History meets the future

AAO 113th Annual Session aims to both educate and inspire you

As you enter into the Pennsylvania Convention Center during the next few days, in the middle of a city known for its historic roots, the American Association of Orthodontists would like you to take a moment to celebrate the orthodontic specialty’s history of success and examine how the future is unfolding. The speakers, exhibiting companies and social events you will find here at the 113th Annual Session are all designed to help you with that.

The meeting’s scientific program will span pivotal orthodontic topics including “New Technology in Tooth Movement: Fact or Fiction,” featuring Drs. David L. Turpin, Dubravko Pavlin and Anthony M. Puntillo and seven other Point & Counterpoint presentations.

Attendees can interact with lecturers

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Tour the town Philly-style

Visitors to Philadelphia can choose from an assortment of options to explore the region, including those of the air, automotive, audio, culinary, self-guided and water-based varieties. Here’s a selection of those tours.

History lessons by day or night

• The Constitutional Walking Tour of Philadelphia: Visitors get an up-close look at history during this 75-minute walking tour to more than 20 sites. It runs daily and meets at the National Constitution Center. Downloadable audio tours and free self-guided tours are available online. 525 Arch St., (215) 525-1776, theconstitutions.com

• Independence After Hours: After a feast at City Tavern, guests follow their Colonial guide through Historic Philadelphia to Independence Hall, where they meet the Founding Fathers in person and eavesdrop on their late-night discussions.

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such as Dr. William R. Proffit, speaking on “Evaluating the Chance of Successful Treatment” in the Asking the Experts series, and learn from internationally recognized luminaries addressing such topics as 3-D imaging and enamel and roots, heredity and orthodontics, TMD, biomechanics, technology, esthetics, early treatment, accelerated tooth movement, ortho/perio, recent treatment advances, sleep apnea and state-of-the-art orthodontics around the world.

Each day, today through Monday, there will be a featured speaker series. At 9:45 a.m. today, hear Michael Vitez speak on “Rocky Stories: Tales of Love, Hope and Happiness at America’s Most Famous Stage.” Vitez, a Pulitzer Prize winning journalist at The Philadelphia Inquirer, spent a year at the Philadelphia Museum of Art steps, along with photographer Laura Berman and Theodore Lazzaro. Berman will discuss “The Passion Prescription: Everything You Need to Know to Keep Your Body and Relationship Vivrant and Exciting for Life,” while Lazzaro will focus on “Cosmetic Procedures in the 21st Century: Looking at Plastic Surgery Through the Hourglass of Our Lifetimes.”

In addition to all the courses and presentations, make sure to stop by the AAO Exhibit Hall to check out all the new technology. The exhibit hall is open until 5 p.m. today through Monday and from 9:30 a.m. to 2:30 p.m. on Tuesday.

Give back at the AAO Attendees at this year’s annual session are invited to support the Philadelphia chapter of Back on My Feet (BoMF). A $4.8 million, national non-profit organization, BoMF builds independence among homeless people by engaging them in running as a means of developing confidence, strength and self-esteem. Contributions may be made at registration.

Here at the AAO For more information on the AAO annual meeting, please pick up one of the official program guides.

Tom Gralish, and wrote a book. In this presentation, Vitez will share the stories and photos of people he met during his year at the steps. He will also discuss his own stories and reflect on the hurdles he had to overcome in writing the book.

On Sunday, health issues take center stage as Barry Sears discusses “Why We Gain Weight, Get Sick and Age Fast” at 8 a.m., followed by Glen Aukerman at 9:45 a.m. with “Nutritional Principles for Integrative Medicine.” At 10:45 a.m., the two will meet on stage, along with David Leonardi, to discuss views on nutrition.

