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AWARD-WINNING CAREINGTON OFFICE BUILDING DESIGNED WITH FUTURE IN MIND

October 30, 2002 – Dallas– Means Knaus Partners, L.P., today announced the successful completion of the new headquarters office building for CAREINGTON International Corporation.

The North Texas Chapter of the Associated Builders and Contractors Association (ABC) recently honored the property with the 2001 Excellence in Construction Award.

The three-story, 75,000 square-foot building is located at Lakeside at Frisco Bridges, a heavily wooded development in Frisco, Texas, just north of Dallas. Finalized in the spring of 2001, this unique office structure was custom-built to include a variety of distinctive features that prepare CAREINGTON and its staff for company growth.

One innovation is a first-floor parking garage that is totally encased in class. The garage was designed so that CAREINGTON can easily transform the space into additional office suites.

Another distinctive element is the third-floor balcony overlooking the wooded, greenbelt area. Complete with furniture, fans and a heating system, CAREINGTON personnel use the balcony to facilitate year-round meetings outside.

The building also features a two-story lobby, a fully equipped exercise facility and a state-of-the-art computer networking area.

CAREINGTON now owns and operates the new building, which was developed by Means Knaus Partners. Mr. Bruce Heller served as the project development officer for the property. Other companies involved in the development process include the architectural firm of Croft Compton and Associates, and general contractor, SedalCo.

Dr. Martin Rinker, chairman of the board for CAREINGTON International, was involved with the building development project since its inception. He said that

CAREINGTON's officers enjoyed working closely with Means Knaus Partners to realize the company's unique vision for its new headquarters.

"The people of Means Knaus Partners managed the construction of the building superbly," said Dr. Rinker. "They were responsive to the ideas contributed by our officers and put forth a committed effort towards meeting all of our requests. We couldn't be more pleased with the end-result."

Steve Means, managing partner of Means Knaus Partners, L.P., stated "We took great pleasure in the challenge of developing this highly customized build-to-suit project. The special requirements requested by the client made this an especially interesting undertaking."

"CAREINGTON is pleased with the final product, and we are confident that the office building will prove to be a comfortable and cost-effective solution for them now and for years to come," added Mr. Means.

About Means Knaus Partners

Through offices in Dallas, Houston and Denver, Means Knaus Partners is engaged in creating high-performance, investment-grade workplaces for corporate America. Special attention is paid to the acquisition of strategic land positions and the completion of office developments. The partners currently own or manage approximately \$250 million of land and office developments. For more information visit www.meansknaus.com.

About CAREINGTON International Corporation

With more than 20,000 participating dentists, CAREINGTON offers one of the largest independent provider panels in the country. The company's extensive resources enable it to provide fee reductions that are two to three times larger than most dental benefit companies. CAREINGTON has more than three million satisfied members and has positioned itself to be the most innovative dental partner in the country. For more information visit www.careington.com.