

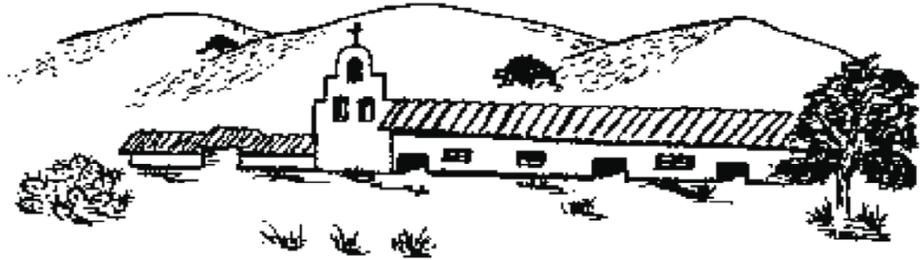
Charity, Unity, Fraternity and Patriotism

August 2012

Knights of Columbus La Purisima Council 3570

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Grand Knight's Message: [\(Contents\)](#)

What should I expect on my first chiropractic visit? This is a question that I get asked a lot, so I figured I would take this month to explain what one could expect at their initial visit. During the first visit, the doctor of chiropractic—commonly referred to as a chiropractor—will complete a thorough examination that typically includes:

- Patient history
- Physical examination
- Diagnostic studies - when indicated
- Diagnosis
- Chiropractic treatment plan

Patient History

Prior to your initial consultation, you will be asked to fill out forms that provide background information about your symptoms and condition. Questions may include:

- When did your pain/condition start?
 - Where is the pain located?
 - Did pain/condition immediately follow an injury or accident?
 - Is anything improves or worsens the pain?
- What treatments have you already tried, and how successful were they?

You may also be asked to provide family medical history, any pre-existing medical conditions or prior injuries, and previous and current health providers and treatments.

To properly diagnose your problem and design a treatment program, your doctor of chiropractic needs to know about any of the following:

- Bone disorders such as osteoporosis
- Implants like pacemakers, artificial joints, cosmetic implants, etc.
- Circulatory problems
- Dizziness or blurred vision

- Heart conditions such as hypertension
- Nausea
- Injuries, such as bone fractures, muscle sprains/strains, or disc injuries
- Joint disorders such as arthritis
- Any current health condition for which you are receiving care from another health care practitioner

When applicable, bring with you any copies of previous tests (for example, MRI or X-ray reports), lab results, and a list of any medications you are taking, including over-the-counter medications, nutritional supplements, vitamins, herbs, teas, and homeopathic and/or naturopathic substances.

Chiropractic Physical Examination

The next step is a physical examination your chiropractor will perform to evaluate your condition and develop a working diagnosis. In addition to general physical examination procedures such as blood pressure, pulse, respiration, and temperature, the examination will include specific orthopedic and neurological tests to assess:

- Range of motion of the affected area that is observed while you walk, turn, bend, or lift
- Muscle tone
- Muscle strength
- Neurological integrity
- Posture

Diagnostic Studies (if needed)

Diagnostic studies help diagnose conditions more accurately. The most common used by chiropractors include:

- X-ray
- MRI (magnetic resonance imaging), CT, or bone scan
- Laboratory tests

Many chiropractic offices have their own X-ray equipment, but an MRI scan and more extensive tests may be referred to an outside center.

Diagnosis

The combination of the history, examination, and diagnostic studies will allow your chiropractor to reach a specific diagnosis, which will help the doctor of chiropractic determine whether your condition or pain may respond to chiropractic care.

The chiropractor will explain:

- The diagnosed condition
- The chiropractic treatment plan (or other recommended treatments)
- The anticipated length of care

If your chiropractor determines that your condition would be more appropriately treated by another health care professional, he or she will make the proper referral.

Your treatment plan may also involve collaborative care with other health care providers, such as your primary care physician, a physical therapist, or a neurologist. In many cases, such as those involving lower back pain, chiropractic care may be the primary treatment method. When other medical conditions exist, chiropractic care may complement or support medical treatment by relieving the musculoskeletal problems associated with the condition.

Treatment

If you and your doctor of chiropractic agree that chiropractic will help, you will receive your first chiropractic adjustment. While patients are typically asked to lie on a specially designed table, the chiropractor most often uses his or her hands to manipulate the joints of the body, particularly the spine, to reduce pain and restore or enhance joint function. Your doctor of chiropractic will adapt the treatment plan to meet your specific needs. Other treatments, including therapeutic ultrasound, electrical muscle stimulation, ice and heat, traction, soft-tissue massage, and rehabilitative exercises, may also be used.

