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A PUBLICATION OF *The Washington Post* | LIVE ALL DAY AT WWW.READEXPRESS.COM | AUGUST 15, 2006 | >> **FREE** <<

## Tuesday



SIMON DAWSON/AP

Officers patrol British airports on Monday.

**On Alert:** Britain lowers its terror threat level to 'severe' | 9

**Planet Spat:** Scientists meet to decide on Pluto's status | 37



**Redskins Scare:** Portis uncertain for season opener after shoulder injury | 19

### ENTERTAINMENT

#### Low-Tech:

Timothy Olyphant and other 'Deadwood' citizens face the future. Also, Trace Adkins.

>> 13-17



**Weather** >> Partly Sunny



**90 | 69**

FULL FORECAST ON PAGE 38



**RETURN TRIP:** Members of a displaced Lebanese family show pictures of Hezbollah leader Sheik Hassan Nasrallah on Monday as they return to south Lebanon.

# In Truce, a War of Words

Lebanese head home as Israel, Hezbollah each claim victory

BEIRUT, LEBANON | Tens of thousands of Lebanese jammed bomb-cratered roads Monday as they returned to still-smoldering scenes of destruction after a tenuous cease-fire ended 34 days of vicious combat between Israel and Hezbollah.

Lines of cars — some loaded with mattresses and luggage — snaked slowly around huge holes in the roads and ruined bridges. Hezbollah fighters hugged each other and celebratory gunfire and fireworks erupted in Beirut when the Islamic militant group's

leader, Sheik Hassan Nasrallah, claimed a "strategic, historic victory."

Israeli Prime Minister Ehud Olmert also claimed success, saying the offensive eliminated the "state within a state" run by Hezbollah and restored Lebanon's sovereignty in the south.

In northern Israel, residents emerged from bomb shelters, hopeful that the barrage of nearly 4,000 Hezbollah rockets that had rained down on towns and villages since

July 12 had ended — for now. Stores shuttered for weeks reopened and some people returned to the beaches in Haifa, which suffered most from guerrilla attacks.

President Bush said Monday that Hezbollah guerrillas suffered a defeat at the hands of Israel and he blamed the guerrilla group for the devastation. "There's going to be a new power in the south of Lebanon," he said.

The conflict left nearly 950 people dead — 791 in Lebanon and 155 on the Israeli side, according to official counts. (AP)

♦ **Assessing blame:** President Bush admonishes Iran and Syria for their support of Hezbollah | Page 3

**BANS | Bad Swords** Scotland is moving to restrict the sale of swords to cut down on crime, the BBC reported. Under pending legislation, stores that sell swords will need a license; exceptions will only be made for swords in museums or those used for Scottish tradi-

tional dancing, historical re-enactments, fencing or martial arts. "Doctors and law-abiding citizens have seen the damaging effects of swords, including samurai swords," said Minister of Justice Cathy Jamieson. (EXPRESS) **EyeOpeners** | Page 2

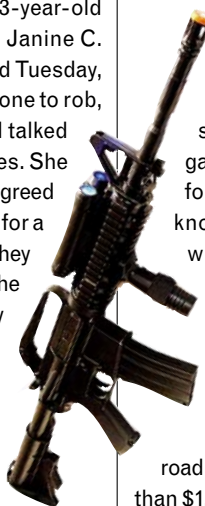


# eyeOpeners

**PARENTING**

## Oh, Well, Kids Will Be Kids

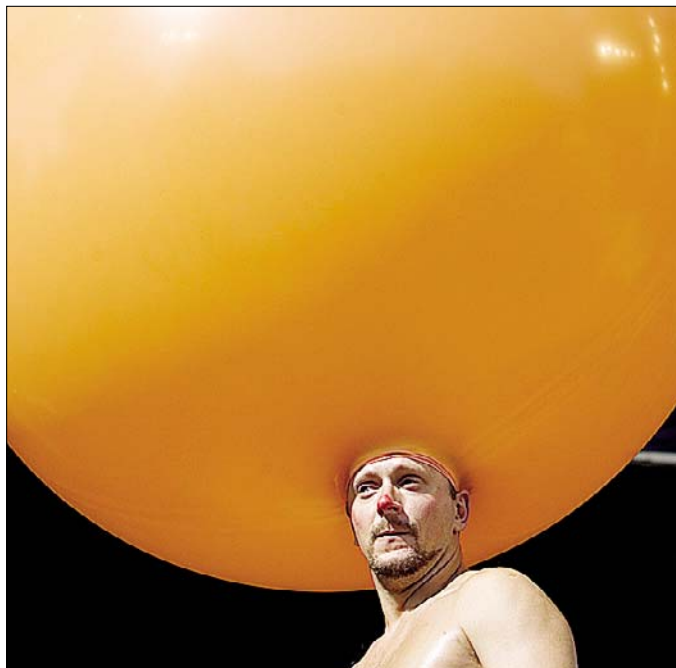
A Stoughton, Wis., mother has been charged with helping her 13-year-old son find someone to rob. Janine C. Lewis drove her son around Tuesday, helping him look for someone to rob, officials said, after he had talked about committing robberies. She discouraged him; still, she agreed to drive him around to look for a victim, the complaint said. They found a man at a car wash. She asked her son if he really wanted to go through with it; he said he did, and she told him to be careful, the authorities said. The boy approached the man with a gun and demanded money, but the would-be victim realized the boy's gun was actually a BB gun, police said. (AP)



**TRIVIA**

## If Ken Jennings Were an Alcoholic

A Hammersmith, England, couple have won \$18,000 by playing pub quiz machines, the Sun reported. David and Lesley Brewis figured out they were smarter than "The Big Match" game, which offers a \$37 jackpot for correctly answering general-knowledge trivia questions and winning a set of skill games, and found there were thousands of such machines in pubs around the nation. They used the Internet to find where the machines were set up, and set out on a 2,000-mile, 10-week road trip to play them. Spending less than \$1,000 on travel costs, they raked in their winnings in coins, once depositing a 108-pound bag of currency in the bank. (EXPRESS)



KELDNANTOFT/AFIPGETTY IMAGES

**BALLOONS**

## Airhead

If you've ever found yourself feeling light-headed, well, you still have nothing on Danish clown Lars Lottrup, who sported a giant balloon on his head on Monday during the International Clown Festival. The event, which is in its 11th year, is being held at an amusement park in Dyrehavsbakken, Denmark, and will continue for 10 days. We'd like to see him climb out of a tiny little car with that monstrous thing on his noggin. (EXPRESS)

**PARENTING AGAIN**

## Go to Your Room! Or, Better Yet, Jail Cell!

A father and four guards at a Pittsburgh juvenile detention center who took the man's teenage son on a frightening visit to the lockup in hopes of scaring him straight were found not guilty Thursday of child endangerment. Anthony Donald was charged for taking his son, Anthony Jr., then 13, to the center in 2005 after the boy got in trouble at school. The father knew several guards at the center; the boy was yelled at, forced to partially strip and clean a sink with a toothbrush, authorities said. (AP)



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**ATTENTION, THIEVES:** FEMA will replace locks on as many as 118,000 trailers used by Gulf Coast hurricane victims after discovering the same key could open many of the mobile homes. One locksmith cut only 50 different kinds of keys for the trailers sold to FEMA, officials said.

## Nation

### In Brief

**WASHINGTON**  
**Report Cites Misconduct  
By Military Recruiters**

Military recruiters have increasingly resorted to overly aggressive tactics and even criminal activity to attract young troops to the battlefield, congressional investigators say. According to service data provided to the Government Accountability Office, substantiated cases of wrongdoing jumped by more than a third, from about 400 cases in 2004 to almost 630 in 2005. (AP)

**NEW ORLEANS**  
**Nagin's Halt of Dumping  
Could Delay City Cleanup**

Mayor Ray Nagin on Monday ordered waste haulers to stop depositing debris in a controversial landfill opened after Hurricane Katrina, a move state regulators said could delay the battered city's cleanup by more than a year. City officials said the emergency authorization allowing the landfill to accept waste was about to expire. (AP)

**SAN DIEGO**  
**Ordained Woman Leads  
Roman Catholic Service**

A woman who says she has been ordained a Roman Catholic priest led a service during the weekend — despite the risk of being excommunicated. Jane Via, 58, is among 15 American women who have gone through ordination ceremonies that are not sanctioned by the Roman Catholic Church, which bars women from becoming priests. (AP)

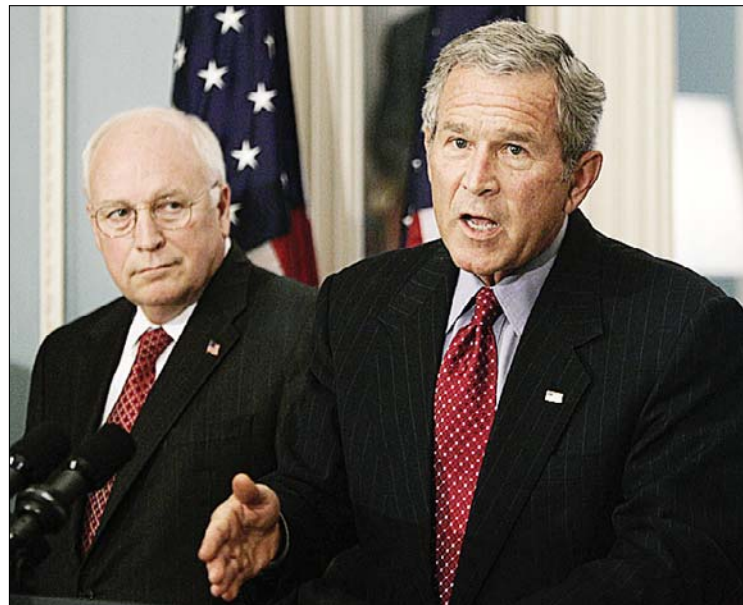
# Bush: Israel Defeated Hezbollah

## President says militants to blame for deaths of Lebanese civilians

**WASHINGTON** | President Bush said Monday that Israel defeated Hezbollah's guerrillas in the monthlong Mideast war and that the Islamic militants were to blame for the deaths of hundreds of Lebanese civilians.

Bush admonished Iran and Syria for backing Hezbollah, which captured two Israeli soldiers on July 12 igniting the conflict. Both sides claimed victory Monday, hours after a U.N.-brokered cease-fire took effect, while Bush said Israel prevailed.

"Hezbollah attacked Israel. Hezbollah started the crisis, and Hezbollah suffered a defeat in this crisis," the president said at the State Department after a day of meetings with his top defense, diplomatic and national security advisers.



**CERTAIN TERMS:** President Bush, flanked by Vice President Dick Cheney, declares Hezbollah defeated at a news conference at the State Department on Monday.

The United States backed Israel in the war, and Bush made clear he was determined to help the Israelis in the post-fighting struggle of words

about who wound up on top.

The president portrayed the war, which killed about 790 Lebanese and 155 Israelis, as part of a broader

### Tough Talk on Iran

→ President Bush harshly warned Tehran to stop backing militias in Lebanon and in Iraq, where the U.S. has long accused Iran of feeding violence. | **Today, A Section**

**IN** **The Washington Post**

struggle between freedom and terrorism. He said one can only imagine how much more dangerous such a conflict would be if Iran possessed nuclear weapons.

Bush said Hezbollah lost, though Israel didn't knock out the guerrillas.

Bush said a United Nations-brokered cease-fire was an important step toward ending the violence, yet he acknowledged that the truce was fragile.

"We certainly hope the cease-fire holds, because it is step one of making sure that Lebanon's democracy is strengthened," Bush said.

DEB RIECHMANN (AP)

## Judge Won't Stop Sale of Oil and Gas

**NEW ORLEANS** | A federal judge Monday dealt Gov. Kathleen Blanco a defeat in her campaign to force the government to give Louisiana a bigger share of the royalties from offshore oil and gas drilling.

U.S. District Judge Kurt D. Engelhardt turned down Blanco's request to block Wednesday's sale of federal natural gas and oil leases in the western Gulf of Mexico.

Blanco has threatened to block such sales until the state is given more royalties to help it recover from Hurricane Katrina. She filed a lawsuit claiming the federal government has not done enough to protect Louisiana's wetlands from damage from drilling.

The state now receives less than 2 percent of royalties from oil and gas produced in the Gulf. (AP)

## WTC Workers' Benefits to Rise

**NEW YORK** | Gov. George Pataki signed legislation Monday to greatly expand benefits for workers who have died or become sick from toiling in the smoke and dust that hung over the ruins of the World Trade Center.

Among other things, the families of rescue workers who die of their

illnesses years after Sept. 11 would receive the full benefits available to those killed in the line of duty.

Rescue workers claim they are suffering from a variety of respiratory ailments and fear they could develop cancer down the line from asbestos and other toxic substances. (AP)



Pataki

# Allergies?

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# Baby Girl Born in Wreck

Fla. woman delivers child after crashing car on way to hospital

PAHOKEE, FLA. | A pregnant woman in labor, driving herself to the hospital, crashed her car and gave birth while trapped in the mangled, partially submerged vehicle, authorities said.

Kenyetta Biggs spent more than an hour in the car Sunday morning before she — and her newborn daughter — were rescued and taken to a hospital, authorities said. Her father said she had not told the family she was pregnant.

Biggs, 21, suffered a broken leg, but she and the baby she named Myracle were reported to be doing well.

Palm Beach County sheriff's Deputy Stephen Maxwell noticed a person's head poking out through some tall grass along a canal bank. The deputy stopped and found Biggs trying to get out of her partially submerged car. She told him her baby was inside.

Police said she had been driving to a hospital and a strong contraction caused her to lose control of the car shortly after 5 a.m. (AP)

**IOWA | BAND CAMP**



DAVE KETTERING/AP

**TWIRLING:** Dubuque Senior High School flag corps members practice during band camp held on Monday in Dubuque, Iowa.

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The number of soldiers dismissed last year from Fort Leonard Wood, Mo. The Missouri Army base used the "don't ask, don't tell" policy to kick out more soldiers than any other military installation last year, according to Defense Department documents.

Nation

# Katrina Victims Eyed in Crime Jump

## Houston police say New Orleans gangs to blame for homicides

HOUSTON | A recent paper trial led Louisiana bounty hunter James Martin to Texas. Again.

It marked the seventh time since Katrina that Martin, who pursues bail jumpers, has followed a trail starting in New Orleans to Texas. Katrina sent a lot of bad guys to Texas, as Houston is finding out.

Houston took in 150,000 evacuees — the most of any U.S. city — after Katrina struck on Aug. 29. Houston police believe the evacuees are partly responsible for a nearly 17.5 percent increase in homicides so far this year over the same period in 2005.

About 21 percent of Houston's 232 homicides through July 25 involved an evacuee as either a suspect or a victim, according to police, who attribute much of the bloodshed to fighting among rival New Orleans gang members.



**CRIME RISE:** Bounty hunter Michael Wright holds case files in his office in Metairie, La., last week. Houston police say Katrina evacuees are to blame for a jump in crime.

"New Orleans allowed a lot of these guys to stay on the street for whatever reason or be picked up and released after 60 days," said Capt. Dale Brown, who oversees Houston's homicide division.

"Texas law, I don't want to say it's tougher, but we take these offenses very seriously."

Judge Robert Eckels, chief executive of Harris County, which includes Houston, said Katrina

evacuees arrested in Houston have cost the county's criminal justice system more than \$18 million. In June, Texas Gov. Rick Perry sent \$19.5 million to Houston to help pay for additional officers and overtime to police the city after Katrina.

The police and the Harris County sheriff's department said they have no figures on how many Katrina evacuees have been arrested.

Houston police said misdemeanor and felony arrests overall actually dropped last fall from the same period a year earlier.

But the sheriff's department reported a 41 percent increase in felony arrests in November from the year before.

Katrina evacuees received fair warning when they arrived in Houston. Days after the storm, Mayor Bill White went on television, flanked by Houston police, and welcomed Katrina's bedraggled survivors with a stern warning that a jail cell was waiting for anyone who crossed the line.

PAUL J. WEBER (AP)

## Hoover Center Reopens After Explosives Scare

BOULDER CITY, NEV. | The Hoover Dam visitor center reopened Monday while authorities continued investigating the weekend discovery of an explosive blasting cap in a construction tunnel.

Bob Walsh, spokesman for the federal Bureau of Reclamation, which operates the dam, said a fire department bomb squad was called about 1 p.m. Sunday after the blasting cap was found.

"Nobody hurt, nobody panicked," Walsh said. The visitor center was closed as a precaution, and authorities said there was no indication of terrorism.

Officials removed the explosive from the tunnel in a canyon wall and detonated it away from the dam.

The Bureau of Reclamation estimates that close to 1 million visitors a year tour the dam on the Colorado River, 30 miles (50 kilometers) southeast of Las Vegas, and millions more drive across it. (AP)

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# Nation



**BEST INTEREST:** A seven-year-old political donation has proven costly for the Senate's most senior Democrat. Sen. Harry Reid, D-Nev., last year refunded a \$3,000 improper donation, but has had to pay more than \$1,600 in interest, according to recent Senate filings.

## Army Recalling 300 Troops to Iraq

### Pentagon: Extended Alaska unit had just returned home to U.S.

WASHINGTON | About 300 Alaska-based soldiers sent home from Iraq just before their unit's deployment was extended last month must now go back, the Army said Monday, setting up a wrenching departure for troops and families who thought their service there was finished.

The soldiers — all from the 172nd Stryker Brigade — are among the 380 troops who had gotten home to Fort Wainwright when Defense Secretary Donald H. Rumsfeld ordered the unit to serve four more months. The remaining 80 will not have to return to Iraq.

Army officials have sent a team of personnel and pay experts to Alaska to help sort out all of the soldiers' vacations, school enrollments and other plans torn apart by the decision to return them to Iraq. The unit is now being stationed in Baghdad.

Lt. Col. Wayne Shanks, a service



**ORDERS:** Donald Rumsfeld, right, meets with Condoleezza Rice, President Bush and Dick Cheney on Monday. Rumsfeld ordered about 300 soldiers to return to Iraq.

spokesman, said the Army fully realizes the hardships triggered by the move and is "bending over backward to accommodate" the families.

The bulk of the 172nd Brigade was still in Iraq when Rumsfeld

extended its deployment as part of a plan to quell the escalating violence in Baghdad. Overall, the brigade has about 3,900 troops.

Another 300 soldiers from the unit had left Iraq and gotten to

Kuwait, and were about to board flights home when they were called back.

Before Monday's announcement, the troops who had already returned home to Alaska had been told that decisions on their fates would be made on a case-by-case basis.

Army officials said they don't recall another time during the three-year-long Iraq war when the Pentagon so quickly recalled soldiers who had served a year on the battlefield and gotten home.

Other units have had their deployments extended anywhere from a week or two to a few months.

The 300 soldiers recalled from Alaska on Monday got to spend between three and five weeks at home, and will head back to Iraq in the next two weeks. Most of the brigade is expected to leave Iraq by the end of the year, although Army spokesman Paul Boyce said Monday there are no assurances the unit's stay will not be extended again. A second extension, however, would be very rare. **LOLITA C. BALDOR (AP)**

## White House: Lesser Bird Flu Found in U.S.

WASHINGTON | Scientists have discovered possible bird flu in two wild swans on the shore of Lake Erie — but it does not appear to be the much-feared Asian strain that has ravaged poultry and killed at least 138 people elsewhere in the world.

It will take up to two weeks to confirm whether the seemingly healthy wild mute swans in Michigan really harbored the H5N1 virus.

On Monday, the Agriculture Department declared that initial testing had ruled out the so-called highly pathogenic version of H5N1 — but that they could have a relatively harmless, low-grade H5N1 strain instead.

That's the suspicion, making Monday's announcement almost a practice run for the day the more worrisome Asian strain actually arrives. Were the highly pathogenic H5N1 to be found in any wild birds here, that could trigger additional security steps. **(AP)**

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The number of countries and aid agencies invited to a donors' conference in Stockholm, Sweden, on Aug. 31 aimed at helping Lebanon rebuild homes, roads and ports affected by weeks of fighting between Israel and Hezbollah.

World

## In Brief



Venezuelan President Hugo Chavez with Cuba's Fidel Castro in Havana.

#### HAVANA Cuban TV Airs New Video of Castro Talking With Chavez

Cuban state television on Monday aired the first video of Fidel Castro since he stepped down as president to recover from surgery, showing the Cuban leader joking with both his brother and Venezuelan President Hugo Chavez. Castro appeared tired and pale, yet alert in the videotaped encounter, speaking quietly but clearly enjoying himself as he chatted with Chavez, his close friend and political ally. Acting President Raul Castro was also present for the encounter on Sunday, his brother's 80th birthday. (AP)

#### COLOMBO, SRI LANKA Fighting Among Government Forces, Tamils Kills Dozens

Fighting between the government and Tamil insurgents and a suicide bombing killed dozens Monday, including youths at what the rebels said was a school and the government insisted was an insurgent base. The clashes and the blast in Colombo appeared to dash hopes for a quick end to fighting that has worsened over the past month, undermining an already shaky cease-fire. (AP)

#### GUATEMALA CITY Bus Plunges Over Cliff After Brakes Fail, Killing 23

A bus plunged over a cliff after its brakes failed and unsuccessfully trying to exit off an emergency ramp early Monday, killing 23 people and injuring more than 50, police said. (AP)

# Lebanese Return to Scenes of Ruin

## Weeks of fierce battles leave destructive aftermath for villagers

MARWAHEEN, LEBANON | Villagers began returning home Monday after Israel's 34-day onslaught that cut a jagged swath through southern Lebanon, leaving behind scenes of near-total destruction. In many border villages, gunmen emerged from collapsed buildings and hugged one another.

In Kafra, about six miles north of the frontier, two Hezbollah soldiers in fatigues and carrying rifles stood beneath a tree watching cars creep past bomb craters. The cease-fire was only hours old when residents in beat-up cars and pickup trucks, children packed into the back, came bouncing along the ruined roads.

Smoke still rose from several of the buildings in Kafra. Entire streets lay in ruin. Bombs had smashed storefronts and apartment buildings alike all along the southern border.

The Israeli force had gotten as far as high ground at Beit Yahoun, nine miles north of the frontier after punching past Hezbollah defenses at Bint Jbail in several days of some of the heaviest fighting in the war.



SHAKY GROUND: A woman navigates the rubble of an apartment block as she returns to her home in a Beirut suburb on Monday.

Bint Jbail was a deserted wasteland of smashed homes. Intermittent fighting had continued until shortly before the cease-fire took effect Monday. The road into the town from Tibnin, also hard hit, was littered with unexploded artillery shells and spent rockets.

One of the hardest-hit villages in the south was Aita al-Shaab, the scene of one of the fiercest battles. Nothing seemed undamaged.

#### In Israel, a Stormy Mood

→ Prime Minister Ehud Olmert acknowledged mistakes in the war against Hezbollah Monday as the Israelis confronted criticism over the conflict. | Today, A Section

#### The Washington Post

Clothing spilled out of shattered shops. Houses and apartment buildings were piles of twisted girders and broken concrete and plaster.

Yaroun, a community of Christians and Muslims about a mile from the border, was flattened, too, and residents were shocked by what they saw.

Jamila Marina screamed as she stumbled over rubble that led to her home. The back half of the house had collapsed.

