he says his clients would welcome pension reform in California, and he is the first to say that contributions to Calpers are a big problem for cities.

if you can do a short stopover both ways, i think that’s the best option for all

as your kidneys filter out toxins and excess acid from the blood, they also put a buffer or acid neutralizer back into the bloodstream in the form of bicarbonate

David was an attorney in his early 40s when he sought treatment for depressed mood