

# SMILELINE



THE NEWSLETTER OF THE MONTEREY BAY DENTAL SOCIETY

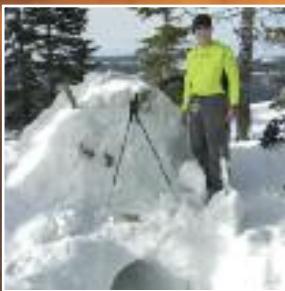
WINTER 2017

## Rx:Fun

*See How Monterey Bay Dental Society Dentists Prescribe Fun For Themselves!*



Dr. Ariana Ebrahimian, DDS  
An adventure at the summit of  
Mount Kilimanjaro 9/23/2017



Dr. Russell Cureton, DDS  
Snowshoe Hike with Igloo Camping  
Dewey Point, Yosemite 3/4/17



Dr. Geralyn Menold, DDS  
Former Speed Skater loves Sharks  
Levi Stadium 2/22/2015



Dr. Tina-Lise Curtis, DDS  
Hiking with husband and sons  
Peru 2016



Dr. Sumeet Singh, DDS  
Spending time with my son Gurshan  
Monterey, CA 10/31/17



Dr. Andres F. Herrera, DDS  
Evaluating cleft palate boy on mission  
Santander, Colombia 6/12/17



Dr. Soraya Cameron, DDS  
Walks to the beach with my son Ethan  
Point Lobos 10/17



Dr. Dick Light, DDS  
Travel and Photography, October 2016  
Top: South Africa—Bottom: Botswana



Dr. Lindley Zerbe, DDS  
The Zerbe Family Halloween 2017



Dr. Guy Peabody, DDS  
Playing baseball of course in Monterey  
Dennis The Menace Park 7/4/2017



Dr. Richard Kent, DDS  
Catching rainbow trout right after snow  
Hume Lake, May 2015



Dr. Nannette Benedict, DDS  
Horseback riding Royal Gorge of Sierras  
August 2017

“Remember these two things: play hard and have fun.”

—Tony Gwynn

# SMILELINE

## A Message From Your Outgoing MBDS President

It's been my great pleasure to lead the Monterey Bay Dental Society this last year. There have been many good Continuing Education classes arranged by our incoming President, Eric Brown. The Big Sur Marathon gave us an opportunity to earn \$1,000 for our Hygiene School at Cabrillo College. It was organized by our incoming President-Elect, Lindley Zerbe and staffed by dentists, auxiliary staff and students from Cabrillo. Then a totally fun "Dental Warrior" competition and picnic was organized by our New Dentist Committee Chair, Garrett Criswell along with many volunteers and sponsors. There was a wonderful evening of dinner and dance in the Ferrante's Ballroom atop the Monterey Marriott. Awards for volunteerism and hard work were presented there as we enjoyed the great music from the Andy Weis Band joined by our very own Lloyd Nattkemper on saxophone. Those are just three of the Board of Directors who collectively have kept this professional organization viable and interesting. Behind the scene our fine Board has been carefully planning next years events and new



Dr. Richard Kent, DDS

opportunities for volunteerism. I want to remind you that next year we will help host the dental clinic for the Veteran (VTC) Stand-Down to be located in the Monterey County Fairgrounds. Please mark your calendars for the last Friday and Saturday in September 2018. You and any staff members will not regret offering your time and talent to serve our deserving veterans. Many of them have sacrificed their health for our freedom and some are even homeless.

With all these opportunities and events, our Executive Director Debi Diaz is the individual who makes all happen. She's the one who is not only the face of our organization, but selflessly makes us look good and keeps us financially viable.

All the people I've mentioned above and the numerous other board members and volunteers I can't mention, contribute so much each month throughout the year to make MBDS a success. Thank you for what you give. You are the real heroes for us.

*Sincerely,*  
**Dr. Richard Kent, DDS**  
2017 President, MBDS



# SMILELINE

## A Message From Your Incoming MBDS President

This past November I attended the California Dental Association's House of Delegates in Sacramento. One of the highlights was listening to Dr. Arthur A. Dugoni speak to the members who were there. He asked a simple question, "All things considered, do you think the world is getting better or worse?" He then went on to quote a 2016 survey by Vox Media in which they asked people the same question across the world. 94% percent responded that things are getting worse with only 6% responding that things are getting better. Needless to say, very few people across the world are optimistic about the future.



Dr. Eric Brown, DDS

To put things in perspective, let's go back about one hundred years and look at how the world was in the year 1910. Back then 82% of the world lived in extreme poverty. Today that number is down to only 9.6%. Back then 73% of the world was illiterate and could not read. Today the number of people who can't read has been reduced to 14%. Child mortality rates in 1910 were such that 34% of children died before their 5th birthday. Today only 4% of children worldwide don't reach their 5th birthday. It used to be only 13% of the world lived in a democratic country, this year 55% of the world's population lives in a democracy.

Is the world getting better or worse? It all depends on your perspective but clearly there are reasons to be optimistic. Typically, we hear negative reports in the media, newspapers, and online because they get clicks and ratings. Positive developments and stories don't often get headlines

or they happen very slowly. Sometimes in our lives we miss the slow progress each of us make. This year, look for opportunities to see how far you've come and how much you have achieved that you may not have noticed.

As dentists, we have the opportunity to continue to make the world better. Caring for our patients, caring for our team members, caring for our families, and caring for ourselves should be our driving force. Love and empathy for our fellow man should be what guides us. Along the central coast we are blessed to have an amazing dental community. I urge all our members to remember what really matters, our personal relationships, and treating others the way we want to be treated.

On behalf of the Monterey Bay Dental Society, we wish you and your practice the very best in 2018. Please reach out to us if we can be of any help or assistance. And, thank you for your membership and support!

Sincerely,

A handwritten signature in black ink that reads "Eric Brown".

Eric Brown, D.D.S.

## Table Of Contents

# SmileLine

### The Newsletter of The Monterey Bay Dental Society

Published By  
Monterey Bay Dental Society

8 Harris Court, #A2, Monterey, CA 93940  
(831) 658-0168  
[www.mbdsdentist.com](http://www.mbdsdentist.com)

Editor  
Dr. Carl Sackett, DDS

Advertising and  
Continuing Education Content  
Debi Diaz, Executive Director  
Monterey Bay Dental Society

Design and Production  
Heidi Heath Garwood  
[www.heathdesign.com](http://www.heathdesign.com)

Cover photo (background)  
courtesy of Heidi Heath Garwood  
All individual cover photos provided  
courtesy of each dentist featured.

Installation Of Officers Dinner  
photos provided courtesy of  
Dr. Lloyd Nattkemper, DDS

American Dental Warrior Event  
photos provided courtesy of  
Dr. Carl Sackett, DDS

Parting Shot photo  
Dr. Lloyd Nattkemper, DDS

©2017/2018—This newsletter solicits and will publish, space permitting, signed articles relating to dentistry but will assume no responsibility for the opinions or validity of the theories contained therein. Subscription rate for non-MBDS members is \$15.00 per year. Acceptance of advertisements in no way constitutes professional endorsement by the MBDS.

<b>A Message From The Outgoing President .....</b>	<b>2</b>
<b>A Message From The Incoming President .....</b>	<b>3</b>
<b>Table of Contents .....</b>	<b>4</b>
<b>New Members.....</b>	<b>5</b>
<b>Upcoming MBDS Calendar of Events for 2018.....</b>	<b>6</b>
<b>Editor's Column .....</b>	<b>7</b>
<b>Outgoing and Incoming Board Members .....</b>	<b>8</b>
<b>Officer Installation Night 2017 .....</b>	<b>9</b>
<b>2017 House Of Delegates .....</b>	<b>12</b>
<b>Annual Dental Career Directors</b>	
<b>    Information Sharing Lunch.....</b>	<b>13</b>
<b>Revised Settlement Agreement</b>	
<b>    Tops \$65 Million — CDA .....</b>	<b>14</b>
<b>    Noel Brandon Kelsch, RDH, RDHAP, MS.....</b>	<b>15</b>
<b>    Significant Rate Increases Anticipated .....</b>	<b>18</b>
<b>Classifieds .....</b>	<b>20</b>
<b>Obituaries.....</b>	<b>21</b>
<b>2017 American Dental Warrior Event</b>	
<b>    At Toro Park in Salinas.....</b>	<b>22</b>
<b>Controlled Substances Prescribing and Dispensing — CDA .....</b>	<b>28</b>
<b>Parting Shot.....</b>	<b>41</b>

## Welcome To Our New Members for 2017

### APTOPS

Denise Monroy, DDS  
10/9/17

### CARMEL

Anne Simonsen, DDS  
3/30/17

### FREEDOM

Gordon Goldstine, DDS  
8/8/17

### HOLLISTER

Derek Banks, DDS  
6/20/17

Karine Marcom, DDS  
11/28/17

### MARINA

Karanjit Dhillon, DDS  
6/1/17

Leanna Ursales, DDS  
10/9/17

### MONTEREY

Travis, Ludy, DDS  
2/9/17

### Donald Yan, DDS

2/23/17

### SALINAS

Diana Boado, DDS  
3/7/17

Paul Cater, DDS  
8/30/17

Suman RamaKumar, DDS  
6/1/17

Pardis Tavakolian, DDS  
11/22/17

Xudong Yang, DDS  
1/13/17

### SANTA CRUZ

Hannah Gilman, DDS  
8/30/17

### Touraj

Khalilzadeh Moghaddam, DDS  
6/1/17

### WATSONVILLE

Fardad Tayebaty, DDS  
11/15/17

### RETIRED:

Myrna Medina, Big Sur  
Robert Mraule, Salinas/Monterey  
Greg Loitz, Santa Cruz  
Gordon Steuck, Monterey  
Timothy Znamirowski, Santa Cruz  
Dick Light, Salinas  
Gregory Gorman, Salinas  
Philip Lips, Salinas  
Christopher Manke, Carmel  
Philip Ottinger, Santa Cruz

We encourage old members to reach out and welcome our new members if they have not done so already. We are excited and happy to have them join us!