"I don't know what we did to deserve this. I don't know what we did," she yelled. KATHY GANNON (AP)

# Palestinian Gunmen Abduct Fox News Crew

GAZA CITY, GAZA STRIP | Masked Palestinian gunmen ambushed a car carrying a Fox News crew in Gaza City on Monday and kidnapped two of the journalists inside, according to witnesses and Fox.

"We can confirm that two of our people were taken against their will in Gaza," Fox News said in a statement.

A Fox employee in Gaza, who declined to give his name because he was not authorized to release information about the incident, said the two kidnapped people were reporter Steve Centanni, a U.S. citizen,

and cameraman Olaf Wiig, who was from New Zealand.

The men were parked near the headquarters of the Palestinian security services when two trucks filled with masked gunmen pulled up and boxed them in, according to the employee.

Major militant groups in Gaza denied having any connection to the incident, and there was no immediate word of any demands made.

Security officials put police on alert and set up roadblocks to find the journalists, said Interior Ministry spokesman Khaled Abu Hilal. (AP)

# Sharon's Health Said to Be Worse

JERUSALEM | Former Israeli Prime Minister Ariel Sharon, who has been in a coma for more than seven months, suffered a further deterioration in his health Monday, according to the hospital where he is being treated.

A new brain scan showed a worsening in his brain function, his urine output has decreased significantly and a chest scan showed that he had

a new infection in his lungs, said Anat Dolev, spokeswoman for the Chaim Sheba Medical Center.

Dolev wouldn't say whether Sharon's life was in danger, but said that doctors were treating him with broad-spectrum antibiotics and steroids.

Sharon, 78, has been in a coma since suffering a massive stroke Jan. 4. He underwent several extensive brain surgeries to stop cerebral hemorrhaging, in addition to other, more minor procedures. (AP)



**GRIM REPORT:** Violence against women in Afghanistan is widespread and mainly happens inside victims' homes, according to a U.N. survey released Monday. The survey, conducted between January 2003 and July 2005, warned that domestic violence against women in the country is "hugely underreported" because of the stigma attached to it. (AP)



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**World**



Microsoft founder Bill Gates, left, and former President Clinton discuss strategies for dealing with the AIDS crisis at a health conference in Toronto on Monday.

**Taking a New Tact In the AIDS Fight**

Gates ready to focus efforts on drugs to prevent HIV infection

TORONTO | The double Bills of the global fight against AIDS — Microsoft founder Gates and former President Clinton — opened an international conference on the deadly disease Monday by challenging governments to confront the virus and help end the stigma plaguing women.

In a roundtable discussion, the two said they have devoted so much time to AIDS, which has claimed more than 25 million lives, because they believe the disease is one of the greatest heartaches of their generation.

More than 24,000 researchers, activists and health workers from 132 countries are attending the five-day summit. This year marks the 25th anniversary of the first

reported cases of human immunodeficiency virus, or HIV. Since the beginning of the pandemic, nearly 65 million people have been infected with HIV globally.

Gates noted that between 2003 and 2005, the number of people in low- and middle-income countries on antiretroviral drugs increased by 450,000 each year. Yet over the same period, the number of people who became infected with HIV averaged more than 4 million a year.

He said the development of a vaccine and drugs to prevent HIV infection, such as microbicides that would empower women in developing countries, were now his priorities.

"If we had a tool for women to use, like microbicides, I think that would change the course of this disease and we would finally start to have years where you would see less infection," Gates said. (AP)

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**Koizumi Visits Disputed War Shrine**

TOKYO | Japanese Prime Minister Junichiro Koizumi prayed at the Yasukuni war shrine Tuesday to mark Tokyo's World War II surrender, defying strident protests by China and South Korea but cheering his conservative followers.

It was Koizumi's sixth visit to the shrine since taking office in 2001, but his first on the highly symbolic

Aug. 15 anniversary of Japan's 1945 defeat. He is the first prime minister to make such a visit since 1985.

The shrine visits have been a lightning rod for critics who accuse Japan of failing to properly atone for its military invasions in the 1930s and '40s. The shrine honors convicted war criminals among Japan's 2.5 million war dead. (AP)





**SMOKE OUT:** Millions of Chileans will now be forced to take their cigarette breaks outside, after a tough anti-smoking law, which will ban smoking in many public places, took effect Monday. Health officials estimate that some 42 percent of Chileans smoke.

## World

# Britain Lowers Terror Threat Level

**Air passengers will be allowed to bring more items as carry-ons**

LONDON | Britain lowered its terrorist threat level a notch Monday, a relief for weary travelers who have endured days of chaos at the nation's main airports since security forces foiled an alleged plot to blow passenger planes out of the sky.

Attention, meanwhile, began turning to the role a radical Pakistani charity might have played in financing the terror scheme, allegedly with money that was meant to go to earthquake relief.

Additionally, a court in London granted the government more time to interrogate the last of 23 people it is holding in connection with the plot.



**STILL ON ALERT:** British police patrol outside London's Heathrow airport on Monday after the government decided to lower its terror threat level to "severe."

The decision to drop the terror threat level to "severe" — where it was before the alleged jetliner scheme was thwarted — means passengers will be allowed a single, briefcase-sized bag aboard aircraft, and books, laptop computers and digital music players will also be permitted again.

The British Airports Association said it was searching only half of the passengers at Heathrow airport, greatly speeding up the flow.

Home Secretary John Reid cautioned that the easing of security measures and the lowering of the terror threat level did not mean that Britain was out of danger.

"I want to stress ... that the change in the threat level does not mean that the threat has gone away," he said at an early morning news conference. (AP)

## Iraqis, U.S. at Odds Over String Of Deadly Blasts

BAGHDAD, IRAQ | A deadly series of explosions in a Shiite neighborhood of Baghdad triggered a new battle Monday — between the U.S. military and the Iraqis over what caused the blasts.

A U.S. military spokesman blamed the Sunday evening explosions in Zafraniyah on a gas line explosion that he said triggered secondary blasts and devastated the working-class district.

But Iraqi police and Prime Minister Nouri al-Maliki said the neighborhood was hit by car bombs and a rocket barrage.

U.S. teams went to Zafraniyah and found "no evidence" of anything other than a "significant gas explosion," U.S. military spokesman Maj. Gen. William Caldwell said. (AP)

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# Money

## PepsiCo Names New Female CEO

Nooyi will rank No. 2 among women execs in the Fortune 500

NEW YORK | The exclusive club of women running the nation's largest public companies grew by one on Monday.

PepsiCo Inc., maker of Pepsi, Gatorade and Frito-Lay snacks, named Indra K. Nooyi as chief executive officer, making her No. 2 among female CEOs at firms in the Fortune 500, which are ranked in size by revenue. She takes over Oct. 1.

Nooyi — who was born in India and earned an undergraduate degree and a master's degree there — has been called "a true internationalist." She started her career in India, including a post at Johnson & Johnson, and later moved on to jobs at the Boston Consulting Group and Motorola Inc. She also earned a master's degree in public and private management from Yale University.

Nooyi, 50, replaces Steven Reinemund and boosts the ranks of women at the top of large companies to 11. Reinemund said in

a statement that he is retiring to spend more time with his family.

Patricia Woertz at agricultural processor Archer Daniels Midland Co. ranks first among female CEOs of Fortune 500 companies, where ADM is positioned 56th. PepsiCo, the world's second-largest soft-drink company after Coca-Cola Co., is 61st.



Nooyi

"I'm very excited and at the same time very humbled," Nooyi told analysts during a conference call on Monday.

The announcement of Nooyi's promotion comes while PepsiCo faces allegations that beverages being sold in her home country contain high levels of pesticides. Within the past week, at least five Indian states have banned the sale of Pepsi and Coca-Cola products at schools and government offices.

PepsiCo and Coca-Cola have maintained that their drinks are safe. Between them, the two companies account for nearly 80 percent of India's \$2 billion-plus soft-drinks market. VINNEE TONG (AP)

## In Brief

NEW YORK

### HSN Testing Unprecedented Shop-by-Remote Service

The Home Shopping Network is offering another way for shoppers to buy their goods: using their remote control pad to buy such merchandise as clothing and jewelry on TV. It is the first service of its kind being offered in the U.S. The new shop-by-remote interactive TV service quietly began testing in Hawaii at the beginning of the year, while service in parts of the New York market started being tested a few months ago. HSN's service allows digital cable customers to immediately purchase items presented on HSN by using their remote control to access credit card and other information already stored with HSN. (AP)

NEW YORK

### Oil Prices Fall Amid Reports Of Cease-Fire, BP Output

Oil prices fell as much as \$1.75 a barrel Monday as a cease-fire began in Lebanon and investors responded to news that BP expects to maintain half of its production at a large oil field in Alaska despite a pipeline leak. Light sweet crude for September delivery fell 82 cents to settle at \$73.53 a barrel in electronic trading on the New York Mercantile Exchange. (AP)

## Market Action

### New York Stock Exchange

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
HewittAsc	23.01	+2.40	+11.6
Libbey	7.16	+0.69	+10.7
MillsCpIf	17.44	+1.53	+9.6
WtWatch	41.55	+3.31	+8.7
SchMau	17.78	+1.18	+7.1

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Calgon	4.25	-1.59	-27.2
SeaCntB If	2.93	-.55	-15.8
SeaCntA If	2.78	-.31	-10.0
BallyTotF	2.53	-.23	-8.3
StuLnCp	161.70	-12.30	-7.1

### NASDAQ Stock Market

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Neuroch g	11.72	+2.23	+23.5
SCO Grp	2.89	+0.39	+15.6
HollisEden	6.67	+0.78	+13.2
CryoCor	2.38	+0.26	+12.3
<B>Iomai n	3.48	-.02	-0.7

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Micronetic	8.80	-3.20	-26.7
Phazar	6.34	-1.98	-23.8
ModtechH	5.71	-1.60	-21.9
NatHITre If	2.50	-.54	-17.8
Insure.com	2.50	-.48	-16.1

### Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.25
3-month disc	4.98	4.99
2-year	5.01	4.95
10-year	5.00	4.92
30-year	5.12	5.00

### Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5297	.5291	.5507
Canadian Dollar	1.1268	1.1231	1.1955
European Euro	.7862	.7856	.8037
Japanese Yen	116.67	116.26	109.38
Mexican Peso	10.8125	10.7998	10.6480
Taiwanese Dollar	32.73	32.61	31.85

DOW	NASDAQ	S&P 500
+9.84	+11.33	+1.47
+0.09	+0.55	+0.12
11097.87	2069.04	1268.21

### Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	65.69	-.71	-16.7
Amylin	41.02	-.21	+2.8
BiogenIdc	41.83	+0.38	-7.6
Celgene s	43.27	+0.27	+33.5
ChRvLab	38.30	+0.27	-9.6
GenProbe	49.29	-.84	+1.0
Genentch	79.31	-.25	-14.3
Genzyme	66.51	-.14	-6.0
GileadSci	61.53	-.52	+17.0
Imclone	28.74	+0.63	-16.1
Invitrogn	59.42	+0.47	-10.8
Medmun	25.42	-.24	-27.4
MillPhar	9.83	+0.07	+1.3
QIAGEN	14.55	-.09	+23.8
VertexPh	30.63	+0.24	+10.7





**SHELL SHOCK:** Maryland softshell crabs are in scarce supply this summer. "It's up there among the worst seasons. I'll put it that way," said waterman Dwight Marshall of Smith Island, where the recent catch has been down about 80 percent.

## Local

# Fairfax Victims to Get Criminal Info

System expanded to release information about offenders' status

FAIRFAX, VA. | A program designed to help crime victims know when their perpetrators are released from state prisons is expanding to include city and regional jails.

The program, Victim Information and Notification Everyday, or VINE, gathers data on prisoner transfers, bond hearings and releases. Computer technology scans prison rolls and transmits a snapshot of the population to a database every 15 minutes, Gov. Timothy Kaine said Monday.

"Each institution agrees to have a record of who's there, available every two hours," said Kaine, adding that the system will take about two years to expand to 73 city and regional jails.

Victims will be able to call a toll-free number to find out whether an offender is in jail or register by phone to be notified when an offender is released or transferred, or escapes, officials said. Kaine said victims also can receive e-mails.

About 24,000 people have signed up since 2000, when, Kaine said, the program was implemented on a limited basis in state prisons. Before



Gov. Kaine, at the Fairfax County jail in Fairfax on Monday, announces a new program, Victim Information and Notification Everyday, a criminal-tracking system to keep crime victims informed about the custody and court status of offenders.

then, Kaine said, victims had to go a lengthy route that involved contacting several jails and prisons — often ending up with old information or none at all.

A \$1.25 million federal grant will help expand the program, said John Jones, executive director of the

Virginia Sheriff's Association, which is organizing the expansion.

The grant will cover the entire phase-in. The system will cost the state about \$600,000 a year thereafter.

"It's going be helpful, because victims will have access to real-

time information when the person who committed a crime against them is released," Jones said. "They may need to take action to protect themselves."

The initiative was announced at the Fairfax County jail complex. (AP)

## In Brief

OXON HILL, MD.

### Beltway Briefly Shut Down Following Truck Sludge Spill

The inner loop of the Capital Beltway at the Wilson Bridge reopened Monday after crews finished cleaning up sludge from an overturned truck. State Highway Administration spokesman Chuck Gischlar said all three lanes were reopened about 5:45 p.m., three hours after the truck spilled debris along the road. The spill snarled southbound traffic during the afternoon rush. County fire department spokesman Mark Brady said the truck driver received injuries that were not life-threatening. (AP)

WASHINGTON

### Poll: D.C. Council Chair Vote May Split Along Racial Lines

When voters choose the next D.C. Council chairman, the decision may come down to a sharp racial divide. Three-term representative Kathy Patterson, of predominantly white Ward 3, is running against first-term representative Vincent Gray, of predominantly black Northeast and Southeast neighborhoods in Ward 7. A Washington Post poll finds Patterson, who is white, is favored by most white residents, and Gray, who is black, is favored by most black residents. (AP)

## Ex-Md. Gov. Gives Perez His Support

ANNAPOLIS, MD. | Former Gov. Harry Hughes endorsed Tom Perez for attorney general on Monday, saying Perez would do the best job of the three Democratic candidates to improve water quality in the Chesapeake Bay and protect the environment.

"It's getting more difficult all the time to protect this great body of

water behind us, the Chesapeake Bay," Hughes said on the Annapolis City Dock.

Hughes is considered a leading environmentalist. While governor, he helped form the Chesapeake Bay partnership among Maryland, Virginia, Pennsylvania, the District of Columbia and the federal government. (AP)

## HEARSAY | CAMPAIGN

"This fellow over here with the yellow shirt — Macaca or whatever his name is — he's with my opponent."

—VA. SEN. GEORGE ALLEN, REFERRING LAST WEEK TO AN INDIAN CAMPAIGN WORKER FOR JIM WEBB. 'MACACA' IS A TYPE OF MONKEY.

## The Lotteries

Monday, August 14

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Mid-day Lucky Numbers	0-1-7
Evening Lucky Numbers	4-4-1
Mid-day DC 4	4-3-9-3
Evening DC 4	3-4-1-1

Rolling Cash Five **35-19-14-4-10**  
Daily 6 **28-4-23-38-25-19 (10)**

### MARYLAND

Mid-day Pick 3	2-1-6
Evening Pick 3	1-7-1
Mid-day Pick 4	2-8-2-3
Evening Pick 4	3-1-5-0
Match 5	1-2-21-36-38 (12)

### VIRGINIA

Mid-day Pick 3	6-5-7
Mid-day Pick 4	1-4-0-6
Mid-day Cash 5	01-11-14-24-33

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▼

“... Penguins, we need to talk ...  
... I scribbled the word “whoa” five times into my notebook ...  
... And I haven’t even mentioned alien probing ... ”

**Desson Thomson | Film Critic**  
Fridays in Style and Weekend

**The Washington Post**

N225 5x2



**SMALL SCREEN:** Fox Interactive Media said it will begin selling movies and TV shows on the download site Direct2Drive. Fans can buy films including "X-Men: The Last Stand" to watch on personal computers or Windows portable media devices.



## Entertainment

# Signals of a New Era

**As technology grows, so must the town on HBO's 'Deadwood'**

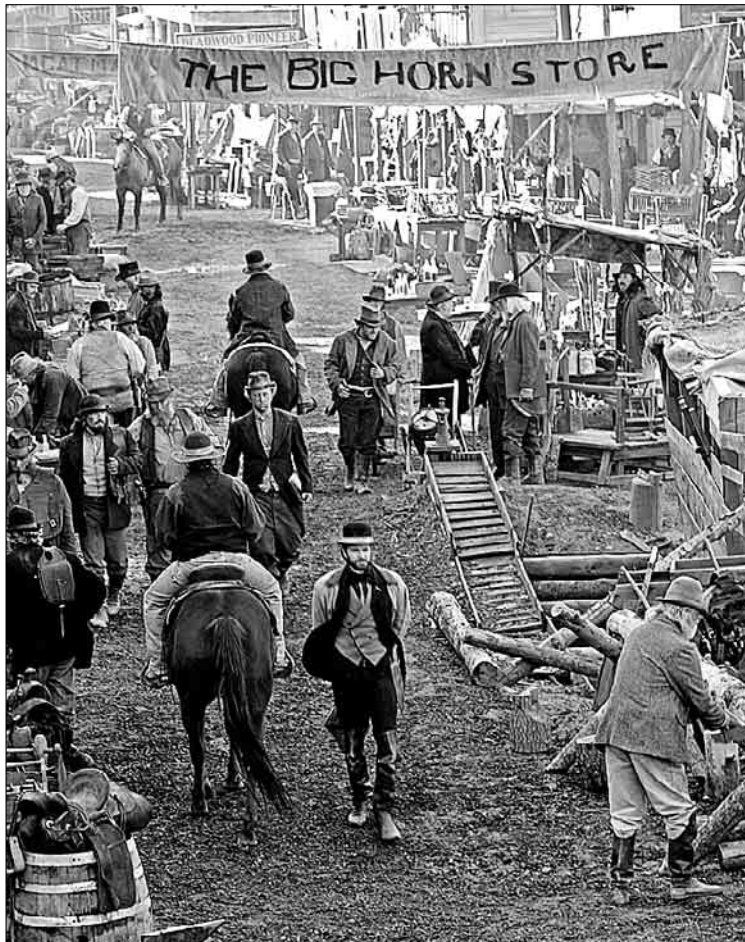
**SHINY NEW TOYS** | "We're in the presence of the new," the menacingly eloquent Al Swearengen of "Deadwood" says. He is talking about the interloper George Hearst, but he might as well be referring to just about everything around him.

From its first episode, the "Deadwood" universe has been obsessed with the new — the bumpiness of innovation and its uneasy relationship with old ways. In short, it mimics America, land of never-ending novelty.

Now, as David Milch's HBO series winds toward its unsettling end this month, it seems that the show is largely about the rise of an overwhelming media society.

A.W. Merrick, the editor of the *Deadwood Pioneer*, is portrayed by Jeffrey Jones as an insider's outsider, grappling with the notion that there are quicker, sexier ways to obtain information than his extremely local newspaper. Far more in step is someone like Charlie Utter (Dayton Callie), whose shipping business is riding the wave of the future.

Swearengen (Ian McShane), meanwhile, watches from the balcony of his Gem Saloon as new tele-



**INFORMATION THOROUGHFARE:** The growing camp resists and adapts to change.

graph-related contraptions rise. "Messages from invisible sources," he spits. This theme became more pronounced with the arrival of fresh

stagecoaches, each containing a new metaphor for the outside world.

On one coach arrives a "velocipede," a precursor to the bicycle

— the debut of modern consumer invention in *Deadwood*. Its owner, barkeeper Tom Nuttall, rides it to initial success until a follow-up ride plays a role in the death of Sheriff Seth Bullock's young stepson.

On another coach arrives Jack Langrishe (Brian Cox), an actor in a troupe from back East that wants to establish a theater in town. "The place," Langrishe deadpans, "is yearning for elevation."

Each of these is an expression of the fears that mass communication produced in *Deadwood* in the 1870s — and, not coincidentally, is producing in America in the 2000s.

"The introduction of a new communication technology disrupting established communications networks ... presages what we see today with digital media, wireless networks and the Internet," Shawn McIntosh writes in the upcoming book "Reading *Deadwood*: A Western to Swear By."

Can it be coincidence that the ultimate force of evil in "Deadwood" is Hearst, patriarch of a clan synonymous with what many consider the birth of Information Age tyranny?

"Please do not kill me. I am only messenger," Blazanov, the Russian telegraph operator, says when confronted with a loaded gun as he delivers a telegram.

TED ANTHONY (AP)



FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

### 'MALTESE FALCON' Noir With a Twist



Tonight's treat at the Comcast Outdoor Film Festival is "The Maltese Falcon," the 1941 film of Dashiell Hammett's phil-

osophical hard-boiled thriller starring Humphrey Bogart as the existentialist detective Sam Spade. The story's infamous twist snaps the narrative's musings into perspective—it's still bracing, and surprising, today.

→ *Strathmore, 5301 Tuckerman Lane, Bethesda; 8:30 p.m., free; 301-581-5200.*



ESTHERO

### Late-Summer Chill

Canadian queen of chill and trip-hop diva Esthero does wildly eccentric, jazz-like things with her wide-ranging cocktail electronica.

→ *Birchmere Music Hall, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., 800-551-7328.*

### PUNK'S NOT DEAD, JUST OLD X Marks the Spot

Feeling nostalgic is a little easier if you're wearing a lot of black eyeliner—heck, everything's easier. Squeeze into your winklepickers and head down to the 9:30 Club, as essential Los Angeles punk band X returns with all of the original members and the ferocious intelligence intact.

→ *9:30 Club, 815 V St. NW; with Rollins Band, the Riverboat Gamblers, 7:30 p.m., \$25; 703-218-6500.*

### WHAT'S HAPPENING?

Please send press releases and photos to [expressevents@readexpress.com](mailto:expressevents@readexpress.com)



Adkins needs to give the hit "Honky Tonk Badonkadonk" a rest for now.

# A Trace of Expedience

**Trace Adkins' randy hit gets old, but he has hidden depths**

**MUSIC** | There's a line between capitalizing on and exploiting a hit single, and Trace Adkins straddles that line when he closes his eighth album with a dance remix of "Honky Tonk Badonkadonk." Pity the fan who picks up Adkins' new "Dangerous Man" (Capitol) believing he or she is getting the original version of the

crossover smash, instead getting a klutzy disco reworking that erases its leering charm.

Repeatedly, the 6-foot-6-inch former offshore oil rigger strains to reignite the careening fun of "Badonkadonk" with second-rate rewrites, such as his new single, "Swing," and the goofy hip-shaker "Southern Hallelujah."

On the other hand, the title song finds an effective way for Adkins to rock his drawling baritone — his macho persona works better at cel-

ebrating American toughness rather than relying on cute wordplay. Best of all, ballads like "I Came Here to Live" and "Words Get in the Way," with their moral dilemmas and sensitive portrayals of love, prove that Adkins can offer depth and variety beyond novelty dance hits.

Adkins has the nation's attention now; he should use it to show how broad his talent can be, rather than act like he's little more than a swaggering party animal.

