the plans and gave Seely the enormous task of constructing the hotel with only one requirement; it had to be built in one year.

Four-hundred men worked 10-hour shifts six days a week. With only the use of mules, wagons and ropes, massive granite boulders were unearthed from Sunset Mountain to build the hotel. Three days shy of one year from its ground breaking, The Grove Park Inn opened





on July 12, 1913. Secretary of State, William Jennings Bryan, delivered the keynote address to four hundred of the most distinguished men of the South who gathered for the opening banquet. He had no idea of how true his words would become when he proclaimed that

The Grove Park Inn “was built for the ages.”

Grove's original vision of a place of rest and comfort continues to evolve to serve a modern audience and today his Inn remains one of America's most beloved destinations, The Omni Grove Park Inn.



# THE OMNI GROVE PARK INN FACT SHEET



## LOCATION:

The Omni Grove Park Inn is located in the heart of the Blue Ridge Mountains just minutes from downtown Asheville near the western edge of North Carolina. There is easy access to I-40, and the hotel is only 17 miles from Asheville Regional Airport.

## ADDRESS:

The Omni Grove Park Inn  
290 Macon Avenue  
Asheville, North Carolina 28804  
Tel. (828) 252-2711

## RESERVATIONS:

(800) 438-5800

## WEBSITE:

<http://www.omnihotels.com/hotels/asheville-grove-park>

## OPENED:

1913

## ARCHITECT:

Fred Loring Seely

## MEMBERSHIP:

National Register of Historic Places  
Historic Hotels of America

## DESCRIPTION:

The Omni Grove Park Inn is a historic resort built along the Blue Ridge Mountains, just minutes from

downtown Asheville, North Carolina. Upon entrance, is the Great Hall which measures 120 feet across and features 24-foot ceilings and two gigantic 36-foot stone fireplaces. The resort's grand lobby is famous for the elevators hidden in the chimneys of the fireplaces, which transport guests to their rooms. Originally opened in 1913, the Inn showcases a wide range of Arts and Crafts furnishings from Stickley and Roycroft throughout guest areas, guestrooms and suites.

## HISTORY:

The original Grove Park Inn was founded by businessman Edwin Wiley Grove with the help of his son-in-law Fred Loring Seely. Completed in 1913, the main inn was designed after the Old Faithful Inn and the Canyon Hotel in Yellowstone National Park. The Inn was built of granite stones mined from Sunset Mountain with the help of 400 workers, many of them Italian stonemasons, earning \$1.00 a day – the best wages available. Dragging hundreds of tons of boulders up the mountainside with mules, wagons, ropes, pulleys, and a lone steam shovel the Inn was completed in less than 12 months. When the 150-room hotel opened in the summer of 1913, newspapers across the country christened it “the finest resort hotel in the world.” The Grove Park Inn was listed on National Register of Historic Places in 1973 and is a member of the Historic Hotels of America.

During World War II, the Inn was used first as an internment center for Axis diplomats. The diplomats and their staff were allowed guarded trips to town where they would purchase goods from the local

merchants. This was a boom to the strapped local economy. The Inn was then used by the Navy as a rest and rehabilitation center for returning sailors. In 1944-45, the hotel was an Army Redistribution Station where soldiers rested and relaxed before being assigned to other duties. The Philippine Government was also stationed at the Inn and functioned in exile from the Presidential Cottage during the war. Owned by the Sammons family beginning in the 1950's and briefly by investor group KSL in 2012, the inn became a member of the Omni Hotels & Resorts family in July 2013.

## FOUNDER

E.W. Grove made his fortune developing pharmaceutical compounds in the late 1800s, most notably, the Tasteless Chill Tonic. Grove's Chill Tonic, was a tasty syrup elixir containing quinine. A malaria epidemic in the south motivated Grove to develop the treatment. This formula would help tame the raging chills brought on by malaria, but it did not cure malaria. Quinine had a very bitter taste and when Grove made it much more tolerable to consume, adding sugar, liquor, lemon and iron, it was an overnight success. In the late 1890s, more bottles were sold than Coca-Cola.

Grove first came to Asheville, like many did, with respiratory problems and made a summer home in the mountain town. By 1909 he had purchased 448 acres in Asheville with the intention of developing residential neighborhoods. It wasn't until 1911 that Grove had the idea to build a hotel.

## DESIGN AND ARCHITECTURE:

Fred Seely oversaw the design of Grove Park. Inspired by the Art & Crafts movement, Seely decided that The Grove Park Inn's interiors should be furnished entirely with the simple lines and high quality craftsmanship.

The property's signature Arts & Crafts style was a revolt against the Victorian era and the machine-made products of the time. This alternative design focused on handmade, well-designed, affordable, everyday objects. Home to one of the world's largest Arts & Crafts collections, the Inn boasts more than 400 oak chairs, corner servers, sideboards, writing tables, and lighting fixtures created by the Roycroft. Design elements throughout the hotel include two original 36-foot-wide fireplaces in the Great Hall and Roycroft sideboards in the Blue Ridge Dining Room.

## GUEST ROOMS:

The Omni Grove Park Inn has 513 guest rooms: 143 in the original Main Inn; 204 in Sammons Wing; 166 in Vanderbilt Wing, including 14 suites; and 28 rooms on the private Club Floor. All are graced with cottage-style windows that open onto spectacular views of the mountains and courtyard, and vintage details including original oak Arts and Crafts-style furnishings fashioned by Stickley and Roycroft. Guestroom types include:

- **Mountain View Rooms** (187) – Surrounded by the Blue Ridge Mountains and expansive greens of the historic golf course, with king, queen or double beds and modern amenities.
- **Resort View Rooms** (226) – Located in the historic Main Inn, overlooking either the Spa gardens or the historic courtyard in front of the Main Inn.
- **Classic Rooms** (28) – Cozy rooms with king or queen bed and views of the gorgeous resort landscape. Perfect for value-conscious travelers to experience the charm and intimacy of the historic Main Inn.
- **ADA Accessible Rooms** (3) – Located in the Sammons Wing, these rooms are outfitted with two double beds, roll-in shower, shower and toilet bars, shower bench, and open closet, with door peephole accessible for wheelchair and clearance in room from 3 to 5 feet.
- **The Heritage Suites at The Omni Grove Park Inn** The Heritage Suites were established in 2013 during the Centennial year of The Omni Grove Park Inn to acknowledge and pay homage to the rich heritage of the Inn. Each of the 14 suites bears the story of one of the integral members or events in our over one hundred year old legacy. Our founder, Edwin Wiley Grove, our designer, Fred Seely, and world renowned photographer and explorer, George Massa, are just a few of the keystone members of our history highlighted to introduce our guests to the visionaries and events that created this unique landmark.
  - EW Grove Penthouse Suite
  - Fred Seely Suite
  - Axis Diplomats Suite
  - The Supreme Court Suite

- Fairway Lodge Suite
- Donald Ross Suite
- 2 Health and Wellness (Spa) Suites
- Elbert Hubbard Suite
- George Masa Suite
- Bruce Johnson Suite
- Presidential Suite
- Paris Medicine Company Suite
- Oscar Mills Suite

### AMENITIES:

All rooms at The Omni Grove Park Inn feature modern amenities, including:

- Bathrobes
- In-room safe
- Clock radio
- Voice mail
- Pay movies
- Free local calls
- Daily housekeeping
- Turndown service
- Hair dryer
- In-room childcare (surcharge)
- Electronic check-out
- Iron/ironing board
- Desk
- Rollaway/extra beds available
- Cribs/infant beds available
- HDTV
- Free Wi-Fi
- LCD TV

### SERVICES:

Hotel services at Grove Park Inn include:

- Audiovisual equipment
- Arcade/game room
- Health club
- 24-hour front desk
- Babysitting or childcare (surcharge)
- Room service
- Business center
- Express check-out
- Safe-deposit box at front desk
- Shopping on site
- ATM/banking
- Swimming pool – indoor/outdoor
- Concierge desk
- Dry cleaning/laundry service
- Full-service health spa
- Gift shops or newsstand

- Designated smoking areas
- Computer station
- Self-parking (surcharge)
- Valet parking (surcharge)
- Porter/bellhop
- Golf course on site
- Snack bar/deli
- Security guard
- Shoe shine

### DINING AND LOUNGES:

Asheville, NC is recognized as having one of the strongest most innovative culinary scenes in the country. Here at The Omni Grove Park Inn you will find four of the finest, locally sourced restaurants in town as well as, four bars and lounges serving cocktails, beverages and light fare.

