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Social Sightings



By "Mickey" Thompson



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Washington, DC Chapter, Continental Societies, Inc. Holds "Fashion Show of Life"

The Washington, DC Chapter, Continental Societies, Inc. held their annual fundraiser with a "Fashion Show of Life" at the Washington Hilton Hotel. The club is a national community service group that is led by Effie Page. The group's mission is to create an environment within their communities that empower children to have access to quality and appropriate opportunities to reach their optimal potential. Dr. Janette Hoston Harris was the event's chair and Barbara Murray was cochair. Paul Wharton was the fashion show's master of ceremonies. Ida of Ida's Idea arranged to have many fashions and new creations from New York City with many of the handbags and accessories by Miriam Joyner. This is a 501c3 organization. For more information go to www.continentalsdc.org.



(L-R) Paula Marshall (Event cochair), Barbara Murray (Chaplain), Dr. Janette Hoston Harris (Chairperson) and Effie Page (President)



(L-R) Inga Ervin, Yvonne Ervin, Pamela Bell Payton (Continental Member) and Farita Davis



Shayna Rudd (2009 Ms. Black USA), Kennedy Janette Harris and Dr. Janette Hoston Harris



Continental Member Margo and Dr. Fernal Briggs



09 Washington DC Continental Societies Inc. Members



Ida of Ida's Designs



(Standing L-R) Dr. Charles Vincent, Mickey Thompson (Publisher), Pier Point Mobley & Eugenia Bickerstaff (Seated L-R) Drs. Rudolph & Janette Holston Harris and Jeanette Mobley



Continental Member Ethel Lee Walker with her hubby



Continental Ann Shepard and Beverly Anderson (C) surrounded by their guests



Continental Edna Long Moffitt (C) surrounded by her guest



(Standing) Continental Ethel Lawhorn with Continental Ann Chapman and her daughter Mia Chapman



