



I "Cured" My Yellow Teeth  
Learn the trick, discovered by a mom, to turn yellow teeth white with under \$10.



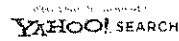
Do you have Yellow teeth?  
Learn the trick, discovered by a mom, to turn yellow teeth white with under \$10.



DON'T Pay for White Teeth  
Learn the trick

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### LETTERS: NCT, July 6, 2009

By readers of the North County Times - letters@nctimes.com | Monday, July 6, 2009 12:10 AM PDT

#### Clinic is safety net for community

In response to "Profit-based health insurance doesn't work, #1" July 2, author Carol Kissin's story is not unique. The Kaiser Family Foundation estimates individuals spend \$7,421 a year on healthcare. Since 1999, family premiums for employer-sponsored insurance have increased 119 percent, while wages have gone up 34 percent and inflation 29 percent ([http://www.kff.org/insurance/upload/7670\\_02.pdf](http://www.kff.org/insurance/upload/7670_02.pdf)).

How does a low- or moderate-income family pay more than \$7,000 a year per person? They simply cannot. Instead, they forgo care. Many who have recently become unemployed can also relate. They chose to remain in their homes and feed their children rather than spend money on medical care. It is a heartbreaking choice.

Fortunately, our community has a health care safety net. Vista Community Clinic offers high quality care by board-certified or board-eligible physicians and nurse practitioners. We operate on a sliding fee scale and accept public and private insurances. We have convenient night and weekend hours and operate five locations throughout North County.

I hope families like Kissin's know that when times are tough, Vista Community Clinic offers the care they need to stay well. Learn more about what is available in your community by visiting [www.vistacommunityclinic.org](http://www.vistacommunityclinic.org).

Kelly Motadel

medical director

Vista Community Clinic