MICHAEL MCCALL (AP)

# Entertainment



**CAREER MOVES:** French actress Julie Delpy will co-star with Adam Goldberg in the upcoming Richard Linklater film, "2 Days in Paris." She's so pretty and charming — why did it take her this long to make a dumb romantic comedy with a scruffy B-lister?

# Coping With the End

## A man faces finality in Francois Ozon's film 'Time to Leave'

**LAST DAYS** | Filmmaker Francois Ozon has largely focused on stories about women, from the psychological drama "Under the Sand" to the all-star musical whodunit "Eight Women" to the erotic thriller "Swimming Pool."

With "Time to Leave," the 38-year-old French auteur delivers a heartfelt drama as told from a man's perspective.

The film stars Melvil Poupaud as Romain, a successful and attractive gay photographer who is diagnosed with terminal cancer. With

only a few months to live, Romain copes with the prognosis by pushing away those closest to him. He confides his secret only to this bohemian grandmother (Jeanne Moreau, with whom he shares a special bond. On the way to visit her, Romain meets a waitress who makes a startling proposition, which eventually helps him come to terms with his fate.

### What made you decide to tackle this subject matter?

It came out of my experience on "Under the Sand" ... which was about coping with the death of someone you love. At the time, I said to myself, it will be interesting to make a film in a certain way about



**LIFE AND AFTERLIFE:** Francois Ozon, left, directing Melvil Poupaud on the set.

my own death, to imagine if it is possible to accept when you're young and know you're going to die.

### Did it take long to write?

Actually, I wrote it very quickly because I did some medical tests

and during the waiting I was so afraid, like anybody who has ever waited for their results.

### Was it a deliberate decision to make Romain's terminal illness cancer rather than AIDS?

Yes .... It also was a way for me to lose this cliché between AIDS and gay people. I wanted to say you could be gay and die of something else.

### Is Romain's shaving his head a symbolic act?

It originally wasn't in the script, but I realized to express the will to be naked, to lose all the superficial things of life like losing one's hair, that could be a strong image. It's like shedding your skin.

### Do you consider the film cathartic?

I think so. For me, all my films are a kind of therapy. It's a way to speak about things that you're afraid to speak of in real life. ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

# Music's Best-Kept Trivialities

## A guide to rock myths, rumors and mysteries tests fans

**MUSIC** | If anyone out there is wondering whether Mama Cass and Keith Moon died in the same apartment or what the DMX stands for in the rapper's name, we have the book for you.

Pop music know-it-all Gavin Edwards answers those questions and more in "Is Tiny Dancer Really Elton's Little John?: Music's Most Enduring Mysteries, Myths, and Rumors Revealed" (Three Rivers Press; \$13.95), which hits shelves later this month. Among the 241 pages, Edwards delves into the musical mystique — sex (of course), drugs (you bet) and other stuff. (Did Gregg Allman really shoot himself in the foot to avoid Vietnam? Answer: Yep.)

"Tiny Dancer," by the way, was



Where did DMX get his name? Only Gavin Edwards' book knows for sure.

written about the women Elton John and his lyricist, Bernie Taupin, met when they went to California in 1970. Oh, Cass and Moon both died — four years apart — in the London flat owned by their mutual singer-songwriter buddy Harry Nilsson. And DMX, nee Earl Simmons, picked up his nom de hip-hop from an Oberheim DMX drum machine. You can't beat that.

KEVIN AMORIM (NEWSDAY)

<p><b>REGAL ENTERTAINMENT GROUP</b>  <b>GALLERY PLACE STADIUM 14</b>                  701 Seventh St NW 800-FANDANGO 1724#</p> <p>Adv. Tix on Sale <b>SNAKES ON A PLANE (R) - ID REQ'D</b> ★                  STEP UP (PG-13) DIG (1200 230 510) 735 1005                  PULSE (PG-13) DIG (1220 240 500) 725 945                  WORLD TRADE CENTER (PG-13) DIG (1150 1230 300 400) 615 720</p> <p>OC: BARNYARD (PG) DIG (1215 915)                  THE DESCENT (R) - ID REQ'D DIG (1210 235 505) 745 1010                  THE NIGHT LISTENER (R) - ID REQ'D DIG (335) 950                  TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1145 220 455) 730 1005                  BARNYARD (PG) DIG (1200 435) 700                  JOHN TUCKER MUST DIE (PG-13) DIG (1235 315 545) 800 1035                  MIAMI VICE (R) - ID REQ'D DIG (100 410) 730 1030                  LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1155 1245 225 325 450) 625 715 900 955                  LITTLE MAN (PG-13) DIG (1225 250 530) 810 1040                  PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1240 355) 710 1025                  THE DEVIL WEARS PRADA (PG-13) DIG (1255) 655</p>	<p><b>POTOMAC YARD STADIUM 16</b>                  3575 Jefferson Davis Hwy 800-FANDANGO 690#</p> <p>Adv. Tix on Sale <b>SNAKES ON A PLANE (R) - ID REQ'D</b> ★                  WORLD TRADE CENTER (PG-13) DIG (100 140 400 440) 700 740                  STEP UP (PG-13) DIG (1130 130 210 410 450) 650 730 930 1010                  ZOOM (PG) DIG (1220 240 500) 720 940                  PULSE (PG-13) DIG (1225 245 505) 725 945                  TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1150 150 230 430 510) 710 750 950 1030</p> <p>THE DESCENT (R) - ID REQ'D DIG (135 415) 645 920                  THE NIGHT LISTENER (R) - ID REQ'D DIG (310 530) 1025                  BARNYARD (PG) DIG (1145 435) 655                  OC: BARNYARD (PG) DIG (1250) 815                  JOHN TUCKER MUST DIE (PG-13) DIG (1250) 800                  MIAMI VICE (R) - ID REQ'D DIG (155 455) 800                  MONSTER HOUSE DIGITAL 3D: \$1.50 FEE FOR 3D (PG) DIG (1155 220 445) 715 935</p> <p>LITTLE MAN (PG-13) DIG (125 405) 640 910                  PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1230 355) 735                  THE DEVIL WEARS PRADA (PG-13) DIG (145 425) 705 955</p>	<p><b>FAIRFAX TOWNE CENTER 10</b>                  4110 W Ox Road 800-FANDANGO 670#</p> <p>Adv. Tix on Sale <b>A NIGHTMARE ON ELM STREET (R) - ID REQ'D</b> ★                  STREET (R) - ID REQ'D ★                  PREMIERE (PG-13) ★                  ZOOM (PG) DIG (1210 240 500) 730 955                  TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1100 1145 145 230 415 515) 715 600 950 1030                  BARNYARD (PG) DIG (1115 130 400) 720 940                  THE DESCENT (R) - ID REQ'D DIG (130 230 430) 700 740                  PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1150 120 315 445) 645 810 1000                  SUPERMAN RETURNS (PG-13) DIG (1140 305) 700 1015                  CLEVERLY (R) - ID REQ'D DIG (1200 210) 650 930                  MY SUPER-EX-GIRLFRIEND (PG-13) (1200 220 440) 740 1010                  CURIOUS GEORGE (G) DIG (1000)                  MADAGASCAR (PG) DIG (1000)</p> <p>Free Family Film Festival Tue &amp; Wed 10AM</p>
<p><b>BALLSTON COMMON STADIUM 12</b>                  Glebe Rd, Arlington 800-FANDANGO 377#</p> <p>Adv. Tix on Sale <b>SNAKES ON A PLANE (R) - ID REQ'D</b> ★                  Adv. Tix on Sale <b>A NIGHTMARE ON ELM STREET (R) - ID REQ'D</b> ★                  Adv. Tix on Sale <b>TOBY KEITH - BROKEN BRIDGES PREMIERE (PG-13) ★</b>                  STEP UP (PG-13) DIG (1155 150 230 425 505) 700 740 935 1015                  ZOOM (PG) DIG (1200 225 450) 720 940                  THE DESCENT (R) - ID REQ'D DIG (1210 250 520) 800 1025                  THE NIGHT LISTENER (R) - ID REQ'D DIG (1235 255 515) 755 1015                  BARNYARD (PG) DIG (1215 235 455) 715 945                  SCOOP (PG-13) DIG (135 410) 645 915                  THE ANT BULLY (PG) DIG (140 415)                  MIAMI VICE (R) - ID REQ'D DIG (130 430) 730 1030                  PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1220 345) 640 710 1005 1035                  THE DEVIL WEARS PRADA (PG-13) DIG (120 420) 705 955                  SUPERMAN RETURNS (PG-13) DIG (1150 325) 650 1020</p>	<p><b>COUNTRYSIDE STADIUM 20</b>                  45980 Regal Plaza 800-FANDANGO 394#</p> <p>Adv. Tix on Sale <b>SNAKES ON A PLANE (R) - ID REQ'D</b> ★                  STEP UP (PG-13) DIG (1055 1150 140 240 440 540) 730 830 1020                  ZOOM (PG) DIG (1110 230 500) 725 945                  PULSE (PG-13) DIG (1215 245 515) 745 1015                  WORLD TRADE CENTER (PG-13) DIG (1100 100 200 410 510) 720 820 1030</p> <p>OC: BARNYARD (PG) DIG (145) 900                  THE DESCENT (R) - ID REQ'D DIG (1230 300 530) 800 1035                  THE NIGHT LISTENER (R) - ID REQ'D DIG (545) 815 1025                  BARNYARD (PG) DIG (1115 1145 215 400 445) 630 715                  TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1140 1220 220 320 420 520) 610 710 810 910 1010                  THE ANT BULLY (PG) DIG (1250 310)                  JOHN TUCKER MUST DIE (PG-13) DIG (1130 210 430) 645 920                  MIAMI VICE (R) - ID REQ'D DIG (1240 350) 700 950                  LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1100 1200 150 250 450 550) 740 840 1040</p> <p>MONSTER HOUSE DIGITAL 3D: \$1.50 FEE FOR 3D (PG) DIG (1050 110 340) 620 850</p> <p>LADY IN THE WATER (PG-13) DIG 940                  YOU, ME AND DUPREE (PG-13) DIG (120)                  PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (130 415) 650 930</p>	<p><b>GERMANTOWN STADIUM 14</b>                  20000 Century Blvd 800-FANDANGO 455#</p> <p>Adv. Tix on Sale <b>SNAKES ON A PLANE (R) - ID REQ'D</b> ★                  WORLD TRADE CENTER (PG-13) DIG (1230 100 330 430) 700 740                  STEP UP (PG-13) DIG (115 415) 1000 1040                  ZOOM (PG) DIG (1200 230 500) 730 1000                  PULSE (PG-13) DIG (1150 220 450) 720 950                  TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1230 130 330 440) 700 740 950 1030                  THE DESCENT (R) - ID REQ'D DIG (1200 240 510) 800 1020                  THE NIGHT LISTENER (R) - ID REQ'D DIG (210 450) 730 1010                  BARNYARD (PG) DIG (1200 220 445) 710 940                  THE ANT BULLY (PG) DIG (1150)                  JOHN TUCKER MUST DIE (PG-13) DIG (1210 230 500) 720 1010                  MIAMI VICE (R) - ID REQ'D DIG (1220 345) 745 1040                  MONSTER HOUSE (PG) DIG (1215 240 505) 735 1005                  PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1240 415) 750</p> <p>Free Family Film Festival - Today 10AM</p>
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STEP UP (PG13) / 11:40, 2:10, 4:45, 7:30, 10:10
ZOOM (PG) / 12:55, 3:15, 5:35, 7:55, 10:15
WORLD TRADE CENTER (PG13) / 11:30, 1:00, 2:30, 4:05, 5:30, 7:00, 8:40, 10:00
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:05, 1:10, 2:25, 3:25, 4:55, 5:55, 7:10, 8:15, 10:30
THE DESCENT (R) 11:55, 2:25, 5:10, 7:40, 10:05
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 11:15, 12:45, 2:15, 3:45, 5:15, 6:30, 8:00, 9:15, 10:40
THE ANT BULLY (PG) 10:50, 1:05, 3:20
JOHN TUCKER MUST DIE (PG13) 11:35, 1:50, 4:20, 6:50, 9:20
MIAMI VICE (R) 12:25, 2:00, 3:45, 5:05, 6:45, 8:20, 10:00
CLERKS II (R) 9:35 PM
LADY IN THE WATER (PG13) 6:25, 9:25
MONSTER HOUSE (PG) 11:10, 1:35, 3:55, 6:20, 9:05
MY SUPER EX-GIRLFRIEND (PG13) 11:25, 4:30, 9:30
LITTLE MAN (PG13) 11:45, 2:20, 5:00, 7:35, 10:00
YOU, ME AND DUPREE (PG13) 5:35, 8:10, 10:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 11:05, 2:35, 4:10, 6:15, 7:45, 9:40
THE DEVIL WEARS PRADA (PG13) 1:25, 4:15, 7:05, 9:50
SUPERMAN RETURNS (PG13) 11:20, 2:40
CARS (G) 1:20



THE NIGHT LISTENER (R) 11:50, 2:20, 4:40, 7:15, 9:55
SCOOP (PG13) 1:55, 6:55

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PULSE (PG13) / 12:40, 2:55, 5:20, 7:40, 10:00
STEP UP (PG13) / 1:30, 4:30, 7:20, 9:50
ZOOM (PG) / 12:50, 3:00, 5:15, 7:30, 9:40
WORLD TRADE CENTER (PG13) / 1:30, 4:20, 7:10, 10:10
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:30, 2:45, 5:00
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:20, 4:10, 7:00, 9:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 7:05, 10:05

AMC MAZZA GALLERIE

Jenifer and Wisconsin 202-537-9553

STEP UP (PG13) / 2:00, 4:30, 7:20, 9:45
ZOOM (PG) / 1:20, 3:30, 5:40, 7:50, 10:00
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:10, 3:20, 5:30, 7:40, 9:50
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:40, 4:15, 7:10, 9:35
JOHN TUCKER MUST DIE (PG13) 1:50, 7:00
CLERKS II (R) 4:40, 9:15
LADY IN THE WATER (PG13) 9:40 PM
MONSTER HOUSE (PG) 1:00, 3:10, 5:20, 7:30
THE DEVIL WEARS PRADA (PG13) 1:30, 4:05, 7:00, 9:30

LOEWS GEORGETOWN 14

3111 K Street, N.W. 202-342-6441

PULSE (PG13) / 12:25, 2:40, 4:55, 7:15, 9:40
PULSE (PG13) / 12:25, 2:40, 4:55, 7:15, 9:40
STEP UP (PG13) / 11:00, 2:05, 4:40, 7:20, 9:55
WORLD TRADE CENTER (PG13) / 1:00, 2:00, 4:00, 5:00, 7:00, 8:00, 10:05
THE DESCENT (R) 1:55, 4:20, 6:50, 9:25
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:10, 4:45, 7:30, 10:15
JOHN TUCKER MUST DIE (PG13) 12:50 PM, 10:35 PM
MIAMI VICE (R) 1:25, 4:30, 7:40, 10:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 3:50, 7:10, 10:30
THE DEVIL WEARS PRADA (PG13) 12:15, 2:50, 5:25, 8:10, 10:45



THE NIGHT LISTENER (R) 1:15, 3:30, 5:50, 8:15, 10:40
SCOOP (PG13) 12:20, 2:45, 5:05, 7:35, 10:00
LITTLE MISS SUNSHINE (R) 12:00, 1:35, 2:35, 4:10, 5:10, 6:45, 7:45, 9:20, 10:20

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W. 202-333-3456

WORLD TRADE CENTER (PG13) 1:00, 4:00, 7:00, 10:00

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886 703-998-4262

PULSE (PG13) / 2:15, 4:35, 6:55, 9:15
STEP UP (PG13) / 1:20, 3:55, 6:30, 9:05
ZOOM (PG) / 2:10, 4:30, 6:50, 9:10
WORLD TRADE CENTER (PG13) / 12:00, 2:00, 4:00, 5:00, 7:00, 8:00, 10:00
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:00, 3:20, 5:40, 8:05, 10:20
THE DESCENT (R) 12:05, 2:30, 5:05, 7:30, 10:10
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 12:45, 1:40, 3:25, 4:25, 6:15, 7:10, 9:00, 9:55
THE ANT BULLY (PG) 12:10, 2:35, 4:55
JOHN TUCKER MUST DIE (PG13) 2:05, 4:20, 6:45, 9:25
MIAMI VICE (R) 12:55, 4:10, 7:35, 10:35
LADY IN THE WATER (PG13) 7:40, 10:15
MONSTER HOUSE (PG) 1:55, 4:15, 6:40, 9:20
LITTLE MAN (PG13) 2:25, 4:50, 7:25, 9:50
YOU, ME AND DUPREE (PG13) 7:55, 10:30
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:20, 3:45, 7:05, 10:25
THE DEVIL WEARS PRADA (PG13) 7:20, 10:05
SUPERMAN RETURNS (PG13) 12:30, 4:05
CARS (G) 1:35, 4:45



THE NIGHT LISTENER (R) 2:20, 4:40, 7:15, 9:40

AMC COLUMBIA MALL 14

10300 Patuxent Parkway 410-423-0520

PULSE (PG13) 1:15, 3:35, 5:55, 8:25, 10:45
STEP UP (PG13) 11:40, 2:10, 4:40, 7:15, 9:45
ZOOM (PG) 12:15, 2:30, 4:45, 7:00, 9:15
WORLD TRADE CENTER (PG13) 1:30, 4:30, 7:30, 10:30
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 11:35, 2:00, 4:20, 6:45, 9:05
THE DESCENT (R) 11:50, 2:20, 5:10, 7:40, 10:10
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 11:55, 2:40, 5:20, 8:00, 10:40
THE ANT BULLY (PG) 1:05, 3:30, 5:50
JOHN TUCKER MUST DIE (PG13) 12:50, 3:05, 5:25, 8:10, 10:35
MIAMI VICE (R) 12:40, 3:45, 6:55, 10:00
MIAMI VICE (R) 12:40, 3:45, 6:55, 10:00
LADY IN THE WATER (PG13) 9:40 PM
MONSTER HOUSE (PG) 11:45, 2:15, 4:55, 7:25
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:35, 3:50, 7:05, 10:20
THE DEVIL WEARS PRADA (PG13) 11:30, 2:25, 5:05, 7:45, 10:25



THE NIGHT LISTENER (R) 12:55, 3:15, 5:35, 7:55, 10:15
SCOOP (PG13) 8:15, 10:50

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike 703-506-9857 802

REEL MOMS
MONSTER HOUSE (PG) 11:00 AM
THE NIGHT LISTENER (R) 1:00, 4:45, 7:10, 9:30
THE ANT BULLY (PG) 12:00, 2:15, 4:30
SCOOP (PG13) 12:30, 2:50, 5:10, 7:30, 9:50
MONSTER HOUSE (PG) 12:50, 3:05, 5:25, 8:00, 10:05
THE GROOMSMEN (R) 12:20, 2:40, 5:00, 7:20, 9:40
YOU, ME AND DUPREE (PG13) 12:10, 2:45, 5:15, 7:50, 10:15
SUPERMAN RETURNS (PG13) 6:45, 9:55
AN INCONVENIENT TRUTH (PG) 4:00, 10:00
THE DA VINCI CODE (PG13) 12:45, 7:00

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo 301-324-4220 844

PULSE (PG13) 2:25, 4:55, 7:20, 9:50
STEP UP (PG13) 12:45, 3:15, 5:45, 8:15, 10:40
ZOOM (PG) 1:00, 3:10, 5:40, 8:10, 10:15
WORLD TRADE CENTER (PG13) 1:30, 4:30, 7:30, 10:30
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:35, 4:35, 7:05, 9:40
THE DESCENT (R) 2:30, 5:30, 7:00, 8:00, 9:30, 10:35
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:35, 5:25, 8:20, 10:45
THE ANT BULLY (PG) 1:45, 4:50
JOHN TUCKER MUST DIE (PG13) 12:50, 3:00, 5:20, 7:50, 10:25
MIAMI VICE (R) 1:40, 4:40, 7:10, 10:10
MONSTER HOUSE (PG) 1:50, 4:45, 7:15, 9:35
LITTLE MAN (PG13) 2:40, 5:10, 7:40, 10:20
LITTLE MAN (PG13) 2:40, 5:10, 7:40, 10:20

LOEWS SHIRLINGTON 7

2772 South Randolph 703-671-0910 801

SCOOP (PG13) 1:10, 4:40, 7:40, 9:40
LITTLE MISS SUNSHINE (R) 1:00, 1:50, 3:40, 4:30, 7:00, 7:30, 9:10, 9:50
SHADOWBOXER (R) 2:00, 4:20, 7:50, 10:00
WORDPLAY (PG) 1:40, 4:10, 7:10, 9:20
A PRAIRIE HOME COMPANION (PG13) 1:20, 3:50, 7:00, 9:20
AN INCONVENIENT TRUTH (PG) 1:30, 4:50, 7:20, 9:30

AMC TYSONS CORNER 16

7850 Tysons Corner Center 703-998-4262

PULSE (PG13) / 11:40, 1:55, 4:35, 7:05, 9:30
STEP UP (PG13) / 11:35, 2:00, 4:45, 7:20, 10:05
ZOOM (PG) / 10:50, 12:55, 3:05, 5:20, 7:40, 9:50
WORLD TRADE CENTER (PG13) / 11:20, 1:00, 2:15, 4:05, 5:15, 7:00, 8:10, 10:00, 1:00
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 10:55, 1:05, 3:15, 5:35, 7:50, 10:10
THE DESCENT (R) 11:25, 1:40, 4:20, 7:10, 9:35
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 11:00, 12:25, 1:50, 3:10, 4:30, 5:50, 7:15, 8:25, 9:55, 10:55
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 12:25, 3:10, 5:50, 8:25, 10:55
JOHN TUCKER MUST DIE (PG13) 10:45, 12:50, 3:00, 5:10, 7:30, 9:45
MIAMI VICE (R) 11:30, 1:15, 2:35, 4:10, 5:45, 7:15, 8:50, 10:25
LADY IN THE WATER (PG13) 10:50, 1:20, 10:35
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 11:05, 2:25, 4:50, 7:45, 9:00
THE DEVIL WEARS PRADA (PG13) 11:15, 1:45, 4:25, 7:35, 10:20



LITTLE MISS SUNSHINE (R) / 11:10, 1:35, 4:15, 7:00, 9:25

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd. 703-998-4AMC

PULSE (PG13) / 1:10, 4:30, 7:30
STEP UP (PG13) / 1:10, 4:15, 7:10
ZOOM (PG) / 12:35, 3:15, 5:40, 8:10
WORLD TRADE CENTER (PG13) 1:45, 4:40, 7:50
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:50, 3:20, 5:40, 8:00
THE DESCENT (R) 1:20, 4:20, 7:20
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:40, 4:30, 7:30
THE ANT BULLY (PG) 12:40, 3:00, 5:30
JOHN TUCKER MUST DIE (PG13) 1:50, 4:15, 7:10
MIAMI VICE (R) 1:00, 4:00, 7:00, 7:45
MONSTER HOUSE (PG) 12:30, 3:10, 5:35, 8:10
LITTLE MAN (PG13) 1:30, 4:10, 7:00

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd. 703-998-4AMC

PULSE (PG13) / 1:00, 3:20, 5:30, 8:00, 10:15
WORLD TRADE CENTER (PG13) / 12:15, 1:15, 3:15, 4:15, 6:15, 7:15, 9:15, 10:00
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:30, 4:30, 7:00, 9:30
JOHN TUCKER MUST DIE (PG13) 12:05, 2:15, 4:40, 6:50, 9:10
CLERKS II (R) 12:30, 5:10, 10:10
LADY IN THE WATER (PG13) 9:45 PM
MONSTER HOUSE (PG) 12:45, 3:00, 5:15, 7:30
YOU, ME AND DUPREE (PG13) 2:45, 7:40
CARS (G) 12:00, 2:50



A SCANNER DARKLY (R) 5:20, 7:45, 10:05

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68. 703-998-4AMC

ZOOM (PG) / 12:45, 3:00, 5:15, 7:30, 9:45
WORLD TRADE CENTER (PG13) / 1:15, 4:15, 7:15, 10:10
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) / 12:15, 2:30, 4:45, 7:00, 9:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) / 12:30, 3:00, 5:30, 8:00, 10:30
MIAMI VICE (R) 7:30, 10:20
MONSTER HOUSE (PG) 12:30, 2:45, 5:00
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:45, 4:00, 7:15, 10:20

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W. 800-326-3264

PULSE (PG13) 2:20, 4:45, 7:15
THE DESCENT (R) 2:10, 4:40, 7:05
THE ANT BULLY (PG) 1:00, 3:10, 5:15
MIAMI VICE (R) 12:50, 3:40, 6:40
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 2:45, 6:10
SUPERMAN RETURNS (PG13) 7:25

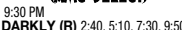


THE NIGHT LISTENER (R) 2:15, 4:30, 7:00

LOEWS DUPONT 5

1350 19th St. 202-333-3456

CLERKS II (R) 3:00, 5:30, 7:30, 9:40



JAILBAIT (R) 9:30 PM
A SCANNER DARKLY (R) 2:40, 5:10, 7:30, 9:50
SHADOWBOXER (R) 2:30, 4:50, 7:20, 9:45
THE GROOMSMEN (R) 2:30, 5:00, 7:50, 10:00
WORDPLAY (PG) 2:20, 4:30, 7:00
THE LOST CITY (R) 9:00 PM

LOEWS WHITE FLINT 5

North Bethesda 310-423-1014 741

WORLD TRADE CENTER (PG13) 1:00, 4:00, 7:10, 10:05
MIAMI VICE (R) 12:30, 3:45, 7:05, 10:00
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:15, 3:30, 6:30, 9:45
THE DEVIL WEARS PRADA (PG13) 11:55, 2:40, 5:10, 7:35, 10:10



THE NIGHT LISTENER (R) 12:00, 2:20, 5:00, 7:20, 9:30

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Not all programs offered at all campuses.



