

# NCA 35th Annual Meeting

# ACADEMY OF GENERAL DENTISTRY

*Raleigh  
Convention Center*

Raleigh, North Carolina  
February 11-13, 2011

19 Credit Hours of Quality  
Continuing Dental Education Available

## **2011 Featured Clinicians**

Dr. Michael J. Melkers

Dr. Jeanine McDonald

Dr. George Priest

Dr. Jonathan Bregman

Dr. Gerald Kugel

Dr. Stewart Rosenberg

Harvey L. Smith



# Schedule of Events

## NCAGD 35th Annual Meeting

### Friday, February 11, 2011

7:30 am  
Registration opens

8:00 am-5:00 pm  
Exhibits open

8:00 am-12 Noon  
Morning Courses

1) Lecture: Complex Comprehensive Dentistry, Dr. Michael J. Melkers and Dr. Jeanine McDonald

2) Participation Course: Advanced Implant Prosthodontics, Dr. George Priest

3) Lecture: Oral Pathology; New Trends in Diagnosis (pre-requisite for pm participation course), Dr. Jonathan A. Bregman

12 noon-1:00 pm  
Lunch provided for attendees

12 noon-1:00 pm  
NCAGD Board Meeting

1:00 pm-5:00 pm  
Afternoon Courses

1) Lecture: Complex Comprehensive Dentistry (con't.) Melkers and McDonald

2) Participation: Advanced Implant Prosthodontics (con't.) Priest

3) Participation: Oral Pathology; New Trends in Diagnosis (2nd half of course is offered in two blocks-1-3 and 3-5 and limited to 16 participants each block) Bregman

5:00 pm-6:00 pm  
Reception for Vendors, Attendees and Guests

7:00 pm-11:00 pm  
2ND Annual Casino Night (Tickets Required) Fundraiser for NCMOM Clinics

### Saturday, February 12, 2011

7:30 am  
Registration opens

8:00 am-4:00pm  
Exhibits open

8:00 am-12 Noon  
Morning Courses

1) Lecture: Esthetic Dentistry-New Keys to Success, Dr. Gerard Kugel

2) Participation: Nuts and Bolts Occlusion, Dr. Michael J. Melkers and Dr. Jeanine McDonald

3) Participation: Advances in Laser Dentistry, Dr. Stewart Rosenberg

7:00 am-8:00 am  
Past Presidents Breakfast

12:00 Noon-1:30 pm  
NCAGD Business Luncheon for all dentists

1:30 pm-5:00 pm  
Afternoon Courses

1) Lecture: Esthetic Dentistry-New Keys to Success, Dr. Gerard Kugel

2) Participation: Nuts and Bolts Occlusion, Dr. Michael J. Melkers and Dr. Jeanine McDonald

3) Participation: Advances in Laser Dentistry, Dr. Stewart Rosenberg

### Sunday, February 13, 2011

8:30 am-11:00 am  
NCAGD Board Meeting

9:00 am-12 Noon  
Lecture: Building a Successful Team Through Dynamic Communication, Harvey L. Smith

**Parking - the Lenoir Street Parking Deck is directly across the street from the NCAGD meeting space in the Raleigh Convention Center**



## "Complex Comprehensive Dentistry"

Friday, February 11, 2011



**Dr. Michael Melkers and  
Dr. Jeanine McDonald**

As comprehensive practitioners, we strive to deliver the very best that we can for our patients. Too many times, it seems that our best training fails to follow through to the patient committing to treatment. In this interactive lecture program we will explore the triad of progressing with our patients to treatment success.

- Communication...beginning with listening for case focus & acceptance
- Treatment Planning...based on our patients' treatment goals that they communicate to us.
- Occlusion...bringing the pieces together for treatment success and longevity

As a continuation of the previous lecture program, attendees will put their skills immediately to use for treatment planning success. Exploring cases that Dr.'s McDonald & Melkers have treated in their own practice, as well as cases that attendees bring to the workshop, we will clarify multi-disciplinary treatment plans that attendees can take back to their own practices on Monday morning!

- Photography...clarifying the forest for the clinical data trees
- Identifying aesthetic landmarks that will lead us through the process
- Multi-disciplinary communication...who knows what & why it matters

Attendees are encouraged to bring their own cases to this work shop. Please contact Dr. Melkers at [info@MichaelMelkers.com](mailto:info@MichaelMelkers.com) for case selection & criteria.