- **Vue 1913** Vue 1913, an American Brasserie, offers guests a comfortable and stylish setting for a leisurely meal designed only with the love food in mind. This blend of American and French cooking is highlighted by a marvelous selection of wine from an abundant French cellar cultivated over the years. With its art deco decor and panoramic view of the Blue Ridge Mountains, Vue 1913 is the perfect fit for your everyday dinner plans and your special occasions.
- **Sunset Terrace** The Sunset Terrace features the finest hand cut steaks, premiere chops and fresh seafood. Partnering with local farmers, our chefs and staff are committed to providing you with a truly memorable dining experience as you look out over the mountains. The Sunset Terrace is the iconic spot for dinner in Asheville and is a winner of the 2014 Wine Spectator Award of Excellence. Sunset Terrace is a covered al fresco dining option and is open March through November and as weather permits in the colder months.
- **Sunset Cocktail Terrace** The Sunset Cocktail Terrace is located just below the Sunset Terrace offering a reservation free location to have a local beer, cocktail or small plate while watching the sunset behind the Blue Ridge Mountains.
- **Blue Ridge** The Blue Ridge is a farm-to-table artisanal buffet overlooking the majestic Blue Ridge Mountains. The Art of Breakfast served each morning will redefine all that you imagined

breakfast could be. Two massive rooms are filled with amazing breakfast options, including a yogurt bar, doughnut buffet, and great gluten free options. And don't miss the award winning Friday night Seafood Buffet, Saturday night Prime Rib Buffet, and phenomenal Sunday Brunch. It's the perfect way to end any week.

- **EDISON, craft ales + kitchen** EDISON craft ales + kitchen is an inventive bar and restaurant that brings together the food culture and local flavors of Asheville, with expansive indoor and outdoor seating and spectacular views of the Mountains. Named for frequent historical visits from Thomas Edison and his "Vagabonds" (Edison, Harvey Firestone and Henry Ford), EDISON serves NC craft beers, small batch bourbons, handcrafted cocktails, and regionally inspired food in a contemporary, fun, and artistic setting.
- Several renowned artists who celebrate the creativity of the area and call this community home are showcased in the indoor dining room, offering our patrons a true Asheville experience
- **Spa Café** The Spa Café is your choice for fresh house made juices and smoothies, a healthy breakfast, salads, sandwiches and wraps. An intimate dining spot with indoor and outdoor seating, the Spa Café provides a relaxing environment to enjoy a light fresh nourishing meal with a juice, smoothie, or even a glass of champagne or a cocktail.
- **Cabana Bar & Grill** is open seasonally near the outdoor pool, with an inviting lighter-fare menu of sandwiches, salads and snacks as well as soft drinks and a full bar. Open seasonally.
- **The Great Hall Bar** The Great Hall is the perfect place to gather to get a real feel for the history and tradition of the Inn. Sip a signature craft cocktail or locally brewed beer in our Great Hall Bar and enjoy the grandeur that has made generations of guests feel they have left the ordinary behind. Flanked by immense 36-foot wide stone fireplaces, The Great Hall Bar is a wonderful place to meet before dinner, to relax upon arrival, or to wind down with a drink in the evening. Enjoy appetizers, entrees, light fare and desserts throughout the day, as well as nightly entertainment.

- **Presidents Lounge** For a fine selection of wines by the glass, local craft beer and classic cocktails, the Presidents Lounge caters to your before and after dinner plans. Looking out across the cityscape of downtown Asheville, you can relax as the sunset paints the sky. Presidents Lounge honors our rich history, having hosted ten Commanders in Chief at the Inn throughout our 102 years.
- **The Marketplace** Located in our retail space in the Vanderbilt Wing, The Marketplace proudly serves Starbucks coffee, house made pastries, pizzas, ice cream, sandwiches, and more to add convenience and mobility to your stay.
- **Elaine's Dueling Piano Bar** is a fun spot for a night out with laughter and tunes provided by local and regional comedians and a hilarious Dueling Piano show nightly. No cover.

## THE SPA:

Since its inception, The Omni Grove Park Inn has been a health and wellness destination for city dwellers looking for rest and rejuvenation in the pure mountain air of Asheville, NC. Embracing its prominence as a premier destination for well-being, The Spa at The Omni Grove Park Inn is consistently voted as one of the top resort spas in the world.

The Spa focuses on area's prominent natural surroundings by bringing the outdoors in with mineral water, natural light and rock formations. The \$50 million, 43,000-square-foot subterranean Spa features cavernous rock walls, arches, and tunnels, with numerous water features throughout the facility and 16,000-square-feet of amenity space. Guests can revitalize mind, body and spirit with therapeutic treatments including massage, body and skin therapies; facials; wraps; hydrotherapy; aromatherapy; and hand and foot rituals, enhanced with essential oils. As the sun sets, fireplaces, starlight, candlelight, and moonlight add a warm glow to the breathtaking stone facility.

A Spa Boutique carries many items for continuing the bliss at home including skin, bath and beauty elixirs and gift ideas from candles to teas, clothing to blankets. The Boutique now carries the one of the most exclusive and luxurious skin care lines in the world, Babor. Babor is a result driven skin care line that enhances and progresses our Spa's facial and body treatments. The Spa Café is counted among

The Omni Grove Park Inn's many dining destinations, with a menu of house made soups, salads and specialty sandwiches, as well as specially blended fresh juices and smoothies.

The Spa is open daily, 8:00am to 9:00pm.

### **SPORTS COMPLEX:**

The Sports Complex offers complimentary access to all guests. The 50,000-square-foot facility features cardio and weight rooms, instructor-led yoga and fitness classes, indoor and outdoor tennis courts, and an indoor swimming pool. Personal trainers and tennis professionals are available for private and group instruction.

The Sports Complex is open daily from 6:00am-10:00pm. The Inn offers a convenient shuttle for transportation to the complex.

### **GOLF:**

Framed by the splendor of the Blue Ridge Mountains, the historic Grove Park Inn Golf Club celebrates the spirit of mountain golf. Designed by the legendary Donald Ross in 1926, the 6,720-yard, par-70 course is contoured out of the rolling landscape with tree-lined fairways, challenging bunkers and receptive bent greens. And, the elevated tee boxes assure that you get amazing views with each drive.

The course is considered one of the top golf courses in North Carolina and in 2015 the course was been recognized by Golfweek as one of the "Best Resort Courses" and the "Best: State-by-State Courses You Can Play" as well as by Golf.com as one of the "Premier Golf Resorts". It is also among the top ten courses 100 years or older according to Golf Digest, though it certainly doesn't show its age. Masterfully restored in 2001, it reflects the glory and spirit of Donald Ross' original design.

Our historic course has even played host to numerous PGA Tour events. Golf legends like Harry Vardon and PGA stars, including Bobby Jones, Ben Hogan and Jack Nicklaus, have played here. Even President Obama played a round in 2010. Simply, golf at The Grove Park Inn is golf the way it was always meant to be experienced, with a lot of passion and tee times.

### **NANTHALA OUTDOOR CENTER:**

Nantahala Outdoor Center has taken residence at The Omni Grove Park Inn, offering new adventures for guests in the Asheville area, a Mecca for outdoor enthusiasts. From whitewater rafting and kayaking

to mountain biking and fly-fishing, NOC has the best guides and knowledge of the Blue Ridge Mountains for both the novice and extreme adventurer.