## Entertainment

# Dramatic Twist

## Reality bites back for staffers on strike against 'Top Model'

**STRIFE** | A dozen striking TV workers are demanding their bosses face reality.

The "America's Next Top Model" employees contend that their tasks on the series should be classified as writing and earn them the union pay and benefits they're not getting.

The strike against "Top Model," which airs now on UPN, is also the latest and most aggressive move in the Writers Guild of America, West's two-year effort to unionize reality TV.

Sara Sluke and Kai Bowe, who have been picketing since walking out more than two weeks ago, say their challenge is to avoid casting doubt on reality TV's legitimacy.

The striking staffers — whose job titles are show producer or associate



**MODEL CITIZENS:** UPN workers picket outside the show's production offices.

show producer, collectively known as "the story department" — are responsible for distilling about 200 hours of raw footage into a cohesive and dramatic episode.

Primary and secondary story lines are decided and, after an outline is drafted, the writers choose "line by line how to best tell the story and craft it to a 41-minute episode with a beginning, middle and end,"

Bowe said.

Bowe and Sluke claim that makes them eligible for WGA representation and benefits.

CW, a merger of UPN and WB, stood by a statement it put out earlier: "We expect these issues to be resolved in the near future, and the show remains on track for its Sept. 20 launch on the CW."

LYNN ELBER (AP)

## VOLUNTEERS NEEDED!!

### Investigational Malaria Drug Study

Minutes from the Medical Center  
Metro Station In Bethesda

**Located:** On the Campus of the  
National Naval Medical Center

**WHO:** Healthy Men And Women  
18-55 Years of Age

**HOW:** 1 Screening Session,  
1 Pre-admission Session, a 5-day  
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**Compensation Provided**

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All the healthy things you do add up. But sometimes they're still not enough to keep your blood sugar in control. A clinical research trial is studying how an investigational medication may give you better control of your type 2 diabetes.

To qualify, you must be:

- Between 18 and 80 years of age.
- Currently being treated for type 2 diabetes with either diet and exercise, or a single oral medication.

Qualified participants will receive all study-related care and study medication at no cost, and may be compensated for time and travel.

**LEAD™**  
programme

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MedStar Research Institute



## OSTEOARTHRITIS

Researchers at the NIH are investigating the effects of chronic pain due to osteoarthritis and the effects of opioid and placebo medications on stress and sex hormones in men. Participants will come to the NIH Clinical Center for two overnight and two same day visits.

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**se habla español**  
**http://clinicaltrials.gov**

Department of Health and Human Services  
National Institutes of Health  
National Center for Complementary and Alternative Medicine  
NIH Clinical Center

### To participate you must:

- be a man who is 30 to 65 years of age.
- have pain 5 to 7 days a week in a major joint or in the spine for at least 3 months.
- not be allergic to morphine.
- Study is conducted in Bethesda, Maryland.
- All study related tests and medications are provided at no cost.
- Participants are compensated.
- Parking is provided at no cost.

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**SHOOT TO THRILL:** Ming-Na returns to primetime and this time, the lady is armed. She co-stars in Fox's "Vanished" as a member of a team of federal investigators who hunt down the missing. "I love my gun," the actress told the Associated Press.



# Television

## ON TV TONIGHT

**IN TROUBLE? CALL VINNY**  
**PARCO, P.I.** (10 p.m., Court) enters its second season, offering dramatic re-creations of the casework of private detective Vinny Parco, who injects a great deal of color and pizzazz into these tales. In tonight's case, Vinny helps a congressional candidate's wife look into a shadowy business partner she fears may capsize the campaign.

**NURSE, FIREMAN, CHICKEN-SEXER**  
**PRIMETIME** (10 p.m., ABC) looks at outsiders and people with unusual jobs.

**CULT CHOICE**  
 Michael Ontkean, Kate Jackson and Harry Hamlin star in the 1982 drama **MAKING LOVE** (10 p.m., Fox Movie Channel) about a woman's discovery of her husband's affair with another



**A PHONE CALL AWAY:** "Wide Angle" looks at a subcontinental call center.

man. Controversial in its time.

**THE OTHER END OF THE LINE**  
 The **WIDE ANGLE** (10 p.m., PBS) documentary "1-800-India" looks at outsourcing from the perspective of the Indians who work at a huge call center. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

# Peddling Like Mad

**Set it and forget it: Biography profiles a master pitchman**

**FILLING A NEED** | Nobody symbolizes the marriage of TV, gimmickry and salesmanship better than Ron Popeil, the subject of tonight's "Biography" (8 p.m., Biography Channel).

Even if you don't know the name, you probably recognize, or own, one of his many Ronco products and inventions, sold via TV commercials and infomercials during the past five decades. Who doesn't remember his Pocket Fisherman, the Veg-O-Matic, the Smokeless



**AND THAT'S NOT ALL:** Popeil has what you didn't know you wanted or needed.

Ashtray, the Miracle Broom and the Inside-the-Shell Egg Scrambler? "Biography" traces Popeil's roots to a family of successful pitchmen who sold wares out of carts at boardwalks and county fairs. Popeil's father was a noted salesman and inventor who, we learn, gave him everything he needed but love. "Biography" also chronicles Ron's many marriages, his brief bankruptcy and other stumbles on the way to marketing nirvana.

Popeil recently sold his company, but not before Ronco's greatest triumph. The Showtime Rotisserie has sold more than 3 million units. Now retired, Popeil is trying to develop a way to replace hot-oil turkey broilers with something safe and easy to use. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Time	8:15-06	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
<b>LOCAL CHANNELS</b>	WRC [4] News [28]	WTTG [5] Seinfeld [30]	WJLA [7] News [28]	WUSA [9] News [28]	WDCA [20] King of the Hill [30]	WMPT [22] The NewsHour With Jim Lehrer [N]	WETA [26] BBC World News [28]	WHUT [32] World Business [28]	WDCW [50] My Wife and Kids [28]	NBC Nightly News [28]	Access Hollywood [28]	Miss Teen USA 2006 [28]	Law & Order: Special Victims Unit [30]	News [28]
<b>BASIC CABLE</b>	A&E Cold Case Files [28]	Animal The Crocodile Hunter Diaries [28]	BET 106 & Park: BET's Top 10 Live [28]	Bravo Work Out [28]	Comedy (5:00) * "Monkeybone" (2001) [28]	Court Forensic Files [28]	Discovery How It's Made [28]	DISCH Paramedics "Knights of Newark" [28]	Disney That's So Raven [28]	FX Dating Show [28]	HGTV Renovation [28]	Family 7th Heaven "Monkey Business" [28]	History Super Tools "Tunnel" [28]	Lifetime Reba [30]
<b>NEWS</b>	CNN Lou Dobbs Tonight [28]	FNC Special Report (Live) [28]	MSNBC Tucker [28]	AMC (5:30) *** "The Sting" (1973, Comedy-Drama) Paul Newman. PG [28]	TCM (5:00) Sky Giant ** "Men Against the Sky" (1940) Richard Dix. NR [28]	HBO ** "Because of Winn-Dixie" (2005, Drama) Annasophia Robb. TV PG [28]	MAX (5:30) ** "Meet the Fockers" (2004) Robert De Niro. [45] *** "The Constant Gardener" (2005, Drama) Ralph Fiennes, Rachel Weisz. TV R [28]	SHOW (5:25) ** "The Baxter" (2005) iTV. [28]	TMC (5:45) ** "The Slaughter Rule" (2002) Ryan Gosling. R [28]	STARZ! The Corruptor [R] [28]	ENCORE (5:45) *** "G.I. Jane" (1997, Drama) Demi Moore. TV R [28]	TELEM Sala de Parejas [28]	UNIV Que Locura [28]	

# Do you experience panic attacks?

Do you have sudden rushes of fear and discomfort that may include palpitations, shortness of breath, trembling, or lightheadedness?

If so, you may be eligible to participate in a treatment study.

#### Participants must:

- Be 18 years of age or older
- Have experienced panic symptoms for more than a month
- Have an available safety-person who may be involved in treatment

*Qualified volunteers may be eligible for compensation.*

For more information contact:  
Anxiety Disorders Research Lab  
American University, Washington, DC  
**202-885-1729**



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WHO WHAT WHERE WHEN WHY

“... Dahlia keeps asking for a plumber when what she really needs is a hazmat team and about 10,000 cc's of penicillin ...  
... She's no Elizabeth Montgomery ...  
... Somewhere, 'The Island' is still running, all 274 hours of it ... ”

**Ann Hornaday | Film Critic**  
Style and Weekend

The Washington Post

N357 5x2



**WHO'S YOUR DADDY?** Defensive tackle Dan "Big Daddy" Wilkinson signed a three-year deal with the Miami Dolphins on Monday. The former first-round pick, who played with the Redskins from 1998 to 2002, is expected to compete for the starting job.



## Sports

# Portis Out for the Rest of Preseason

Gibbs hopes star back will be ready for next month's season opener

**REDSKINS** | Washington running back Clinton Portis is out for the remainder of the preseason and his status for the Redskins' opener was uncertain Monday, one day after he partially dislocated his shoulder in an exhibition game.

Portis flew to Alabama for another MRI and further examination on the right shoulder, which he injured while tackling receiver Keiwan Ratliff following an interception in the first quarter of Sunday night's 19-3 loss to the Cincinnati Bengals.

Coach Joe Gibbs said Portis' shoulder was sore and that the back, who ran for a club-record 1,516 yards last season, would begin rehabilitation once the soreness has abated. The coach essentially ruled out the possibility of Portis playing again in the preseason and instead focused on the Sept. 11 game against Minnesota.

"We would hope that he would be ready for the opener," Gibbs said.

Gibbs also defended the use of Portis and his starters against the



**OUT OF PLACE:** After dislocating his shoulder, Clinton Portis, right, talks to coach Joe Gibbs on Sunday. Gibbs said he hoped to have Portis back by the opener.

### Diamonds in DCIAA

→ With alumni scattered around the NFL and two of the top recruits in the country this year, D.C. Public Schools are now a hotbed for football talent | **Today's Post, Sports**

**IN** The Washington Post

Bengals. After the game and again on Monday, Portis questioned why he should have been playing in the first preseason game. The starting offense was on the field for 13 plays.

"If you back off that, you hurt the preparation for your team," Gibbs

### REDSKINS TRADE FOR CB

Washington dealt receiver Taylor Jacobs to the 49ers for cornerback Mike Rumph on Monday:

→ Rumph, a standout at Miami, was selected by the 49ers in the first round of the 2002 draft.

→ The five-year veteran has started 19 games and has made 36 appearances, making 120 tackles (99 solo) and grabbing three interceptions.

→ In 2005, the 6-foot-2 inch, 206-pound defensive back was limited to just three games (as a safety) because of a foot injury.

→ Taylor Jacobs was drafted by the Redskins in 2003. He played in 38 games in three years, making 30 catches for 315 yards.

said. "It's the toughest thing in football. It's a balancing act."

Portis was hurt when he launched himself into an upper-body tackle of Ratliff, who had run 52 yards down the sideline after picking off a pass from Mark Brunell to end the Redskins' first drive.

Two years ago, the Redskins lost tackle Jon Jansen for the season with a ruptured Achilles' tendon in the first preseason game. (AP)

## Swengali

REDSKINS | BY MATT SWENSON

### Redskins Are In Fine Shape

**LAST I CHECKED**, the sky's not falling — yet.

Sunday night's preseason game was probably not what Redskins fans were looking for heading into a season with Super Bowl hopes.

There are plenty of negatives to dwell on, not the least of which is Clinton Portis' dislocated shoulder. But before we overreact, remember it was only the preseason.

Portis' injury, while not a good thing, can be overcome. Ladell Betts is a solid back who, if Portis is to miss a significant amount of time, will likely take this opportunity to showcase his abilities.

The offensive line, unimpressive on Sunday, will get it together by the Sept. 11 opener against Minnesota. When that group is on its game, it

**"Portis' injury, while not a good thing, can be overcome. Ladell Betts is a solid back."**

## Healthy Mr. Smith Goes to Offense

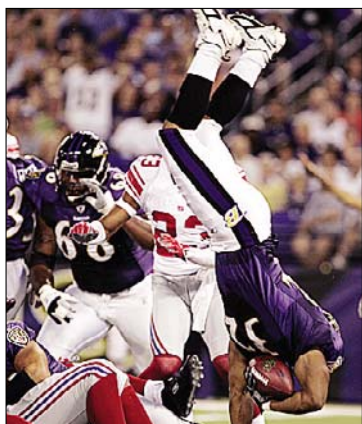
Ravens' running back has his eyes set on an offensive role this year

**RAVENS** | A year ago, when he was still in the process of recovering from a horrid broken leg that threatened to end his career, Musa Smith would have been happy to be a significant contributor to the special teams unit of the Baltimore Ravens.

Now that he's finally healthy, that's just not good enough.

"I definitely want to get in the game as a running back," Smith said after practice Monday. "Special teams, I always work at that. But I really want to get in the mix on offense."

Smith broke his right tibia on Nov. 21, 2004, when Dallas Cowboys



Running back Musa Smith flies over the pile during Friday's preseason game.

safety Roy Williams lassoed him with a since-outlawed horse-collar tackle. The rule change came too late for Smith, whose career nearly ended on a 12-yard run

that occurred in the latter stages of a 30-10 blowout.

He tried to play last season, but participated in only one game.

"Whenever I ran last year, I felt pain with every step," he said. "No matter how hard I worked, it just wasn't ready."

The leg finally healed during the offseason, and now Smith is ready to justify his stature as a third-round pick in the 2003 draft. He's been running well at training camp, and last Friday, in the preseason opener against New York, he led the Ravens in yards rushing (61) and receptions (4).

"He's a complete player, obviously a guy we feel comfortable with," coach Brian Billick said.

For Smith, it's an opportunity to make up for lost time. (AP)

## Dennis Green Criticizes Arizona Holdout Leinart

**FOOTBALL** | Arizona Cardinals coach Dennis Green has lost his patience with rookie Matt Leinart and his contract holdout.

Green sharply criticized Leinart and his representatives on Monday for rejecting "a more than generous" offer from the team. "It is an outstanding contract," Green said. "It's \$14 million guaranteed."

Green said the deal is far more than a 10th pick would normally receive. Leinart is the only first-round pick unsigned.

Green said the sides were at odds over the total value of the contract, which the coach said was among the top five of this year's deals with draft picks. BOB BAUM (AP)

doesn't take an All-Pro like Portis to get the job done.

Almost more importantly, Mark Brunell will have to be sharp if the Redskins are going to play without their star runner. A strong passing attack will free holes for Betts.

And it'd better be Brunell at the helm. Sunday night was no illusion for Todd Collins. He may know Al Saunders' offense better than anyone, but he sure can't execute it.

Fortunately, the defense looks as good as ever. Gregg Williams can seemingly plug anyone into his system and the Redskins will have one of the best units in the NFL.

By the time Portis is fully healthy again, the Redskins should be in fine shape.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com



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“... Various zombies keep showing up and eating people ...  
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... Baby, when you walk out of a movie thinking, 'Say, that Heather Locklear was pretty darn good,' the movie's got some problems ...”

**Stephen Hunter | Film Critic**

Fridays in Style and Weekend

**The Washington Post**



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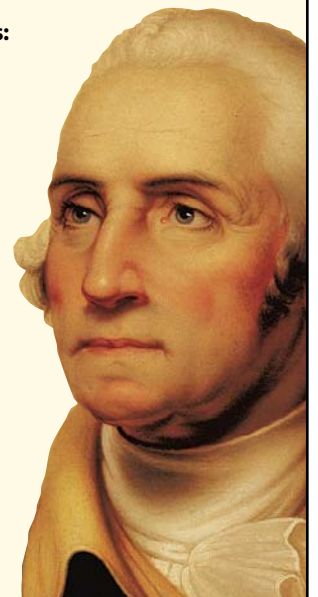
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**FEELIN' GOODEN:** In their quest for an NBA title, the Cleveland Cavaliers re-signed Drew Gooden on Monday. The forward will be paid \$23 million over three years.



# Sports

# Injury Forces Arenas Out

Teammate's removal may help Jamison's quest make Team USA

**WIZARDS** | Washington Wizards guard Gilbert Arenas suffered a strained groin during practice with the United States men's basketball team today and will miss the upcoming World Championships.

In four of Team USA's pre-tournament tune-up games, Arenas started once and averaged 3.8 points, 2.3 rebounds and 11 minutes.

"It is unfortunate that Gilbert sustained this injury," said Wizards President of Basketball Operations Ernie Grunfeld. "He is so proud to be a member of Team USA and he was excited for this opportunity. When he returns to Washington,



Gilbert Arenas averaged 3.8 points and 2.3 rebounds in four games for the U.S.

our doctors will re-evaluate his condition. It is our understanding from Team USA officials that Gilbert's injury is not serious."

Arenas' injury could open the door for Wizards forward Antawn Jamison to keep one of 12 roster spots for the World Championships in Japan. The U.S. team opens play Friday against Puerto Rico.

Jamison is one of 13 remaining finalists. The list also includes Carmelo Anthony, Shane Battier, Chris Bosh, Bruce Bowen, Elton Brand, Kirk Hinrich, Dwight Howard, LeBron James, Joe Johnson, Brad Miller, Chris Paul and Dwyane Wade.

Team USA plays its final tune-up game Tuesday against Korea in Seoul, South Korea. *IVAN CARTER (THE WASHINGTON POST)*

## TODAY'S TV LINEUP

**NATIONALS (7 P.M. ON NASN)** The Nationals have struggled since the trading deadline and haven't won a series in August. They play Atlanta tonight in the second of four games against the Braves.

**ORIOLES (7 P.M. ON COMCAST)** After being swept by the Red Sox, the Orioles got an off-day. Now they go to New York for an easy series against the Yankees.

**BASKETBALL (1:30 P.M. ON ESPN)** The men's national team plays Korea in its last game before the World Championships.

**BASEBALL (8 P.M. ON WGN)** The Cubs are in Houston for a game of little importance, except Roger Clemens is pitching.

## MLB

### AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Yankees	68	46	.596	—	37-21	31-25
Boston	68	48	.586	1	38-17	30-31
Toronto	63	55	.534	7	38-24	25-31
Baltimore	51	67	.432	19	30-31	21-36
Tampa Bay	47	71	.398	23	29-26	18-45

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	76	41	.650	—	37-19	39-22
Chicago	70	46	.603	5.5	39-21	31-25
Minnesota	68	49	.581	8	40-18	28-31
Cleveland	53	64	.453	23	32-30	21-34
Kansas City	41	77	.347	35.5	26-33	15-44

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	65	52	.556	—	33-26	32-26
L.A. Angels	61	57	.517	4.5	27-28	34-29
Texas	61	58	.513	5	30-30	31-28
Seattle	56	61	.479	9	31-29	25-32

## NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	71	45	.612	—	35-22	36-23
Philadelphia	56	60	.483	15	28-33	28-27
Florida	55	62	.470	16.5	27-28	28-34
Atlanta	54	62	.466	17	25-31	29-31
Washington	51	66	.436	20.5	28-28	23-38

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	62	55	.530	—	33-23	29-32
Cincinnati	61	57	.517	1.5	31-31	30-26
Houston	57	60	.487	5	34-28	23-32
Milwaukee	55	62	.470	7	34-24	21-38
Chicago	49	68	.419	13	25-31	24-37
Pittsburgh	45	73	.381	17.5	31-28	14-45

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	62	56	.525	—	37-25	25-31
San Diego	60	57	.513	1.5	28-31	32-26
Arizona	59	58	.504	2.5	30-31	29-27
Colorado	57	60	.487	4.5	30-27	27-33
San Fran.	54	63	.462	7.5	31-28	23-35

Standings through Aug. 13's games



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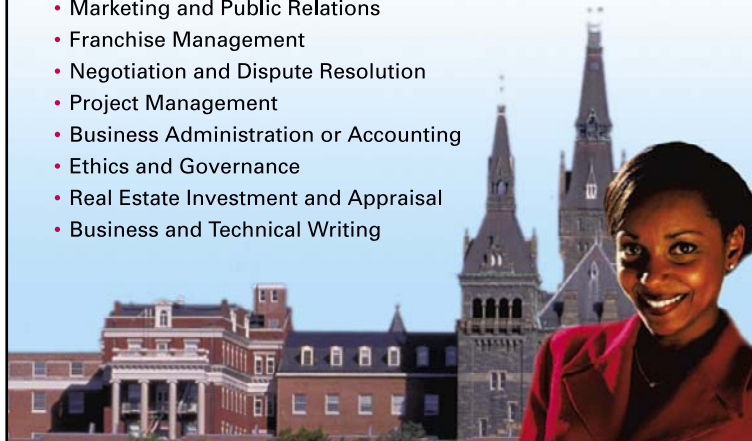
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## Sports

# No Place Like Home, but D.C. Will Do

## Soriano, a Dominican native, has adjusted to new life in Washington

**NATIONALS** | The hot summer days at RFK make the Washington Nationals' star outfielder Alfonso Soriano and his fellow Dominican teammates feel like they are back home.