Dr. Melkers & McDonald are 1994 graduate of Marquette University School of Dentistry & University of the Pacific School of Dentistry. Together, they practice general dentistry in Spokane, Washington with an emphasis on comprehensive and restorative care. Dr.'s Melkers & McDoanld balance ther time between private practice, teaching research and publishing.

Dr.'s Melkers & McDonald have presented and been published around the world on occlusion topics, communication and restorative dentistry applicable to the every day and some day practice.

Dr. Melkers is the founder of the Nuts & Bolts Occlusion programs and is Past Director of Occlusion & Aesthetic Dentistry at the Pacific Northwest AEGD Residency Program.

Dr. Melkers is a mentor for The Pankey Institute & The Visiting Faculty at The Spear Institute. Dr.'s Melkers & McDonald enjoy sharing real world challenges as well as solutions in their interactive learning experiences.

8 hours lecture

## "Advanced Implant Prosthodontics" - Dr. George Priest

Friday, February 11, 2011

8am - 12 noon, 1pm - 5pm



**Dr. George Priest**

### 8 hours participation

Morning section prerequisite  
for the PM Section

AM Session open to all  
attendees

Limit of 30 participants in the  
afternoon block.

**Sponsored by  
Biomet 3i**

George Priest, DMD

For more than 25 years, Dr. George Priest has maintained a private full-time prosthodontic practice in Atlanta, GA devoted to esthetic, advanced restorative and implant dentistry. In 2008, Dr. Priest relocated his prosthodontic practice to Hilton Head Island, SC (outside Savannah, GA). He lectures nationally and abroad on topics including implant dentistry, advanced restorative dentistry, tooth colored restorations and esthetic excellence. He is a regular contributor to many acclaimed dental journals including The International Journal of Oral and Maxillofacial Implants, Practical Procedures and Aesthetic Dentistry and The International Journal of Periodontics and Restorative Dentistry. He is a Diplomate of the American Board of Prosthodontics, a Fellow of the American College of Prosthodontists, a Fellow of the International College of Dentists, and one of Dentistry Today's Top Clinicians in Continuing Education for since 2005. Dr. Priest is a former professor in graduate prosthodontics at Emory University and an innovator and teacher of implant and esthetic dentistry for more than 20 years.

Aesthetic implant restorations require a sound understanding of peri-implant profiles and a technical foundation of appropriate implant components. As a critical member of the implant team, the restorative dentist or prosthodontist is primarily seen as the clinician providing the definitive implant restoration. That role, however, extends far beyond hard tissue esthetics and includes a significant responsibility in soft tissue development which is necessary for optimal esthetic outcomes. The morning session will include a discussion on immediate placement and aesthetic restoration of implants in appropriate situations. Dr. Priest will examine restorative dentist/implant surgeon collaboration to achieve optimal periimplant profiles primarily with anatomically contoured provisional restorations and definitive abutment and crown contours that maintain long-term soft tissue stability.

The afternoon session will be a hands-on, interactive program detailing the fabrication of chairside provisional implant restorations for single unit restorations using recently designed components which facilitate clinical procedures focusing on aesthetic results. Chairside-made provisional restorations for single and multiple implants can be a highly effective treatment option by eliminating the need for surgical indexing, minimizing the need for appointment coordination between the implant surgeon and restorative dentist, and developing soft-tissue profiles early in the treatment process. Participants will follow step-by-step procedures, clearly demonstrated by video segments and digital images, and then perform these procedures with supplied models and components.

#### Objectives:

- Understand the development of soft-tissue profiles with provisional restorations
- Learn immediate provisional restoration techniques for single and multiple unit implant prostheses
- Realize the benefits of immediate implant placement and delivery of an implant-level provisional restoration
- Determine ideal restoration contouring for optimum periimplant sulcular profiles
- Translate developed tissue contours to the laboratory technician

## "Oral Pathology: New Trends in Diagnosis" - Dr. Jonathan Bregman

Friday, February 11, 2011

8am - 12 noon, 1pm - 3pm and 3pm - 5pm

**Sponsored by  
VELscope**

Jonathan A. Bregman, DDS, FAGD is a clinician, speaker, consultant, and author. His energized, thought-provoking style inspires audiences and readers nationally and internationally. Dentists, dental team members and non-dentists alike will benefit from Dr. Bregman's more than thirty years of experience of running a highly successful dental practice plus his years of experience as an effective speaker. His greatest passion surrounds improving patient care by educating dental professionals.