The extent and duration of the patient's problems coupled with the hands-on nature of the chiropractic treatment may require numerous visits. Your doctor of chiropractic should tell you how long you can expect the treatment to last.

You may also receive instructions on certain activities or procedures to conduct at home. This may include ice or heat application, avoidance of certain activities or positions, as well as home exercises and/or stretches.

There are thousands of good chiropractors available that use sound, well-documented procedures. Choose a chiropractor you are comfortable with, who addresses your health concerns, and who uses sound principles of modern health.

When Will I Feel Better?

Many patients feel immediate relief following chiropractic treatment, but it may take others two to three weeks before they achieve substantial progress. Many factors can affect the healing process. Are you suffering from a chronic problem or pain? Do you smoke? Are you following the recommended treatment plan? Usually, the more fully patients carry out the doctor's recommendations, the better the results.

This is should answer the initial question. If one has any more questions please do not hesitate to e-mail me and I will get back to you as soon as possible.

Vivat Jesus

James M. Hall II, D.C.

Grand knight

GK3570@yahoo.com ([Contents](#))

Deputy Grand Knight's Message: ([Contents](#))

Relegated to a Footnote...

Brother Knights and Guest Readers,

This past month, the "Fortnight for Freedom" was observed throughout the United States. The question some may ask is why the Fortnight of Freedom came to pass. We have heard much in the media over the last several months about the so-called "HHS (Health & Human Services) Mandate". This mandate would require all health plans and employers that sponsor those plans

to cover "preventive" medicine at no co-pay, including contraceptive/abortifacient drugs - things that are immoral to us as Catholics. There was a supposed carve out in this mandate for "religious employers".

We've all heard the cliché "the devil's in the details", right? Well, that is certainly true when it comes to the HHS definition of religious employer. In the official notice released by HHS, the term "religious employer" referred the reader to a footnote (hence the title of this article). In that footnote, the HHS narrowly defined a religious employer as follows:

A religious employer is one that: (1) has the inculcation of religious values as its purpose; (2) primarily employs persons who share its religious tenets; (3) primarily serves persons who share its religious tenets; and (4) is a non-profit organization under [the] Internal Revenue Code.

Clearly, this is the most direct attack on religious freedom we have seen in the US in modern times. We are obligated to DO something about it as Knights of Columbus. The most basic thing we can do is what Archbishop Charles Chaput of Philadelphia preached during his homily during the closing Mass of the Fortnight. He said:

"We need to render unto Caesar those things that bear his image. But we need to render ourselves unto God -- generously, zealously, holding nothing back. To the extent we let God transform us into his own image, we will -- by the example of our lives -- fulfill our duty as citizens of the United States, but much more importantly, as disciples of Jesus Christ."

We cannot allow ourselves and our Catholic Institutions be relegated to a footnote.

Vivat Jesus!

Ed Braxton
Deputy Grand Knight
erbraxton2@gmail.com

Insurance Agents Report – Star Council [\(Contents\)](#)

Steve Owens is the Insurance General Agent for the La Purisima Council 3570 of the Knights of Columbus until an agent for the region is appointed. Please direct your insurance questions or inquiries to Steve Owens until a local agent is appointed. Steve is searching for a local agent, and, if you have any recommendations for a local agent, or are interested in joining the program to become an agent, please contact Steve with your recommendations or inquiries.

Steve Owens, FICF, LUTCF
Insurance General Agent
Knights of Columbus
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Steve.Owens@KofC.org

District Deputy's Report [\(Contents\)](#)

Dear Brother Knights

District 67
State of California
Knights of Columbus
Serving the Lompoc, Santa Maria, and Vandenberg Councils

Brothers, One month down and we're on our way. Every council is starting with a fresh slate of new Officers and a new set of goals. For membership, to get your new candidates in early and then get them involved. With the new blood you'll be able to accomplish much more. Let me explain the lesser known requirements for Star Council. The first is hosting an insurance night. This event is where your Insurance Field agent explains all of the benefits of the insurance program. The agent prepares and submits a form that the meeting occurred so you can get credit. This is an excellent chance to invite the wives along since most of them are interested in these benefits. With proper coordination an agent may be able to meet with two or three councils at one time. The second new requirement is each council must participate in at least four (4) 1st Degrees. By "participating" they must either host a 1st or have a new member take a 1st in another council. This must be recorded on a new form, a "450-C" and submitted by the council. This is different from the "450" submitted by the District Deputy.