As has become the trend with most major league clubs, the Dominican Republic is the most well-represented foreign nation on the Nationals' roster this year. Soriano, along with infield-

ers Bernie Castro and Cristian Guzman, outfielders Tony Blanco and Jose Guillen, and pitchers Ramon Ortiz, Felix Rodriguez and Pedro Astacio all hail from the tiny Caribbean nation.

But besides the overwhelming heat and humidity, there are few similarities between life in D.C. and life in the Dominican Republic.

"It's totally different; it's a totally different culture here," Soriano said in Spanish. "I'm lucky I've been here long enough to get used to it, but whenever I go back [to the Dominican Republic] it's just so easy."



Alfonso Soriano is one of eight players from the Dominican on the Nats' roster.

Washington, home to approximately 15,000 Dominicans, makes up just over 1 percent of the total Dominican population living in the U.S., piling in comparison to the Dominican hubs in and around New York, Miami and Boston.

Without a large Dominican cultural base to rely on, Soriano and his teammates look to their friends and family to provide the comforts of their home island.

"I've got something real special," Ortiz said. "I've got my wife cooking great food and everything I want. Rice, beans and chicken in salsa, it's the best."

For Soriano, the lack of a large Dominican population in D.C. doesn't make a difference, either.

"It's different than New York, but I like it here the same. It's great. There are no [Dominican] restaurants, but there don't need to be any. I find Dominican culture within my own house. We cook and live among ourselves, and that's all I need."

As the Nationals look to re-sign Soriano in the coming months, at least they won't have to worry about him being unhappy living in Washington.

They'll hope his cultural outlook and D.C.'s summer heat waves will be enough to keep Soriano in left field at RFK. And maybe even attract a few more fellow Dominican superstars, too. **BENJAMIN WISEMAN**

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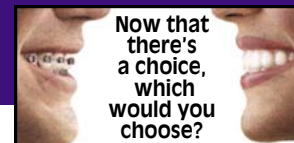
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**DANCERS**—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. 240-286-3660 or 301-568-8500

**DENTAL ASSISTANT & DENTAL RECEPTIONIST**  
PT Dental Asst. needed. Exp'd. only. Please call 703-691-9740; or fax resume to: 703-691-9809.  
**DENTAL FRONT OFFICE**  
Exp front desk person needed for busy office in Silver Spring. Duties include treatment plans, insurance filing and some scheduling. Good salary plus benefits. Contact 301-565-8030 of fax resume 301-326-0008

**DENTAL RECEPTIONIST**  
FT/PT. Dental Receptionist in Greenbelt. 3 yrs exp. in Dental field & refs a must. Resume to 301-474-2507 or call 301-474-2505  
**DRIVER \$**  
A courier co in VA needs drivers with cars, vans & mopeds. Call: Rey, 703-684-7836.  
**Driver**  
**\$200-\$400 per Weekend**  
Immediate openings for drivers with insured Full Size Vans or Pick-up Trucks. (No SUV's) MD/Balto area. Please call 410-540-4920

**JOBS**

**DRIVER \$**  
A courier co in MD needs couriers with Cars, Vans/PU Trucks & Bikers w/Mopeds. Call: Sabrina 301-656-4086.  
**DRIVER \$**  
**Average \$800-\$1000** in weekly commissions. We have raised our rates & need 1/C's w/own VAN, Car or Pick-up for routes & local deliveries. Call: Joe, 703-662-2218.

**DRIVER**  
Alex., VA air freight co. needs Driver to do P/U & del. in metro DC area. Drive co. truck. FT + benes. For interview, call M-F, 9-3pm only: 703-719-5500.  
**DRIVER — BUS DRIVER, P/T, Up to \$15/hr. Local Charter (Summer). AM/PM School run (Winter). CDL W/B/C class & P end. 202-636-9203**  
**DRIVER / Contractor**  
A very busy NoVA courier co. needs drivers w/car, van, truck & moped. Comm + fuel surcharge. Call JC re: our \$300 sign-up bonus/benes 703.847.0637 / 301.536.6089

**Delivery Driver**  
Distributor of construction products seeks individual for its Chantilly, VA location. 40+ hrs a week. Benes. after 3 mos. CALL 703-802-7999 for info.  
**DRIVER**  
**DUMP TRUCK DRIVERS**  
20 dollar's per hour, experienced & good driving record. Call 202-207-7195.

**DRIVER** — Needed CDL Class A Drivers for dedicated run IAD-Newark, NJ-IAD. Must have 2 yrs. exp. & clean record. For more info 703-723-9302  
**DRIVERS**  
Expanding No. VA delivery co. seeks drivers with own car, pickup or van. FT. Very busy. Start ASAP/ call 703-230-0808

**DRIVERS**  
Tractor trailer for local deliveries. Also needs owner operators with 24 foot trucks and warehouse help. 5-day/wk. 301-350-5622

**hanley wood**  
Ideas to build on™

Hanley Wood, LLC is the premier media network serving North America's residential and commercial construction industries. Become part of the dynamic work force at Hanley Wood and explore new challenges in a fast-paced industry. We are currently recruiting for the following positions:

**Account Manager**  
**Ad Traffic Manager**  
**Advertising Sales Manager**  
**Art Director - Multifamily Executive**  
**Associate Editor, Copy - Remodeling**  
**Associate Editor, Copy - Builder**  
**Editor, Digital Home**  
**Editor - Prosales**  
**Operational Database Administrator**  
**Senior Editor - Builder Business**  
**Special Projects Manager - Marketing**  
**Staff Accountant**

Qualified candidates should possess relevant work experience and a degree. For a detailed job description, please visit [www.hanleywood.com](http://www.hanleywood.com).

Employee satisfaction is important to us, so we provide competitive compensation and benefits along with a dynamic workplace setting. Due to our recent growth we encourage applicants to visit our website frequently for new career opportunities in various fields.

*Hanley Wood, LLC is an equal opportunity employer workplace.*



## Classifieds

## JOBS

## ELDERCARE/HOUSEKEEPER

Silver Spring, free room/board. \$1500/month, long-term live-in only, off Saturdays. English speaking, US Citizen, non smoker female. Car required. Call 301-325-7169.

## Engineering

1st Class Boiler Engineer  
General Maintenance

Washington DC's largest hotel, the Marriott Wardman Park, has immediate openings for 1st Class Boiler Engineer and General Maintenance. Must have 2-3 years exp. and must have a DC 1st class license for high pressure boilers.

Marriott offers a competitive salary and benefits package. If you are interested in a challenging career with a leader in the hospitality industry, please apply at <http://greatjobs.marriott.com>

EOE M/F/D/V

## Engineering - Aerospace

Join the team that could return Americans to the moon! Orbital Sciences Corporation is supporting Lockheed Martin in the development of NASA's next spacecraft, the Crew Exploration Vehicle (CEV). We're looking for enthusiastic and qualified individuals to join our exploration team. See: [www.orbital.com](http://www.orbital.com) for job openings and more information.

## EXTERNSHIP COORDINATOR

Career College is seeking an Externship Coordinator with a min. of 3 yrs experience in the Medical field. Making impact in the future of surgical technology by providing hospitals with competent employee candidates! Local area travel is required, previous sales experience is a plus. Please call Mr. LeShawn Roberts at: 703-682-9363.

## FACILITIES ASSOCIATE

Facilities Associate sought by nonprofit with 25,000 sq. ft. facility and 2+ acres of land. Assist with cleaning, maintenance, and landscaping. Fill in for Facilities Director as needed. Must have HS diploma, 2 yrs. facilities experience, good knowledge of building maintenance, physical mobility, and valid driver's license. Offer contingent upon pre-employment drug test. Competitive salary with generous benefits.

Send resume to: Mr. Lucas Ginn

Food & Friends  
219 Riggs RD. NE; WDC 20011  
Fax: 202-655-4263  
apply@foodandfriends.org  
NO PHONE CALLS. EOE

## Finance

COST/FINANCIAL ANALYST  
Fort Belvoir, VA

CEI Management Consulting is recruiting for Cost/Financial Analyst. Duties to include: Cost Estimating, Economic Analysis, and Financial Management. Great team environment/ benefits. Minimum requirements 4-year Business degree, 1-2 years related business experience, and ability to obtain a DoD Secret Level Clearance. DoD Cost Analysis expert is a plus. Email confidential cover letter and resumes to: [main@ceimc.com](mailto:main@ceimc.com)  
SUBJECT LINE: POST 081306.

## FINANCIAL ANALYST

World Resources Institute (WRI), an environmental think tank based in Wash, DC is seeking a Financial Analyst. The position requires a highly organized, analytical individual with attn to detail, and strong computer skills (Graphs, Macros, Pivot tables). Candidate should have bachelor's degree, 3 years previous exp in financial analysis, budget dev't. Interested candidates please send cover letter, resume, and salary requirements to: World Resources Institute, Attn: Vivian Fong, 10 G Street, NE #800, Washington, DC 20002, FAX: 202-729-7610, Email: [vivian@wri.org](mailto:vivian@wri.org). No phone calls please. EOE.

## Financial

**Exciting opportunity in the new financial services industry. Will train. Metro area. 301-333-1920**  
Handyman — 1st rate talent. \$24 & up. Full benches & bonus. Drywall, trim, tile, plumbing, some electric. Highly skilled, good writing skills. Award winning remodeling co. Guaranteed 40hrs. Fax resume 703-759-5415

**HOTEL**  
Hospitality Temps Corporation has immediate work for exp.  
• HOTEL ROOM ATTENDANTS (min. 6 mos. exp.)  
• COOKS (All Levels)  
• CASHIERS  
Apply in person Tue thru Sat, 9am to 2pm with police clearance, 2 ID's, B/W, and references to 600 PA Ave. SE, Rm. 105 WDC

## HVAC

## Heating &amp; Air Condition

- Technicians
- Duct Installers
- Receptionist

Please call Art 703-430-7100 or fax your resume in 703-430-6880.

## HVAC

## A/C EQUIPMENT MECHANIC

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages \$45,000. Call Mr. John Bixler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is #06-64

## HVAC

**Experienced Sheet Metal Mechanics and Advanced Helpers**  
For the DC/Balt area, Tools and transp. req'd. Excel benefits pkg & paid holidays. Call 301-927-5284 ext. 1325 or fax resume to 301-927-5821.

## HVAC TECH

Need HVAC Techs ASAP with 3-5 years experience. Must also have experience working with boilers. All work in DC, great pay. Call: 202-832-3420.

**HYGIENE ASSIST.**—FT.—Old Town Alexandria. High quality, digital office looking for enthusiastic individual with some dental and computer experience to join our team of professionals. Great salary and benefits. Fax resume to 703-997-0885 or call 703-836-1669 opt 2 ext. 201.

**INTERPRETER**  
American Sign Language  
RID Cert., CI & CT or CSC or MCSC.  
Banner Staffing, 202-223-3300

INVENTORY/AUDITOR POSITION  
\$9.00+ Per Hour

Join teams taking inventory for local/national retailers. Part-time and seasonal positions now available! Great flexibility!!! You choose your availability. No Experience Necessary. We Train You! Offices located throughout the VA/MD region. Must be 18 or older and have reliable transportation. Call now for an appointment!  
703 941-9883 or 301 881-9094  
RGSINN.COM  
Equal Opportunity Employer

## JANITOR NEEDED

With buffing exp. in FT Washington. \$7.50/hr after probation. Call 301-659-1744.

**JANITORIAL SUPERVISOR (Working)**—PT. DC area. 7am-11am. 6days p/wk. 12 retail locs. \$15/hr. 443-567-3066.

**JANITORIAL** — Wanted for Gentlemen's Club (PG County). Late night hrs. 240-286-3660

**LANDSCAPE**—Designer/Salesperson (Bethesda) Immed opening/good benes/excel. oppt. high earnings. 301-907-9738 name, number & exper.

## LEGAL ASSISTANT

Silver Spring. Requires minimum 1 year experience in private law firm trial litigation. Excellent pay, benefits, paid parking/metro & training. Ideal for those seeking a career boost. Please see details at [marksatz.com](http://marksatz.com) Fax 301-495-8815

**LEGAL - LAW CLERK**—Need sharp, conscientious Asst. to prep. & research & to work closely w/attorney. Salary & hrs. negotiable. Please fax resume, Attn: MR, 301-464-7608.

## Legal

## PATENT PARALEGAL

N. Alex. Patent law firm seeks Paralegal-International Patent Filing Legal Assistant. IP/PCMaster database, patent docketing, and patent secretary/paralegal exp. desired. Good typing, communication and computer skills. Punctuality and attn to detail a necessity. Free parkg, benefits, sal. commens. w/exp. Send resume to 703-683-1080 or email: [hr@baconthomas.com](mailto:hr@baconthomas.com)  
**LOAN OFFICER**—needed for expanding mortgage co. in Fairfax, 10 exp'd pos. avail. Call Mr. Green 703-352-1919.

LOAN OFFICERS WANTED  
PT/FT. No exper. nec. Work from home.  
email: [resume@e-pfa.com](mailto:resume@e-pfa.com)

## Maintenance

**Maintenance Technician**  
The **CANADIAN EMBASSY** is looking for a skilled maintenance technician to work mechanical and electrical equipment such as lighting, boilers, chillers, air handling systems, etc. Must have boiler operating licence or ability to obtain one in 2 years. Starting salary \$42,568 plus benefits. Please send resumes to: [resume@international.gc.ca](mailto:resume@international.gc.ca) or by mail to Human Resources, Canadian Embassy, 501 Pennsylvania Ave. NW, Washington, D.C. 20001

**Mechanic**—Landscaping Co needs a 'one man gang' to work on truck & equipment, prepare shop, lift etc. Needs own tools. 301-907-9738 lv name # exper.

**MEDICAL ASSISTANT** — With exp. for OBGYN office in No. VA. Fax res. to 703-406-4946 or 703-573-2553

**MEDICAL ASSISTANT**—to work closely with an Eye Dr. Good organizational skills needed. Call 301-369-1989

## MEDICAL RECEPTIONIST

Laurel, MD. Bilingual Spanish/English. Fax: 301-362-0213 or call 301-346-6073

## MEDICAL RECEPTIONIST

Must have front desk & insurance exper. Alexandria area. Fax resume: 703-548-4825.

## MEDICAL RECEPTIONIST

Family prac. FT. Bilingual. Laurel, MD. Need car. Front office, phone, scheduling, data entry. Dependable. Call: 202-667-8701.

**Medical Receptionist/Front Desk** — Doctor's ofc. FT/PT. D.C & Temple Hills, MD. 10a-7p. Call: 202-543-2280 Fax: 202-543-5309.

## MORTGAGE/LOAN OFFICERS

Are you a former Ameriquest Loan Officer in search of the perfect job opportunity? Secure Financial Solutions in Columbia, MD is in search of Loan Officers w/ at least 1 yr exper. We offer base salary + commission w/ full benefits. All leads provided are inbound. No cold calling! For more info contact Eric at 301-801-8256 or fax resume to 410-715-0641.

## Mortgage

## SALES

## Are you one of the best?

Mortgage Broker/Auto Sales/Finance Mgr. Our top mortgage officers are making over \$150,000! Bilingual English/Spanish a must. No cold calling. Great opportunity for advancement. Two week paid training. 401k, medical, dental, vision. Call Steve @ 917-549-0954. Fax resumes to: 973-867-6003. E-mail resumes: [siaugier@homebancllc.com](mailto:siaugier@homebancllc.com)

## NANNY

4 month old infant in Dupont. Mon-Fri 8am-7pm. English speaking. Call (909) 374-0605

## NETWORK SECURITY SPECIALIST

Career College is seeking a FT Computer Network Specialist with a minimum of 3 yrs of experience in Network Security & A+ certification. No previous teaching experience is required. MCSE Network+ and/or Linux+ certifications are a plus. Please call Mr. LeShawn Roberts at: 703-682-9363 or email: [lroberts@chubbinsitute.edu](mailto:lroberts@chubbinsitute.edu)

## NETWORK &amp; SYSTEMS ENGINEER

For fast paced Mac environment, at respected Marijuana policy reform lobby. \$45-\$60k. See [mpp.org/jobs](http://mpp.org/jobs).

**OFFICE CLERK**—1 yr. exp. private school SE Washington. Call 202-584-5114

## OFFICE MANAGER

Design Build Firm opened new ofc in Kensington, MD needs Office Mgr. to org. & set up ofc. Good org skills req'd, bookkeeping, basic acctg knowl. & software skills a must. Construction bkgnd. & Timberline exp. pref. Salary commensurate with exper. Good benefits. Fax resume: 301-438-3260.

## PLUMBERS &amp; PLUMBERS HELPERS

needed in DC & No VA area. Great pay & benefits for qualified & experienced individuals. Come join our team. Send resume to: 703-299-3435 or call Jennifer at 703-299-3436.

## PLUMBING

Plumbers, Fitters & Welders for comm'l/resid. high-rise project in Annapolis, MD. 5+ yrs. exper. Own tools & transport. req'd. CALL 301-868-7597.

## PROPERTY MANAGEMENT

Experienced Leasing Consultants needed for luxury hi-rise apartment building in Washington, DC. The candidates must have strong customer service skills, good oral and written communication skills, be detail oriented and computer proficient. Week-end work required. Benefits package includes free parking, commissions, 401(k), health benefits and housing discount. For consideration, fax resume and cover letter stating salary requirements to: (202) 326-0001 or email to [meridian\\_gallery\\_place@paradigmcos.com](mailto:meridian_gallery_place@paradigmcos.com).

## Receipt/Program Asst-PT

Sought for non-profit org, Asst w/acct rcvbg, some data entry, phones, mail, etc. \$12/hr. Email resume to [schristiansen@hearingloss.org](mailto:schristiansen@hearingloss.org)

## RECEPTIONIST/TELEPHONE

Clear voice, spell, type. Silver Spring. \$9/hr. 301-593-2417

## RESTAURANT



## Where Opportunity Runs Wild!

Caribou Coffee Company is the nation's second largest specialty coffee retailer. We are opening new stores monthly & are looking for exceptional team members & shift supervisors in Downtown DC, Northern Virginia & Maryland. Previous Rest/ Retail/Guest service exp. is pref'd. To apply complete our online application at [www.cariboucoffee.com](http://www.cariboucoffee.com) Medical, Dental, Life Insurance, 401 (k) & FREE COFFEE!!!

## Restaurant

## SERVICE &amp; FRONT DOOR

Now accepting applications Mon-Thu 3pm-5pm. Apply in person at 7715 Woodmont Ave. Bethesda, MD. 301-656-9755

## Restaurant



RESTAURANT EXPERIENCE? HOT CUISINE MEETS HAUTE COUTURE... Famoso Restaurant Lounge and M Cafe are conducting a search for experienced candidates for FT and PT SERVERS to be a part of a new upscale restaurant modern Italian restaurant planned to open the first week of August in the Collection at Chevy Chase. Paid-training is scheduled to begin in the next two weeks! For immediate consideration, apply in person to: Famoso Restaurant Lounge & M Cafe: Chevy Chase Collection, 5471 Wisconsin Avenue, Chevy Chase, MD. (Wisconsin Ave., 2 blocks north of Friendship Heights metro station.)

EMPLOYMENT REPRESENTATIVES WILL BE ACCEPTING APPLICATIONS AND CONDUCTING INTERVIEWS IN THE COURTYARD NEAR MAXMARA: 1pm to 7pm on Tues.,Wed., & Thurs. (August 15, 16, & 17) and 11am to 5pm on Fri. & Saturday (August 18 & 19). Applicants unable to attend on these dates may email resume to: [hrd@ikretail.com](mailto:hrd@ikretail.com). EOE

## Restaurant

Odyssey Cruises  
NOW HIRING

Servers, Server Assistants  
Hosts, Bartenders  
Food Runners  
Cooks, Dishwashers and  
Marine Crew  
Applications and Interviews  
Tuesday 8/15 and  
Wednesday 8/16  
10am - 3pm  
Apply in Person  
No Phone Calls  
Odyssey Cruises  
Gangplank Marina  
600 Water Street SW  
Washington, DC 20024  
Metro - Waterfront Green Line  
EOE



## RESTAURANT

Newly remodeled Washington DC area restaurant currently accepting applications for the following positions:

- Managers
  - Sous Chefs
  - Banquet Chefs
  - Pastry Chef
- Min. 2 yrs. exper. Please send resume & cvr ltr: P.O. Box 344, 6412 Brandon Ave. Springfield, VA 22150.

## Retail

Sales  
Design Consultants

Due to an increase in business, **Thomasville Furniture** is looking for career minded, success oriented professionals. Sales experience a must. If you have the ability, the skill set, and the desire to achieve great results, then we want to talk to you. We offer the environment, the tools and training, and an excellent compensation and benefits package including a 401 program. Call A. Hirsch at (703) 706-0966 to arrange for an interview.

Thomasville Furniture  
3915 Jefferson Davis Highway  
Alexandria, VA 22305  
EOE

## RETAIL

FT/PT Hotel Gift Shop Sales, Multiple openings, Excel pay + benefits, Metro accessible. Call for interview, 202-393-6178. EOE.

## Research

## Research Analyst

Non-profit association seeks experienced, detail-oriented person with understanding of substance abuse treatment issues and systems, and excellent communication and writing skills. Experience in research and analysis and MS Office. BA. required, MA preferred. Participates in the development and production of grant and contract deliverables. Assists in proposal preparation, conference calls, and meetings. Salary commensurate with experience. Excellent benefits, and near Metro. Send resume & cover ltr. to NASA-DAD, 808 17th St., NW, Suite 410, Washington, DC 20006, or e-mail to: [hr-dept@nasdad.org](mailto:hr-dept@nasdad.org), or fax to 202-293-1250. Attn: Kathleen. Reply by Aug 31, 2006.

