Welcome to Hawaii! Now that most of us have flown here, from across the country or even from across the world, you don’t want to miss this opportunity to see the best of what Hawaii and Oahu have to offer.

With Waikiki as a central hub, you can explore the legendary North Shore one day and spend the next on the east side snorkeling at Hanauma Bay, a protected marine sanctuary with tons of colorful fish. Thrill seekers can skydive at Mokuleia while daydreamers can relax peacefully on the beach.

Here is a closer look at some activities you’ll want to be sure you check out.

The North Shore
If there is such a thing as a perfect wave, you’ll likely find it on the North Shore. The big, glassy winter waves of this legendary surf mecca attract the best surfers in the world. Stretching for more than seven miles, the beaches of the North Shore host the world’s premier surfing competitions including the Super Bowl of wave-riding, the Vans Triple Crown of Surfing.

To get to the North Shore, drive along northwestern Kamehameha Highway (Highway 83) from Haleiwa to Sunset Beach. From Waikiki, it takes about 45 minutes to get to Haleiwa and an hour to get to the beaches. Some places to visit:

• Waimea Bay: Waimea Bay is the birthplace of big wave surfing and is the venue for the Quicksilver in Memory of Eddie Aikau Big Wave Memorial. This surf competition pays homage to legendary surfer Eddie Aikau and only takes place when the epic Waimea waves are at least 20 feet high.

• Banzai Pipeline (Ehukai Beach): The merciless waves of Pipeline break just 50 to 100 yards off the beach over a shallow reef, making this one of the most dangerous surf spots in the world.

• Sunset Beach: The northernmost surf spot on the North Shore is Sunset Beach. The long wave-breaks here are the setting for the O'Neill World Cup of Surfing, the second contest in the Vans Triple Crown of surfing.

• Haleiwa: This laid-back surf town with a country feel is the gateway to the North Shore, filled with great restaurants and shops.

Waikiki
World-famous Waikiki was once a playground for Hawaiian royalty. Known in Hawaiian as “spouting waters,” Waikiki was introduced to the world when its first hotel, the Moana Surfrider, was built on its shores in 1901.

Today, Waikiki is a gathering place for visitors from around the world. Along the main strip of Kalakaua Avenue you’ll find shopping, dining and entertainment.

At Waikiki Beach, a statue of Hawaiian hero Duke Kahanamoku welcomes you with open arms. Regarded as the “Father of Modern Surfing,” Duke grew up and surfed in Waikiki during the turn of the century. Discovered as a swimming sensation, he won Olympic gold medals in the 100-meter freestyle in 1912 and 1920, then went on to act in Hollywood and use his fame to spread the popularity of surfing.

Waikiki has a variety of beaches. The main stretches include:
Topics for doctors include advances in cleft and craniofacial surgery, evidence-based approaches and, geared for those new to practice, becoming a 3-D practitioner. For staff, topics include such things as harnessing the power of the Internet, financial considerations and case acceptance.

Throughout the weekend, there will be numerous events, such as:

- Welcome reception, Oct. 9: This kick-off event takes place on the Grand Lawn of the Hilton Hawaiian Village. Grab a cocktail and a bite to eat while listening to music and participating in activities.
- Component breakfasts for California, Nevada, Oregon and Washington, Oct. 10: Network with colleagues and catch up with what’s happening in your component society.
- President’s lecture, Oct. 10: Joondeph will speak on “Traverse the Transverse.”
- PCSO awards and opening luncheon, Oct. 10: Dennis Snow, an alumnus of Walt Disney, will speak on “Lessons From the Mouse — A Guide for Applying Disney World’s Secrets to Your Organization, Your Career and Your Life.”
- AAOF reception, Oct. 11: Sponsored by Ultradent, this event celebrates the foundation programs that support continuing research in the orthodontic profession.
- Alumni receptions, Oct. 11: Receptions will be held for those from the University of Alberta, UCLA, UCSF, University of the Pacific, Loma Linda University and the University of Washington.

To learn more about Waikiki’s history, take a stroll along the Waikiki Historic Trail, which highlights 23 historic sites, 19 of which are marked by bronze surfboards with a wealth of historical information.

The trail begins at the Royal Hawaiian Center in the heart of Waikiki. The Royal Grove in historic Helumoa was once home to 10,000 coconut trees. The trail continues to the sacred Wizard stones off of Kuhio Beach; King’s Village, a shopping center that was once the residence of King Kalakaua; and the Duke Kahanamoku statue.

Pearl Harbor
Pearl Harbor, named for the pearl oysters once harvested there, is the largest natural harbor in Hawaii and the only naval base in the United States to be designated a National Historical Landmark. The aerial attack on Pearl Harbor resulted in 2,390 dead and hundreds wounded, and drove the United States into World War II. Today, these attacks are honored by memorial sites.

- USS Arizona Memorial: At 8:06 a.m. on Dec. 7, 1941, the USS Arizona was hit by a 1,760-pound armor-piercing bomb, which ignited its forward ammunition magazine. The catastrophic explosion that resulted sank this massive battleship in nine minutes, killing 1,177 crewmen. Begin your tour at the Visitor Center where you can view a film about the attack and view plaques honoring lives lost on that fateful day. You’ll then take a boat shuttle to the USS Arizona Memorial, a floating memorial built over the sunken hull of the Battleship USS Arizona, the final resting place for many of the ship’s crew. In the shrine room, a marble wall exhibits the names of the men who lost their lives on the Arizona.