#### The facts

Today, oral cancer kills one person in the US every hour. The five-year survival rate has not changed in over 40 years. These are shocking statistics. It's about time... for these statistics to change. We have tools that can enhance early oral cancer detection. It's about time... that we learned what they are.

#### The program

Dr. Bregman's presentation provides participants with a comprehensive and well-structured experience that covers four main topics:

- The target population
- The complete examination & accurate records
- New detection tools
- Patient discussions: results & referral protocols

Effective communication skills are taught in each topic area. The end result is that attendees create their own "to do" list—with Dr. Bregman's guidance—that can be transformed into immediate action. The experience is worthwhile. The information is vital. And yes, it is about time!

#### Participants will learn:

- four key motivating factors to fully engaging the oral cancer screening system
- how to develop a "living mission statement" for oral cancer screening in the practice
- key statistics for oral cancer: past and present
- how to identify the changing target population for oral cancer screening examinations
- the steps to the complete visual/bi-manual white light extra/intra-oral cancer screening
- the why and how of new tools available to enhance screening
- how to create seamless referral and follow-up
- communication skills for informed consent to perform oral cancer screening, the examination itself, delivering the difficult message of a positive finding, and creating urgency for effective patient follow-through



**Dr. Jonathan Bregman**

### 6 hours participation

AM session open to all attendees

Morning section prerequisite for the two identical  
PM participation sections (1 to 3 pm and 3 to 5 pm)

Each two hour participation section is limited to 16 participants

## "Esthetic Dentistry - New Keys to Success" - Dr. Kugel



**Dr. Gerard Kugel**

**Sponsored by  
Proctor & Gamble/Crest Oral B**

**Saturday, February 12, 2011  
8am -12 noon, 1:30pm - 5pm**

Gerard Kugel, D.M.D., M.S., Ph.D., Associate Dean for Research, and Professor of Prosthodontics and Operative Dentistry at Tufts University School of Dental Medicine. With an expertise in Clinical Research and Esthetic Dentistry, he is a reviewer for The New England Journal of Medicine, JADA, The Journal of Esthetic Dentistry, and CRA. He is on the Editorial Board of Functional Esthetics & Restorative Dentistry, The Journal of Cosmetic Dentistry, and The Journal of Adhesive Dentistry and he is Editor-in-Chief of Inside Dentistry. He is a Fellow in the American and International Colleges of Dentistry as well as the Academy of General Dentistry and the Academy of Dental Materials. Dr Kugel is on the Board of Directors of the CR Foundation and has his M.S. in Anatomy and Cellular Biology and his Ph.D. in Dental Materials.

Dr. Kugel has published over 120 articles and over 200 abstracts in the field of restorative materials and techniques. He was given over 200 lectures both nationally and internationally. Dr. Kugel is part of a group practice, the Boston Center for Oral Health, located in Back Bay, Boston.

As dentists we must not only rely on the materials but on our own ability to treatment plan and diagnose based on a multi-factorial situation. We must be careful in our preparation, design, and be meticulous in our bonding techniques. Failures in dentistry are frequently blamed on the materials. In reality, "user error" is often the culprit.

In this one day seminar, Dr Kugel will highlight the latest information and evidence on a variety of esthetic dentistry related topics and clinical procedures. Aimed at dentists and their staff, this course will provide relevant clinical information to assist dentists in their everyday practice.

### Participants will learn:

- A comprehensive review of core principles of esthetic dentistry related to tooth form and function - tooth position, occlusal function. Most important, what you need to know to stay out of trouble.
- Why esthetics is secondary to proper function!
- All-ceramic options for indirect anterior and posterior restorations. What to do and when to use them.
- Porcelain laminate veneers, what not to do.
- Digital impression making and chairside CAD/CAM, has it's time finally come?
- Advances in adhesive dentistry. Are the new generations all they are claimed to be?
- Tooth whitening, "in-office" and "take-home", how they work and what is best for your patients. Light-activated bleaching - the facts!
- Esthetic case maintenance.

Practical and cost effective information that you can use immediately in your practice.

**8 hours lecture**

## "Nuts and Bolts Occlusion - A Results Based Approach to Diagnostic and Clinical Excellence"

**Saturday, February 12, 2011  
8am -12 noon, 1:30pm - 5pm**

Why do some beautiful smiles last and others fail so fast?? Is there anything that can be done? Will we be proactive or reactive in our approach? Is bite position important why and when does it matter? What is all of the debate about function vs parafunction? Why are there so many different bite splints? Do I need an articulator? Which one and what difference does it make? Is it OK to not use one? Occlusion, confusion and so many choices and challenges. During this exciting and interactive program, Dr. Melkers will journey with you through the maze of occlusal philosophies, instrumentation choices, splint designs, parafunctional diagnosis and so much more. Together we will explore the technical as well as the soft arts of interacting with patients to better understand their needs, desires and goals-and help them achieve them!