## Restaurant

**Burger Joe's**  
Counter cashiers, delivery drivers, expo. Wkly pay.  
703-226-5637

## RESTAURANT MGRS/CHEFS

For growing rest. DC/MD/VA. \$38-\$85K. 800-351-7557; FAX 800-208-0633; [dss907@aol.com](mailto:dss907@aol.com)

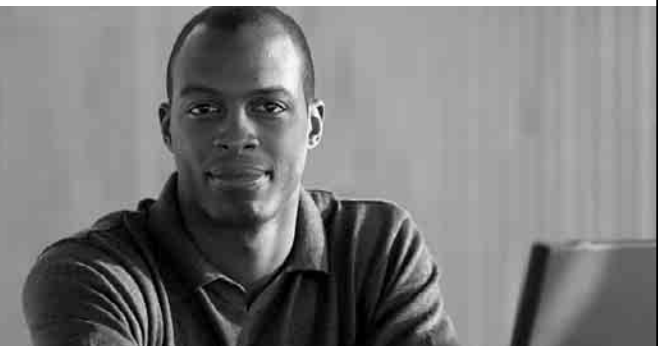
**RESTAURANT/PIZZA**  
**TOP \$\$\$ PAID!**  
**MANAGER & COOKS**  
Needed immediately for one of the nation's Top 100 pizza chains  
**VOCELLI PIZZA**  
Baileys Crossroads, VA  
Pls call Johan, 703-998-0477 or 703-622-8434 (c)

**RESTAURANT**  
**SERVERS Day & Eve Shift**  
**Wknd/Late Night**  
For the IHOP in Clinton, MD. Good pay.  
Apply in person:  
8905 Woodyard Rd.  
Clinton, MD

**Retail**  
**CIGAR STORE**  
PT/FT AVIL.LOC.IN OLNEY, FREDERICK, GAITHERSBURG, POTOMAC, CALL BILL @ 410-258-6833

**RN Instructors Needed**  
Want to make \$30-35 per hour? RN's with BSN or MSN needed to teach nursing in a DC nursing academy for its PN Prog. Email resume to [vray@vmttc.com](mailto:vray@vmttc.com) or fax (202) 282-3109. EOE

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Exceptional growth has been a CoStar hallmark since our beginning. Today, we are the leading provider of information services to the Commercial Real Estate industry. We are also consistently named among the 500 fastest growing technology companies by Deloitte & Touche. The most exciting expansion continues in our Research Division, where we are hiring at all levels. Knowledge of commercial real estate is not a must. What is essential is the driven desire to contribute to a rapidly expanding organization. Discover the opportunities in our Columbia and Bethesda, MD research centers.

You like digging. Finding and gathering data. Being on the net and on the phone. You communicate well with clients. You want to become a respected commercial real estate information expert. Then explore our opportunities for:

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- Opportunities also available for:
- RESEARCH MANAGERS & ASSISTANT RESEARCH MANAGERS
- REGIONAL RESEARCH DIRECTORS

We offer a competitive base salary with incentive opportunities; comprehensive medical/dental, 401(k) with company match, paid training, and more.

Visit our Online Career Center for position details, to apply, and for an enlightening interactive tour.

[www.costar.com/careers](http://www.costar.com/careers)

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Drug-free workplace.



Real Estate Information

# Classifieds

## JOBS

**RN/LPN/CMA/MA**  
doctors office in Springfield, VA has several openings for RN/LPN/CMA/MA in our Internal Medicine Dept. Medical Office experience preferred, must be detail oriented with good organizational skills. Good salary & benefits. Fax resume to H. Flaherty 703-642-3858

**Sales**  
**CINGULAR DEALER**  
seeking bilingual exp. Sales Reps for VA. Great comm., sales incentive & bonuses. Email resume to: cc\_wireless@yahoo.com or call 703-474-6215

**SALES**  
**POHANKA**  
Change Your Life  
Not Just Your Job!  
Work with us and learn how to make \$6K per month.  
**We Offer:**  
• Up to 40% Commission Package  
• Paid Training  
• Full benefits package  
**Candidates must:**  
• Have a Valid Drivers License  
• Be at least 24 years or older  
• Be able to work long and flexible hours  
**You also MUST have:**  
• A PROFESSIONAL neat appearance  
• Very good communication skills  
Call us Today to set up an interview Pohanka Automotive Group-Temple Hills, Maryland. 301-899-0430

**Sales**  
**CARE COORDINATOR**  
Sml Eldercare agy seeks exp'd reps for sales/mgmt of new/exist client. Must have mgmt goals, is flex, outgoing w/great cust svc & communication skills. Must know computers, Quikbks, Word. Local travel req'd need reliable transport. Lv mess @ 301-362-9305

**SALES**  
**The Washington Post**  
**Associate Sales Manager Advertising**  
Great opportunity to drive the success of our Consumer-to-Consumer advertising team!  
Responsible for day-to-day operation of call center, managing individual and team performance, coaching and motivating sales reps, and proactively seeking new sales and process improvement opportunities. **Train entry-level reps** in upselling, cross-selling, and consultative sales and communication. Promote client-driven sales environment. Sales management and call center metrics experience required. Also requires analytical, sales coaching, leadership, and training skills. Requires proven sales success.  
**Join our management team!**  
For more information: www.washingtonjobs.com  
Send resume to: Talentsearch@washpost.com  
Attn: ASMEXP/JT  
We are committed to diversity & promote a drug-free environment.

**SALES**  
**The Washington Post**  
**Advertising Rep Inside Sales**  
Join our advertising sales team! Telephone sales - 32 hours per week. Sell classified advertising space to individual consumers marketing homes/cars/personal property for sale to other consumers. Consultative sales. Respond to inbound calls from clients, assess advertising needs and recommend solutions based on budget and target market. Upsell and cross-sell. Base plus commission. **Great entry-level advertising sales opportunity!** Min. 40 WPM typing and customer service experience required. Benefits include health insurance beginning immediately and 401(K) with matching program.  
For more info visit: www.washingtonjobs.com  
Send resume to: Talentsearch@washpost.com  
Attn: TSREXP/JT  
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**SALES**  
**The Washington Post**  
**Advertising Rep Part-time**  
15 or 16 hours/week. Respond to inbound calls from clients, assess advertising needs and propose a targeted advertising solution based on budget and target market. **Inside Sales.** Great entry-level advertising/sales/marketing opportunity! Communicate product options and sell the value of each. Upsell and cross-sell. Base hourly rate plus sales incentive. Daytime hours. Requires motivation to consistently exceed sales goals, min. 40 WPM typing, and experience in customer service, preferably in a sales environment.  
For more information: www.washingtonjobs.com  
Send resume to: Talentsearch@washpost.com  
Attn: HR/1516EXP/JT  
We are committed to diversity & promote a drug-free environment.

**SALES**  
**The Washington Post**  
**Account Manager Automotive Advertising**  
**Outside sales opportunity!** Sell print advertising solutions to automotive clients! Cultivate existing business and prospect for new business. Consultative sales approach, account management, cold calling, sales presentations. Assume revenue accountability for your account territory. Requires expertise in client relationships, motivation to grow your business, sales presentations, cold calling, & minimum 3 years of outside sales exp. Great benefits including health insurance effective immediately & 401(k) with matching program.  
For more information: www.washingtonjobs.com  
Send resume to: Talentsearch@washpost.com  
Attn: HR/Auto/JT  
We are committed to diversity & promote a drug-free environment.

**SALES**  
**The Washington Post**  
**Account Manager Cars.com Advertising**  
**Outside sales opportunity!** Sell online advertising solutions to automotive clients! Cultivate existing business and prospect for new business. Consultative sales approach, account management, cold calling, sales presentations. Assume revenue accountability for your account territory. Requires expertise in client relationships, motivation to grow your business, sales presentations, cold calling, and outside sales experience. Ad agency experience preferred. **Great employment benefits:** health insurance effective immediately and 401(k) with matching program.  
For more info visit: www.washingtonjobs.com  
Send resume to: Talentsearch@washpost.com  
Attn: CarsEXP/JT  
We are committed to diversity & promote a drug-free environment.

**SALES**  
**The Washington Post**  
**Multimedia Advertising Sales**  
Due to growth in the Jobs Advertising department we are currently recruiting multiple sales representatives to generate new business.  
In exchange for your ability to research and target potential advertisers, develop leads, and close new business we offer:  
• Competitive base salaries  
• Uncapped commissions  
• Excellent growth opportunities  
• Great work environment  
If you are a motivated, results-driven individual we want to meet you!  
Send resume to: Talentsearch@washpost.com  
Attn: MMPOST1/JT  
We are committed to diversity & promote a drug-free environment.  
**SALES**—National pool company, top pay & benefits, immediate openings. 800-428-3696 ext 108

**Sales**  
**The Washington Post**  
**Outside Account Mgr. Real Estate Advertising**  
Sell online advertising to brokers/agents in the real estate industry. Outside sales, strategic and tactical, consultative selling, cold calling, build client relationships, sales presentations, communicate product options and value of each. Requires sales confidence and enthusiasm, self-starter and independent learner, strong organizational skills, sales planning and outside sales experience. Familiarity with real estate advertising products a plus.  
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**RENTALS**

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**\*2BR Specials**  
Instant Approvals  
5% Gov't, County, & Sr. Citizen Discount

• Nr Metro, shpng & restaurants  
**CALL FOR SPECIALS!**  
**QUEENSTOWN APARTMENTS**  
1-877-278-3509  
Mon-Fri 9-7, Sa 9-5, Su 10-5

**HYATTSVILLE'S BEST!**  
**1BR \$840** **2BR \$900** **3BR \$1245**

**All Utilities Included**  
Near Wash. Hospital Ctr, UofMaryland, & PG Plaza  
Parquet Floors, Roomy Floorplans

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2500 Queens Chapel Rd  
1-877-699-0295

**LAKE RIDGE**—3 BR, 1½ BA, bsmt, deck, W/D, near schools, \$1475. 1-877-793-1577 or 540-872-6728.

**LANDOVER** 1829 Belle Haven Dr  
**Landover's Finest**

Call about Pricing on 1,2 & 3BRs Renovated Apts. Breakfast bars, w/w carpet, after-school program. Metro access. Shopping center. ADA access. Free prvt storage. Near Sports Complex/FedEx Field.  
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**LANDOVER** EHO  
**ONE MONTH FREE**  
**\$1000 BEST BUY GIFT CARD\***  
NEW Clubhouse & Fitness Center coming soon. W/D & Dishwashers Available

**ASHFORD at COOPER'S CROSSING**  
**CALL TODAY! 1-888-459-5539**  
\*ask leasing consultant for details

**Landover Hills**  
**CALVERT HALL APTS.**  
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2 BR APTS. Near Route 450 & PW Pkwy. Gated Access • Individual Heat & A/C  
Eat-in kitchens with Dishwashers

**LANDOVER**  
**KINGS SQUARE APTS.**  
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3402 Dodge Park Road  
ALL UTILITIES INCLUDED  
Walk to Metro. Call for Specials. Convenient to shops, Bus. Daycare on premises

**Landover**  
**MAPLE RIDGE** 888-583-3045  
2252 BRIGHTSEAT ROAD  
Remodeled Apts. w/Brand New Kitchens  
Individually Controlled A/C and Heat  
Fitness Center/Gated Access

**Laurel/Hist District**—Brand new 1BR 1BA overlooks Main St. Hdwd flrs, W/D, granite, stainless steel appl, close to shops, METRO, MARC. \$1240/mo  
**CALL JOHN 1-888-788-9769**

**LEESBURG**—6 yr old SFH, cul-de-sac, fam nbrhd, 4BR 3½BA, 2500 sf, lg fnct yd, deck, 2-car garage, new carpet thru-out. \$2400. 703-737-7330

**LOGAN CIRCLE**—Totally renovated sunny 6th floor corner 2BR, 2BA, granite, Stainless Steel appliances, hardwood floors, fireplace garage \$2650  
703-847-0828

**LOGAN EAST CONVENTION CENTER**  
Newly restored efficient in historic bldg. Convenient shopping & Metro. \$795. 202-289-4909

**Lorton, VA** \$1300

**RENT TO OWN**  
Cute 2 LVL 2Bed/1BA TH. 9656 Hagel Cr. Laurie 703-472-5663

**MANASSAS**—Condo, 3BR, 2½BA, A/C, FP, pool, deck, prkg., fnct yd., no pets, avail immed. \$1600+utils, 571-334-5106

**MANASSAS** EHO  
**IN HISTORIC MANASSAS!**

**1BR from \$895** **3BR from \$1340**  
**2BR from \$1070**  
All Utilities Included  
**COVERSTONE**  
1-877-437-2384  
**www.rimsi.com**

**NE**—3BR,4BA w/ den, carport, w/d, cac, fnct yd. \$1800 202-250-1824

**NE-GREEN VALLEY APARTMENTS-2412 Franklin St.**—Housing for the elderly an disabled, waiting list opens Sept.1-15 for non Sect. 8 efficiencies and 1BR, waiting list Sect. 8 efficiency and 1BR will open Sept. 1-8. Leasing office open Mon-Fri. 9am-5pm, 202-832-1111

**NE/Near Metro**—Newly renovated one bed room apartment, 5111 Ayers Pl. quiet, secure \$650.00. Call 202-607-2905 (Night) or 703 944 7913(Day).

**NE/SE**—Spac. 1BR apts, renouv, cpt. Sec. 8 ok. \$745/mo. 202-657-2099

**NW**—2BR, 2 BA apt, w/d, dw, cac, pkg, Metro. \$1600. Kellie@AFJ.Org (202) 464-7353

**NW** **777-810-6216**  
**CONVENIENCE & EXCITEMENT AT AN AFFORDABLE PRICE!**

Three intimate bldgs. located on Historic Meridian Hill & Dupont Circle retaining the elegance and beauty of a by-gone era.

**Washington House** 2120 16th St. NW  
**Hightowers** 1530 16th St NW  
**Park Square** 2407 15th St. NW

**PEABODY & THEOHARIS MGMT.**

**NW**—Large clean, furnished room. Kitchen use. AC. Near Metro. \$575 util incl. 202-722-6181

**NW**—Lovely sr. citizens' bldg. Perfect loc! Units avail immed! 62 yrs or older. Sect 8 waiting list open. Effic. 1BR, 2BRs. Under new mgmt. Utills incl. 202-745-7434

**NW/Woodley Park**—Lge furn 1 BR, 1 BA apt. Nr Metro Sta. \$1950/mo. 1 yr lease. 202-986-2722/202-246-7743

**OXON HILL** \$1450 mo. beautiful 3BR 1BA TH w/ finished basement, just remodeled & ready to move in MUST HAVE GOOD RENTAL HISTORY 240-464-1983.

**COLONIAL VILLAGE**  
888-583-3047  
FREE UTILITIES  
CLOSE TO SHOPPING AND METRO!  
**Call Today for Rents & Specials!**

**OXON HILL** EHO  
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Studio from \$685 1BR fr \$765  
2BR fr \$885 3BR fr \$1135  
5% Military & Fed Gov't Discount, Instant Approvals/Move-ins, Plush Carpet, Central Air/Heat, Free after-school program

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**OXON HILL** EHO  
1BR from \$725 2BR from \$815

3BR from \$1060  
**Instant Credit-Check Metro Accessible Near Shopping!**

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866-381-2786 (toll free)  
Mon-Fri 9-6; Sat 10-5; Sun 12-4

**OXON HILL** EHO  
**SOUTHVIEW**

- Balconies & Patio
- Modern Kitchen
- Free Shuttle Bus
- 2 swimming pools

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**A Southern Management Community**

**OXON HILL/Sunrise Gardens**—1001 Marcy Ave. Very lge 2BR/1BA w/balcony. \$895/mo. Call Shante Anderson: 703-474-3977.

**RESTON** **REFINED LIVING!**  
Up to 1560sf! Great location off the Tollway and mins to Reston Town Center. Small pets welcome.

1BR from \$1030  
2BR from \$1205  
3BR from \$1480  
ALL UTILITIES INCLUDED

**WINTERTHUR** 877-437-2383  
**Riggs Park** \$1700

quiet street, walk-in shower, fnct yd, off-street prkg, updated kitchen, Move in Aug 14. OPEN SUNDAY 1 - 4 and by appointment. Call 202-246-5568.

**Riverdale**  
**FLETCHERS FIELD**  
866-805-0782  
5429 Kenilworth Ave.

ALL UTILITIES INCLUDED. Spacious, Modern Apartments Minutes to University of Maryland and DC  
**Riverdale**

**PARKVIEW GARDENS**  
888-251-1872  
6400 Riverdale Road

1,2 & 3 Bedrm Apts. & Huge 2 Bedrm Townhomes  
Fitness and Day Care Centers on Property  
Outdoor and Indoor Pool

**WeekendPass performs. Thursday.**

RIVERDALE VILLAGE

5409 Riverdale Road  
Call For Fantastic Specials\*

W/W Carpet\*, Eat-in Kits.\*, Cathedral Ceilings\*, Prvt Balcony/Patio. Close to Parks, Schools & Shopping  
**\*Selected units 800-767-1819**

**ROCKVILLE/GAITHS**—1 & 2 Lg BRs. Furn or unfurn. Short/Long term, Corp/internships. Fully equipped kit/balc. Nr Metro, park w/pool & gym, grocery. Good rates. Utills incl/cable 301-948-0087.

**SE**—2BR 1FBA, up-and-coming comm, Sect 8 welcome, must rent this weekend. 703-850-3627

**SE/3600 Eli Pl**—1&2 BRs avail from \$690+elec. Near metro/schools. Cac/heat w-w crpt, controlled access. 202-584-2241. EHO

**SE**—3BR \$1500+ elec. Avail Immed. Sec 8 OK. 202-832-4754

**SE: 4010 9th St.**—1 BR \$700+e. Totally remodeled brand new apt; hardwood flrs, A/C, balcony, Southern Avenue Metro; Bolling AFB. Safe, secure bldg; laundry rm on-site.  
Manager: 202-270-1319  
Waggaman Corp 202-537-8970  
Housing Choice Voucher Welcome  
Equal Housing Opportunity

**SE: 4010 9th St.**—1 BR \$700+e. Totally remodeled brand new apt; hardwood flrs, A/C, balcony, Southern Avenue Metro; Bolling AFB. Safe, secure bldg; laundry rm on-site.  
Manager: 202-270-1319  
Waggaman Corp 202-537-8970  
Housing Choice Voucher Welcome  
Equal Housing Opportunity

**SE** 4369 G St. \$2616/MO  
Fully renov. 5BR, 2BA, detached home, granite counter top, SS appls., whirlpool BA, lge fnct yd. Oversz'd rear deck, endless upgrades. Housing voucher accepted. Call **Aaron Hargrove, 202-438-0701 Realty Executives 2000**

**SE/451 BURBANK ST**—2BR newly remod. CA/heat, W/W carpet. Sec 8 welcome. \$1000. 301-248-6415

**SE/CALL PL.**—New 2BR, 1 mrlb BA, blk dw, microwv & refrig. Gas, cac, gtd prkg & storg. Sec dep. Sec 8 OK. \$1250. 301-237-8711

**SE-Cascade Park Apts**  
4236 4th St. SE. 5 Bldg, Gated Community. Ext renov underw. New Mgmt! Immed occupancy. 4BR \$1495, 3BR \$1395, 2BR\$895, 1BR \$695. Effic \$645. Renov kitch, new appliances, wood & carpeted flrs, ac, on site Indry rm, on site mgmt. Call 202-562-1600  
**www.novodev.com**

**SE/FAIRFAX VILLAGE**—TH, 2BR, 1BA, W/D, hdwd flrs., end-unit, nr Metro. \$1250+utils. Call 202-582-0005.

**SE**—Lrg 4BR 2½BA, renov, ac, W/D, fnct yd, D/W, \$2275/mo Sec. 8 Welcome 202-332-1152

**SE/NEAR METRO**—Renovated 1BR & 2BR apts, central air, carpets, quiet bldg, secure, great back yd. Voucher Approved. Ask about August Special.  
Call 703-780-0040. Leave msg.

**SE**—New 2BR, 2BA, across from Metro, 24 hr sec. Sect 8 welcome. \$1300+ utils. Call 202-330-6464

**SE**—New renov 1BR, 4633 Hillside Rd. Sec 8 ok. 703-967-8206

**SE**—newly remodeled 4 bedroom house. Section 8 welcome! \$1900. 301-248-6415

**SE**—Newly renovated 2BR apt \$1000/mo. Section 8 Welcome call 301-408-8990

**SE** **Section 8 Welcome</**

Classifieds

RENTALS

**SILVER SPRING - \$2400** — 3 BR Lux TH, w/gar, rec rm w/fpl, deck, hdwd frs, new carpet & paint, close to Glenmont Metro. Gated community w/pool, avail now. Call 301-807-5756.

**SOUTHWEST EHO**  
**EAGLE'S CROSSING**  
 Parklike setting, Dishwasher, W/W carpet, W/I closets, Emergency Maint. Central Laundry facility.  
**202-561-7070**

An E&G Community EHO  
**Springfield/Burke**—Big SFH, 3 BR, 2.5 B Nr Rail, Schools, NiceCmty/Pets ok \$1790.571-344-2296  
**Springfield/Lorton (SFH) IMMED... monthly \$2400**

**LARGE FAMILY/HOME BASE BUSINESS**  
 SPACIOUS 6BR, 2.5BA, HUGE grmt kitch, fin, bsmt, washer & dryer, 2 level deck, hrd wd flr & carpet, garage + 4 CAR PKNG, near I-95, 495, 395, Contact-Victor Rodriguez @ REMAX 703-971-5555 ext. 129  
**STAFFORD**—SFH on quiet wooded 1+ ac lot, 4BR, 3 FB, d/w, w/d, deck, gar. 6 mi. Quantico & 195. Schools, shop. \$1700+ elec. 540-538-1667  
**Stafford \$1450**

**RENT TO OWN, BAD CREDIT OK!**  
 3br, 2ba, TH, low down, FREE PIZZA, call Jason 703-901-1980  
**STERLING**—4BR, 2BA, deck, fncd, new wndws. No pets. Reduced to \$1699. Avl now. 540-882-4035  
**Suitland NEAR METRO!**

**Regency Ct Apts — Location is everything!!**

Across from Suitland Metro, EZ access to Beltway. \* Gated Access \* Central Air \* UTILITIES INCLUDED \*

**2BRs from \$950 call 1-866-702-5053**  
**SW/CAPITOL PARK**—contemp. 3-LVL TH, nr Federal Center SW Metro, W/D, security, swimming pool. Avl. 9/1. \$2250. 202-863-9571

**TEMPLE HILLS**—1BR apt., 1st flr, all utlis incl., nice & clean. \$850. Across frm Naylor Rd Metro Sta. Call 571-238-7525

**TEMPLE HILLS**—2 BR condo. Nr Metro. \$1275. Section 8 welcome. Call 301-943-2518.

**UPPER MARLBORO**—Min from metro & AAFB. New 3VI TH, endunit, brickfrnt w/gar. 3BR 2FBA 2HBA, E-Kit, quiet nbrhd. Tenniscrt. Avail 9/1. \$1900/mo. Serious applicants only. 301-332-1823

**UPPER MARLBORO**—2BR, 2 BA, 3 vl. TH. Avl. 9/1. \$1700+. 202-746-5647

**VIENNA, VA EHO**

**VIENNA PARK**  
 • Park-like setting  
 • Wall-to-wall Carpet  
 • Enormous Balconies  
 • Huge living rooms  
 • Swimming pool  
 • Play areas  
 • Minutes to metro

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 A Southern Management Community

**WOODBRIDGE**—4 Properties Avail. Rent to own. \$1650-\$1900. Bad Credit OK. 202-747-1013

**Woodbridge**—4BR/3½BA 3vl TH, gourmet kit, \$1600. Sec 8 ok.

**RE/Max Premier 703-929-5680**  
**WOODBRIDGE**—5 BR 2½ BA, available now. \$1,900/OBO 703-981-6306

**Woodbridge \$1890**

**Luxurious Townhouse**  
 4BR & 3.5Bath incl. jacuzzi, 3 levels, hardwood, many upgrades, 2-side Fireplace, <1 mile 95/HOV

ROOMMATES

**ANNANDALE**—BR in shrd hse, \$500 + util. Nr 395, 495, 66. 202-391-5115

**ANNANDALE**—Huge Mstr BR in shrd hse, \$725 + util. Nr 395, 495, 66. 202-391-5115

**Arl/Balston/GMU**—Metro 1 block. N/S Male Share 3 BR apt. Pvt prkg. \$725+½ utlis. Call 703-528-3298

**ARL/CRYSTAL CITY**—M/F to shr lge 3BR 2BA hse. 1BR avail 8/15. Nr restaurants, shpg, Metro & airport. Incl off-st. prkg, CATV, f/w/d, \$852 incl utlis. 703-836-5721.