GO: Make a difference

Fraternally
Tim Coe
District Deputy #67
tcoe100@hotmail.com/805-757-0746

Faithful Navigator Article [\(Contents\)](#)

4th Degree Report

John J Cantwell Assembly # 54
Serving the Lompoc, Santa Maria, and Vandenberg Knights

Worthy Sir Knights, sadly we lost two Sir Knights recently. SK Keith (Rex Nauman) a Knight since 1977 and a Sir Knight since 1978. Rex was a PGK, FDD, PFN, as well as a Past Chapter President. We also lost SK Joe Marciel, a Knight since 2000, & Sir Knight since 2003. Please pray for the repose of their souls.

Now is the time to looking at your fellow council members that are eligible to become a 4th Degree Sir Knight. Just like with becoming a 1st Degree, they're only waiting to be asked. If they are not yet a 3rd Degree they'll need to take that step. We're planning a 3rd on 29 September at St Luis DeMontfort.

The ceremony to become a 4th Degree is only offered once a year in our area, this year in Oxnard on the first Saturday in November. See any one of the Sir Knights in your Council for more information.

Tim Coe
Faithful Navigator
JJ Cantwell Assembly #54
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Pro-Life [\(Contents\)](#)

Catholic Church sides with science over adult stem cell research

Agence France-Presse | Nov 12, 2011 2:52 PM ET

VATICAN CITY – Pope Benedict XVI on Saturday spoke out in favour of adult stem cell research and called for any ensuing treatments to benefit all who need the care regardless of their financial means.

“Illness is no respecter of persons, and justice demands that every effort be made to place the fruits of scientific research at the disposal of all who stand to benefit from them, irrespective of their means,” Benedict told some 250 delegates who attended a Vatican conference on the research this week.

The Vatican, which is opposed to embryonic stem cell therapy because it requires the destruction of a human embryo, hosted experts in adult stem cells, seen by the Roman Catholic Church as an alternative since no embryo is involved.

In May 2010, the Holy See signed a deal with US biopharmaceutical company NeoStem that specialises in adult stem cells and the Vatican has already invested one million dollars (730,000 euros) in the company's work.

“The potential benefits of adult stem cell research are very considerable,” the pope told the experts Saturday, while also speaking of the ethical concerns.

The fact that human embryonic stem cells (ESC) can potentially become any type of cell in the body has long held out the tantalising promise of diseased organs or tissue being repaired or replaced with healthy, lab-grown cells.

“When the end in view is one so eminently desirable as the discovery of a cure for degenerative illnesses, it is tempting for scientists and policymakers to brush aside ethical objections...” Benedict said of embryonic stem cell research.

But the discovery in 2007 that it is possible to coax certain adult cells back into their immature, pre-specialised state has fuelled renewed efforts to generate brand new muscle, heart or even brain cells, this time from raw material provided by the patient.

And for the Church adult stem cells pose no ethical dilemma.

“No such ethical problems arise when stem cells are taken from the tissues of an adult organism, from the blood of the umbilical cord at the moment of birth, or from fetuses who have died of natural causes,” the pope said.

The Vatican hailed its conference on adult stem cells as dispelling the widespread notion that the Catholic Church is at “loggerheads with science”, said Ignacio Carrasco de Paula, head of the Pontifical Academy for Life.

Sources estimate that the global stem cell product market will reach 88 billion dollars by 2014.

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Report of Committees [\(Contents\)](#)

Community Kitchen is held the 2nd Friday of every even month. Our next community Kitchen is Friday, August 10, 2012 at 3:45 pm at the parish hall. [\(Contents\)](#)

Pot Luck Social – Ed Mogliotti: [\(Contents\)](#)

The July 17, 2012 Pot Luck Social was very successful, with about 25 attendees. Our next social is scheduled for August 21, 2012 at 6:30 p.m. in the Knight’s Hall. This evening will include the installation of officers.

Highway Cleanup- Eddie Mitchell: [\(Contents\)](#)

We performed our Highway Clean-up duties on the 7th of July. Thanks to our new crew member, Antonio Palacios, and the usual dependable crew, Andy Zavala, Dan Sabatini, Don Adams, Ed Montoya, Larry Gavilanes, and Noval Casteel. These guys make this a really fun event.