For information about contacting our new members visit the member only section of the website for the full member directory that includes addresses and phone numbers.

## MBDS Board Room available

Members can now utilize the board room at the dental society for a small fee to host study groups, meetings or staff events. For more information, contact the Dental Society at 831-658-0168

## Upcoming MBDS Calendar of Events for 2018

### Continuing Education 2018

#### Friday, January 12, 2018

Bernie Stoltz

“The Power to Influence – Help Your Patients Say YES!”  
Embassy Suites  
1441 Canyon Del Rey Blvd., Seaside, CA 93955  
9 AM – 5 PM (includes lunch) 7 C.E. units (20%)  
Member dentists \$285; Non-CDA members \$385;  
Auxiliary \$135

#### Friday, February 9, 2018

Scott Pope, DDS  
“21st Century Dentistry – Lasers, Digital Dentistry and Much More”  
Hyatt Regency Monterey  
1 Old Golf Course Road, Monterey, CA 93940  
9 AM – 4 PM, includes lunch  
6 C.E. units (Core)  
Member dentists \$285; Non-CDA members \$385;  
Auxiliary \$135\*

#### Friday, April 27, 2018

Art Curley, Esq., and Noel Kelsch, RDH  
“California Dental Practice Act, Infection Control & OSHA”  
Embassy Suites  
1441 Canyon Del Rey Blvd., Seaside, CA 93955  
8 AM – 1:30 PM, includes breakfast 4.5 C.E. units  
(Satisfies Dental Board’s license renewal mandate)  
Member dentists \$145; Non-CDA members \$245;  
Auxiliary \$75

#### Friday, September 21, 2018

Jeff Brucia, DDS  
“Restorative Materials & Techniques Simplified 2018”  
Embassy Suites, Seaside, CA 93955  
1441 Canyon Del Rey Blvd., Seaside, CA 93955  
9 AM – 5 PM, includes lunch 7 CE Units (Core)  
Member dentists \$285; Non-CDA members \$385;  
Auxiliary \$135

#### Friday, October 19, 2018

David S. Hornbrook, DDS  
“Demystifying the New Ceramics and Simplifying Adhesive Cementation”  
Hyatt Regency Monterey, CA 93940  
9 AM – 5 PM, including lunch 7 CE Units (Core)  
Member Dentists \$285 – Non-CDA members \$380  
Auxiliary \$135

*(Lunch is included with registration for all full day courses  
Breakfast is included for the April 27th course (no lunch)*

### General Membership Dinner Meetings: (2 in Santa Cruz & 2 in Monterey)

#### Thursday, February 22, 2018

Reb Close, MD — “Safe Prescribing for Dental Providers”  
Location TBA

#### Thursday, April 19, 2018

Anders Bjork, Vice President, Market Insights and Member Engagement for CDA — “Becoming a dentist today isn’t as hard as it used to be...in fact, it might be harder”  
Bittersweet Bistro, Aptos, CA

#### Thursday, July 26, 2018

Course and Monterey Location TBA

#### Thursday, September 27, 2018

Dr. Robert Roohparvar, Chief Information Security Officer at Infoguard — “Cyber Security & Ransomware”  
Bittersweet Bistro, Aptos, CA

#### Friday, November 2, 2018

Annual Installation of Officers Dinner  
The Nicolas Club (Formerly Pasadera County Club)

### MBDS Board Of Director's Meetings 6:00 PM Dental Society Office, 8 Harris Ct, A2, Monterey

Saturday, January 20, 2018 – Board Strategic Planning –  
Bayonet Blackhorse, Seaside, CA 8:30am - 2pm  
*(Strategic Planning meeting will replace the January Board of Director meeting)*

Tuesday, March 13, 2018

Tuesday, May 8, 2018

Tuesday, July 10, 2018

Tuesday, September 11, 2018

Tuesday, November 13, 2018

### 2018 CDA House of Delegates – Anaheim, CA

Friday, November 9th— Sunday, November 11th  
at the Anaheim Hilton

## Editor's Column

Dr. Carl Sackett, DDS,  
Editor

### Happy Holidays!

As 2017 rolls to a close, I find myself reflecting on the events of the past year. It goes without saying that this past year has been a challenging one on many levels. On a national and global scale, we've been bombarded with stories of natural disasters, violence, and political disarray. It can be enough to make one's head spin sometimes.

Some of these events even ended up indirectly having an effect on me personally. Some of you know that I am originally from Sonoma County (Santa Rosa), and the wildfires that occurred in October have led to the displacement of some of my own family members. While the situation has thankfully calmed down over the past few months, they continue to rebuild from the environmental catastrophe. Still, in the midst of all this unexpected chaos, and seemingly endless stream of bad news, I find it refreshing and reassuring to know that I work in a dental society whose members can create positivity despite these circumstances.

Subsequently, I have decided that the theme for this issue of the SmileLine is a very simple one: MBDS Members Having Fun. Yes, even in the challenges of our day-to-day



lives, our local colleagues make time for recreation, and seek value in their surrounding community.

In this issue, you will see just some of the many ways in which our members seek to have fun together. The American Dental Warrior event was the definition of collegiality.

The Installation of Officers Dinner and House of Delegates show once again that our members truly enjoy each other's company outside of the office.

I know the Monterey Bay Dental Society will continue this trend of remaining connected to one another. We are fortunate to live and work in a component that easily fosters personal relationships between its members. We are in excellent hands with the 2018 Board of Directors as well.

I wish you a peaceful (and fun!) holiday season. May the upcoming year bring you joy, prosperity, and success both in and out of the office.

Warm Regards,

Carl Sackett, DDS  
MBDS SmileLine Editor



My office staff celebrating Christmas.



Me having fun at my daughter's Petting Zoo Party for her 4th Birthday in September. A ton of fun! They brought a pig, chickens, and a rabbit. And my costume was a hit too!

# Monterey Bay Dental Society Board of Directors

## Thanks to our 2017 Outgoing Board of Directors

President	<i>Richard Kent, DDS</i>
President-Elect	<i>Eric Brown, DDS</i>
Vice President	<i>Lindley, Zerbe, DDS</i>
Secretary/Treasurer	<i>Jennifer Lo, DDS</i>
State Trustee	<i>Nannette Benedict, DDS</i>
Immediate Past President	<i>Ariana Ebrahimian, DDS</i>
County Directors	<i>Rajneesh Dail, DDS</i> <i>Mark Ebrahimian, DDS</i> , <i>Jeanette Kern, DDS</i> , <i>Geralyn Menold, DDS</i> , <i>Ryan Payne, DDS</i> , <i>Joseph Robb, DDS</i> , <i>Steve Ross, DDS</i> & <i>Noreen Yoshida, DDS</i>
Publications	<i>Carl Sackett, DDS</i>
Legislative and Cal D Pac	<i>Daniel Pierre, DDS</i>
Dental Health Committee	<i>Irving Chao, DDS</i>
Community & Public Relations	<i>Lindley Zerbe, DDS</i>
Ethics Committee	<i>David Shin, DDS</i>
Peer Review Committee	<i>James Leamey, DDS</i>
New Dentist Committee	<i>Garrett Criswell, DDS</i>
Membership Committee	<i>Lindley Zerbe, DDS</i>
Continuing Education Committee	<i>Eric Brown, DDS</i>

## And Welcome to Our 2018 Incoming Board of Directors

President	<i>Eric Brown, DDS</i>
President-Elect	<i>Lindley Zerbe, DDS</i>
Vice President	<i>Steven Ross, DDS</i>
Secretary/Treasurer	<i>Jennifer Lo, DDS</i>
State Trustee	<i>Nannette Benedict, DDS</i>
Immediate Past President	<i>Richard Kent, DDS</i>
County Directors	<i>Rajneesh Dail, DDS</i> <i>Mark Ebrahimian, DDS</i> , <i>Jeanette Kern, DDS</i> , <i>Geralyn Menold, DDS</i> , <i>Ryan Payne, DDS</i> , <i>Joseph Robb, DDS</i> , <i>Matthew Wetzel, DDS</i> & <i>Devin Bernhardt, DDS</i> .
Publications	<i>Carl Sackett, DDS</i>
Legislative Chair	<i>Daniel Pierre, DDS</i>
Community & Public Relations	<i>Lindley Zerbe, DDS</i>
Ethics Committee	<i>David Shin, DDS</i>
Peer Review Committee	<i>James Leamey, DDS</i>
New Dentist Committee	<i>Garrett Criswell, DDS</i>
Membership Committee	<i>Steve Ross, DDS</i>
Continuing Education Committee	<i>Lindley Zerbe, DDS</i>

## Installation of Officers 2017



On Friday, November 3rd, the Monterey Bay Dental Society hosted yet another successful Installation of Officers Meeting at the Monterey Marriott's Ferrantes Bay Ballroom.

Among those recognized were Dr. Dick Kent, who served as our esteemed President for 2017, and Dr. Eric Brown, who will lead us in the upcoming year. Dr. Brown did an amazing job with our local CE lineup, and we can't wait to see the positive influences he will surely have on our component.

The Outgoing Board of Directors was acknowledged, and the 2018 incoming Board was introduced. Thank you as always to all the volunteer members who dedicate their time and energy on behalf of our dental society.

Congratulations as well to Dr. Garrett Criswell, who was awarded the MBDS Dentist of the Year! Dr. Criswell is an orthodontist with offices in Monterey, Carmel and Salinas. He serves as Chair of the New Dentist Committee, and worked incredibly hard this year to organize the first ever American Dental Warrior Event. Thank you, Dr. Criswell, for all your efforts and inspiration.