### **FAMOUS GUESTS:**

Walls of hallways throughout The Omni Grove Park Inn are lined with photographs that tell the fascinating story of the famous guests who have visited since 1913. Notable guests include F. Scott Fitzgerald, Thomas Edison, Henry Ford, Harvey Firestone, John D. Rockefeller and many others. Ten U.S. Presidents have also visited:

- William Howard Taft
- Woodrow Wilson
- Herbert Hoover
- Calvin Coolidge
- Franklin D. Roosevelt
- Dwight D. Eisenhower
- Richard M. Nixon
- George H. W. Bush
- William J. Clinton
- Barack H. Obama

### **MEETINGS AND EVENTS:**

For over a century, The Omni Grove Park Inn has hosted an array prestigious meetings and events in our 55,000-square-feet of event, banquet, convention, and meeting space. With the highest level of expertise, the resort ensures that every event receives the right amount of attention throughout its 42 meeting rooms.

### **KIDS:**

The Omni Grove Park Inn offers a wonderful selection of kids programs and camps with arts and crafts, swimming games, sports, snacks and lunch, as well as a playground for little ones. Children's Programs supervised by qualified staff are available for guests ages 5-12.

### **PET FRIENDLY:**

The Omni Grove Park Inn welcomes four-legged guests, with a limit of two dogs up to 60 lbs per room. Pet-friendly rooms are located in the Vanderbilt wing. A fee of \$150 per reservation applies.

### **CHECK-IN/-OUT:**

Check-in time is 4:00pm. Early arrivals may store luggage at the Bell Desk and enjoy the amenities of the hotel. Check-out time is 11:00am.



# FAMILY TIME IN ASHEVILLE

*Dr. Dan Rejman*

One aspect of the CDABO annual summer meeting that is strikingly different from other meetings is the inclusion of families and children. My wife and three children, ages 7, 12 and 14, cannot wait for the annual summer tradition and the amazing places it brings us every year. I have done some homework on activities and attractions that will keep all of them entertained this year in Asheville, and would like to share some of these opportunities with the CDABO family.

In the nearby Pisgah National Forest, kids will love the Sliding Rock natural rock waterslide and swim hole. Also, check out the Looking Glass Falls, Moore Cove Falls and the Looking Glass Rock within the forest. My youngest especially wants to go to the Pisgah Forrest Gem Mine, where one can find gem stones, geodes and fossils, while being taught about what you are looking for and discovering! The Pisgah Forest Fish Hatchery raises thousands of trout to stock area streams and has opportunities for kids to both feed the fish and learn how they are raised. Within a short drive from Asheville is hiking at Chimney Rock Park, with amazing views. My children will be interested in the white sand beach and waterpark nearby at Lake Lure Beach and Water Works. Waterslides, bumper boats, water cannons and indoor games are activities at the park.

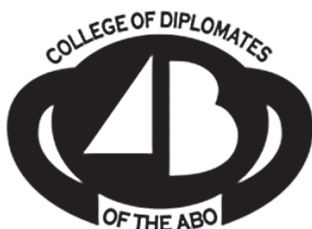
The area around Asheville is crawling with mountain bike trails, with guides available for every level of biker. Call Pisgah Mountain Bike Adventures, or The Bike Farm, for guided mountain biking and rentals. Right in Asheville is a really cool place called the Adventure Center of Asheville. Within the park is Asheville Treetops Adventure Park, with climbing, zip lining, jumping, swinging and rappelling features anchored to over 30

trees. Asheville Zip Line Canopy Adventures is also located here, with your choice of 7 or 11 zip line tours. There is also a new addition called Kid Zip for ages 4-10. Kolo Bike Park has 4 miles of rolling mountain bike trails with a progressive design, which means you can choose berms, jumps and trails according to your skill level (beginner to expert). Rentals are available onsite. Quick Jump offers a 65 foot harnessed free fall that gradually slows you down and lowers you to the ground. Wildwater Rafting offers whitewater rafting in the local rivers, with packages that can be combined with zip lining. All of this is available through the Adventure Center of Asheville!

After all the outdoor activities, we will be visiting the French Broad Chocolate Lounge which is heaven for chocolate lovers, offering truffles, cakes, crème brulee, tarts, brownies, numerous hot chocolates, ice cream and coffees. The Hop Ice Cream Café serves homemade ice cream and sorbet and has been named in multiple lists of the best ice cream shops in America. For breakfast and lunch, I have heard great things about Biscuit Head, with giant southern style biscuits that you can try with “gravy flights,” and creative sides including chevre grits, fried green tomatoes, catfish, and an assortment of bacons and sausages. 12 Bones Smokehouse has BBQ that kids will love, and the White Duck Taco Shop is a laid back place in the River Arts District, another fun area to visit.

Below are some links to check out places to visit with your family. I look forward to seeing you and your family in Asheville!

<http://www.ncnatural.com/NCUSFS/Pisgah/lkglass.html>



# THE COLLEGE OF DIPLOMATES OF THE AMERICAN BOARD OF ORTHODONTISTS

## 2016 ANNUAL SESSION – SCHEDULE OF EVENTS

JULY 9<sup>TH</sup> – 12<sup>TH</sup>, 2016

THE OMNI GROVE PARK INN  
ASHEVILLE, NC

### SATURDAY, JULY 9<sup>TH</sup>, 2016

START TIME	END TIME	FUNCTION / SESSION TYPE	LOCATION	SPEAKER/LECTURE TITLE/ACTIVITY	ROOM SET
7:00 AM	7:00 PM	Staff Office/Storage	Rhododendron KL	Annual Session Staff Office	Conference (10)
7:00 AM	1:00 PM	Registration	Sammons Wing Reg Desk	Registration	5 (6' Tables)
7:30 AM	8:45 AM	Breakfast	Skyline View Room	The College – Opening Family Breakfast (Plated with Speaker 8:15 AM – 9:00 AM)	Crescent of 5 (250)
9:00 AM	10:30 AM	Event	Resort	The College – Scavenger Hunt (Children Program)	Flow (20)
9:00 AM	10:15 AM	General Session	Heritage Ballroom A	Dr. Steve McEvoy Computer Technology in Today's Orthodontic Environment Question and Answer Session	Crescent of 5 (250)
10:15 AM	10:30 AM	General Session			
10:00 AM	11:00 AM	Breakout		Zumba	No Set
10:30 AM	10:45 AM	Break	Heritage Ballroom A	Morning Coffee Break	Flow (150)
10:45 AM	12:00 PM	General Session	Heritage Ballroom A	Dr. Ravindra Nanda Acceleration of Orthodontic Tooth Movement: Possibilities and Limitations Question and Answer Session	Crescent of 5 (250)
12:00 PM	12:15 PM	General Session			
1:00 PM	5:00 PM	Tour Registration	Sammons Wing Reg Desk	Tour Group Registration	1 (6' Table)

# SUNDAY, JULY 10<sup>TH</sup>, 2016

START TIME	END TIME	FUNCTION / SESSION TYPE	LOCATION	SPEAKER/LECTURE TITLE/ ACTIVITY	ROOM SET
6:30 AM	7:30 AM	Run		Fun Run/Walk (Not a 2016 Event)	Flow (20)
7:00 AM	7:00 PM	Staff Office/Storage	Rhododendron KL	Annual Session Staff Office	Conference (10)
7:00 AM	1:00 PM	Registration	Sammons Wing Reg Desk	Registration	5 (6' Tables)
7:00 AM	9:30 AM	Breakfast	Skyline View Room	The College – Breakfast (buffet)	Banquet of 8 (160)
8:00 AM	9:15 AM	General Session	Heritage Ballroom A	Dr. Ravindra Nanda Contemporary Management of Open Bite Patients Question and Answer Session	Classroom (160)
9:15 AM	9:30 AM	General Session			
10:00 AM	11:00 AM	Breakout		Yoga	No Set
9:30 AM	10:00 AM	General Session	Heritage Ballroom A	The College – Business Meeting 1	Flow (160)
10:00 AM	10:30 AM	Break	Heritage Ballroom A	Morning Coffee Break	Classroom (160)
10:45 AM	12:00 PM	General Session	Heritage Ballroom A	Dr. William Proffit Experience and Learning Question and Answer Session	Classroom (160)
12:00 PM	12:15 PM	General Session			
1:00 PM	5:00 PM	Golf Course	The Grove Park Inn Golf Club	Golf Tournament	20 (Flow)
1:00 PM	5:00 PM	Tour Registration	Sammons Wing Reg Desk	Tour Group Registration	1 (6' Table)
6:00 PM	9:00 PM	Event	Posana's	Wine Tasting and Dinner	25 (Banquet)