**ARL**—Furn. BR Nr Ballston. \$700+ 1/3 util./CATV. Prof M/F to shr, N/S, no pets. Call 703-807-0257

**ARL**—Walk to Ballston Metro/Va Square. Immed. Rms \$595/\$695, Rm \$895 w/ priv BA & ent + utlis. 703-599-7572

**Burke**—M/F House to share (large end-TH). GMU/Burke \$525 MBR \$350 small BR Mo to Mo. Hdwd flrs., deck/fncd yd. 571-237-8127

**CAPITOL HEIGHTS/12 Bayou Avenue**  
 Walk to Metro Station. Totally remod w/on-site laundry facilities. ALL furn, utlis & cable incl. Rates from \$650-850/mo. Weekly rates also avl. Open Sat, Aug 19: 12-6p. Victoria Brown: 202-438-8785  
 Dwayne Brown: 202-345-1684  
**Newway Investments, LLC**

**COLLEGE PK**—quiet nbrhd, cl. ti trans /shops. \$500/mo incl all util. Call 301-717-9057.

**CONN. AVE** — Share apartment. 12x16 rm for rent. Nice, Van Ness 2 blks. All utlis incl. \$650/mo. + \$200 security deposit. 703-887-2597

**FAIRFAX CITY**—prof. M/F shr 3 vl TH, N/S, no pets, 1 rm avail for \$340+ qtr. utlis. 703-385-0248/703-343-3568

**FAIRFAX/GMU**—3BR in SFH to sh, LR, DR, 1 FBA, w/d, lg porch, \$1500; 1RM, LR, BA w/pvt entr, \$750. 703-250-0242 or 703-969-7451.

**FT. WASH**—Furn Rms,Beautiful Hse to Shr. Shr LR/DR/Kit, W/D, \$125-\$200/wk, Utls incl 703-856-6075

**LANHAM**—Hse. to shr w/ gar. w/ responsible professional M, near UMD \$675 & \$575 + ½ utilities call, 301-856-8214 Monday-Thursday

**LAUREL**—M, furn. corner BR, shr kit, BA, entr. w/1 person. CATV, \$565, utlis incl + dep. 301-776-8892

**LORTON**—TH to shr. M/F, N/S, no pets. Walk to Lorton Sta. \$425 utl. incl. 1 yr lse 202-746-1137

**NEW POTOMAC**—4BR 2½BA, \$800-\$1200 utl incl, CATV, WEB, w/d, ac, horse stable. 301-574-4326

**NW**—1300 blk Irving St., furn. rm., cooking privs. \$200/wk. 202-265-4969

**OLNEY**—F to shr TH fully furn, Pvt BR & BA, W/D, cable tv, wireless Internet access, pool & tennis. Avail 8/1. \$650/mo. 301-213-1179

**SIL SPG**—MBR \$650. 1 BR \$500, 1 BR \$500. Shr apt. W/D, Bus in front. Call 240-328-8872

**TAK PK/NW (Walk to Metro)**—F. shr. condo w/F. Lg. sunny furn. BR, Pool, gym, stores. Student welcome. \$595. Short term ok. 202-723-0515

**TEMPLE HILLS**—House to share Summerhill Rd. \$600 & up. 202-829-3307; 202-374-2649

**TEMPLE HILLS**—Rm in SFH, \$600 utlis incl, close to bus & shopping. 240-602-3499

**TYSONS/Falls Church/Viennalf**—Share SFH, shr BA 1 priv rm, w/d, Nr Metro/bus rte. \$600 + ½ utlis. Also 2nd rm \$630 703-307-2911

**WALDORF**—TH, avail now, 1800 Sqft, 3BR, 2.5BA, Mstr BR w/vaulted ceilings, fin bsmt, 1 car gar, deck, fncd in yard, sec sys, 40 mins from DC/VA & Tax River, \$1600/mo. Call 202-236-3291

CONDOS FOR SALE

**ALEX/CAMERON STA.**—Striking 2BR/2BA: 1350 SF, granite in kit. & BA's, frpl, balc, snrm. New paint. W/D. \$436,900 571-277-1831

**ALEX. S./FT BELVOIR \$325,000**  
 3BR 2BA 2lv end unit condo. Walk to Metro Bus. Call Oscar, Owner/Broker 703-622-4340

**ALEX/WATERGATE AT LANDMARK - 1BR/1BA**—\$252,900, 1BR+den/1.5BA— 1064sf \$305,900  
**2BR/2BA** — Pool view \$315,900 - In/out pools, metro shuttle, gated community. 571-277-1831

**ALEXANDRIA \$326,000**  
 2BR, 2BA, updt'd Kitch & BA. www.bethyesford.com. 307 Yoakum Pkwy, Unit 405. 703-346-4133, Keller Williams

**Alexandria / Landmark \$210,000**  
**Condo Living at its best!**  
 1 BR / 1 BA Condo updated kitchen & bathroom. For info & Pictures visit www.Michael-Adams.com  
**Michael M. Adams 703-869-2225**

**RE/MAX Allegiance**  
**Arl/2 Blks From Clarendon Metro**—Lux 2BR/2BA, Party pad. Roof top pool, 24 hr. sec., fit ctr., 9' ceilings, granite counters. \$579,000. Jobin Rlty 703-628-3217

**ARL/PENTAGON CITY WALK TO METRO**  
 1BR, 900 sf, balc., pkg, \$290K  
 1BR 980 sf, sep DR, balc., gar. \$295K  
 1BR 900 sf, granite kit./BA, balc., gar. \$300K  
 2BR, views of DC, designer kit/BA, 2 balcs., gar. \$565,000  
**Mary Louise Harmon 703-219-6817** Jobin Realty

**ARL/ROSSLYN-2 BLOCKS TO METRO**  
 Studio/1BR Model units incl car parking. Only \$195K-250K. Investor studio and 1 BR units \$135K-\$265K. Call Harriet for info. 703-447-3336.

**Arlington Courthouse \$377,900**  
 Modern, sleek & new 1 BR Odyssey unit. Be in DC in minutes, steps to metro. 24-hr concierge, rooftop terrace, pool. Owner to pay condo fees thru '06.  
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**ARLINGTON EHO**  
**WALK TO METRO BUYS!! FANTASTIC BARGAINS HERE!! Sellers Pay Closing Cost!!**  
 Renov Effic \$185,000  
 Spac. 1BR River Pl \$185,000  
 Stratton House 2BR 1BA \$269,900  
 Decorator 1BR Ballston \$279,000  
**FALLS CHURCH- VIENNA**  
 Like new 1BR, fpl balcony \$319,000  
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 Don't have what you're looking for here?  
 We'll find it for you!

Marion Cloud  
 703-314-7033

**RE/MAX ALLEGIANCE**  
**BETH/PROMENADE \$389,900**  
 Seldom available lig. (1250sf) renovated 2BR end unit in quiet South Tower of one of Bethesda's premier luxury hi-rises. Garage, pools, health club, tennis, putting green & so much more. A must see!  
 Call Peter 301 493-4149.  
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**BETH/PROMENADE \$237,900**  
 Well priced Executive style 1BR apt on upper flr overlooking pool in South Tower of one of Bethesda's premier luxury high rises. Garage, pools, health club & more.  
 Call Peter 301-493-4149.  
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**BETHESDA/PROMENADE \$343,000**  
 Grt price for this seldom avail lux 1 BR + den, or 2 BR in one of Bethesda's premier high rises. Gar, pls, hlth clb, trns, ptrng grn + more.  
 5225 Pooks Hill Rd. #726N  
 Call Peter 301-493-4149.  
**Fairfax Realty 301-881-9800**

**BETHESDA/PROMENADE \$339,000**  
 DON'T LIKE ELEVATORS? THIS IS FOR YOU! Renov lobby lvl apt, garden like setting, no other high rise like it, gar, pool, hlth club, putting grn, tennis + more.  
 5225 Pooks Hill Rd #108 N. Call Peter 301-493-4149.  
**Fairfax Realty 301-881-9800**

**Clarendon \$559,000**  
**BROKERS WELCOME**  
 2BR, 2BA Brand new; 7th flr views of G-Town; in Gold's Gym Bldg; Pool; Party rm, Bus.Ct; Parking; Owner- Agent; OPEN SUNDAY 12-4; call: 703-725-4498

**FAIRFAX VILLAGE/HILLCREST \$246K**  
 Very nice 2BR 1BA TH condo w/ gar. Seller will sell condo w/o gar for \$234K. 3935 Penn. Ave. SE, #B. Call Isabel, Ivan Brown Realty, Inc. 202-545-5477

**FALLS CHURCH**—2BR 2BA. Easy Handicap Access 1st flr. w/d, garage, extra storage. 1316 s.f. + balcony. \$310,000. Jobin Realty, 301-674-1234

**GAMBRIILLS**—\$295,000  
 Condo at Village Of Waugh Chapel W. (55+ retirement community). Like new. Excel. cond. 2BR, 2BA, Fpl, upgrades incl. flooring, carpet, cabinets & counter tops. (Contents of home also for sale). Call 443-535-0454 or 301-502-5446 for appt.

**GREENBELT**—2BR 2-BA, den, \$249,900. Pre-aprovals only. 301-983-0601

**RESTON**—Open House. Sunlite 2 BR, 2 BA. 1641 s.f. \$905K. East West & So. view. Jobin Rlty, 301-674-1234

**ROCKVILLE/Falls Grove \$428,000**  
**FSBO - LUXURY CONDO**  
 Brand new never lived in 2BR/2BA unit, balc, din rm, E-I Kitch, sep laundry rm, elev. bldg, 240-423-9182.

HOUSES FOR SALE

**12 SECRETS LEENDERS DON'T WANT YOU TO KNOW**—FREE REPORT—Reveals secrets banks don't want you to know which will save you \$100's/per month on your present mortgage. FREE automated service reveals how you could save per mo. 24 hrs 800-882-2039 Ext 888

**527 Grant Pl Frederick \$359,000**  
**up to 10K closing cost**  
 Within mins Ft. Dietrich, Cute 3br,2fb, library & fam.room, bsmt. beaut. fenced back yd. Call Carmel @ 304-839-2425

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**A FREE DAILY LIST OF HOMES IN DC, MD, & VA**—for Sale w/Prices, Addresses & Descriptions. Visit www.Move4FreeRealty.com. Sarah Santa Ana  
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**ALEX—NO BANK QUALIFYING. OWNER WILL FINANCE.** Brand new 3BR, 2½BA TH. \$485,000. 202-957-4432.

**Alexandria \$464,888**  
 Enjoy Life!  
 Free of commuter headaches from this terrific location in The Pinecrest!  
 • 4 Finished Levels with Loft  
 • 2 Master Suites  
 • Deck off Country Kitchen  
 • Walkout finished basement  
 Open 1-4, 1395: 236W-R-second Pinecrest Vista-R-Medinalh to 6633.

**Click & Pick Realty**  
**Click-Pick-Save 703-560-1300**

**ANNAPOLIS**—Contemp. 5BR, 3.5BA. Reduced. Tour @ jsvt.net/2165685. **Michael DePontes, Re/Max Gold 410-604-6001, cell 410-236-8234.**

**ARL \$399,000**  
 900 sf 2BR/1BA Duplex. Nr Glebe Rd. As is. Principals only. Attorney for Estate. 703-989-9236

**ARLINGTON \$475,000**  
 Hdwdns, 3.5BA, all new inside, 2 mstr suites w/jacuzzi, deck, W/O bsmt, fpl. Min to DC. Call Cindy 703-304-1258, **Weichert Realtors, 703-821-8300**

**Arlington \$639,500**  
 3BR, brick cape, w/open flr plan, FR addit, spacious bkyard, wlk to Overlea pool, East Falls Ch metro. Trisha Hines, American Realty Group, 703 609-8040.

**Beltsville \$568,000**  
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# LOOK out K

\* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

## Astronomy

### Pluto's status is in jeopardy as scientists meet to define planets

Our solar system is suffering an identity crisis.

For decades, it has consisted of nine planets, even as scientists debated whether Pluto really belonged. Then the recent discovery of an object larger and farther away than Pluto threatened to throw this slice of the cosmos into chaos.

Should this newly found icy rock known as "2003 UB313" become the 10th planet? Should Pluto be demoted? And what exactly is a planet, anyway?

Ancient cultures regularly revised their answer to the last question and present-day scientists aren't much better off: There still is no universal definition of "planet."

That all could soon change, and with it science textbooks around this planet.

At a 12-day conference beginning Monday, scientists will conduct a galactic census of sorts. Among the possibilities at the meeting of the International Astronomical Union in the Czech Republic capital of Prague:

subtract Pluto or christen one more planet, and possibly dozens more.

"It's time we have a definition," said Alan Stern, who heads the Colorado-based space science division of the Southwest Research Institute of San Antonio.

The debate intensified last summer when astronomer Michael Brown of the California Institute of Technology announced the discovery of a celestial object larger than Pluto. Like Pluto, it is a member of the Kuiper Belt, a mysterious disc-shaped zone beyond Neptune containing thousands of comets and planetary objects. (Brown nicknamed his find "Xena" after the TV warrior princess; pending a formal name, it remains 2003 UB313.)

The Hubble Space Telescope measured the bright, rocky object at about 1,490 miles in diameter, roughly 70 miles longer than Pluto. At 9 billion miles from the sun, it is the farthest known object in the solar system. The discovery stoked the planet debate that had been simmering since Pluto was spotted in 1930.

Some argue that if Pluto kept its crown, Xena should be the 10th planet by default — it is, after all, bigger. Purists maintain that there are only eight traditional planets, and insist Pluto and Xena are poseurs.

"Life would be simpler if we went back to eight planets," said Brian

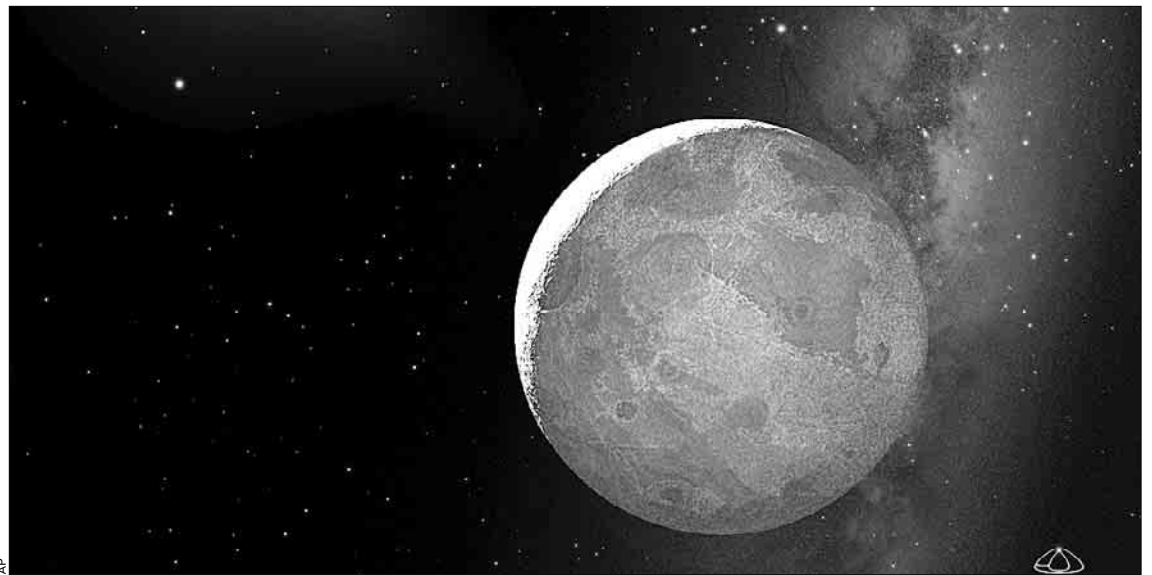
INSIDE

Zhang Ziyi looks great, and she can cook, too | 42



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**TO BE OR NOT TO BE:** An artist's concept of 2003 UB313 (nicknamed "Xena"), which may become the galaxy's 10th planet.

# Universal Question

Despite the lack of scientific consensus on what makes a planet, the current nine — and Xena — share common traits: They orbit the sun. Gravity is responsible for their round shape. And they were not formed by the same process that created stars.

Brown, Xena's discoverer, admits to being "agnostic" about what the international conference decides. He said he could live with eight planets, but is against sticking with the status quo and would feel a little guilty if Xena gained planethood because of the controversy surrounding Pluto.

"If UB313 is declared to be the 10th planet, I will always feel like it was a little bit of a fraud," Brown said. ALICIA CHANG (AP)

Marsden, director of the astronomical union's Minor Planet Center in Cambridge, Mass.

Still others suggest a compromise that would divide planets into categories based on composition, similar to the way stars and galaxies are classified. Jupiter could be labeled a "gas

giant planet," while Pluto and Xena could be "ice dwarf planets."

"Pluto is not worthy of being called just a plain planet," said Alan Boss, an astrophysicist at the Carnegie Institution in Washington, D.C. "But it's perfectly fine as an ice dwarf planet or a historical planet."

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# LOOK out

# On the Genocide Trail

## Travel

### Cambodia turns the sites of atrocities into tourist attractions

Call it crass, macabre or educational, but Pol Pot's shabby grave and a towering stack of his victims' skulls are drawing a growing number of visitors to Cambodia's genocide trail.

These and other relics of the Khmer Rouge reign of terror are the grim counterpoint to Angkor Wat, Cambodia's world-famous ancient temple. Some decry it as "dark tourism" and "a Khmer Rouge theme park," while officials and private entrepreneurs argue that it will reap tourist dollars for an impoverished nation.

The latest station on the circuit is Anlong Veng, the final stronghold of the Khmer Rouge and its leader, Pol Pot, who turned the country into a vast slave labor camp in which as many as 2 million of their fellow Cambodians perished from

**“Cambodia is known to the world for two things — Angkor Wat and the ‘killing fields.’”**

**YOUK CHHANG**  
RESEARCHER

disease, starvation and relentless executions in the mid-1970s.

"Cambodia is known to the world for two things — Angkor Wat and the 'killing fields.' Some believe one came from God and the other from hell," says Youk Chhang, a leading researcher of Khmer Rouge atrocities.

This scruffy town in northwest Cambodia once housed one of the 20th century's largest assemblages of mass killers. Now, following up on a government order to preserve Khmer Rouge sites, officials are planning to restore nearly 40 houses of former Khmer Rouge leaders and build a museum where the guides are ex-soldiers of the ultra-commu-



A tourist looks at portraits of those killed by Pol Pot's regime at Tuol Sleng prison.

nist movement. Bulldozers are laying the foundations for a South Korean-built resort with swimming pool. And just down the road, a casino and massive market will cater to visitors from neighboring Thailand.

Chhang, who heads The Documentation Center of Cambodia, is concerned that sites such as Anlong Veng will lose their raw, powerful authenticity. "We don't want them turned into

Disneylands," he says.

A private Japanese enterprise, JC Royal Co., last year won the concession to develop Choeung Ek, the vast killing ground, into a more tourist-friendly place, while the World Bank is completing a wide, paved road to speed tourist buses to the site.

Tuol Sleng and Choeung Ek are on the itineraries of almost every tour company and are expected to be visited by many of the 1.6 million foreign tourists expected in Cambodia this year.

Roberto Rossano, a 22-year-old Londoner, said he knew little about the Khmer Rouge nightmare until he visited Choeung Ek. "When somebody tells you one or two million were killed, it's just a number, but when I came and saw just a fraction of what they did — these skulls — it absolutely shocks you," he said.

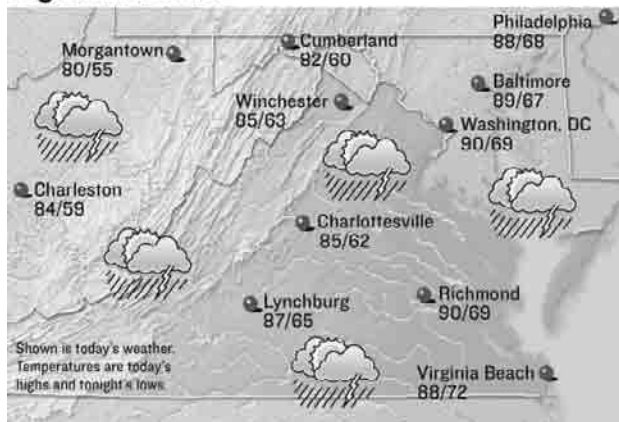
Ta Mok, a brutal military commander, lived here until his death last month. Although he was to have stood trial for atrocities, he was a hero in Anlong Veng, and people point out his humanitarian legacy — schools, clinics, a dam, a sawmill that provided free wood to the poor.

The commander, dubbed "the Butcher," was seen off by hundreds of mourners and chanting Buddhist monks, and his ashes were placed in a tomb in a temple — the newest addition to Cambodia's genocide trail. DENIS D. GRAY (AP)

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, a thunderstorm	Mostly clear	Partly sunny	Mostly sunny, seasonably warm	Mostly sunny, seasonably warm	Mostly sunny, seasonably warm
90°	69°	85° / 69°	86° / 68°	86° / 70°	86° / 71°

### Regional Weather



### Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	89°
Low	68°
Normal high	87°
Normal low	69°
Average humidity	60%

### Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.96"
Normal month to date	1.54"
Year to date	29.61"
Last year to date	28.61"
Normal year to date	24.36"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

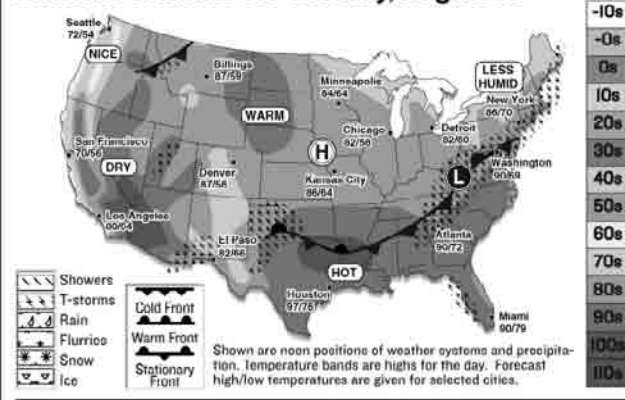
**D.C. Metro:** Today, partly sunny, hot, humid, a shower or thunderstorm. High 90. Wind west 10-20 mph. Tonight, mostly clear. Low 69.

### Sun and Moon

Sunrise today	6:22 a.m.
Sunset tonight	8:03 p.m.
Moonrise today	11:33 p.m.
Moonset today	1:44 p.m.