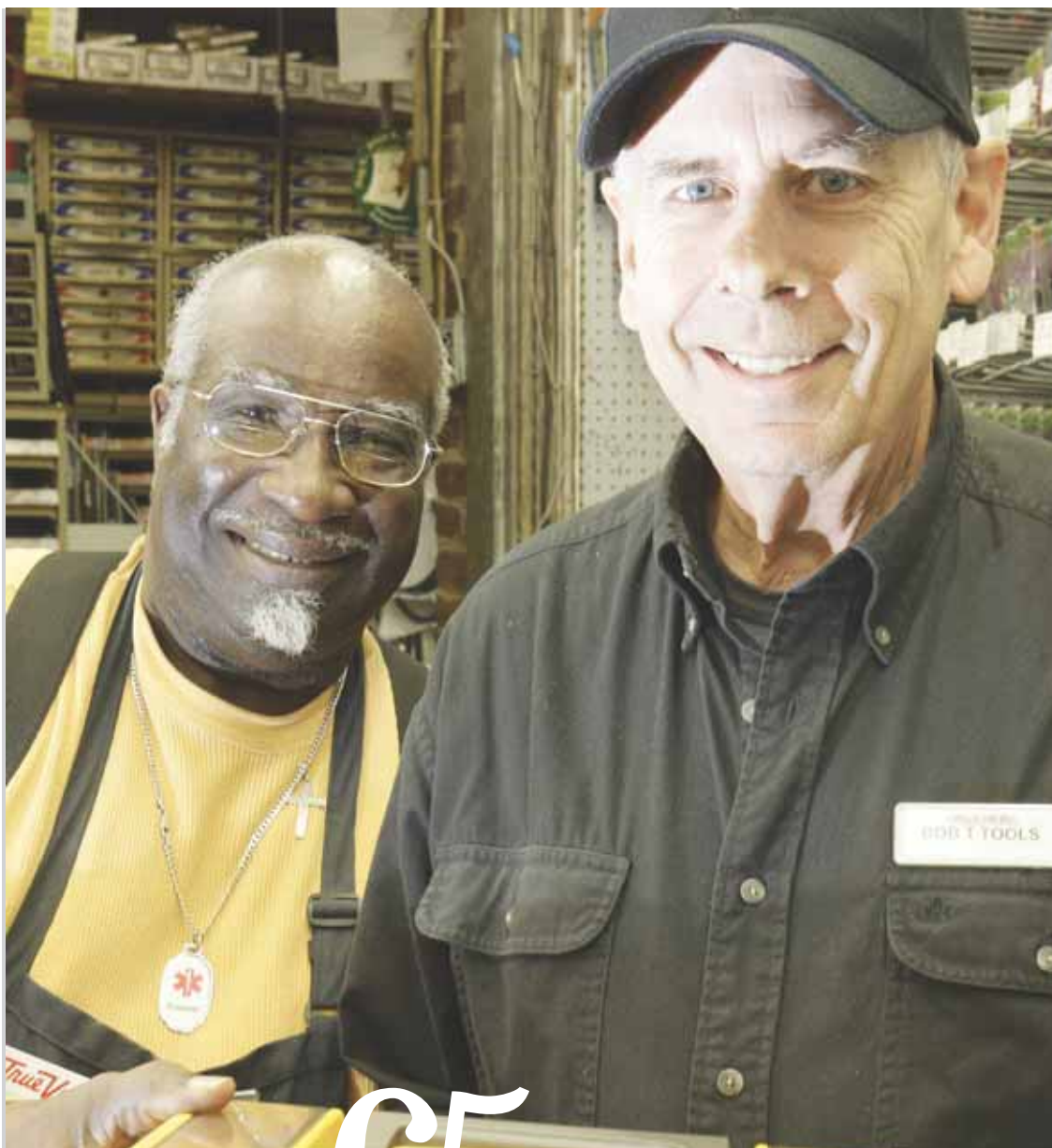
(Standing L-R) Earlene Wadsworth, Gail Bowles, Continental Josephine Nelson, Natasha Johnson and her daughter Lisa Johnson (Seated L-R) Nicarsia Mayes, Continental Norma Jenkins-Stewart, Continental kid Lamar Goodwine, and Delia Pinkney

Smooches! See you next Month!

Kurt Pommonths Sr., Photographer and Photo Enhancer • Nadine Johnson, Graphic Designer
Send comments/request for coverage to SocialSightings@aol.com