Our next Clean-up is tentatively scheduled for the 15th of September. If anyone has the

desire to join this Merry Band of Misfits please call me at 735-1839.

Youth Director– Steve DeLira: [\(Contents\)](#)

La Purisima School is back in session on August 13, 2012. If you know of any Catholic student attending the public school, please ask them to consider a Catholic education. It is up to us to keep our school open, and we can do this by advertising the small class size and academic success of our students.

Script is available in the Pastoral Office or at the La Purisima School office. The script program is the purchase of gift cards, where you get dollar for dollar and the school gets a percentage from the company. If you are planning a project and you know that you will be spending a couple of hundred dollars at Home Depot, why not consider buying the Script/Gift Cards from our school and further support a Catholic School in our community.

Pancake Breakfast – Ed Mogliotti: [\(Contents\)](#)

The most recent pancake breakfast was held on Sunday, August 5, 2012. The next pancake breakfast is scheduled for Sunday, September 2, 2012.

New K of C Lompoc Web Site – Steve DeLira: [\(Contents\)](#)

Below is a link to a K of C website that I have been working on for our Council. It was very easy to build and it is very easy to maintain. If you have any ideas in terms of what you would like to see on our site, just let me know at delira63@yahoo.com.

Here is the web site address: <http://www.kofc3570.org> [\(Contents\)](#)

Happy Birthday – August [\(Contents\)](#)

Eddie Mitchell	1
Matthew Hidalgo	3
John A. Gildea	6
Damian Rivera	9
Brian W. Hunt.....	17
James Braithwaite.....	27
Benny J. Contreras	28
Joe Gonzales.....	28
Martin Huizar	28
Benjamin M. Fisher	30

Business Meeting Reminder [\(Contents\)](#)

In order to make the business meetings more productive, Brothers are reminded that the agenda for a Business meeting is set at the Officer's and Planning meeting held just before the Business meeting. Any items to be brought up at the Business meeting should be brought up at the preceding Officer's and Planning meeting in a well thought out form.

NOTE: [\(Contents\)](#)

Since October, 2011, the Officer's and Planning meeting is held at 6:00 pm on the first Tuesday of the month. It immediately precedes the Business Meeting which begins at 7:30 pm.

Newsletter Notices - Mike Moore [\(Contents\)](#)

The deadline for publication of the September, 2012 newsletter is August 28, 2012. Please submit your material as early as possible before this date.

If you are receiving a printed copy of the newsletter and wish to receive it via email only, please let me know via email at recorder3570@yahoo.com. This saves printing and mailing costs. **PRINTED COPIES OF FUTURE NEWSLETTERS WILL BE IN BLACK AND WHITE TO SAVE PRINTING AND MAILING COSTS. COLOR PHOTOS WILL STILL BE INCLUDED IN THE EMAILED COPIES OF THE NEWSLETTER.** I am also attempting to keep the internal and internet links alive in the email versions of the newsletter.

One last word... [\(Contents\)](#)

Please pray for our brothers who are ill or who are recovering:

- Mable Washington, wife of Brother Jack Washington
- Brother Jim Swartz
- Brother Ben Fisher
- Brother Ed Mogliotti
- Maryann Garcia, wife of Brother Fidel Garcia, Jr.
- Reba Montoya, wife of Brother Ed Montoya
- Ketrenia Hall, wife of Brother Jim Hall, and mother of Brother James Hall II
- Guadalupe Martinez, grandmother of Brother Kenny Martinez
- Brother Manual Garcia
- Brother Benny Contreras
- Barbara Mascsak
- The mother of Brother Dan Sabatini

- Comfort and peace for Deacon Paul Nicastro, his wife Suzanne and their entire family.

Please pray for the repose of the soul of recently deceased Brothers SK Rex Nauman, SK Joe Marciel, and Clara Nicastro, mother of Deacon Paul Nicastro of La Purisima Concepcion Church.

As well as for:

- The welfare and safe being of all the boys at Los Prietos Boys Camp and Los Prietos Boys Academy
- The welfare and safe being of all the youth at Santa Maria Juvenile Hall and the Santa Barbara Booking Station

(Editors Note: If a Knight is in need of prayers, please send me a note via email to

recorder3570@yahoo.com

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STATE OFFICERS

Past State Deputy

Charles H. Clark
916-638-2501

State Deputy

Dr. Raymond F. Warriner
562-926-1193

State Chaplin

Fr. John Provenza

State Secretary

Timothy Carvalho
805-306-5950

State Treasurer

Abe Doliente
858-536-9423

State Advocate

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707-449-1982

State Warden

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Timothy A. Coe
805-757-0746

District Warden

Tom Pickles
805-???-????