The Andy Weis Band performed yet again this year, and provided musical entertainment for the evening. What a way to celebrate a fantastic 2017 for the MBDS!



TOP: Dr. Eric Brown

MIDDLE LEFT: Dr. Dick Kent

MIDDLE RIGHT:  
Dr. Ariana Ebrahimian

BOTTOM: Dr. Chris Manke  
and Dr. Russell Cureton with  
their spouses

## Installation of Officers 2017 (Continued)



TOP: Dr. Eric Brown and his honored guests

MIDDLE LEFT: Dr. Lloyd Nattkemper, Dr. Bridgete Clark, and Dr. Dick Kent

MIDDLE RIGHT: Dr. Devin Bernhardt, Dr. Nannette Benedict, and Mr. Jeff Bernhardt

BOTTOM: Dr. J. Derek Barnes, DDS, Dr. Eric Brown, Dr. Garrett Criswell, and Dr. Lloyd Nattkemper



## Installation of Officers 2017 (Continued)



TOP LEFT: Antionette Rodriguez and Holly Palmer



TOP RIGHT: Dr. Devin Bernhardt

BOTTOM: Dr. Richard Kent and Christina Goud



## 2017 House Of Delegates

On November 17th–19th, the annual CDA House of Delegates was held at the Sacramento Hyatt Regency. This was the 48th Session of the HOD!

For those who are unaware, the House is a policy-making body of CDA, and represents all members of the association. At the meeting, policy and practice issues facing CDA members and the public are addressed. In addition, CDA officers are elected during this time. In total, approximately 200-216 delegates from the California component dental societies are present.

The Monterey Bay Dental Society was fortunate once again to be represented by an enthusiastic group of our local members. Special thanks to Drs. Kent, Brown, Zerbe, Benedict, Menold, and Ross for attending on our behalf. And thank you to Debi Diaz who tirelessly helps to coordinate arrangements for this event as well.

The next House Of Delegates in 2018 is scheduled for Nov. 9th-11th at the Hilton in Anaheim.



Richard Kent, DDS; Debi Diaz, Executive Director; Nannette Benedict, DDS; Geralyn Menold, DDS; Eric Brown, DDS; and Steve Ross, DDS (front)



As you can tell by this photo at the President's Party, our theme of MBDS dentists having fun continues even outside of our component!

(Left to right) Geralyn Menold, DDS; Richard Kent, DDS; Nannette Benedict, DDS and her husband, Jeff Bernhardt.



Dr. Richard Kent, DDS, addressing the House Of Delegates body.

**“** Never, ever underestimate the importance of having fun.  
**”**

— Randy Pausch

## Annual Dental Career Directors Information Sharing Lunch



BACK LEFT : Debi Diaz, Executive Director MBDS — Karoline Grasmuck, DA Coordinator/Instructor Monterey Peninsula College — Leslie Ochinang, DA Coordinator/Instructor Salinas ROP Program — Yolanda Hernandez, DA Coordinator/Instructor Soledad ROP Program FRONT LEFT: Bridgete Clark, DDS, Cabrillo Dental Hygiene – Past Director FRONT RIGHT: Debbie Reynon, CDA RDA AA AS - Instructor/Coordinator Santa Cruz County ROP Dental Assisting Program

## Lathan Precious Metals

Your LOCAL Precious Metals Broker

- Don't be fooled into thinking that dealing directly with a refiner means a higher payout. It's always based on how much weight you have in precious metals.
- Because we deal in very large amounts, our negotiated refining costs are much lower than what the refiners would charge a dentist.  
Just ask us!
- Local, Northern California, accountable and personalized service. We offer a 100% guarantee. If you are not satisfied, let us know within five business days for a full refund of your product.

Ph: 707-483-2385

Sherry Shaw, Broker

422 Larkfield Center, #290 • Santa Rosa, CA 95403

email: [ppreciousmetals@comcast.net](mailto:ppreciousmetals@comcast.net)

Member of BBB with A Rating • Member of International Precious Metals Institute • Licensed Weightmaster

*Call us today for a free estimate!*

## Revised Settlement Agreement Tops \$65 Million — CDA

### Revised Settlement Agreement Tops \$65 Million

A revised proposed settlement agreement between Delta Dental of California and the plaintiff class of Premier dentists has been filed in Superior Court. The revised settlement includes an agreement by Delta Dental to pay an unprecedented monetary award that nearly doubles the amount the parties had previously agreed upon to more than \$65 million. CDA and the other class representatives today filed a renewed motion for preliminary approval of the revised proposed class settlement, which resulted from additional mediation with Delta Dental earlier this year. The additional mediation was required after an error in the financial calculations was discovered during the validation CDA required of the prior settlement amounts.

The proposed monetary settlement, now up to \$65,029,299, is the result of legal action that CDA began against Delta Dental in 2013 to protect members' rights to fair dealings after learning of Delta's plans to reduce Premier Provider rates by 8 to 12 percent. The legal action, which ultimately grew into a class action on behalf of all Premier dentists, even those who were not CDA members, successfully blocked Delta's attempt to reduce Premier dentist reimbursement rates for over four years, which has saved dentists more than \$600 million in Premier plan fee reimbursements.

"CDA took a stand for members and we succeeded – not only in our fight to protect dentists' right to fair dealings, but in achieving an unprecedented settlement with Delta Dental for Premier Providers," said CDA President Clelan Ehrler, DDS, MS. "And with CDA working diligently for our members, that settlement amount has now topped \$65 million and been expanded to include an even larger number of dentists than the previous settlement."

In verifying the previously proposed settlement amount of \$34,750,000, an error was discovered in the procedure Delta used to calculate the impact of its inflation adjustment percentage (INAP), which was the basis for the underpayment to class members. Upon discovery of the error, the parties agreed that it was necessary to go back to mediation to negotiate a new settlement amount on behalf of the class. As a result, the monetary settlement

nearly doubled, the number of dentists eligible for awards expanded and the attorneys' fees Delta must pay increased from \$1.5 million to \$2.35 million. Additionally, terms of the previous settlement still stand that require Delta to provide dentists with 120 days' notice of changes to PDAs and 12 days' notice to CDA to inform its members. Delta must also provide an individualized financial analysis of the financial impact of any future rate reductions for each Premier dentist whose practice will be affected by that reduction.

"CDA is committed to supporting our members in many ways, and this settlement is only one example of the lengths CDA will go on behalf of members to ensure their voices are heard," said Ehrler. "It would have been virtually impossible for members to have fought Delta on their own - it is the strength of our membership that allowed us to do this, for members and for the profession."

The court has scheduled a hearing for Dec. 27 in San Francisco Superior Court on plaintiffs' motion to grant its preliminary approval of this amended settlement agreement as fair and reasonable. If the court grants preliminary approval of the amended settlement agreement, a formal written notice of the amended settlement agreement will be mailed to all class members in January. This notice will give a written description of the amended settlement agreement and provide the relevant information about it to all class members. That written notice and all related information regarding the amended settlement agreement will also be posted at [DeltaDentalofCaliforniaSettlement.com](http://DeltaDentalofCaliforniaSettlement.com).

CDA will continue to keep members informed about the proposed amended settlement through the Update, newsletter and [cda.org](http://cda.org). Members with questions about the terms or meaning of the settlement may contact CDA at 800.232.7645.

## Noel Brandon Kelsch, RDH, RDHAP, MS



The Monterey Bay Dental Society would like to express sincere gratitude to Dr. Bridget Clark who, after seventeen years of being the Dental Hygiene Program Director at Cabrillo, will be stepping down from the position. Dr. Clark plans to stay on as Assistant Program Director, and will continue teaching dental radiology, anesthesia, and clinical courses.

Subsequently, the Monterey Bay Dental Society would like to take this opportunity to introduce the new Cabrillo College Dental Hygiene Program Director, Noel Kelsch.

Noel graduated from the Cabrillo College Dental Hygiene Program in 1992. She received her RDHAP from the University of the Pacific and received her MSin Dental Hygiene from UCSF in 2016. She has received numerous awards including: Top 25 Women in Dentistry–2014, Who's Who in Infection Control–2014, Colgate Bright Smiles–Bright Futures, RDH Magazine Sun Star Butler Award of Distinction, and the Hu-Friedy Master Clinician Ward. She is current President of the Dental Hygiene Committee of CA, Past President of California Dental Hygienists' Association, and a Key Organization Leader for: Parkell, Colgate, Sunstar America, Young Dental, GC America, Philip Life Style, Kerr Total Care, SciCan, Hu-Friedy, Orascopic and American Eagle. She is also a five time winner of the Castroville Artichoke cook off!

For more information about Noel please go to her website: [www.noelkelsch.com](http://www.noelkelsch.com).

The Monterey Bay Dental Society is very fortunate to have Noel as the new Dental Hygiene Program Director at Cabrillo. Thank you in advance for taking on this responsibility!

Ready to save 20%  
on dental supplies?\*

Shop the Marketplace

The Dentists  
Service  
Company

tdsc.

**say  
hello**

to buying power.

**Save 20%** on dental supplies today.\*

Key benefits in the TDSC Marketplace:  
• Shipping savings to CDA members, which gives you added value every day of discovery that really adds up.  
• Negotiated discounts for exceptional savings.  
• 27,000+ items from your favorite vendors.  
• Free shipping on every order and fast delivery.  
• No hassles or minimum order size, no fees!

Ready to make your mark in your practice and office? Start shopping today and explore other powers! [visit us online](#) or call The Dentists Service Company.

Get started at [tdsc.com](#) or call 888.253.1223.  
\*With the exception of non-discountable equipment, supplies, and services. Subject to TDSC Marketplace terms and conditions available online.