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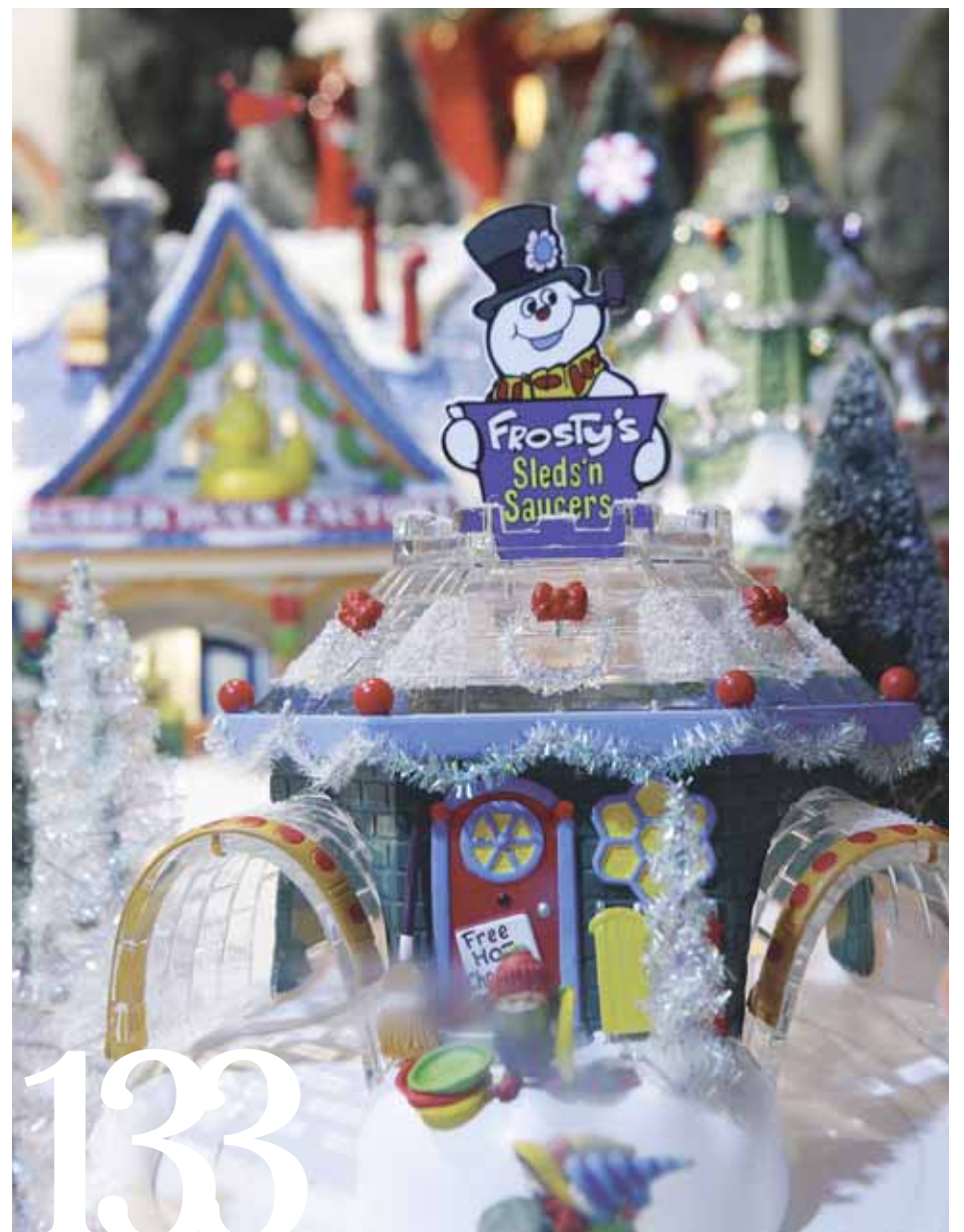
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ON THE COVER: Juan de Flandes, The Annunciation, c. 1508/1519, Samuel H. Kress Collection
Courtesy National Gallery of Art, Washington, DC.
www.nga.gov.



A Lifetime of Menstrual Pain

By Dr. David Walls-Kaufman

Tara Lewis gave me permission to tell Capitol Hill her story about chiropractic.

Tara arrived complaining of neck pains. In the course of her treatment, I discovered that she was suffering terribly from menstrual cramps as well.

“Why didn’t you tell me about that?” I asked.

“I didn’t tell you? I guess I didn’t think it was connected.”

I reminded her that I could help her neck problem because we chiropractors work on the nervous system. “Any problem with the body,” we say, “is due to the body not functioning properly. If it’s not functioning properly, we examine the nervous system since that controls all body functions.”

“Oh, Dr. Walls-Kaufman, if you could help me with that, I don’t know what I’d do. I’ve suffered from terrible menstrual cramps my whole life! I’m miserable for a week!”

I found the L3 vertebra twisted (subluxated). I adjusted that and next visit asked Tara how she was doing, “Oh, my God! It’s like a miracle! No menstrual pain!”

Tara hasn’t suffered menstrual pain since, and it’s been two years. When we relieve the subluxation pressure on the nervous system, the nervous system functions better across the board. Pinched, distressed nerves make blood vessels contract and cause muscles to tighten and organs to work more poorly than they are designed to.

Consider a chiropractic consultation today for you and your family to see if nerve interference is injuring your life experience so that maybe you too can live a drug-free higher quality of life.

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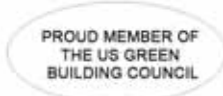
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