- be aware of the challenges that we face in tooth fracture and structural attrition
- understand the rationale for occlusal philosophy, diagnostics and treatment modalities
- explore and understand the debate between function and parafunctional issues in dentistry
- explore the rationale and methodology of various appliance designs with a focus on desired outcome rather than just the design
- experience post delivery refinement that will increase the efficiency & effectiveness of orthotic therapy and decrease the need for numerous follow up adjustments
- learn the rationalization for CR based occlusion, facebow records and programmed, semi-adjustable articulation . . . when it is needed and when it is not!
- explore various jaw relation record methods for diagnostic and restorative care, including advantages and disadvantages of several different methods
- explore and implement parafunctional analysis as a diagnostic & risk assessment tool a subjective insight into the patient's future

In the afternoon hands-on program, participants will become comfortable with taking facebow recordings on their participant partners; experience predictable Centric Relation jaw relation record methods for diagnostic and restorative care; utilize these records for mounting and programming participants cases on articulators.

Participants will be sent a list of supplies to bring in order to participate in the limited attendance afternoon session.



**Dr. Michael Melkers and  
Dr. Jeanine McDonald**

**8 hours participation**

Limited to 32 participants

## "Advances in Laser Dentistry - Recession Proof your Practice" - Dr. Stewart Rosenberg



**Dr. Stewart Rosenberg**

### Sponsored by Biolase/Waterlase

"This fast paced and entertaining course will show attendees how to introduce laser dentistry into their practices to comfortably, easily and predictably perform many procedures they previously either ignored or referred to specialists. Flapless periodontics, endo, laser assisted extractions and bone grafts, biopsies, gummy smile reductions, hard and soft tissue crown lengthenings, cosmetic applications, saving failing implants, and many other procedures will be discussed. This course is a must for any dentist who wishes to flourish in a down economy or simply to improve dramatically the quality and predictability of their patient care."

Dr. Stewart Rosenberg is one of the most entertaining and sought after speakers in dentistry. He is a pioneer and innovator in the use of dental lasers, micro-air abrasion and other high tech dental instruments and applications. He is a founder and past president of the Academy of Laser Dentistry, a Master of laser dentistry and recipient of the Academy's Distinguished Service Award. He is also a founder and Diplomat Of the World Clinical Laser Institute, where he currently serves on its Executive Board. Dr. Rosenberg is a founder, diplomat, and past president of the World Congress Of Minimally Invasive Dentistry. He is recipient of the Distinguished Service Award for 2000 and Clinician of the Year for 2001. He is a member of Society of Oral Laser Applications and serves on the Editorial Board of their journal. He is a fellow of the International Society of Laser Dentists, the American Society of Laser Medicine, the International College Of Craniomandibular Orthopedics, the American Academy of Cosmetic Dentistry, and the Academy of General Dentistry and many other organizations. Dr. Rosenberg maintains a busy private practice emphasizing cosmetic and laser dentistry, is an attending doctor at Johns Hopkins Hospital. He lectures frequently around the world, has appeared on numerous television shows and is a regular contributor and advisor to many dental publications. He has been regularly named to Dentistry Today's Top Clinicians In Dental Education.

**Saturday, February 12, 2011**  
**8am - 12 noon, 1:30pm - 5pm**

### 8 hours participation

Limited to 32 participants

## "Building a Successful Team Through Dynamic Communication" - Harvey L. Smith

**Sunday, February 13, 2011**

**9am - 12 noon**

Harvey Smith, CCMC, CPBA, CPVA  
Kristy Eddleman, CDA

Technical expertise is the cornerstone of every successful practice. Yet equally important—and often overlooked—are the soft skills required to maximize productivity, increase the patient base, manage an office staff effectively, and communicate as a leader both professionally and personally.

Dynamic Communication focuses on the single most important instrument you can incorporate into your practice: speaking to others in a way that moves your agenda and your practice forward.

Join Certified Business Coach Harvey Smith and dental professional Kristy Eddleman for an interactive exchange of insights based on one's behavior and specific communication style. With over 19,000 differing behavioral styles, this workshop will show you how to identify the behavior of anyone you encounter professionally and personally—and learn to communicate in a way that brings out the best in those around you. A must for anyone in a management or leadership role.