## Shop for dental supplies with confidence

When The Dentists Service Company launched its online shopping site for dental supplies to CDA members earlier this year, it was with a commitment to make purchasing easier and more affordable for practices of every size. The TDSC Marketplace was also designed to allow dentists and their office staff to procure supplies across categories with confidence in the source and quality of every item.

CDA established The Dentists Service Company as a response to members' call for support in the business side of practice. TDSC's group purchasing program was built on the strength of CDA's 150-year heritage, 27,000-strong membership and history of innovation serving

them. Now, group purchasing benefits are available free to CDA members through the TDSC Marketplace.

---

*"I shopped the Marketplace when it started because it sounded like a great idea, and it was being done by a company I trusted," said John Jeppson, DDS. "[It] has proven to me in my 30-year career to be a company that is dedicated to making the lives of dentists easier."*

---

This trust is something that TDSC continues to foster. In a fast-paced digital market, TDSC is committed to protecting practices from gray-market goods, all while offering significant savings and shopping convenience. In the first nine months of Marketplace operation, shoppers saved an average of 20 percent compared to manufacturers' list prices.

"Since TDSC started, I have tracked my savings on dental supplies, which is now at \$7,000 and counting," noted Jeppson.

#### What does the Marketplace carry?

The shopping site is home to more than 25,000 items across 32 dental supply categories. Products range from everyday disposables to small equipment and handpieces. When building the initial catalogue, TDSC consulted CDA members and third-party data to ensure a comprehensive offering that reflected the products dentists most prefer to use. Popular categories within the site's extensive selection are burs and diamonds, cosmetic dentistry products, instruments, infection control and orthodontic products. In the event shoppers can't find a desired product, they can request it online or by phone and the Marketplace team will make every effort to responsibly source it.

As of November, some of the top-selling Marketplace products include Filtek™ Z100 Restorative Universal Composites, Valiant® Snap-Set® Sure Cap® Alloys and Strip Crowns.

#### Who are the Marketplace suppliers?

Every item available in the Marketplace is supplied by a trusted, authorized source. TDSC and a dentist-led advisory team reviewed major suppliers across the country before committing to work directly with a small number of them. These suppliers directly provide the wide range of Marketplace dental products—all of which are authentic, shipped and stored properly and delivered through secure supply chains.

#### How were suppliers evaluated?

To ensure the authenticity of every Marketplace product, TDSC executed a comprehensive review of potential suppliers. Through this vetting process, multiple quality-control factors were evaluated, including:

- **Company size**, years in operation, market position and financial stability
- **Reputation** for excellent service and reliability, backed by references
- **Range of products** and ability to offer proven and tested alternates
- **Supply chain and fulfillment strength** with ability to scale up
- **Experience** working with online purchasing/fulfillment systems
- **Ability** for TDSC to continuously review product and service delivery

Every month, more CDA members are choosing the Marketplace as a dental supply source that they can shop with confidence. And the Marketplace continues to evolve to support their needs. As the Marketplace grows, TDSC learns from members' feedback, the site becomes easier to use, and the product selection reflects shoppers' new requests.

To explore the catalog and shop negotiated savings, visit [tdsc.com](http://tdsc.com).

The Dentists  
Service  
Company



## Significant Rate Increases Anticipated

### Significant Rate Increases Anticipated For Hundreds Of Procedures Under State Program.

As California's new fiscal year starts, dentists can expect significant reimbursement increases for hundreds of procedures covered by Denti-Cal because of the passage of CDA-sponsored and supported Proposition 56, the tobacco tax measure. With anticipated federal participation, it is expected that an estimated \$300 million in additional funding will be committed to increasing coverage for dental care in the program. This is a step in the right direction to fixing Denti-Cal by improving woefully inadequate rates with estimated increases of 40 percent for many procedures. The state made the announcement June 30 and will make additional details public by the end of July as federal approvals are sought.

"This commitment of hundreds of millions of dollars that will go directly to care begins to make good on the commitment voters made by passing Proposition 56 to help underserved Californians," said John Blake, DDS. "What's more, these increases support the provision of routine care as well as the complex and costly care that so many people need but go without, reducing preventable emergency room visits."

The rate increases are not the only investment the state is making in the Denti-Cal program as full adult dental benefits will be restored as of Jan. 1, 2018.

These combined with the implementation of sorely needed changes in enrollment and billing procedures for Denti-Cal instituted by 2016 legislation by Assemblymember Jim Wood, DDS, (D-Healdsburg), and the Dental Transformation Initiative incentives for increased prevention, early intervention and care continuity for children's services, will expand access to dental care for underserved Californians.

While significant uncertainty remains over the ongoing commitment of funding due to potentially significant cuts to federal Medicaid funding, underserved Californians who are in dire need of substantial dental care will have some immediate needs addressed. If Congress and the president do not make drastic cuts to the nation's basic safety-net health system and tobacco tax revenue collections remain high, it is possible that the 2018-19 budget could make additional investments to Denti-Cal through Proposition 56 funding.

CDA's legislative and regulatory advocates will closely monitor those funding sources through the fiscal year to ensure distribution of all funds the Legislature approved as well as continuing advocacy to improve the state's Denti-Cal program.

— CDA will keep members informed of developments on [cda.org](http://cda.org) and in the CDA Update. Reprinted with permission from California Dental Association "The Exchange" Copyright © 2017

## NORTHERN CALIFORNIA PRACTICE SALES DENTAL PRACTICE SALES AND APPRAISALS

**General Practice For Sale:** General adult practice with an emphasis on high quality restorative dentistry. This office is completely equipped with the latest technology and an ideal opportunity for a well trained general dentist or prosthodontist that is skilled in dealing with patients who have a high dental IQ. The office is currently operating an average of four days per week, and there is tremendous upside potential as many endodontic, implant placement and oral surgery cases are referred to local specialists. Annual revenues average \$700,000 with a net income of \$275,000. Interested prospects should send a cover letter and current CV by email to [molinelli@aol.com](mailto:molinelli@aol.com)

**1126 BROADWAY #8, BURLINGAME, CA 94010  
PHONE 650-347-5346 • FAX 650-347-5326**

# Get the training you need!

Dental Specialties  
Institute, Inc.



## 10% OFF

Your Ortho Assistant Permit!

Call Us Today! **408-578-2074**

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



**HygieneWize**  
Continuing Education Services

Find us on  
Facebook and Twitter

**(831) 596-5659**

[www.hygienewize@gmail.com](mailto:www.hygienewize@gmail.com)

- CPR/AED/First Aid Certification
- BLS Certification - Brought To Your Office
- Continuing Education Classes

“ Creativity is  
intelligence having fun. ”

— Albert Einstein



## Classifieds

Dental Hygiene equipment, perfect working condition if not brand new. Prices are negotiable. Contact me: 805-794-5450 or e-mail at: calially83@hotmail.com • **Turbo Sonic UltraSonic Scaler:** Serial #249257, Manufacturer's Date: 2017-06-02, Stock #: D560-110, 110 Volt, Price : \$840.00 (new, still in original unopened packaging)

• **Prophy Star 3:** Manufacturer's Date: 1/17, Serial #264422, Price: \$375.00 • **Hu-Friedy DH Instrument Kit w/ cassette:** Big cassette (14) \$225, Small (7) \$100, Hu-Friedy Swivel and Direct Flow Insert (x3), Price: \$120 each or 3 for \$300 • **Probe:** \$5  
• **Intergra petite Syringe (x3)** Price: \$25 each or 3 for \$60

New office stand up work desk. Top is 26" by 56" and changes height from 29" to 47" at the touch of a button. Top is black brand is StandDesk. \$300, Contact Joe Robb, DDS by email at joe@josephrobbdds.com or by phone at (831) 722-1318.

### DENTAL SPACE:

Dental office for lease available on Romie Lane. Prime location. 2,555 square feet. 6-7 operatories. Up to 2 dentists. Rent negotiable. Please call Pam Jones (831) 594-1357

### RETIREMENT EQUIPMENT SALE

Vacustar Dual Motor vacuum pump by Air Techniques: 8-10 years old, \$1800.00 OBO, Various stainless steel alginate impression trays \$1.00 each, CALL: Dick Light (831)484-5338 evenings, (831)595-0632 cell-leave message

### Santa Cruz Office Closing!

Visit Open House to Buy Equipment For Sale!!

Where: Christopher Keys, DDS  
1505 Soquel Drive, Suite 5-B  
Santa Cruz, CA. (831) 476-6481

When: Friday, February 23rd – 9 am – 2pm  
Saturday, February 24th – 9 am – 2pm

#### Equipment:

- Denis X-ray Sensor (2011)
- 3 Pelton Crane Chairman Chairs
- 3 Proma Carts: 2 rear, 1 front
- Seiman's Heliodent 70 X-ray unit
- Ultrasonic cleaner
- Misc. Stools & Chairs
- Lobby Chairs
- Water Dispenser
- 2 Cabinets (Dental Supply/Office Supply)
- Harvey Chemiclave
- Ankylos Implant Kit (purchased for \$24K in 2010 "Immaculate condition")
- McKesson Compressor
- Vacuum Pump
- And more—



**Steve Geib**

**1011 Cass St Suite 130**

**Monterey, Ca. 93940**

**831-375-2566**

## Premium Prosthetics For Your Premium Patients

**DENTAL PROSTHETIC SOLUTIONS, INC.**

**Dedicated to the 'Art' in Artificial Teeth...**

**WORKING AS A MEMBER OF THE DENTAL TEAM FOR OVER 40 YRS**

## Obituaries

### Dr. Randy Wahl — July 13, 1946 – March 28, 2017

William Randolph “Randy” Wahl, Jr., 70, passed away peacefully at his home in Corral de Tierra on March 28, 2017, surrounded by his loving and devoted family. Randy was born in Seattle, Washington, but his family relocated to Santa Barbara when he was 10 years old, and ever since then, he considered Santa Barbara his home. He completed his undergraduate training at UCSB in 1970, and went on to UCLA School of Dentistry to earn his DDS in 1975. After practicing general dentistry in Santa Barbara for 15 years, Randy decided to return to UCLA to specialize in orthodontics. That was a life changing moment in more than one way—he met his future wife, Dr. Janette Yhip, who was a fellow resident in the Orthodontic program at UCLA. In 2001, they relocated to the Monterey Peninsula.

