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## WORKSHOP SCHEDULE
First time grant applicants, please join us at one of our grant writing workshops.

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<td>DCCAH 1371 Harvard St, NW</td>
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$845,000

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A wonderful boutique condo building in a superb location adjacent to Union Station, restaurants and shops! This terrace level one bedroom/one bath features an open living/dining/kitchen floor plan. The updated kitchen shines with granite and tile floors. While the bedroom is spacious with a large closet. This unit has been recently renovated with the installation of a new wall unit A/C. Plus—PARKING not a type—one surface parking spot conveys with this unit! Absolutely the best value on Capitol Hill! $189,995

Foggy Bottom
2411 K Street, NW #407
Bennett Plaza
Great one bedroom home in close in Foggy Bottom—half block to the Metro, plus GWU Med School across the street. Steps to Georgetown, Dupont, shops and restaurants! All utilities included in the low condo fee—plus a laundry room on each floor. Great sun deck on the building roof. Original carpet floors, metal kitchen and tile baths in original color and condition! $279,000

North Beach, MD
9137 Atlantic Avenue
Sitting On The Dock Of The Bay!!
Absolutely stunning bay views from the waterfront and boardwalk side property. Boasting four bedrooms/three and one half baths of gracious living with every amenity that waterfront living affords. This lovely home is extra special—your waterfront dreams should be deferred no longer!!! $579,000

SW/Waterfront
New Creek, WV
Three Ponds Cottage at Nancy Hanks Farm!
Lovely hand crafted cottage set in the foothills of West Virginia. Lovingly built by the local artisan as her personal residence using reclaimed and green building products. While also utilizing new high energy-efficient windows, insulation and radiant heat stone and wood floors. Boasting two bedrooms/two baths with a vaulted ceiling in the living room and a separate dining area. The property is 7 + acres and features a large swimming pond with deck, two additional smaller ponds, a separate workshop, a root cellar built into a hillside and a large garden at the war of the cottage. Perfectly stylish in setting! Additional acreage available. For information contact Peter Principe at 202-297-5586.
$185,000

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2411 K Street, NW #4407
Bennett Plaza
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Chiropractic and Diabetes Type 2

By Dr. David Walls-Kaufman

In McCoy Press – Health Research, News, Commentary and Resources: A 61-year-old male presented to the chiropractor with a 20-year history of type 2 diabetes. Spinal misalignments were located and corrected and dietary modification changes were recommended and adopted by the patient.

Chiropractic spinal adjustments to improve posture and spinal health were applied to the sites of misalignment. Dietary changes to lower body inflammation were recommended. These strategies are part of what is referred to as Maximized Living protocol. One month of chiropractic treatment and dietary changes the patient decided to cease taking medication for treatment of his type 2 diabetes. After 2 months of chiropractic care he returned to his medical doctor who confirmed that his blood-glucose levels had normalized.

Chiropractic care and dietary modifications in a patient with a 20-year history of type 2 diabetes seems to have contributed to the resolution of his diabetes. More research is necessary to see if chiropractic care and dietary modifications can help the general population suffering from type 2 diabetes.
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