Monday features presentations by Robert Silver, and Theodore Lazzaro. Lazzaro will focus on “Cosmetic Procedures Through the Hourglass of our Lifetime.”
debates Historic Philadelphia Center, 6th and Chestnut streets, (215) 629-4026, historicphiladelphia.org

- Philadelphia History This Way: Visitors can download an app and let their smartphones or tablets be their guides on this interactive walking tour of 24 spots throughout Historic Philadelphia. The app also features a map that includes the attractions and pinpoints the user’s exact location. philadelphiahistoryway.com

- Tippler’s Tour: The older-than-21 set can sing along to 18th-century drinking songs, enjoy stories of the drinking traditions of colonial times and sample a few beverages as they ramble through Historic Philadelphia with a colonial guide. Tipplers stop at four locations, including National Mechanics and the historical City Tavern. Historic Philadelphia Center, 6th and Chestnut streets, (215) 629-4026, historicphiladelphia.org

Food circuit
- Chew Philly Food Tours: This 2.5-hour tour treats guests to an afternoon of savory and sweet foods and includes bits of architecture, history and culture along the way. Tour-goers sample beloved classics and food found only in Philly. (800) 979-3370, phillyfoodtours.com

- Italian Market Walk: A longtime vendor leads visitors through one of Philadelphia’s most famous places — the Italian Market. Stops include both newer and iconic businesses. italianmarketphilly.org

- Junk Food Tour: Foodies and junk food lovers enjoy this five-hour motorcar tour that celebrates the food and neighborhoods where people love to indulge. From Manayunk to South Philadelphia and everywhere in between, guests fill up on full portions of Philadelphia’s tastiest food, including sweet sausages with roasted peppers and onions, roast beef, brisket, hoagies, stromboli, cheesesteaks, pretzels and water ice. (610) 584-8687, thejunkfoodtour.com

- Philadelphia Chocolate Tours: Chocolate lovers savor this 1.5-2.5-hour tour of the city’s premier chocolate shops and cafes, where they learn the history and health benefits of chocolate and enjoy samples. The Center City Route Tour meets at Reading Terminal Market at 12th and Filbert streets, and the Old City Tour meets in front of the Bourse Building on Independence Mall. (215) 833-0044, philadelphiachocolatetours.com

Ghostly offerings
- Ghost Tour of Philadelphia: Do spectral spirits really inhabit Independence Hall, St. Peter’s Cemetery and other historic landmarks? Visitors find out when they hear the true ghost stories and visit real haunted houses during the Candlelight Walking Tour, the Haunted Trolley Tour of Philadelphia or the interactive Ghost Hunting Tour of Independence Park and Society Hill. Signers’ Garden, 5th and Chestnut streets, (215) 413-1997, ghosttours.com

- Grim Philly Twilight Tours: In this adults-only tour, historian Joe Wojcie guides adventurers past Independence Hall, the Library of Congress and two dozen other sites, telling traditional stories from the Founding Fathers and then moving to the sites of whipping posts, gallows, red-light districts and mass burials. 6th and Market streets, (856) 829-3100, grimphilly.com

Here at the AAO
For more information about travel in Philadelphia, visit visitphillyphilly.com or uwishunu.com.

By land or by sea
- Horse-drawn carriages: Guides recount Historic Philadelphia’s past as visitors sit back in a quaint horse-drawn carriage. Tickets are available at the Independence Visitor Center, 6th and Market streets, (215) 389-TOUR (8687), phillytour.com

- Patriot Harbor Lines: Offering excursions along the Delaware and Schuylkill rivers, Patriot Harbor Lines welcomes up to 35 guests on its reproduction of a classic 1920s commuter yacht. Schuylkill River tours depart from the Walnut Street Dock, and Delaware River tours leave from the Independence Seaport Museum at Penn’s Landing. (800) 979-3370, phillybyboat.com

- Philadelphia Trolley Works: This Victorian-style trolley allows riders to hop on and off while visiting popular attractions throughout the nation’s most historic area and beyond. Passes are good for 24 or 48 hours, and passengers can explore 21 stops throughout the city. Tickets are available online, on the trolley or at the Independence Visitor Center. 6th and Market streets, (215) 389-TOUR (8687), phillytour.com

- Ride The Ducks: After a lively tour riding through the historic and South Street districts, the amphibious vehicle splashes down into the Delaware River. Particpants receive the signature “quacker” as a souvenir of their 70-minute land-and-sea look at the city. Tickets are available at the Independence Visitor Center. 6th and Market streets, (877) 887-8225, ridetheducks.com

(Source: Greater Philadelphia Tourism Marketing Corporation)