Randy loved practicing orthodontics, and in return, he was loved and respected by his patients, staff and colleagues! He was an avid runner, hiker, and tennis player, a diehard Bruin fan, and loved vacationing in Hawaii with his family. His passion in the garden was roses and he loved to “create” his signature dishes in the kitchen for his family.

Randy is survived by his wife, Janette Yhip, and their two children, Lauren and Alex, and many other family members.

\*\*\*\*\*

### Thomas E. Gorman III— March 14, 1941 - March 17, 2017

To know Dr. Tom Gorman, was to enjoy his quick wit, his artistic prowess, and his genuine positivity. He was one of a kind. The world lost a lovely man on March 17, 2017, only three days after his 76th birthday, from complications of COPD.

Thomas E. Gorman III was born in San Francisco on March 14, 1941, to Thomas and Evelyn Gorman. He joined older sister, Marilyn, and was soon followed by brothers, Dennis and Greg. He often shared stories of

his childhood adventures, which included walking out of his first day of kindergarten (after being teased about his white “baby shoes”) and roller skating down step streets straight into cars. He developed a lifelong love for his home team, The Giants, before his 7th grade year, when his family relocated to Salinas, where he would spend most of his life.

Tom was a natural athlete and excelled at Palma High School, lettering in basketball and football. After his graduation in 1959 Tom attended St. Mary’s College, completing his pre-dental studies in three years. Before earning his DDS at Creighton University, he met Gwen Annable, an undergraduate who would become his wife in 1966. Tom served as a dentist in the U.S. Air Force, at Nellis Air Force Base in Las Vegas, Nevada, before returning to Salinas in 1968. Tom and Gwen had three daughters; Kirsten, Mary, and Katie, who grew up in a house filled with music, art, and silliness. Tom practiced dentistry until 2001, was president of the Monterey Bay Dental Society in 1988, and he enjoyed every second of his retirement.

In no particular order, Tom loved oil painting, playing guitar, singing and harmonizing (whether at folk Mass or in the choir at Sacred Heart, or around a campfire), video games, his garage studio, golfing weekly with his buddies, fishing, opponents in Scrabble, mastering ceramics with his friends at Hartnell, his F.O.G. lunch club, the New York Times Crossword Puzzle, his patients and staff, spectating at his grandkids’ sporting events and performances. Gonzaga basketball, Words With Friends, his iPad, extra frosting or butter, and his favorite robe. Tom leaves behind a legacy of kindness and fun.

Tom is survived by his wife of 50 years, Gwen and their three daughters, Kirsten Casey (Mark), Katie and Mary Gorman, and grandchildren; Nick, Hanna, and Ellie Casey. He is also survived by his siblings and their spouses, Marilyn Scholz (Ron), Dennis (Bonnie) Gorman, Greg (Shirley) Gorman, and numerous nieces and nephews. He was predeceased by his parents, Thomas and Evelyn.

## 2017 American Dental Warrior Event At Toro Park in Salinas



“Winning is only half of it.  
Having fun is the other half.”  
— Phillips



On Saturday, September 30th, the Monterey Bay Dental Society hosted its first ever

### American Dental Warrior Competition!

The obstacle course took place at Buckeye area of the Monterey County Toro Regional Park in Salinas, and over 150 dentists, staff and family members were in attendance. It was an amazing day of fun, music, exercise, team spirit, agility, athleticism, and a great BBQ lunch!

The race began with a climb up the “Rock Wall of Dental Plans” (Provided by CLIMB-ON), and then proceeded to a relay consisting of: Roll the Giant Tire of Decay, Pull the Amalgam Block, Walk Across the Pool of Saliva, Step through Dental Sludge, and ended with a Floss Crawl.

Monterey Bay Dental Society members Drs. Nannette Benedict, Devin Bernhardt, Garrett Criswell, Jon Dean, Lynn Haller, Richard Kent, Jeff Meckler, Geralyn Menold, Esmeralda Munoz and Steven Ross participated in the warrior competition with their teams while the crowd cheered on their racers with pom poms, cowbells and pinwheels, which were all provided by the MBDS. Cash prizes were awarded to the top three winning teams. First place winners (\$300) were Drs. Jon Dean and Jeff Meckler’s warrior team, 2nd place (\$200) went to Drs. Benedict and Bernhardt’s team and 3rd (\$100) to Dr. Garrett Criswell’s team. Drs. Meckler and Dean graciously donated their cash prize to the support the event.

If that weren’t enough, continuing education credits were also awarded at the beginning of the day, through Theresa McCarter, RDH and owner of HygieneWize, Continuing Education Services.

The event was co-sponsored by the American Dental Association and several raffle prizes were

## 2017 American Dental Warrior Event At Toro Park in Salinas (Continued)



“ When you start recognizing that you're having fun, life can be delightful. ”

— Jane Birkin



donated by the following MBDS partners; AGNeovo, Embassy Suites, Patterson Dental, Lathan Precious Metals, Monterey Marriott, Wild Thyme Catering, and MBDS.

We would like to thank Theresa McCarter for her vision and organization of the successful and fun member engagement opportunity and the many doctors and staff who volunteered behind the scenes organizing the event. While there were many who volunteered, a special thank you to Dr. Garrett Criswell, Drs. Dean and Meckler and Dr. Stuart Osaki for recruiting their staff to assist in the planning and event coordination and to all of those who stayed for clean-up!



It turned out to be a huge success, and many great memories were made.

## 2017 American Dental Warrior Event At Toro Park in Salinas (Continued)



“ At the end  
of the day, if I can  
say I had fun, it was  
a good day. ”

— Simone Biles



## 2017 American Dental Warrior Event At Toro Park in Salinas (Continued)



“ The most wasted of all days  
is one without laughter. ”  
— E. E. Cummings



Name	Office	B64	Time
Kayla / Sage	Dr. McDonald	6.64	2:03
Christina / Allison	Dr. Bartholomew / Jeffery	5.0	1:36
Shawn / Tinkab	" "	5.5	1:54
Alyssa / Dr. Martin	Dr. McNeely / Martin	4.98	1:41
Saman / Nichelly	" "	5.07	1:47
Dr. McDonald / Dr. Cawley	Dr. Cawley / Colborn	5.07	1:58
Anna / Dr. McDonald	Dr. Kudravate	4.65	
Dr. Saylor / Dr. McDonald	Dr. Kudravate	4.74	
Leigh / Estrella	Dr. Kudravate	4.03	
Dr. Dean / Dr. Mackler	Trifunovic	—	
Jessica / Sandy	Dr. Dean	5.01	
Dr. McDonald / Dr. McDonald	Dr. McDonald	4.77	
Stephanie / Dr. McDonald	Dr. McDonald	4.72	1:56

## 2017 American Dental Warrior Event At Toro Park in Salinas (Continued)



“Just play. Have fun.  
Enjoy the game.”  
— Michael Jordan



## 2017 American Dental Warrior Event At Toro Park in Salinas (Continued)



“ Life is too short to worry about stupid things.  
Have fun. Regret nothing, and  
don’t let people bring you down. ”

— Author unknown





## Drug Enforcement Agency Registration

Dentists must register with the U.S. Drug Enforcement Agency (DEA) prior to prescribing, administering or dispensing controlled substances. Information and an application for registration are available on the DEA website, [deadiversion.usdoj.gov/drugreg/index.html](http://deadiversion.usdoj.gov/drugreg/index.html). Separate registration in California is not required. DEA registration is not required for writing prescriptions for antibiotics, fluoride and other noncontrolled substances. If a dentist prescribes, stores, administers or directly dispenses controlled substances at more than one location, the dentist must obtain a separate DEA registration for each location. If a dentist prescribes, stores, administers or dispenses controlled substances at one location, but only prescribes controlled substances at other locations, the DEA permits an exception to the rule and does not require the dentist to register the locations where controlled substances are only prescribed. The exception applies only to secondary locations within the same state in which the practitioner maintains his or her registration.

A DEA registration is site-specific. If moving to a new location in the same state, request a registration modification on the DEA's website or in writing to the nearest DEA field office. If moving to a new location in another state, the prescriber must have the appropriate state license prior to the DEA approving a registration modification. DEA registration renewal notices are not forwarded.

A prescriber who wishes to discontinue administering, prescribing and dispensing controlled substances must submit written notification of registration termination to the nearest DEA field office. The notification must be accompanied by the DEA Certificate of Registration and any unused Official Order Forms (DEA Form-222). Locate the nearest DEA Field Offices using this website: [bit.ly/2iPKWb0](http://bit.ly/2iPKWb0).

A Practitioner's Manual (2006) provides an overview of the dentist's responsibilities as a controlled-substance prescriber under federal law. It can be viewed and downloaded from the website of the U.S. DEA Office of Diversion Control at [deadiversion.usdoj.gov/pubs/manuals/pract/index.html](http://deadiversion.usdoj.gov/pubs/manuals/pract/index.html).

A partial list of controlled substances and schedules is provided at the end of this article.

## Tamper-Resistant Prescription Forms

All written prescriptions for controlled substances must be on tamper-resistant forms. Tamper-resistant prescription forms replaced the use of triplicate forms in 2004. Dentists may also use the tamper-resistant forms for prescribing other types of medicines such as antibiotics.