19

# MONDAY, JULY 11<sup>TH</sup>, 2016

START TIME	END TIME	FUNCTION / SESSION TYPE	LOCATION	SPEAKER/LECTURE TITLE/ACTIVITY	ROOM SET
7:00 AM	7:00 PM	Staff Office/Storage	Rhododendron KL	Annual Session Staff Office	Conference (10)
7:00 AM	1:00 PM	Registration	Sammons Wing Reg Desk	Registration	5 (6' Tables)
7:00 AM	9:30 AM	Breakfast	Skyline View Room	The College – Breakfast (buffet)	Banquet of 8 (150)
7:00 AM	9:30 AM	Breakfast/Meeting		The College – Foundation Meeting	(2) Reserved Tables
8:20 AM	9:20 AM	Breakout		The College – Annual Book Club	(2) Reserved Tables

8:00 AM	9:15 AM	General Session	Heritage Ballroom A	Dr. Eric Ploumis Emerging Technologies, Emerging Risks: Legal and Ethical Considerations in Utilizing New Technology in the Orthodontic Office Question and Answer Session	Classroom (150)
9:15 AM	9:30 AM	General Session			
10:00 AM	11:00 AM	Breakout		Zumba	No Set
9:30 AM	10:00 AM	General Session	Heritage Ballroom A	The College – Business Meeting 2	Flow (150)
10:00 AM	10:15 AM	General Session	Heritage Ballroom A	Mid-Morning Coffee Break	Classroom (150)
10:15 AM	11:30 AM	General Session	Heritage Ballroom A	Dr. Flavio Uribe Contemporary Approaches to Orthognathic Surgery – Surgery First Question and Answer Session	Classroom (150)
11:30 AM	11:45 AM	General Session			
11:45 AM	12:00 PM			Group Photo	
12:30 PM	4:30 PM	Breakout		The College Council – Meeting 2	Boardroom (15)
12:15 PM	1:30 PM	Lunch		The College Council – Lunch	Boardroom (15)
1:00 PM	5:00 PM	Tour Registration	Sammons Wing Reg Desk	Tour Group Registration	1 (6' Table)
2:30 PM	3:00 PM	Break		The College Council – Afternoon Break	Flow (15)
6:30 PM	9:30 PM	Dinner	Taylor Ranch	President's Dinner	Banquet 8 (250)

## TUESDAY, JULY 12<sup>TH</sup>, 2016

START TIME	END TIME	FUNCTION / SESSION TYPE	LOCATION	SPEAKER/LECTURE TITLE/ACTIVITY	ROOM SET
7:00 AM	7:00 PM	Staff Office/Storage	Rhododendron KL	Annual Session Staff Office	Conference (10)
7:00 AM	1:00 PM	Registration	Sammons Wing Reg Desk	Registration	5 (6' Tables)
7:00 AM	10:00 AM	Breakout		Foundation Meeting	U-Shape (15)
7:00 AM	9:30 AM	Breakfast		The College – Breakfast (buffet)	Banquet of 8 (150)
8:30 AM	9:45 AM	General Session	Heritage Ballroom A	Dr. Brent Larson CBCT: Use It, Don't Lose It! Question and Answer Session	Classroom (150)
9:45 AM	10:00 AM	General Session			
10:00 AM	10:15 AM	Break	Heritage Ballroom A	Mid-Morning Coffee Break	Flow (150)
10:15 AM	11:30 AM	General Session	Heritage Ballroom A	Dr. Bruce Goldstein Improving Treatment Efficiency Utilizing Digital Orthodontics Question and Answer Session	Classroom (150)
11:30 AM	11:45 PM	General Session			

# REGISTRATION FORM

Please complete and email or fax this form to: Jan Beck at [jbeck@aaortho.org](mailto:jbeck@aaortho.org) or 314-997-1745.

Member Name:

Guest Name(s)

Address:

City/State/Zip

Phone:

First Time Attendee: ☐ YES ☐ NO

Member Email: *(required)*

Spouse Email:

## PLEASE CHECK ALL THAT APPLY AND NOTE QUANTITY

✓ Number of People and Category	Before April 15	Before May 15	After May 15
<input type="checkbox"/> _____ Members	\$989	\$1,089	\$1,189
<input type="checkbox"/> _____ Past Presidents	\$495	\$545	\$595
<input type="checkbox"/> _____ College Council Member	\$889	\$989	\$1089
<input type="checkbox"/> _____ Spouse/w Program	\$650	\$700	\$750
<input type="checkbox"/> _____ Spouse	\$350	\$400	\$450
<input type="checkbox"/> _____ Retired College Member	\$889	\$989	\$1089
<input type="checkbox"/> _____ Guests Over 18	\$350	\$400	\$450
<input type="checkbox"/> _____ Age: 13-18	\$250	\$300	\$350
<input type="checkbox"/> _____ Age: 6-12	\$100	\$125	\$150
<input type="checkbox"/> _____ Age: 5 and under	Free	Free	Free
<input type="checkbox"/> _____ Faculty	\$495	\$545	\$595
<input type="checkbox"/> _____ Residents	\$350	\$400	\$450
<input type="checkbox"/> _____ Non Member Diplomat	\$1299	\$1399	\$1499
<input type="checkbox"/> _____ Non Member & Non ABO Certified	\$1,799	\$1,899	\$1,999
<input type="checkbox"/> _____ Golf Tournament	\$150	\$175	\$200
<input type="checkbox"/> _____ Wine Tasting <i>(must be 18 and older – limited to the first 40 – must sign up by July 20)</i>	\$125	\$125	\$125
<input type="checkbox"/> _____ Scavenger Hunt <i>(5-12 years old)</i>	Free	Free	Free
<input type="checkbox"/> _____ Yoga <i>(not a private class, offered through the Sports Complex)</i>	\$30	\$30	\$30
<input type="checkbox"/> _____ Fun Run	\$20	\$25	\$30
T-shirt Size <i>(t-shirt included for Fun Run only)</i>	<input type="checkbox"/> Adult Small <input type="checkbox"/> Adult Medium <input type="checkbox"/> Adult Large <input type="checkbox"/> Adult X-Large		

Would you like to sponsor a resident to attend the meeting? ☐ \$85 ☐ \$150 ☐ \$300 ☐ Other/Amount \$ \_\_\_\_\_

*Second charge will appear for tax deductible donation to College Foundation for Resident Attendance Program (RAP).*