Carolina Business Coach has helped over 500 executives and professional offices become more successful through the development of strategic planning, goal setting, teambuilding and communication skills.

Harvey Smith – President, Carolina Business Coach

- UNCC-Certified Professional Business Coach
- International Coach Federation Certified Coach,
- Certified Career Management Coach,
- Certified Behavior and Values Analyst

Professional Associations and Distinctions:

- Past President, International Coach Federation -Charlotte Chapter
- Former Career Coach columnist for The Charlotte Observer
- Coaching Program Educator, NC State, Duke University and UNCC
- Mentor Coach, UNCC graduate program



**Harvey L. Smith**

Kristy Eddleman – Director, Business Development and Administration

Kristy Eddleman has accumulated 30 years of experience in the dental industry including:

- Practice administrator, Charlotte, NC
- Chair -side assistant, Charlotte, NC
- Instructor, Dental Assisting, Central Piedmont Community College,

Professional Boards –current and past

- Treasurer, North Carolina Dental Assistants Association.
- Advisory board, Kaplan College dental assisting program
- Instructor, Dental Assisting at Central Piedmont Community College.
- Past President, North Carolina Dental Assistants Association
- Past President, Metroline Dental Assistants Association

**3 hours lecture** - This course is not for NC State Board Credit

thank you

The NCAGD would like to thank the sponsors of the 2011 NCAGD Annual Meeting. It is their generous support that makes our meeting possible.

## Platinum Level



## Silver Level



## Friends of AGD

NCDS

Satterfield Computers

G C America

Val Gelo

## Friday Casino Night NC MOM Free Clinic Fundraiser



The 2011 annual conference for the North Carolina Academy of General Dentistry is only months away and will be here before you know it. The volunteers from T.A.D.S. (Triangle Area Dental Services) have been hard at work preparing for their second annual Roll The Dice For M.O.M.'s Casino Night and have promised that it will be even better than last year's event.

There will be more craps and roulette tables, more raffle prizes, and more silent auction items than before. If table games are more your preference, there will be plenty of Poker, Blackjack, and Texas Hold 'Em tables to keep you busy. And don't forget, the virtual horse racing on the huge 16' x 9' video screen will be there as well! They are also planning on having more food and more table-side wait staff to take your orders so you won't have to leave your favorite table. Elvis and Sinatra will be coming and they are looking forward to performing some of their biggest hits for you. All-In Entertainment will also be playing your favorite music throughout the evening.

This year's Casino Night will be held on Friday, February 11, 2011 from 7:00 PM until 11:00PM. Attendance is expected to be very heavy for this event so buy your tickets early! Tickets can be purchased online at [www.tadsonline.org](http://www.tadsonline.org) or you can purchase them at the Casino Night/T.A.D.S. desk in the meeting registration area on Friday February 11. All net proceeds from the T.A.D.S. Roll The Dice For NC M.O.M.'s casino go to helping provide dental care to North Carolinians in need. Last year's casino event was able to generate nearly \$10,000 in net proceeds for the Durham M.O.M.'s clinic. Our goal this year is to be able to raise over \$25,000!

Please make your plans now to come out for a night of high rolling fun and excitement for a great cause. At the Roll The Dice For M.O.M.'s casino, everyone is a winner! For more information, please visit [www.tadsonline.org](http://www.tadsonline.org) or call 919-755-1129. We look forward to seeing you there. Casino Night tickets \$40 presale and \$50 at the door.

# REGISTRATION FORM

## 35th ANNUAL



## NCAGD MEETING

Complete and Return Registration Form  
by February 1, 2011  
Early Bird Special by January 14, 2011

Any questions contact:  
Executive Director - Elizabeth Trevathan  
Phone: 336.584.8477  
Email: etncagd@gmail.com

Make checks payable to the NC Academy of General Dentistry and mail completed form with payment to:  
NCAGD, c/o Elizabeth Trevathan, 537 North Gurney Street, Burlington, NC 27215

Dentist Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 City: \_\_\_\_\_  
 State & Zip: \_\_\_\_\_  
 Office Phone: \_\_\_\_\_

List Staff Members: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Spouse/Guest: \_\_\_\_\_  
 \_\_\_\_\_

**ATTENTION NON-MEMBERS: All Non-AGD Members registering for this meeting will receive a free one-year membership to the AGD, compliments of the NCAGD as a one time opportunity!**

If both spouses are members: Pay only 1/2 fee for second member .