Purchase tamper-resistant prescription forms only from state-approved printers. A list of approved printers is available on the Department of Justice's website, [oag.ca.gov/security-printers/approved-list](http://oag.ca.gov/security-printers/approved-list). Printers require photo identification from a customer who personally picks up the forms, and only established customers may pick up the forms in person. If mailing the forms to a prescriber, the printer must use certified mail or other means that requires the recipient's signature and must send the forms to the prescriber's address on file with the DEA.

The forms may be ordered in any format (including duplicate copy), but the following information is required to be preprinted on the forms:

- Prescriber's name and address (tamper-resistant forms without a preprinted address are not accepted).
- Category of licensure and license number.
- Federal controlled substance registration number (DEA number).
- The statement "Prescription is void if the number of drugs prescribed is not noted" (on the bottom of the form).
- Check boxes for the prescriber to indicate the number of refills ordered.
- A place to indicate the prescription's date of origin.
- A check box indicating the prescriber's order not to substitute.
- An identifying number assigned to the approved security printer by the Department of Justice.
- A check box by the name of each prescriber when the form lists multiple prescribers (the prescriber signing the form must check the box next to his or her name).
- A number for each batch of forms, with each form in a batch numbered sequentially beginning with the number

1. A prescriber who has more than one facility may have multiple addresses with check boxes preprinted on the forms. More than one prescriber name can be preprinted on the forms as long as each prescriber has a DEA number and all prescribers work at all addresses printed on the forms.

Include the prescriber's individual National Provider Identifier (NPI) number or space to write it on the prescription form because the dispensing pharmacy needs the number to obtain payment.

The tamper-resistant prescription forms have a number of security features, and a description of each feature is on the back of each form:

- A latent, repetitive “void” pattern is printed across the form so that the pattern is readily apparent on a copy of the original.
- Watermark on the backside of the prescription with the text “California Security Prescription.”
- A chemical void protection that prevents alteration by chemical washing.
- A feature printed in thermochromic ink.
- An area of opaque writing so that the writing disappears if the prescription is lightened.
- A description of the security features printed on each prescription form.
- Six quantity check-off boxes so that the prescriber may indicate the appropriate prescription quantity range: 1-24, 25-49, 50-74, 75-100, 101-150, 151 and over. Space is provided to designate the units referenced in the quantity boxes, for example, “ml” if a liquid is prescribed.

Controlled substance prescriptions (Schedules II-V) are valid for six months. The prescriber must sign and date the written prescriptions in ink. In addition to the required preprinted information, the prescription form should include:

- Prescriber's telephone number.
- Name of the ultimate user of the controlled substance (or contact information as determined by the U.S. Department of Health and Human Services).
- Refill information, such as the number of refills ordered and whether the prescription is a first-time request or a refill.

- Name, quantity, strength and directions for use of the controlled substance prescribed.

References: Health & Safety Code §§ 11161.5(h), 11162.1, 11164, 11166

### Electronically and Orally Transmitted Prescriptions

An electronically transmitted prescription may be an “electronic image” prescription (a fax) or an “electronic data” prescription. A prescription for Schedule III, IV or V controlled substances may be faxed to the pharmacy, but it should be written on a regular prescription form first. Faxing or photocopying the tamper-resistant prescription form will create a copy that has “VOID” throughout the form, and the pharmacy will be unable to fill it. Any individual who transmits, maintains or receives any electronically transmitted prescriptions must ensure the security, integrity, authority and confidentiality of the prescription.

A prescriber, or someone authorized by the prescriber, may call in a prescription for Schedule III, IV or V controlled substances. A pharmacist or pharmacist intern must receive a telephone order. In addition, the pharmacist must be able to authenticate the validity of the prescription.

An electronic data prescription, or e-prescription, for Schedule II, III, IV or V controlled substances may be submitted to a pharmacy using software that is certified in compliance with DEA regulations. Not all pharmacies accept e-prescriptions. Not all e-prescribing software is certified for use with controlled substance prescriptions. A list of software with electronic prescriptions for controlled substances (EPCS) certification can be viewed on the Surescripts website, [surescripts.com/network-connections/mns/prescriber-software](http://surescripts.com/network-connections/mns/prescriber-software) (click the “EPCS” option under the “Products” list on the left side). Surescripts is an e-prescription network, however, it does not certify for EPCS compliance. Prescribers should verify certification with the software company directly.

To use EPCS software, prescribers must go through an identity-proofing process conducted by a DEA-approved entity. Following identity proofing, the prescriber is

issued a two-factor credential. The prescriber uses the two-factor credential to “sign” electronic prescriptions of controlled substances. The hard token provided as part of the two-factor credential may not be in possession of anyone other than the prescriber.

Prescription software can be used for noncontrolled substances and most are associated with an electronic health record. Prescribers and staff each get unique passwords. Staff may use software to add patient information, access information and queue up refill orders (except for controlled substances).

Additional information and a Q-and-A on e-prescribing controlled substance regulations are available on the website of the DEA ([deadiversion.usdoj.gov/ecomm/e\\_rx/index.html](http://deadiversion.usdoj.gov/ecomm/e_rx/index.html)) and the state Board of Pharmacy ([pharmacy.ca.gov/publications/eprescribing.pdf](http://pharmacy.ca.gov/publications/eprescribing.pdf)).

Only in an emergency situation may a prescriber phone in a prescription for a Schedule II drug, and this action is subject to several limitations. Additionally, a pharmacist is subject to several restrictions and requirements in fulfilling such a prescription. Notable requirements for prescribers phoning in an emergency prescription for a Schedule II drug include:

- Immediate administration of the controlled substance is necessary for proper treatment of the intended ultimate user.
- No appropriate alternative treatment is available, including administration of a non-Schedule II drug.
- The quantity prescribed and dispensed must be limited to an amount adequate to treat the patient during the emergency period.
- It is not reasonably possible for the prescribing practitioner to provide a written prescription to be presented to the dispenser, prior to dispensing.

Controlled Substances Prescribing and Dispensing | [cda.org/practicesupport](http://cda.org/practicesupport)

Additionally, the prescriber must then provide to the pharmacy within seven days of the original order a written prescription that, in addition to conforming to the other requirements, must have written on its face

“Authorization for Emergency Dispensing” and the date of the oral order.

References: Health & Safety Code § 11164(b) and 11167; Business & Professions Code §§ 4040(c), 4071, 4071.1

### Questions and Answers on Prescribing

I teach at the dental school, do I have to provide my own forms or is there an alternative?

Licensed health facilities, such as teaching facilities, may use institutional forms. Institutional forms have preprinted facility information and they are ordered by the facility’s “designated prescriber.” The designated prescriber’s name, license number and DEA number also are preprinted on the forms. The designated prescriber issues the forms to other prescribers at the facility and must keep a log of the distribution. The designated prescriber may delegate this task but will be held accountable. The actual prescriber must add name, license and DEA number to the forms. The distribution log must include the name, license number, DEA number and quantity of forms issue, and the log must be maintained for three years.

What are the quantity check-off boxes on the tamper-resistant prescription forms?

The quantity check-off boxes are a security feature that ensures the quantity of the prescription is not tampered with in any way. The prescriber writes the prescription as usual, including the quantity, in the body of the prescription. In addition, the prescriber checks the box next to the applicable quantity range confirming the quantity for each prescription written. If the prescription is for anything other than tablets or capsules, the prescriber must also designate the units referenced in the quantity range.

How does a prescriber mark the quantity check-off boxes when writing a prescription for multiple drugs on one prescription form?

Some of the tamper-resistant prescription forms provide separate sections for writing multiple drug prescriptions,

which include separate quantity check-off boxes for each. However, some form designs include only one set of quantity check-off boxes. Prescribers check the appropriate quantity range confirming the quantity for each prescription written. For example, if a prescriber writes one prescription for 100 tablets and, on the same form, writes another prescription for 25 tablets, the prescriber would check both quantity ranges 75 to 100 and 25 to 49. If the quantity of more than one prescription falls within the same range, simply check the quantity range once. For example, if the prescriber writes three prescriptions and two are for 100 tablets each and one is for 300 tablets, the prescriber would check the quantity ranges 75 to 100 and 151 and over.

### Using CURES – California’s Prescription Drug Monitoring Program

In order to assist prescribers in making better prescribing decisions and cut down on prescription drug abuse, California offers real-time access to its database of patient controlled substance history information through CURES, California’s prescription drug monitoring program. Licensed prescribers with DEA registration are required to register to access CURES. Access to the database is made available also to pharmacists, law enforcement and certain professional licensing boards. Information on the program and a link to the electronic application can be found on the CURES site, [oag.ca.gov/cures](http://oag.ca.gov/cures).

At a future date to be announced after the Department of Justice (DOJ) certifies the database is ready for statewide use, prescribers will be required to consult the database. Exceptions to this requirement include a dentist who prescribes, orders, administers or furnishes a controlled substance to a patient as part of the patient’s treatment for a surgical procedure and the quantity of the controlled substance does not exceed a nonrefillable five-day supply of the controlled substance to be used in accordance with the directions for use. If the controlled substance remains part of the patient’s treatment, the dentist must subsequently check the CURES database prior to writing another prescription and every four months while the substance is part of the patient’s treatment. The CURES patient activity report must be

pulled no earlier than 24 hours prior to prescribing. Once access to CURES has been granted, a prescriber must make any changes to his or her account (for example, address change) within three days of effective date. CURES users are required to maintain effective controls for access to patient activity reports, and accessing information for any other reason than caring for one’s patients or falsifying an application for access may result in disciplinary action.

