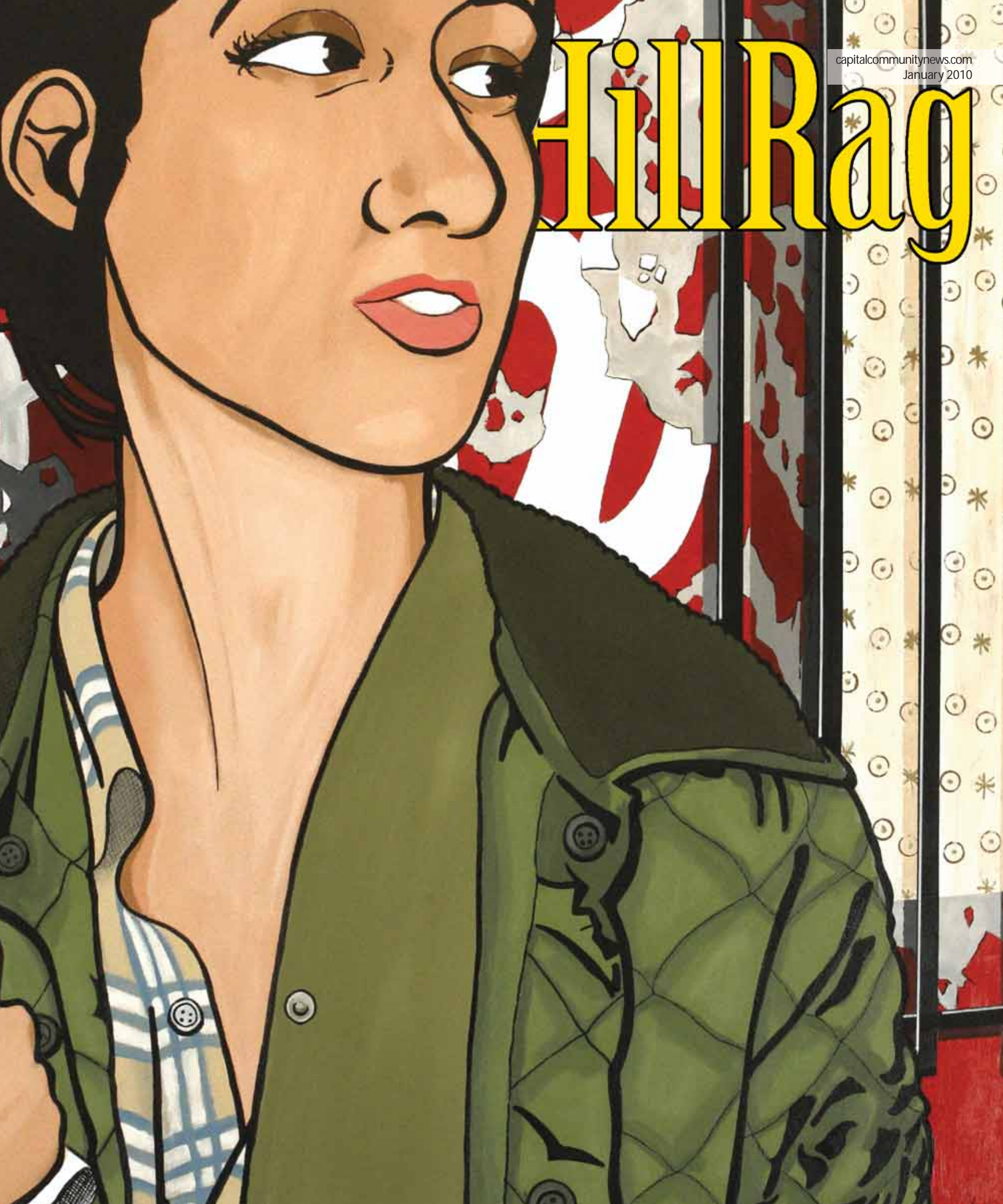


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Social Sightings

By "Mickey" Thompson



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Hon. Eleanor Holmes Norton Hosted the 18th Annual Covenant House Capitol Hill Children's Christmas Party