**TOTAL:**

## PAYMENT INFORMATION

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

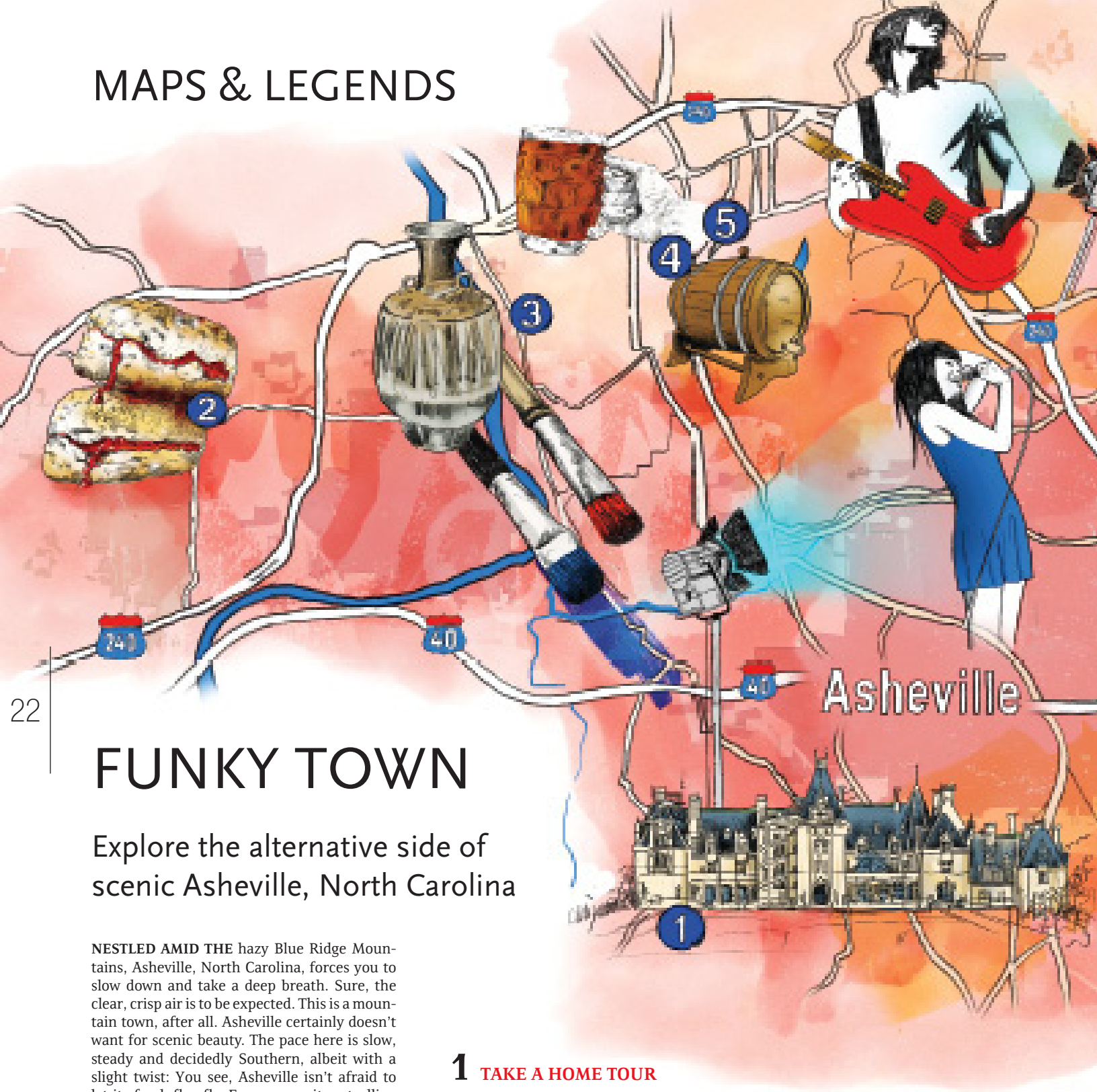
Cardholder's Name:

Credit Card Number:

Expiration Date:

CVC:

# MAPS & LEGENDS



## FUNKY TOWN

Explore the alternative side of scenic Asheville, North Carolina

NESTLED AMID THE hazy Blue Ridge Mountains, Asheville, North Carolina, forces you to slow down and take a deep breath. Sure, the clear, crisp air is to be expected. This is a mountain town, after all. Asheville certainly doesn't want for scenic beauty. The pace here is slow, steady and decidedly Southern, albeit with a slight twist: You see, Asheville isn't afraid to let its freak flag fly. For every guitar-strolling troubadour you see while wandering Asheville's downtown streets, you're just as likely to run across a tie-dye-shirt-clad drum circle in Pritchard Park. Big, bold, locally made craft beers are as plentiful here as sweet tea. And the arts scene is as vibrant and hipster-friendly as anything you'd find in Brooklyn, New York, or Portland, Oregon. Asheville doesn't have to worry about keeping things weird — its 87,882 residents are doing just fine on their own.

### 1 TAKE A HOME TOUR BILTMORE ESTATE

Before exploring the funkier side of Asheville, see how the other half lives — or, at least, how it used to live — by visiting Biltmore. Built in 1895, George W. Vanderbilt's historic 8,000-acre estate includes 75 acres of lush gardens designed by Frederick Law Olmsted (best known for New York City's Central Park), a winery, shopping, dining and, most famously, Biltmore House, the largest privately owned mansion in the United States. Both opulent and elegant, Vanderbilt's 250-room French Renaissance château-style home tells his family's rich — and we do mean rich — history through its collection of world-class art, original furnishings and more than 10,000 volumes in Biltmore's library. [Biltmore.com](http://Biltmore.com)

*\*Permission was granted to reprint this January 2016, American Way Magazine article, American Airlines.*



## 2 EAT SOME SOUTHERN COMFORT

### BISCUIT HEAD

Owners Jason and Carolyn Roy's cathead biscuits — a Southern-style biscuit as large as a cat's noggin — are buttery, crumbly perfection. But biscuits aren't reason enough to brave the lines at this popular breakfast-and-lunch eatery. The Roys happily layer on the down-home goodness that includes pulled pork, mimosa fried chicken, jalapeño-pimento cheese, coconut-stewed collards and seven — yes, seven — different gravies. Don't miss the espresso red-eye. It will wake you right up.

[Biscuitheads.com](http://Biscuitheads.com)

## 3 MONITOR THE ART BEAT

### RIVER ARTS DISTRICT

Just across the French Broad River from downtown Asheville, more than 180 artists have converted 22 industrial buildings into working studios (most of which are within walking distance of one another). Fine art, pottery and handcrafted furniture are on display. More wallet-friendly options include hand-painted silk scarves, hemp clothing and jewelry. If you fancy yourself a budding artist, visit The Village Potters and sign up for one of its pottery workshops, where you get to create your own kiln-fired piece.

[Riverartsdistrict.com](http://Riverartsdistrict.com)

## 4 SIP SOME LOCAL SUDS

### SOUTH SLOPE BREWERY DISTRICT

Named one of the country's best beer towns by *USA Today*, Asheville is home to more than 13 craft-beer breweries, keeping its local beer fans in sudsy heaven. Just south of downtown, the South Slope district has undergone a recent revitalization and now boasts restaurants, shops and eight of Asheville's best breweries. Here, you can take a walking tour and sip to your liver's content, from Catawba Brewing Co.'s smooth Farmer Ted's cream ale to barrel-aged sour brews at Wicked Weed's Funkatorium. [Ashevillealetrail.com/southslope-walking-tour](http://Ashevillealetrail.com/southslope-walking-tour)

## 5 ROCK OUT

### THE ORANGE PEEL

In 2008, *Rolling Stone* named The Orange Peel one of the top five music venues in the U.S. Fitting its Appalachian roots, you're sure

### BIG, BOLD, LOCALLY MADE CRAFT BEERS ARE AS PLENTIFUL HERE AS SWEET TEA.

to hear a banjo or two at this popular spot. (Steep Canyon Rangers and Steve Martin recently played here.) But Asheville folk know how to rock out too. Musical acts as diverse as Arcade Fire, Bob Dylan, Cyndi Lauper and Megadeath have sold out The Orange Peel. The club also previously hosted an annual electronic music festival called the Moogfest. [Theorangepeel.net](http://Theorangepeel.net)

## 6 VIEW THE VISTAS

### BLUE RIDGE PARKWAY

Running along the peaks of the Blue Ridge Mountains, outdoor enthusiasts will encounter one of the most scenic routes in the U.S., offering hiking trails, waterfalls and vista after beautiful vista. Start your drive at the Blue Ridge Parkway Visitor Center, where a 22-foot interactive map of the 469-mile parkway provides route information. You can next head to the nearby Folk Art Center for some of Asheville's finest arts and crafts or drive farther to Fryingpan Mountain Lookout Tower for the area's most panoramic view. Perhaps, though, it's just best to stay in the car and drive, enjoying each breathtaking curve.