The Department of Justice may conduct audits of CURES and its users to ensure appropriate use. Dissemination or distribution of the patient activity report to anyone other than the registered user or patient who requests a copy of the report is prohibited. No other CURES data may be provided to the patient. HIPAA and all confidentiality and disclosure provisions of state law cover the information contained in the database. All users of the information must comply with state and federal health information privacy laws. Disciplinary, civil or criminal actions will be taken by the Department of Justice and/or the appropriate licensing agency for any misuse or inappropriate access of patient data.

If you have questions, refer to the FAQ on the CURES website, [oag.ca.gov/cures/faqs](http://oag.ca.gov/cures/faqs), or contact CURES by email at [cures@doj.ca.gov](mailto:cures@doj.ca.gov) or calling 916.227.3843  
References: Health & Safety Code § 11150-11180

### Dispensing Controlled Substances

Prescribers who dispense controlled substances must comply with federal law (summarized in the DEA’s resource, [A Practitioner’s Manual](http://deadiversion.usdoj.gov/pubs/manuals/pract/index.html), [deadiversion.usdoj.gov/pubs/manuals/pract/index.html](http://deadiversion.usdoj.gov/pubs/manuals/pract/index.html)) and the requirements of state Health and Safety Code §11158, Business and Professions Code §§4076, 4077, 4078, 4080, 4081, 4170, 4172, 4184 and 16 CCR §1707.5:

- Store controlled substances in a locked cabinet or drawer.
- Maintain a log, which must be maintained for three years.
- Inventory controlled substances at least once every two years. The inventory record must be in written, typewritten or printed form and be maintained at the practice for at least two years from the date that the

inventory was conducted. Each inventory must contain the following information:

Controlled Substances Prescribing and Dispensing |  
cda.org/practicesupport

- Whether the inventory was taken at the beginning or close of business.
  - Names of controlled substances.
  - Each finished form of the substances (e.g., 100-milligram tablet).
  - The number of dosage units of each finished form in the commercial container (e.g., 100-tablet bottle).
  - The number of commercial containers of each finished form (e.g., four 100-tablet bottles).
  - Disposition of the controlled substances.
- Controlled substance samples provided by pharmaceutical companies must be included in the inventory record.
- Dispense to a patient no more than a 72-hour supply of a Schedule II controlled substance in accordance with normal use.
  - Prior to dispensing, offer to give a written prescription to the patient that the patient may elect to have filled by the dentist or by any pharmacy. The patient must be provided with a written disclosure that he or she has a choice between obtaining the prescription from the dentist or obtaining the prescription at a pharmacy of the patient's choice.
  - When dispensing controlled substances to a patient, prescribers must:

- Use a childproof container.
- Label the container as described below.
- Inform the patient orally or in writing of possible side effects of the drug.

Schedule II controlled substances may not be dispensed at free or nonprofit clinics.

### Container Labels:

Label requirements are intended to provide patients with easy-to-read labels. The following elements must be printed in at least 12 pt. sans serif typeface, listed in the following order and clustered into one area of the label that comprises at least 50 percent of the label:

- Patient's name.
- Drug name and strength.

- Directions for use.
- Purpose or condition for which the drug is prescribed.

This part of the label must be highlighted in bold typeface or color or have blank space to set off the above items.

The remaining required elements of the label must be printed so as not to interfere with the legibility of the four elements listed above. The remaining required elements are:

- Prescriber's name and address.
- Date medication was dispensed.
- Quantity of medication dispensed.
- Expiration date of the effectiveness of the medication dispensed.
- Physical description of the dispensed medication, including its color, shape and identification code that appears on the tablets or capsules.

Inform the patient of possible side effects of the drug. If a drug may impair a user's ability to operate a vehicle or vessel, or poses a substantial risk if consumed with alcohol, the container of the drug must have a written label indicating that the drug may impair a user's ability to operate a vehicle or vessel or that the drug poses a substantial risk to the person consuming the drug when taken in combination with alcohol.

Controlled Substances Prescribing and Dispensing |  
cda.org/practicesupport

Upon the request of a patient or patient's representative, a prescriber who dispenses must provide translated directions for use on the prescription container, label or on a supplemental document. (An example of directions for use is "Take one pill at bedtime.") The English-language version of the directions for use must also appear on the container or label (not on a supplemental document). The state Board of Pharmacy has translated directions online at [pharmacy.ca.gov/publications/translations.shtml](http://pharmacy.ca.gov/publications/translations.shtml) in Chinese, Korean, Russian, Spanish and Vietnamese. A dispenser may provide his or her own translated directions for use or can use the translations made available from the Board of Pharmacy.

## Controlled Substances Prescribing and Dispensing — CDA (Continued)

The prescriber dispenser is not obligated to provide translated directions for use beyond the languages that the Board of Pharmacy has made available or beyond the directions that the board has made available in translated form.

When applicable, directions for use must use one of the 16 directions listed in Section 1707.5 of Title 16 of the California Code of Regulations. The one likely to be used by dental practices is:

Many of the 16 directions are variations of the following:

The regulation, which contains the list of the directions, is available on the Board of Pharmacy website, [pharmacy.ca.gov/publications/labels\\_info.shtml](http://pharmacy.ca.gov/publications/labels_info.shtml). All possible directions for use are not included in the regulation. If a prescription's directions for use is not included in the regulation, the prescriber dispenser is not required to use one listed in the regulation.

References: Business & Professions Code §4076.5 and 16 California Code of Regulations §1707.5

Samples of patient-centered prescription drug container labels can be found on the Board of Pharmacy website, [pharmacy.ca.gov/licensing/labels.shtml](http://pharmacy.ca.gov/licensing/labels.shtml).

### Reporting to CURES —Controlled Substances Utilization Review and Evaluation System

Prescribers who dispense Schedule II, III or IV controlled substances are required to submit information to the Department of Justice's CURES program, except for Schedule IV controlled substances that are dispensed in a quantity limited to an amount adequate to treat the patient for 48 hours or less. Prescribers who dispense Schedule II or III controlled substances in a quantity limited to an amount adequate to treat the patient for 48 hours or less may submit the required information monthly. Prescribers who dispense in quantities greater than this must submit information weekly.

This information is aggregated into a statewide database used by law enforcement, regulatory agencies and other controlled substance prescribers. CURES currently uses an outside vendor, Atlantic Associates Inc. (AAI), to

collect the information. Data must be submitted in a prescribed format. For more information, refer to the CURES website, [oag.ca.gov/cures](http://oag.ca.gov/cures), or contact AAI at [CACures@aainh.com](mailto:CACures@aainh.com) or 800.53F9.3370.

“If you have pain, take \_\_ (insert appropriate dosage form - pill, caplet, capsule or tablet) at a time. Wait at least \_\_ hours before taking again. Do not take more than \_\_ (appropriate dosage form) in one day.”

“Take two (insert appropriate dosage form) in the morning, and take two (insert appropriate dosage form) at bedtime.”

### Controlled Substances Prescribing and Dispensing | [cda.org/practicesupport](http://cda.org/practicesupport)

The following information is reported to CURES for each prescription dispensed:

- Full name, address, telephone number (if available), gender and the patient's date of birth.

- Prescriber's category of licensure, license number, NPI and federal controlled substance registration number.
- National Drug Code (NDC) of the controlled substance dispensed.
- Quantity of the controlled substance dispensed.
- ICD-9 (diagnosis) or ICD-10 code, if available.
- Number of refills ordered.
- Whether controlled substance was dispensed as a refill or a prescription or as a first-time request.
- Date of origin of the prescription.
- Date of dispensing of the prescription.

References: Health & Safety Code § 11165, 11190, Business & Professions Code §4170

### Administering Controlled Substances

The administration of a Schedule II or III drug does not have to be reported to the CURES program. However, any prescriber who prescribes or administers a Schedule II drug must make a record of the transaction that includes all of the following:

- Name and address of the patient.
- Date of transaction.
- Character, including name and strength, and quantity of the controlled substances involved.

## Controlled Substances Prescribing and Dispensing — CDA (Continued)

- The pathology and purpose for which the controlled substance was administered or prescribed.

The information can be kept in the patient record; a separate drug log is not required for the administration of Schedule II drugs. Reference: Health & Safety Code §11190

### Prohibited Actions

No person shall:

- Prescribe, administer or furnish a controlled substance for him- or herself.
- Prescribe, administer or furnish a controlled substance except under the conditions established by law.
- Ante date or postdate a prescription.
- Make a false statement or give a false name or false address in any prescription order, report or record.

### Reporting Theft or Loss of Drugs or Forms

The theft or loss of controlled substances from a prescriber's premises must be reported to local law enforcement and to the DEA. Report the theft or loss to the DEA using Form 106, available at [deadiversion.usdoj.gov/21cfr\\_reports/theft/index.html](http://deadiversion.usdoj.gov/21cfr_reports/theft/index.html). Secured prescription forms that are lost or stolen must be reported to local law enforcement and the state Department of Justice CURES no later than three days after the discovery of the loss or theft. Prescribers registered to access the CURES database can use the database to electronically report the loss or theft; police report number is required. For questions concerning

how to report lost or stolen prescription pads or forms, contact the Security Prescription Printer Program at [SecurityPrinter@doj.ca.gov](mailto:SecurityPrinter@doj.ca.gov).

Reference: Health & Safety Code § 11165.3

### How to Dispose of Controlled Substances

Dispose of out-of-date, damaged or otherwise unusable or unwanted controlled substances, including samples, by transferring them to an entity that is authorized to receive such materials. These entities are referred to as "reverse distributors." Contact your local DEA field office ([bit.ly/2iPKWb0](http://bit.ly/2iPKWb0)) for a list of authorized reverse distributors. Mail-back programs are also available. Schedule II controlled substances should be transferred via the DEA Form 222, while Schedule III, IV and V compounds may be transferred via invoice. Maintain copies of the records documenting the transfer and disposal of controlled substances for two years.