DC Delegate Eleanor Holmes Norton hosted the 18th Annual Covenant House Capitol Hill Children's Christmas Party for disadvantaged children in the Cannon House Office Building in Caucus Room 345. More than 300 children and their chaperones met Santa and his elves. There was an abundance of toys and warm clothing and each child was able to receive one of each for Christmas. Because this year's sponsors refused to participate in the recession, she was able to surpass last year's donations. This year's donors included: Target, Citicorp, Amtrak, WMATA, Verizon, Giant, Safeway, Patton Boggs, Chevy Chase Bank, D.C. Charter Health, Care First Blue Cross Blue Shield, Wachovia Bank, Coca Cola Bottling Company, Fort Lincoln, T-Mobile, Geico, Washington Gas, Toys for Tots, and PEPCO. The Washington Ballet @THEARC (Katrina Toews, Director and Donna Glover, Children's Coordinator) and Dinorock Productions (Michele Valeri and Ingrid Crepeau) provided entertainment. God Bless the donors and volunteers who helped to make Christmas for the little tykes.



(L-R) Sgt. Justin Trader, DC Delegate Eleanor Holmes Norton, and Sgt. Therman Cowan



Mr. and Mrs. Santa Claus



(L-R) Bonnie Johnson (Event Mgr.), Dr. Bear, and "Mickey" Thompson (Publisher and Founder of Social Sightings)



Event Sponsor Wachovia Bank (L-R) Jordan Rutberg (VP District Mgr.), Horescia Love (Financial Specialist), and Alexander Ramos (Financial Center Manager)



(L-R) Michele Valeri and Ingrid Crepeau (Event Sponsor - Dinorock Productions, Inc.)



Event Volunteers Malva Reid and Drew Morton



(L-R) Katrina Toews (Director of The Washington Ballet @THEARC), DC Delegate Eleanor Holmes Norton, and Donna Glover (Children's Coordinator)



(L-R) Performers from The Washington Ballet @THEARC performing a number from the "Nutcracker"



(L-R) Dr. Bear and Atty. William E. Quick IV (Event Sponsor - Children's National Medical Center)

"MERRY CHRISTMAS" and See You Next Year! Smooches, Mickey" T

Kurt Pommonths Sr., Photographer and Photo Enhancer • Nadine Johnson, Graphic Designer

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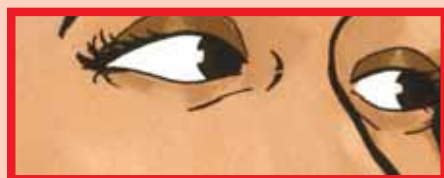
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COVER:
 "The Pessimist", Michael Hurst. Acrylic on canvas, 36" x 36". Michael Hurst is a Capitol Hill painter who studied in Baltimore and Cincinnati. For more information on him or his artwork go to www.michaelhurst.com and to contact him you can send questions or comments to michaelhurst85@yahoo.com.



Consciousness and the Development of Illness

By Dr. David Walls-Kaufman

So, you went to the doctor and he diagnosed you with, say, allergies. You may have asked him or her, "How did I get them?"

And he or she shrugged their shoulders and said something like, "We find things like this just happen to people."

In spite of the sophistication and technological advancement of medicine, the cause of diseases and conditions continue to elude us. They do so to the extent that our scientists are exploring ways to improve our genes as they have done to our tomatoes and oranges.

It will be ungodly expensive, it seems.

But chiropractic philosophy and medical research have told us a great deal about the causes of disease. While medical practice has a very mechanistic philosophy, chiropractic, and medical researchers, are talking in a very holistic philosophy. When you ask me how does one get sick, I give you the answer emerging from this school:

Psychological, chemical and physical stresses in your life overwhelm your body's innate life-magic for managing itself. This life power is considerable, but you aren't a god, you're mortal. This life power is as much a thing of consciousness as it is cellular energy. This "consciousness" must have a model, or it would be completely adaptable and changeable.

So, stress events wound your consciousness, and this in turn mars how your nervous system and brain are handling all the thousands of systems involved in your perfect health. Now, some of those systems are "off", and you develop symptoms of allergy or high cholesterol or anything else that is a slip from optimum health.

And so, to get at the cause of disease, we need to look beyond genes, which medical research has shown us are also expressions of our consciousness and nervous system, and look at ways to reduce stresses and then attack the chain of events in disease at the level of nervous system and consciousness.

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