[Nps.gov/blri/index.htm](http://Nps.gov/blri/index.htm) —todd johnson

#### GETTING THERE

American Airlines offers 7 peak-day flights to Asheville (AVL) from Charlotte (CLT).



# QR SCAN CODES FOR ASHEVILLE



## 15 Driving Tours

<http://www.romanticasheville.com/gallery/image/photo-tour-15-scenic-mountain-drives-near-asheville.htm>



## 75 Best Hikes

<http://www.romanticasheville.com/gallery/image/photo-tour-15-scenic-mountain-drives-near-asheville.htm>



## 15 Guided Tours

<http://www.romanticasheville.com/gallery/image/photo-tour-15-scenic-mountain-drives-near-asheville.htm>



## 60 Indoor Events

<http://www.romanticasheville.com/attractions.html>



## 60 Nearby Waterfalls

<http://www.romanticasheville.com/waterfalls.htm>



## Biltmore Estate

<http://www.romanticasheville.com/gallery/image/photo-tour-15-scenic-mountain-drives-near-asheville.htm>

Here is probably the most comprehensive website for all things Asheville, NC:

Download a  
QR Reader  
for your  
smart phone  
here:



<https://www.scan.me/download/>

Or read the article  
(pages 8-10) here:

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

## OMNI GROVE PARK INN RESORT

[https://www.omnihotels.com/  
hotels/asheville-grove-park](https://www.omnihotels.com/hotels/asheville-grove-park)



### La Guingette

[http://www.  
laguinguettenc.com](http://www.laguinguettenc.com)



### Tupelo Honey Cafe

<http://www.tupelohoneycafe>



### 60 Best Restaurants

[http://www.romanticasheville.  
com/restaurants](http://www.romanticasheville.com/restaurants)

<http://www.romanticasheville.com/>

# FUTURE MEETINGS

## 38<sup>th</sup> Annual Meeting 2016 July 8-12<sup>th</sup>

*Omni Grove Park Inn,  
Asheville, NC*

Open this link to view

Asheville Video: [https://  
youtu.be/GJwozDgTyaQ](https://youtu.be/GJwozDgTyaQ)



## 39<sup>th</sup> Annual Meeting 2017 July 7-11<sup>th</sup>

*Squaw Creek Resort, Lake  
Tahoe, CA*



**40<sup>th</sup> Annual  
Meeting 2018  
TBA**

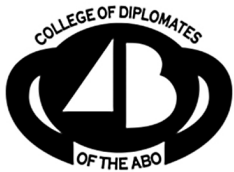
*TBA Orlando, FL*



**41<sup>st</sup> Annual  
Meeting 2019  
TBA**

*TBA Nashville, TN*





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.

# TIP: RETENTION LETTER SAMPLE

*Dr. Ed Bruno*

Dr. Ed Bruno from Chico, CA has graciously contributed his office form for retention. He uses this when he de-bands his patients and has found it very helpful in his practice. The actual form is here for all to view, copy, modify for their own practice. We thank Dr. Bruno for his thoughtfulness and sharing for the benefit of all our members. (The College does not endorse or recommend any specific form or communication from your practice. Please meet and review with your legal counsel to determine if this is suitable for your community and state.)

Edward C. Bruno, D.D.S., M.S.D.  
Board Certified Orthodontist for Children and Adults

1948 East Avenue, Suite C  
Chico, CA 95926

Telephone 530-345-0600  
Fax 530-345-4757

PATIENT: «PATIENT\_FULL\_NAME»

## CONGRATULATIONS ON COMPLETING YOUR ORTHODONTIC CARE!

It is our goal to place retainers that fit well following the removal of your braces. Use of these retainers as prescribed is important in maintaining their fit and comfort. If used less than directed, the uncontrolled shifting of teeth will cause them to fit poorly and may result in the need for replacement. These changes may also result in either costly re-treatment (usually with braces) or a compromised result. A well used appliance will continue to fit well. Use your eyes and sense. Call us if you see any movement of teeth or sense a change in fit of the retainer.

The type of retainer chosen following removal of braces depends on several factors. The type most beneficial to your problem will be prescribed.

The most common problems that occur with removable appliances are:

1. Loss
2. Damage by dogs
3. Damage by heat (left in car with windows up; going through washer/dryer in a pocket, etc.)
4. Inadequate use resulting in tooth movement and poor fit.
  - a. Be sure to continue using retainers following the removal of wisdom teeth. Show them to the oral surgeon at the consultation visit and let him/her know that Dr. B recommends no interruption in their use. Call our office if the retainers require modification to allow their use after the extractions.

The retention fee covers the cost of the temporary retainers usually placed the next day after removal of the braces and a second, more permanent set after a few months. It also covers visits for observation and adjustment for the first year after braces are removed. It does not cover the replacement of lost or broken retainers or changes in the choice of retainer type by the patient. Payments for the replacement of broken retainers are outside of any managed care insurance limitations. Retainers that break due to material defect or design weakness are replaced at no fee if they are brought to the office at the replacement appointment.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Type of appliance(s) used: Upper: \_\_\_\_\_ Lower: \_\_\_\_\_

Replacement cost for retainers: Upper: \_\_\_\_\_ Lower: \_\_\_\_\_

Re-treatment cost if braces are required to correct shifting will depend on the complexity of the problem and may also require the making of a new set of diagnostic records (models, photos, x-rays).

# TIP: FRONT DESK EFFICIENCY

*Dr. Michael Guess*

With today's fast paced office there is nothing more disruptive to office flow than phone calls from patients and parents to check an appointment time. In our office we were estimating that up to 15% of our afternoon calls were from patients checking on their appointment times. Here's what we were doing up to that point:

1. Printing and emailing appointments up to one year in advance for the patients.
2. Calling or texting all appointments 72 hrs prior to the appointment with as a reminder.

Even with this system we still had many calls to check appointment times and dates and, and naturally, at the busiest time of day. About 1 year ago we started an additional procedure that took less than 15 seconds. This reduced calls for appointment time reminders to 1 call or less per day on average. What did we do? Immediately, on handing the patient and parent their appointment cards, we asked them to take out their smart phone and take a photo of the card. Now both patient and parents had 24/7 access to their appointments.

And this makes sense in today's society where people are often in places other than home and are doing their best to make their appointments. Patients and parents both like this idea and it has made a difference in the call volume flow in the afternoon. It frees up our phones and improves our ability to serve our patients.

So this three step system has helped our office be more efficient and more able to handle afternoon calls for the benefit of our practice, staff and patients.

Thanks to office staff Kat Ato & Susan O'Brien.



## TIP

- Printing & e-mailing appointments up to one year in advance
- Reminder Call or text for all appointments 72 hours prior
- Smart Phone Photo of appointments by both parent(s) and patient (if possible)



# CDABO 2017 MEETING TAHOE

*By Dr. Paul Miller*

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 site of the first winter Olympics in America. A gondola ride to High Camp will give super aerial views of Squaw Valley. There is a large recreation area at High Camp for families and children that includes swimming, and ice skating.

The scientific program topic will be "Controversies: Stability of the end Result". Dr. Wick Alexander will be honored for his exceptional commitment and lifetime achievement for our Orthodontic profession. The other speakers will include Dr. William Proffit, Dr. Jason



*Logo Design  
Dr. John Carter*



Cope, Dr. Peter Buschang, Dr. Perry Opin, Dr. James Vaden, and Dr. Gary Opin. We will also have Rich Artega, Financial Planner, for our spouse's program. Dr. Michael Guess's topic for our spouse program will be Electronic tips to streamline your office.

The Tahoe Basin straddles the California-Nevada border. Lake Tahoe is over 2 million years old. Tahoe is considered an ancient lake and is counted among the 20 oldest lakes in the world.

Three to five million years ago, the valley that would become the Tahoe Basin sank between parallel fractures in the Earth's crust as the mountains on either side continued to rise. A shallow lake began to form in the resulting valley. Two to three million years ago, erupting volcanoes blocked the outlet on the north end, forcing the lake to raise hundreds of feet above its current elevation, and eventually eroding down to near its current outlet.