Los Padres Chapter President

Giuseppe Calderaro
805-498-8294

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Grand Knight

James Hall II 735-3828

Deputy Grand Knight

Ed Braxton 757-9896

Chaplin

Reverend Tom Cook
735-3068

Recorder

Michael Moore 735-3423

Treasurer

Manual Sandoval 736-6033

Lecturer

TBA

Advocate

Jack Washington 735-1700

Financial Secretary

Fidel Garcia, Jr. 736-9449

Warden

Steve DeLira 291-0321

Inside Guard

Ron Vandiver 735-3867

Outside Guard

Joseph Bailey 735-4151

1 Year Trustee

Ed Mogliotti 740-2740

2 Year Trustee

Noval Casteel 735-4766

3 Year Trustee

Eddie Mitchell 735-1839

Chancellor

Ed Montoya 740-1635

Retention Committee

Eddie Mitchell 735-1839

Admission Committee

Fidel Garcia 736-9449

PROGRAMS

Program Director

Kenny Martinez 736-5403

Church Director

Jeff Braxton 737-4814

Community Director

Eddie Mitchell 735-1839

Pro-Life

Ben Fisher 736-2558

Council Director

TBA

Family Director

Ed Mogliotti 740-2740

Youth Director

Steve DeLira 291-0321

Membership Director

Kenny Martinez 736-5403

Insurance Agent

Steve Owens 310-212-5632

Phone Committee

Ed Mogliotti 740-2740

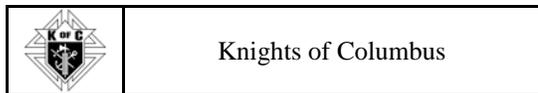
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Council Meeting 1st Tuesday (7:30 p.m.) And Pot Luck Social 3rd Tuesday (6:30 p.m.)

August 2012

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Calendar of Events [\(Contents\)](#)

August 2012

Month	Day	Event	Time
Aug 2012	02	Old Towne BBQ setup, meet at the K of C Hall	7:00 p.m.
	03	Old Towne BBQ, meet at the K of C Hall	2:30 p.m.
	05	Pancake Breakfast – Parish Hall	8:45 a.m.
	07	Officer’s and Planning Meeting(6:00 pm) Business Meeting (7:30 pm)– K of C Hall	6:00 p.m.
	09	Old Towne BBQ setup, meet at the K of C Hall	7:00 p.m.
	10	Old Towne BBQ, meet at the K of C Hall	2:30 p.m.
	10	Community Kitchen – Parish Hall	3:45 p.m.
	13	4th Degree Mtg., Santa Maria Council #2475	7:00 p.m.
	16	Old Towne BBQ setup, meet at the K of C Hall	7:00 p.m.
	17	Old Towne BBQ, meet at the K of C Hall	2:30 p.m.
	21	Social Pot Luck and Installation of Officers - K of C Hall	6:30 p.m.
	23	Old Towne BBQ setup, meet at the K of C Hall	7:00 p.m.
	24	Old Towne BBQ, meet at the K of C Hall	2:30 p.m.
	29	Newsletter material submission deadline	
	29	1st Degree, St. Louis de Montfort Council #11137	7:00 p.m.?
	30	Old Towne BBQ setup, meet at the K of C Hall	7:00 p.m.
	31	Old Towne BBQ, meet at the K of C Hall	2:30 p.m.
Sep 2012	02	Pancake Breakfast – Parish Hall	8:45 a.m.
	04	Officer’s and Planning Meeting (6:00 pm) Business Meeting (7:30 pm)– K of C Hall	6:00 p.m.
	8-9	La Purisima Concepcion Fiesta	
	10	4th Degree Mtg., Lompoc Council #3570	7:00 p.m.
	15	Highway cleanup, meet at the K of C Hall	7:30 a.m.
	18	Social Pot Luck - K of C Hall	6:30 p.m.
	22	2nd Degree (morning), 3 rd Degree (afternoon), St. Louis de Montfort Council #11137	
	25	Newsletter material submission deadline	
	30	Corporate Communion	8:00 a.m. Mass

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