Prescribers should encourage patients to properly dispose of their unused or expired controlled substances through their local pharmacy or take-back event sponsored by local law enforcement. The DEA amended regulations in September 2014 to allow retail pharmacies, hospitals and clinics with pharmacies to collect the drugs from the ultimate users and to place collection containers at long-term care facilities.

### Examples of Controlled Substances

Schedule II	Schedule III	Schedule IV
Oxycodone combination products (Percodan, Percocet)	Tylenol #3 (with codeine)	Zolpidem (Ambien)
*Hydrocodone combination products (Vicodin, Vicoprofen, Lortab, Lorcet, Norco)	Anabolic steroids	Lorazepam (Ativan)
Meperidine (Demerol)	Ketamine	Triazolam (Halcion)
Hydromorphone (Dilaudid)		Hydroxyzine (Vistaril)

\*Moved into Schedule II effective Oct. 6, 2014.

# New Dental Office Opportunity In Dunes Shopping Center – Marina



Scott G. Negri — SKN Properties

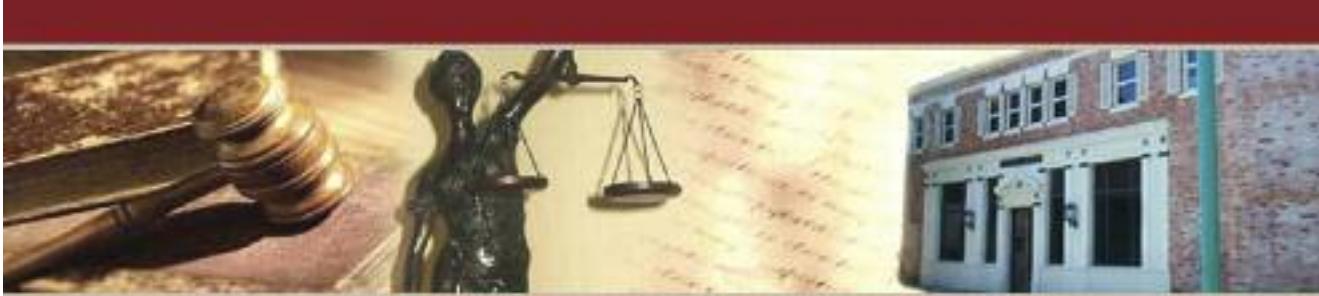
**831-886-7801 office**

[snegni@sknproperties.com](mailto:snegri@sknproperties.com)

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

[www.facebook.com/SKNPropertiesMonterey](http://www.facebook.com/SKNPropertiesMonterey)

**540 El Dorado Street • Monterey, CA 93940**



# THE GOLDMAN LAW FIRM



## Business Employment Malpractice Defense

The Goldman Law Firm provides aggressive cost-effective and result-oriented representation to our clients. GLF focuses its practice in the representation of dentists in all of the practice areas which a dentist will typically encounter during his/her practice career.

**Business Law and Litigation:** GLF attorneys have comprehensive experience with the sale and acquisition of dental practices, associate agreements and partnership/corporation formation. We also handle business related lawsuits between dentists. Our knowledge with business litigation spans such issues as practice value matters, loss of goodwill, unfair competition via patient solicitation, actions against former associates, partnership dissolutions and breaches of either practice sale or associate agreements. GLF has the experience in this field second to none!

**Employee Relations:** GLF recognizes the need for expert advice in labor and employment contracts and disputes in today's high-risk professional environment. One of the most significant concerns facing a dentist is how to minimize the risk of an employee-based lawsuit. GLF proactively provides dentist/owner protection with effective staff employment agreements, policy manuals with mandatory dispute notice provisions, and binding arbitration of disputes. GLF defends dentists in matters ranging from Labor Commissioner actions, whistle blower claims, gender based claims, PAGA actions and traditional wrongful termination of claims.

**Malpractice Defense:** GLF has one of the most successful track records in winning jury trials and arbitrations in malpractice cases involving restorative, endodontic, periodontic, orthodontic, nerve injury, osteomyelitis and complicated infection issue cases. GLF welcomes doctors to contact them regarding potential claims or to obtain a second opinion on a malpractice defense position.

Having the right lawyer can make the difference between winning or losing and between a really good deal or a really bad deal! For those reasons, consider The Goldman Law Firm for your legal needs.

### GOLDMAN LAW FIRM

55 Main Street

Tiburon, CA 94920

(415) 435-5500

(415) 435-5156 fax

[Snakely@GoldmanLawFirm.net](mailto:Snakely@GoldmanLawFirm.net)



**You are not a policy number.**



You are also not a sales goal or market segment. You are a dentist. And we are The Dentists Insurance Company, TDIC, where business is about doing what's best for you, our policyholders. Here, you receive the respect and care deserving of a member of your profession. You have access to an in-house claims team, razor-sharp legal team, and industry-leading resources to manage risk. Why go to such lengths? Because with us, protecting dentists is all that matters.

Endorsed by the  
Monterey Bay  
Dental Society

**Protecting dentists. It's all we do.®**

800.733.0633 | [tdicsolutions.com](http://tdicsolutions.com) | CA Insurance Lic. #0652783



## Dental Specialties Institute, Inc.

[www.dental-specialties.com](http://www.dental-specialties.com)

### SERVICES THAT WE PROVIDE

- X-ray Certification (M)
- X-ray Technique Refresher
- Coronal Polish Certification (M)
- Pit and Fissure Sealant
- Dental Practice Act (M)
- Law and Ethic Review
- 8 hour Infection Control (M)
- Ultrasonic Scaling Certification
- CPR Certification (M)
- Basics for the New Auxiliary
- Temporary Crown Fabrication
- Ortho Assistant Permit (OAP)
- Continuing Education Units
- Consulting



### Our focus is on our Students

Dental Specialties Institute is an approved provider of these programs by the Dental Board of California and the Dental Assisting National Board.

(M) -Mandatory Courses for the RDA application: Dental Practice Act, 8 hour Infection control, Coronal Polish, X-ray Certificate, Pit and Fissure Sealant is required upon the first renewal period of RDA license. The supervising licensed dentist will be responsible for ensuring that each Unlicensed dental assistant, who is in continuous employ for 120 or more, has successfully completed board approved courses in Dental Practice Act, basic life support and an eight hour course in infection control within one year.

E-mail: [dentalspecialties@4smile.com](mailto:dentalspecialties@4smile.com)

PHONE: 408-578-2074 • FAX: 408-578-4036

**DELL**

**Microsoft**

**intel**

**WD Western Digital**

**NVIDIA**

## **Friendly On-Site Computer Services**

- Technical Support and Remote Assistance
- Virus / Spyware / Malware Removal
- Hardware Installation and Upgrades
- Software Installation and Upgrades
- Wired and Wireless Networking
- Data Recovery and Migration
- PC Repair / Troubleshooting
- System Security Testing
- PC Setup / Installation
- New Computer Sales
- Memory Upgrades
- Network Cabling
- VOIP / Telephony



**ALL ACCESS  
TECHNOLOGY**  
**831.740.4002**

**BRADLEY CURLEY**

**BCB & K**

**BARRABEE & KOWALSKI**  
A PROFESSIONAL CORPORATION

**TRUSTED LEADER IN LEGAL REPRESENTATION  
FOR OVER 40 YEARS**

- Practice Sale/Practice Purchase Agreements
- Partnership & Associate Employment Agreements
- Incorporation / Employment Law
- Contract Analysis / Estate Planning
- Malpractice Claims
- Defense of Licensure Actions

**Art Curley, Ext. 222**

**415.464.8888**

**www.professionals-law.com**

**Integrity, Dependability &  
Results Dentists Rely on**



# Patterson Dental

is a proud sponsor of the Monterey Bay Dental Society

San Francisco Branch  
5087 Commercial Circle Suite 20  
Concord, CA 94520  
925-603-6350

Let Patterson be your  
> one-source supplier

PATTERSON  
DENTAL

P121385 (0.072)

## Parting Shot



Dr Lloyd Nattkemper, DDS—Floyd, Virginia 2017

The stuff we do as dentists can be intense. Patients who are apprehensive. People in pain. Things we have to do that sometimes aren't the most comfortable for all involved. And I don't know about you, but most of my day, I'm using magnification, working on the lingual aspect of #18 and 31, or the interproximals in the upper right posterior. My days often are about millimeters, precision, having a mirror that reflects enough light to see what I am doing. They're about getting things just so in a frequently dark, often challenging, Lilliputian world.

I have discovered one of the most fun things I love are road trips—the best antidote to all of the above. Not just trips from *point A* to *point B*, as fast as I can get there, but quite the opposite—trips deliberately planned on real (yea, old fashioned) maps. On two-lane scenic byways, roads that the locals travel, roads that take you winding up over passes and down into valleys past ghost towns and ranches and rivers, where you have lunch at little cafe's surrounded by

most everybody in town who has been coming there for thirty years. For me, fun—and therapy—is tooling along roads like that, stopping whenever I choose, getting out for a hike to see the view, or a waterfall, or a glimpse of a herd of elk, taking in big vistas, breathing in cool morning air, with a loose schedule.

I took this photo across the road from the Pine Tavern Inn, just north of Floyd, Virginia, about 6:30 a.m. on my way to get some breakfast at the Blue Ridge Cafe in town. There were cattle across the way, and I think this pond was their watering hole. The night had been pretty cold—down into the low 40's—but once the sun came up things were warming quickly. Hence the mist. By the way, The Pine Tavern and its Inn (originally a motor lodge, for folks with Model T's) has been there since the 1920's. The food is some of the best in the Appalachians. The Blue Ridge Cafe can't be beat for breakfast though! The lodging about as friendly and cozy as it gets.