The surface of the Lake is at an elevation of 6,225 feet above historical sea level. The surrounding Sierra Mountain peaks vary from 9,000 to nearly 11,000 feet. Only 16 other large lakes in the world are higher.

Lake Tahoe is North America's largest alpine lake at 22 miles long and 12 miles wide. The water is 99 percent pure, and a white dinner plate can be seen to a depth of 70 feet.

In the summer months, the average highs are in the low-80s °F and the lows in the mid to low-50s °F. At least seven months per year, daily maximum temperatures reach the outdoor comfort zone. Sunshine occurs over 75% of the time during daylight hours each year for 273 sunny or partly sunny days. From November through March, 78% of the yearly precipitation occurs, mostly as snowfall. Typically, at lake level in Tahoe City, 15.8 feet of snow falls over winter and accumulates to a maximum snow pack depth of 2.8 feet. Summers are very dry and there is less than a 10% chance of getting more than 0.1 inch of precipitation between May 1 and October 15.

Traveling from Reno to Lake Tahoe is an easy drive. The distance from Reno, NV to South Lake Tahoe via I-580 South is 61.5 miles; 1 h 16 minutes with traffic and 1 hour 10 minutes without traffic. From Sacramento, CA to South Lake Tahoe the driving time is 102.9 miles; 2 h via US-50 East. From San Francisco,

CA to South Lake Tahoe via I-80 East and US-50 East, the driving time is 3 hours 28 minutes (188.3 miles).

Mark Twain wrote exuberantly about its crystalline waters edged by serrated "mountain tops". John Muir spoke of the waters of Lake Tahoe as keenly pure as any to be found among the highest mountains and referred to the lake as "the queen of lakes". Those that visit this area fall under the spell of the region's natural beauty as they view the lake's aquatic expanse of blue.

There are many activities that can be enjoyed at Lake Tahoe. Trout fishing can be enjoyed by fishing enthusiasts, White Water Rafting, River Cruises, ATV Tours, Horseback Riding, Golf, Gondola Rides and many others that will be described in detail including:

Rock climbing at Donner Summit, where verticality and finely textured granite walls contribute to its popularity as a climbing destination and beauty. The glacially sculpted rock formations make up one of the most northerly bastions of Sierra Nevada granite, which can be reached in five minutes from Old Highway 40.

The glittering splendor of the night sky is a majestic sight, and the Tahoe region provides visitors with a world-class destination for night photography. Tahoe clear summer nights, dark light-pollution-free skies, and ease of access to areas with excellent scenery even at night.

Mt. Rose Wilderness is on Tahoe's North Shore and is a hiker's paradise. Panoramic views of Lake Tahoe, the surrounding Carson Range, the Sierra Crest, the Truckee Meadows and Reno, Truckee and Donner Lake and points north. The wilderness is crisscrossed by seasonal streams and waterfalls.

D.L. Bliss State Park is extremely popular for its beaches and spectacular trails. It is located 17 miles south of Tahoe City. As you hike the Rubicon Trail you will want to check out the popular Balancing Rock Trail. Lester Beach is popular with swimmers and a great place to launch your paddleboard or kayak. The views over Tahoe are spectacular from Bliss State Park.

Donner Memorial State Park has a pioneer monument, built to commemorate the pioneers who emigrated west through Donner Lake in the mid-1800s. The history of the Donner Party, who became strand-



*Lake Tahoe*

©CDABO 2016

ed at the lake in the winter of 1946-47, can be found at the Emigrant Trail Museum.

Emerald Bay State Park located west of South Lake Tahoe has Emerald Bay. A glacially carved bay surrounds Tahoe's only island-Fanette-with crystal clear blue waters. Down a steep trail (500 feet of elevation change in 1 mile) on the north side of the bay is Vikingsholm, a Scandinavian-inspired mansion with daily tours available.

Lake Tahoe Nevada State Park is comprised of three main areas. Cave Rock, Sand Harbor and the Spooner Lake Backcountry. You can enjoy boating, swimming, hiking, camping, fishing and biking, the park has it all. Sandy Harbor is renowned for its boulder-strewn, sandy beaches. Location is south of Incline Village. Performances of the Lake Tahoe Shakespeare Festival at night can be enjoyed all summer long-inviting visitors to bring a beach chair and to watch the Bard's works.

Ed Z'berg Sugar Pine Point State Park's highlight is the 12,000-square foot Hellman-Ehrman Mansion. The mansion was built in 1903 by San Francisco financier Isaia Hellman. Another highlight is the two miles of lake frontage dotted with gorgeous beaches and views of Lake Tahoe.

Tahoe Rim Trail rings the Lake in a 165-mile circle around the peaks surrounding Tahoe. Mountain biking is allowed on more than 100 miles and it ducks in and out of the Desolation Wilderness, Mt. Rose and Granite Chief wildernesses and provides stunning views of the Lake at multiple turns.

The Thunderbird Lodge is one of the last and best examples of a great residential estate on Lake Tahoe from the period in which prominent San Francisco society built homes on the lake. It is an example of an approach to architectural design that is intended to be in harmony with its setting.

The program lectures are presented in the mornings and afternoons are free to take advantage of beautiful Squaw Valley with your family and fiends. We encourage you to come to attend to relax, rejuvenate and rekindle your enthusiasm for our specialty. And the College Summer Meeting creates a venue to renew old acquaintances and make new friends. Lake Tahoe is a world-wide travel destination and it is family oriented and offers us a great opportunity to enhance our professional, social and family connections. Please come for a few days of learning, plus enjoy a week of vacation while creating life-long friendships and memories.



*Emerald Bay, Lake Tahoe CA*

©CDABO 2016



# Want to save taxes?

## Timing a Roth is everything.

# SUCCESSFUL ORTHODONTISTS AND THE ROTH IRA

*Rich Arzaga, CFP, CCIM*

**A**s a Board Certified Orthodontist, you have made the sacrifice, commitment, and took on the risk to become among the best in your industry. It follows that you want to make the best use of the financial resources you have earned. That includes keeping up with the best planning, investment, and tax strategies available to you.

In 2010 when a Roth strategy became available to more professionals, you have probably wondered how this worked. Or more likely, if this strategy is right for you.

A Roth IRA is perceived to be a better tax reduction strategy than a traditional IRA or 401k. The fact is, using a Roth strategy at the wrong time can actually backfire. Here is how that works:

In a traditional IRA or 401k, contributions are made before taxes and reduces taxable income for that year. While in this account, money grows tax-deferred. Taxes are paid only when money is withdrawn, and is taxed at the then-applicable income tax rate.

A Roth IRA or 401k shifts tax payment, and allows for contribution after taxes. While a Roth does not reduce taxable income for that year, it grows tax-free and is never taxed when withdrawn. The additional features of a Roth are compelling. Unlike a traditional IRA or 401k account, a Roth account does not require Required Minimum Distributions (RMDs) at age 70.5, and transfer to beneficiaries without taxation.

Sounds ideal as an overall tax reduction strategy, right? The problem is that successful business owners are tempted to use a Roth at the wrong time, and may actually pay more taxes over time. Here is why.

Your current marginal tax bracket is at its highest and may likely increase while you work. You are probably paying the highest Federal tax rate on your last dollar earned, and the same applies to those sub-

ject to State tax. Although hard to imagine today, when you finally declare financial independence and scale back your personal income, your marginal tax rate should be significantly lower. In reviewing hundreds of cash flow illustrations for business owners and professionals, it is a rare occasion (like an installment sale) where taxes paid are the same or higher at retirement age. What this means is that it is better to get a tax deferral today when your tax rate is arguably at its highest in your lifetime, and then pay taxes in retirement when this rate is much lower. If instead you use a Roth, you are actually paying taxes on more income today, and then saving on taxes at withdrawal when your tax rate is lower. Yes, there is a risk that your tax rate in retirement could increase. But this increase would have to be dramatic for a Roth to make financial sense.