### Registration Fees

Early Bird (to 1/14/2011)	\$325.00	\$ _____
After 1/14/2011	\$350.00	\$ _____
On Site	\$375.00	\$ _____
Non-AGD Member	\$495.00	\$ _____
Spouse/Guest (non-dentist)	\$40.00	\$ _____
Staff/Auxiliary	\$60.00	\$ _____
<b>AGD Dental Student member*</b>	<b>FREE</b>	
<b>Dental Student - Non-AGD member**</b>	<b>\$16.00</b>	\$ _____

### Participation Courses

Priest (Friday 8 hrs)	\$150.00	\$ _____
Bregman (Friday 6 hrs) 1pm - 3pm Hands -on	\$115.00	\$ _____
Bregman (Friday 6 hrs) 3pm - 5pm Hands -on	\$115.00	\$ _____
Melkers.McDonald (Saturday 8 hrs)	\$150.00	\$ _____
Rosenberg (Saturday 8 hrs)	\$150.00	\$ _____
	<b>TOTAL</b>	\$ _____

Registration Payment made by credit card can be faxed, mailed or called in.

Card Type:  MasterCard       Visa      Signature: \_\_\_\_\_  
 Card No.:       Exp Date:

Remember to reserve your hotel room at the adjacent Marriott Raleigh City Center - See the brochure backpage for hotel reservation details. Remember to buy your tickets for the Friday Casino NC MOM Free Clinic Fundraiser. Great fun to support a worthy dental charity. SEE PAGE SIX FOR TICKET INFORMATION.

Dentist registration includes lunches on Friday and Saturday. Auxiliaries, spouses, guests and dental students can enjoy lunch on your own on Saturday. You may choose from several area restaurants. \*General meeting registration is FREE. Separate charges apply for participation CE courses. \*\*\$16.00 charge includes general meeting registration & 2011 AGD student membership.  
**REFUND POLICY:** No refunds after February 8, 2011. An administrative fee of \$50.00 will be levied if cancelled by February 8th, 2011.

## Raleigh in the Winter

As the wife of the current president of the NCAGD, I felt it incumbent on me to encourage you dentists to consider coming to the 2011 NCAGD Annual Meeting with your whole family and join me in some "capital" fun.

Ok, I know you're asking, "Raleigh in February?" Well, there are scads of things to do in our capital city-even in February so bring the fam and check it out. Raleigh is referred to as "The City of Oaks" and is home to the world's largest Acorn (pictured on the front of the brochure). Every New Year's Eve, the acorn is moved to the roof of the Raleigh Civic Center and is "dropped" at midnight as the North Carolina equivalent to the big apple/ball that drops in Times Square at the same time. Local columnist Dennis Rogers dubbed it "Nutzilla".

My niece, mother of two very active children filled me in on fun things to do with children of all ages. According to Katherine:

Marbles Kids Museum is great fun ([www.marbleskidsmuseum.org](http://www.marbleskidsmuseum.org)), along with the Museum of Natural Science (<http://naturalsciences.org>). Marbles has an IMAX theater along with great kids' activities and a place for lunch. The NC Museum of History is right across from the Science Museum and has a fabulous new George Washington exhibit (<http://ncmuseumofhistory.org>).

Walking or biking the Greenway is always fun for the outdoorsy types, but it might be a bit cold for that in Feb. <http://raleighnc.gov/arts/content/PRecDesignDevelop/Articles/CapitalAreaGreenwayTrailSystem.html>

Krispy Kreme is a must for kids. The newly renovated building on Person Street has a big window where you can watch the donuts being made on a giant conveyer belt.

My sister-in-law sent me to <http://godowntownraleigh.com> a treasure of information about dining, nightlife, cultural arts, services, and shopping. I encourage you to go there and see for yourself what you haven't seen in our state's capital city. Of course, there are always ball games going on and tickets are normally readily available. You see, there's just no excuse for not vacationing at home, year round and in Raleigh February, 2011. See you there. Nancy Miller

### MARRIOTT RALEIGH CITY CENTER HOTEL adjacent the Raleigh Convention Center

The Hotel Reservation deadline for the NCAGD block rate of \$112 is January 11, 2011

The NCAGD block Hotel Code is AGDAGDA.

Online reservations can be made at [www.marriott.com](http://www.marriott.com) or call 1-888-236-2427.

**Questions? If you need more information, please call: Elizabeth Trevathan at 336.584.8477**



North Carolina  
Academy of General Dentistry  
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