That said, there is a sweet-spot after retirement where a Roth Conversion can be a wonderful strategy. We have illustrated for many families that a conversion from a traditional IRA or 401k to a Roth IRA can significantly improve a family's accumulated wealth when done at the start of retirement for a short period of time. Done at the right time, this approach can result in more money and tax savings for you and your beneficiaries. The process to understanding what works for you is to work with a Certified Financial Planner™ who provides tax-sensitive cash flow-based retirement planning. It is the cash flow illustrations and review of scenarios that will help you make a decision that is right for you.

Rich Arzaga, CFP, CCIM, is 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](mailto:rich@cornerstonewmi.com).



# TAURINE: A VALUABLE SUPPLEMENT

*Dr. Michael B. Guess*

## ABSTRACT:

Taurine is referred to as an amino acid but in actuality it is an amino sulfonic acid, a chemical that is a required building block of protein. Taurine is found in large amounts in the brain, retina, heart, and blood cells called platelets. The best food sources for taurine come from meat and fish. It is the most plentiful amino acid found in the body.

Okinawa is Japan's "Island of longevity with the highest percentage of people over 100 years in the world. And it has been shown that a major nutritional factor for this longevity is taurine.

Taurine is a low cost nutrient that plays a role in insulin sensitivity, anxiety, seizures, cancer, and heart disease. Although younger bodies on a diet which includes meat and seafood appear to have sufficient taurine, aging bodies do not produce an optimal amount. The cost of supplementation is low and optimal levels can contribute better metabolic, neurologic and cardiovascular health.

Since it's found mainly in animal products, vegetarians are at particular risk for a low taurine level. However, heart disease, diabetes, cancer, and diseases of the liver or kidneys can all cause taurine deficiency. Sufficient supplementation can help alleviate these issues.

## *Some Taurine Benefits*

- Overcoming Bad Reactions to the food additive MSG

- Tinnitus

- Promotes Glucose Control

- Reverses Cardiovascular Disease Factors

- Prevents and Treats Liver Disease

- Raises Testosterone

- Solution for Seizures

- Improve Sleep by combining with Magnesium

- Migraine Headaches

- Stress & Anxiety (taurine is a precursor for GABA)

## NEED EVIDENCE THAT TAURINE IS POWERFUL?

Animal studies using human equivalent doses of 700 mg to 3.2 grams per day of taurine over the course of several weeks demonstrate near-complete resolution of tinnitus with taurine supplementation. Brozoski TJ, Caspary DM, Bauer CA, Richardson BD. The effect of supplemental dietary taurine on tinnitus and auditory discrimination in an animal model. *Hear Res.* 2010 Dec 1;270(1-2):71-80.

One study of patients needing coronary bypass surgery were given 3 grams of taurine and 150mg of CoQ10 and basic multivitamin nutrients reduced reduced left-sided ventricular volume during the heart's resting phase (diastole). Why is this important? Left-sided ventricular volume is the single greatest predictor of death in in patients requiring

bypass or stent placements. Murakami S. Taurine and atherosclerosis. *Amino Acids.*2012 Dec 8

So Taurine promotes stress relief, insulin sensitivity, hearing function, cardiovascular health, electrolyte balance, and even immune modulation. In animal research, taurine protected against heart failure, reducing mortality by almost 80%. Yamori Y, Liu L, Mori M, et al. Taurine as the nutritional factor for the longevity of the Japanese revealed by a worldwide epidemiological survey. *Adv Exp Med Biol.* 2009;643:13-25.

Well for example, in adult diabetics, supplementation with as little as 1.5 grams of taurine daily for just two weeks can reverse diabetes-induced abnormalities in arterial stiffness! Franconi F, Bennardini F, Mattana A, et al. Plasma and platelet taurine are reduced in subjects with insulin-dependent diabetes mellitus: effects of taurine supplementation. *Am J Clin Nutr.*1995 May;61(5):1115-9.

### Summary

There is a plethora of emerging evidence suggesting that people with the longest life spans have higher intakes of taurine. Taurine supplementation is expensive and easy to obtain. This does not include the energy drinks! It has been shown to protect against the damaging effects of fat, glucose, and excess insulin. Taurine strengthens and protects heart muscle cells and the system of blood vessels. This can be helpful to protect against atherosclerosis, heart attacks, and strokes. Taurine is important to help protect vision and auditory function. It can be helpful against anxiety and seizures. This is one supplement that I believe is necessary for maintaining optimal health throughout life and especially as we age. In addition, it may be worthwhile to consider for anyone going through anxiety or stress.

*Downtown Asheville*



# THE AMERICAN BOARD OF ORTHODONTICS

## MARCH 2016

## CDABO REPORT



### Clinical Examination Update

In 2015, the ABO conducted Clinical Exams during the months of February and September in St. Louis, Missouri. A total of 209 examinees were certified or recertified.

In addition, the ABO just completed the February 2016 Clinical Exam which was held February 23-27, 2016, in St. Louis, Missouri. The ABO will also conduct Clinical Exams in September 2016.

Recent changes to the exam include two teams of examiners for each examinee – one team to score the examinee's BCOE (Board Case Oral Exam) and the second team to score the examinee's cases and CROE (Case Review Oral Exam). This helps eliminate any bias that the examiners may have based on the previous evening's case analysis. Each examinee is now being asked to answer the following question about their cases during case submission - "If you could treat this case again, would you treat it differently? If so, how would you treat it differently and why?"

In addition, the ABO is striving to accept final digital models; therefore in the interim, the ABO will be accepting final digital models with accompanying 3-D printed stereolithic models.

### Written Examination Update

The ABO Written Examination will be administered April 12-15, 2016, at Pearson-Vue Testing Centers across the country.

### 2016 ABO Educator's Symposium

The ABO is excited to welcome orthodontic program department chairs, program directors and ABO-appointed advocates to the 2016 Charles Burstone – American Board of Orthodontics Educator's Symposium to be held April 2, 2016 in St. Louis, Missouri. A wide range of topics will be discussed and it is anticipated the meeting will be both productive and informative for all attendees.

### 2016 Annual Session

For the 2016 AAO Annual Session, the ABO will once again have a Case Display Room to showcase successful cases from 2016, as well as a booth located outside of the Exhibit Hall with board certification materials displayed. In addition, one-on-one meetings with those interested in becoming board certified will be offered, as well as a question writing workshop for educators. The ABO will also present a Cephalometric Workshop at the convention center on April 30, with a limited number of seats available. Registration is required for this free event. The purpose of the workshop is to inform the resident/examinee of the rationale behind the cephalometric requirements with an opportunity to practice the protocol.

The ABO will celebrate the 2016 award nominees during the AAO Awards Luncheon, CDABO Luncheon and Ketcham Reception.



# ABO/CDABO ADVOCACY COMMITTEE UPDATE

*John Kanyusik*

The ABO/CDABO Advocacy Committee was established to encourage and support orthodontic residents in pursuing ABO certification through the Initial Certification Exam (ICE) pathway. All 72 orthodontic graduate programs in the US and Canada currently have volunteer advocates working with their residents to encourage ABO certification. Many of the residency programs now have more than one volunteer advocate to share in this effort.

An Advocate Portal is accessible on the ABO website with a number of resources available for the advocates to use in their presentations to residents. These resources include PowerPoint presentations on various aspects of the ABO certification process and various items that help facilitate the program. The ABO staff has been extremely helpful in setting up and maintaining this portal as well as providing support for the advocacy program.

With the help of the Advocacy Program the numbers of ICE candidates sitting for the board have continued to rise each year. On behalf of CDABO and the ABO we thank those of you who are serving as resident advocates in this important program.



*Downtown Asheville, NC*

*This concludes the Spring 2016 Issue.  
Hope you found the College ezine informative!*

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*And a special thank you to*

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## **365 PRINTING SURESMILE:ELEMETRIX**



**2015 College of Diplomates  
37th Annual Reunion  
Avon, Colorado**