### National Weather for Tuesday, August 15



### National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	90/72/t	90/72/t
Boston	87/66/pc	80/63/s
Chicago	82/58/s	84/59/s
Dallas	100/78/t	101/78/s
Denver	87/58/s	86/60/pc
Honolulu	89/77/pc	89/76/s
Los Angeles	80/64/pc	80/64/pc
Miami	90/79/pc	90/79/t
New York City	86/70/pc	84/68/s
Orlando	90/75/t	92/75/t
Seattle	72/54/pc	74/56/pc

### World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	66/56/sh	70/59/sh
Athens	90/72/s	91/72/s
Berlin	66/54/r	72/57/pc
Buenos Aires	57/39/c	57/41/pc
Calgary	66/47/t	70/47/c
Dublin	63/54/r	63/54/sh
Geneva	74/58/c	73/56/t
Moscow	82/64/pc	72/57/pc
Rome	82/68/pc	82/70/pc
Sydney	64/46/pc	66/48/s
Tokyo	84/77/pc	84/77/t

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

# Styles | LOOK<sup>\*</sup>out



Stylists prepare one of the Dallas Cowboys cheerleaders for a photo shoot for their newest calendar, out next month.

# Pretty as a Pom-pom

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The cheerleaders look beautiful, in shape, and — this is important — always happy.

Would it help to know that it takes a team of their own to turn Dallas Cowboys cheerleaders into The Dallas Cowboys Cheerleaders?

The squad behind the squad consists of makeup artists, hair stylists, hair colorists and fitness trainers. Their common goal: making

three-dozen cheerleaders look picture-perfect each week in the often blistering heat at Texas Stadium while dancing, jumping, high-kicking and cheering for a crowd of 65,000 and — oh, yeah — encouraging the football players.

"Since we're known as 'America's Sweethearts,' our look is very sweet," says cheerleader Andrea Richards. "We're not so much glamorous, as just very pretty and very wholesome. That's what the look is for the Dallas Cowboy cheerleaders. A lot of us are from Texas, and 'pretty' and 'wholesome' are big things here."

"Our fitness is so important to



Cheerleader Andrea Richards is in her second year in the storied squad.

us. We want to look better than our best. We work out all year long," says Richards, 25. "We have to be accustomed to exercising outside in the heat but looking like cute, refreshed cheerleaders at the same time."

Despite the fact the cheerleaders consider themselves to be more athletes than models, that glitzy look

**“We still want to be ‘America’s Sweethearts,’ but with a little more glam. It can’t be too much, either.”**

KELLY WHALEY  
MAKEUP ARTIST,  
DALLAS COWBOYS CHEERLEADERS

is all-important. They mostly wear their hair down and put on enough makeup so that fans in the very top row can see their glimmering lips and flirty lashes.

Kelly Whaley is the makeup artist charged with creating the basic face that each cheerleader tailors for herself.

"The look now is a little more glamorous with a fashion edge. We still want to be 'America's Sweethearts,' but with a little more glam," she says. Of course, "It can't be too much, either."

The cheerleaders arrive at the stadium usually with their hair already in rollers and foundation on their faces. It then takes about a half-hour for the "painting process," which Whaley compares with preparing for a stage show. She uses a luminescent base so their skin will glow and a waterproof eye shadow so it won't run or cake as the cheerleaders start to sweat.

Since they wear more-than-average makeup when they're working, Richards says she tries to tone it down on days off. That said, the cheerleaders are bona fide celebrities in Dallas, and she doesn't want to run the risk of being caught completely undone.

"I don't want to go to the grocery store and be spotted with my hair a mess. We do always want to look our best; I don't want to feel like I have to duck around a corner," she says. SAMANTHA CRITCHELL (AP)

## Gifts



## Beauty Goes Bambi

Even those who aren't crazy about the look of OILILY clothes (for those unfamiliar with the line, think *Flowers Gone Wild*) can't help but ooh over their new line of soaps (Yes, we reviewed their candles last week. Our love for heart-shaped tins knows no end!). The tins hold an intricately carved soap depicting a deer wearing a blanket (just go with it) and a bunch of daisies and squiggles in the sky. The scent is a blend of traditional soapiness and a spicy floral; we can't tell you about the suds' potential because we just couldn't bring ourselves to mess up the pretty bar.

KRISTEN PAGE-KIRBY (EXPRESS)

## Models



## Smell Like Swank

GUERLAIN, the higher than high-end French fragrance and beauty line, will launch a new fragrance, *Insolence*, in September (and, yes, your fearless and highly trained Express smellers are already on the story). The face of the bottle will be two-time Academy Award winner and "Beverly Hills, 90210" alum Hilary Swank. She'll represent Guerlain for the next three years, functioning, according to the press release, as "both a muse and a spokesperson." The release goes on to say that she was chosen because she "boldly and passionately seized her own destiny." K.P.K.



from readexpress.com

## Lending a Helping Hand

**ADAMS MORGAN** | In the recent debate over the District's crime emergency declaration, one allegation that has popped up more than once in online forums is that officers with the Metropolitan Police Department rarely walk beats and are more than content just sitting in their police cruisers. While enjoying drinks Friday on the porch at Soussi, at the corner of 18th Street Northwest and Kalorama Road, Free Ride witnessed an incident that helps to power such sentiments.

A Metrobus heading south on 18th Street stopped at the intersection to let off a blind man. As the idling bus was blocking traffic, the driver walked the blind man across the street as a group of officers sat

just steps away. A round of applause came from Soussi's patrons and the bus driver waved in acknowledgment. As for the MPD, the officers could have lent a helping hand, but chose not to. **MICHAEL GRASS (EXPRESS)**

### Jessica's Bad Attempt

**NO-TALENT CELEBRITIES** | On Monday, **EGOTASTIC.COM** posted a



Simpson

number of video clips of Jessica Simpson onstage at a Los Angeles club that show that any singing and dancing talent she may have had has been lost forever. Also, singing a sexed-up ver-



MICHAEL GRASS/EXPRESS

**SIGN OF THE TIMES:** Have you ever had "fun" on F Street Northwest downtown?

sion of "Amazing Grace" doesn't seem all that wholesome. **M.G.**

### Whither 'Fun' Street?

**GALLERY PLACE** | The neighborhood surrounding Verizon Center has had

many identity crises in the past few years as the streetscape evolved and an influx of vibrant businesses has made the area buzz with pedestrians searching for food, shopping and entertainment. On the 600 block of F Street Northwest stands the remains of a past marketing initiative, a street sign that designates F Street as "Fun Street." As neighborhood fun has been evenly distributed to surrounding streets, it's evident that either Fun Street must go, or other nearby lettered streets get similar designations. Express' nominations: E Street/Excellent Street; G Street/Great Street; H Street/Happy Street. C'mon neighborhood marketers, get on it. **M.G.**

### → Coming Up Today

Over the years, the word "Friendship" has spread slowly northward, from the National Cathedral and on up Wisconsin Avenue across the Maryland line. Free Ride tracks the migration.

## ? Poll Center

TODAY'S QUESTION

Will the cease-fire hold in the Middle East?

1. Yes
2. No

YESTERDAY'S RESULTS

Will D.C.'s new surveillance cameras deter crime?

**NO** **YES**

74% 26%

As of 6 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://READEXPRESS.COM/POLLCENTER.PHP)



"'Staying the course' ... means that life sucks and people die. This administration has no plan and never did in fact have one [for Iraq]."

**THEMADPROPHET.BLOGSPOT.COM** NOTES THAT THE VIOLENCE CONTINUES IN BAGHDAD WITH SUNDAY'S LARGE ATTACK ON A SUNNI MUSLIM NEIGHBORHOOD THAT KILLED AT LEAST 47 PEOPLE.

### 15 Seconds of Fame

"[T]he next thing I know, it became the set for the 'Dap It Up' video. I'm the geek in the yellow T-shirt and gray slacks. I'm somewhere all the way in back."

**ANACOSTIADIARIES.BLOGSPOT.COM** FOUND HIMSELF AS AN EXTRA IN A VIDEO SHOOT FOR LOCAL HIP-HOP ARTIST 20BELLO.

### Dupont Circle, Chained

"I would be one of those who doesn't remember the old Dupont. The year I lived up on U Street, I rarely went down to the area for anything but the restaurants, tea at Così, or Ann Taylor Loft. That is, I went to the chains."

**ECOGIRL.BLOGSPOT.COM** REACTS TO A WASHINGTON POST ARTICLE ABOUT HOW NATIONAL CHAINS ARE EDGING OUT LOCALLY OWNED DUPONT CIRCLE BUSINESSES.



### Not Broken

"Having not been crippled by Israel, Hezbollah now gets to strut around the Arab world, which is not good for either Israel or the United States, and most of all, those people in Lebanon who took part in the 'Cedar Revolution' in hopes of getting their country back."

**ANKLEBITINGPUNDITS.COM** ISN'T ALL THAT HAPPY THAT HEZBOLLAH HASN'T BEEN DESTROYED BY ISRAEL'S OFFENSIVE IN SOUTHERN LEBANON.



"Why won't 'Dancing With the Stars 3' just go away? ... [C]asting ... is just getting more and more desperate."

**DLISTED.COM** ON THE ABC SHOW'S NEW CAST, INCLUDING MSNBC'S TUCKER CARLSON (ABOVE), JOE LAWRENCE OF "BLOSSOM" AND MARIO LOPEZ OF "SAVED BY THE BELL."

## Live Online

### Security Checks

**MIKE BROOKS**, independent security consultant and former member of the FBI Joint Terrorism Task Force, was online Monday at [washingtonpost.com](http://washingtonpost.com) to discuss heightened travel security.

**I am confused — is the ban on all liquids or carryon items in general? I've seen news footage of people not being allowed to carry on even a purse. What does this have to do with liquids/gels?**

You can still have carryons here in the U.S. You can check liquids and gels in your checked luggage and have them sent to your city of arrival but you will not be permitted liquids and gels except for the small doses of liquid medication, the low blood-sugar treatments and baby food, and now solid lipstick.

**If this sort of threat has been known prior to this latest headline, why is it that the U.S. has to scramble to get procedures in place? Shouldn't all types of scenarios be examined so implementation of new securi-**

**ty procedures and protocol go more smoothly?**

Procedures and technology are intelligence- and scenario-driven, especially in the aviation industry. The last time we saw liquids as a threat was the mid-'90s. Since then, we really have not seen liquids as a major threat to any transportation sector. They have been working on technology to detect liquid explosives, but nothing is on the market as of yet.

**Although passengers are screened very closely, people who work at airports go in and out of controlled areas unchecked. What is being done to prevent an airport worker from committing an attack?**

Here in the U.S., I've always thought that this was one of the vulnerabilities that I've always addressed. Airport workers go through a thorough background check and fingerprint check for certain serious felonies and certain misdemeanor offenses, but if they have never been arrested before and have not been the target of any investigations, they will pass the background check. It's an issue that the TSA needs to re-evaluate.



**KNOW WHAT TERROR LURKS IN THE HEARTS OF MEN.** "The Shadow" and those other radio shows, made back when sitting around the Philco at night was as good as home entertainment got, were way before our time. But you can reconnect with your great-grandparents by perusing the shows at [Otr.net](http://Otr.net).



**TODAY ON LIVE ONLINE:** Psychotherapist Jerilyn Ross discusses the prevention and cure of anxiety disorders at 10 a.m. | [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline)



# LOOK out

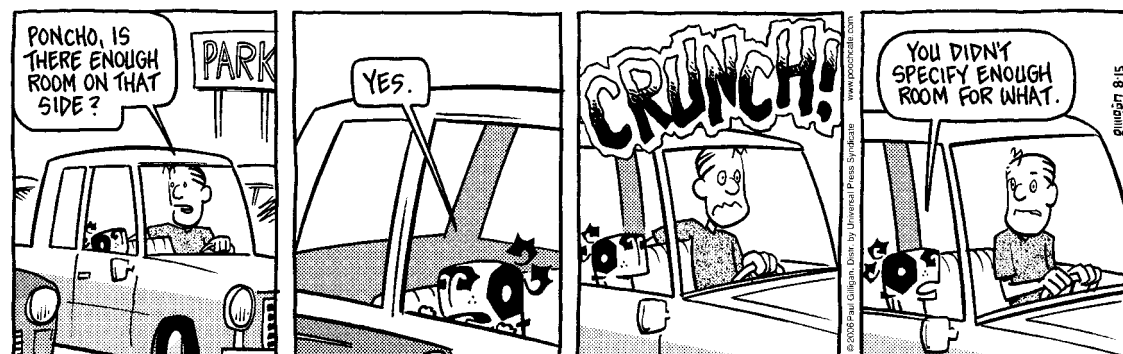
## Bizarro | Dan Piraro



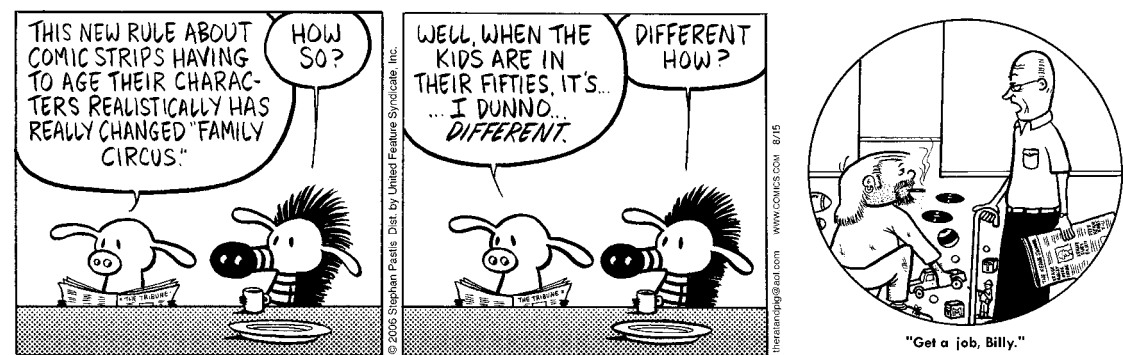
## Cornered | Mike Baldwin



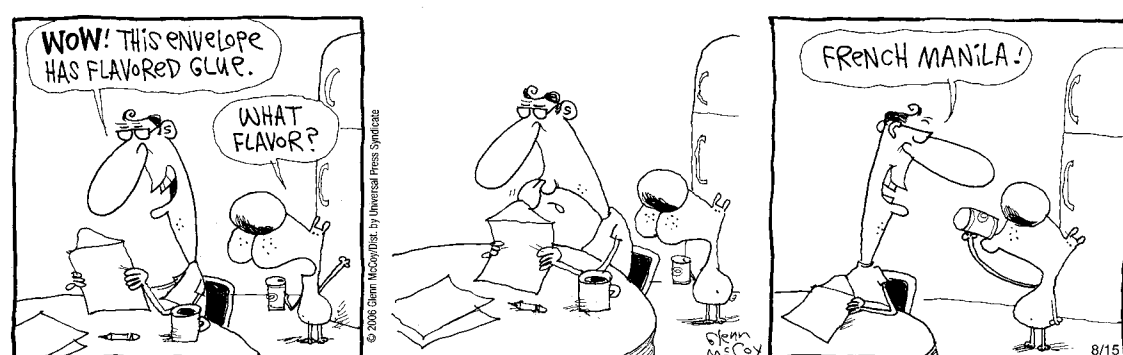
## Pooch Cafe | Paul Gilligan



## Pearls Before Swine | Stephan Pastis



## The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**LEO (July 23-Aug. 22)** Never underestimate the power of your own imagination — particularly, when even a single thought can lead to a major development.

**VIRGO (Aug. 23-Sept. 22)** Respect your neighbors. Watch and learn, and be willing to help out whenever you have the chance. A rival may come to you with an offer.

**LIBRA (Sept. 23-Oct. 22)** You may be more demanding than you have been in recent days or weeks, and someone may rebel against your increasing authority.

**SCORPIO (Oct. 23-Nov. 21)** You're sure to take each and every endeavor quite seriously. You will win respect even from a critic if you remain determined.

**SAGITTARIUS (Nov. 22-Dec. 21)** Even the most stubborn door is soonest opened through gentleness, not force. Today, the same holds true for someone you're trying to get to know.

**CAPRICORN (Dec. 22-Jan. 19)** It may be that you are drawn to someone you would usually consider somehow dangerous—

and you'll learn something about yourself as well.

**AQUARIUS (Jan. 20-Feb. 18)** Potential is high, and you are in a position to exercise a little more authority than usual. Take care that you don't become too aggressive.

**PISCES (Feb. 19-March 20)** There are those around you who are making things far more complicated than they need to be — and you must be willing to step in.

**ARIES (March 21-April 19)** You can enjoy things in a childlike manner, which gives you the edge over those who are frustrated or jaded.

**TAURUS (April 20-May 20)** You can feel free to talk about your emotions without the threat of reprisals of any kind. Someone you know will share openly, too.

**GEMINI (May 21-June 20)** You may be approached by someone who is confident you can help — but do you really want to? A little resentment may be unavoidable.

**CANCER (June 21-July 22)** Are you really ready for the kind of reaction you're going to get when you unveil that surprise you have in store? Family members rally around.



Some of the thousands of fans at the Woodstock Music and Art Fair in 1969.

## Today in History

- 1769** Napoleon Bonaparte was born on the island of Corsica.
- 1935** Humorist Will Rogers and aviator Wiley Post were killed when their airplane crashed near Point Barrow, Alaska.
- 1969** The Woodstock Music and Art Fair opened in upstate New York.
- 1971** President Nixon announced a 90-day freeze on wages,

- prices and rents.
- 1996** Frederick Martin Davidson, a graduate student at San Diego State University, shot and killed three engineering professors (Davidson was later sentenced to three life terms in prison).
- 1998** Twenty-nine people were killed by a car bomb in Omagh, Northern Ireland; a splinter group calling itself the Real IRA claimed responsibility.
- 2001** Robert R. Courtney, a pharmacist accused of diluting chemotherapy drugs, surrendered to the FBI.





TAMMIE ARROYO/AP

She'll look even prettier with a new guy.

#### BREAKUP Cute Actress Finally Dumps Scruffy Rocker

**KATE HUDSON** and **CHRIS ROBINSON** are splitting up after nearly six years of marriage, her publicist said. "Kate Hudson and Chris Robinson have confirmed that they are separated," publicist Brad Cafarelli told The Associated Press. The couple married in 2000. They have a 2-year-old son, Ryder. (AP)

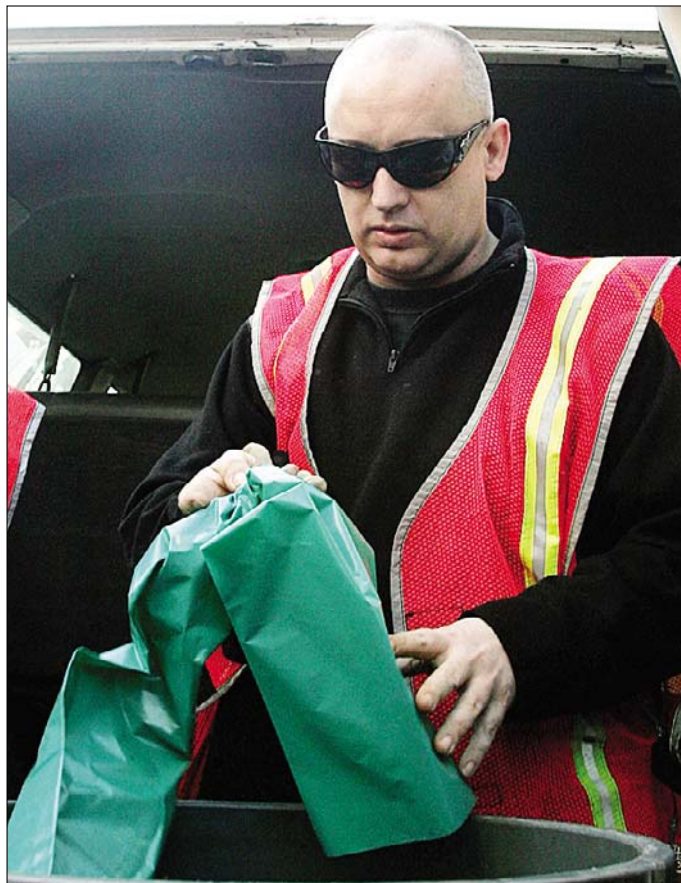
#### WIMP OUT Big-Lipped, Dino-Rocker Finally at a Loss for Words

The Rolling Stones canceled a concert Monday in Valladolid, Spain, after **MICK JAGGER** was ordered by



his doctor to rest his voice. Jagger developed laryngitis over the weekend, the Stones said on their Web site.

The rockers had sold 37,000 tickets for Monday's appearance. "I am sorry to be canceling," Jagger, 63, said in a statement. "But I have no choice, and I apologize to everyone who bought tickets tonight." (AP)



BRYAN BEDDER/GETTY IMAGES

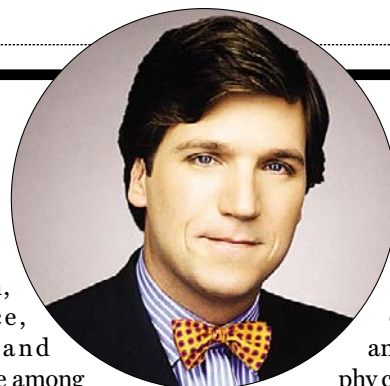
#### BRUSHWORK

## Does Orange Go With My Eyeliner?

**BOY GEORGE** started his court-ordered community service early Monday, sweeping leaves and trash off the sidewalks of New York. It took less than an hour for the former Culture Club front man to get into a spat with the media. "You think you're better than me?" he yelled. "Go home. Let me do my community service." Boy George took to the streets of Manhattan as a Department of Sanitation worker wearing an orange vest and without the wild makeup and androgynous style that made him so recognizable as the '80s icon who sang "Do You Really Want to Hurt Me?" (AP)

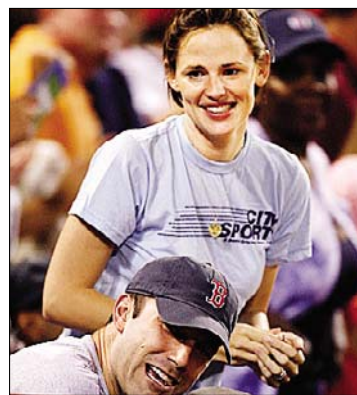
#### FOOTWORK Somewhere, Fred Astaire Is Screaming

**TUCKER CARLSON**, Harry Hamlin, Joe Lawrence, Sara Evans and Vivica A. Fox are among the semi-celebrities slated to compete for soft-shoe honors on the third season of ABC's "Dancing With the Stars." The new season of the reality hit begins Sept. 12, the network announced. The



He can talk politics, but can he do the tango?

show pairs 11 competitors of questionable fame and few choreography chops with professional dance partners. This season, the celeb/pro teams will do Latin and traditional ballroom numbers to live music. Judges and show-watchers decide which couples advance. (EXPRESS)



WINSLOW TOWNSON/AP

#### EXHAUSTION Jen Is Hot, and No One Is Sure About Ben Anymore

She walloped countless villains on "Alias" and kicked evil butt as superheroine Elektra, but the Arizona heat proved too much for **JENNIFER GARNER**. While filming her new movie, "The Kingdom," near Phoenix, Ben Affleck's missus was taken to the hospital after passing out due to the high temperatures in the desert. She was released the next morning. (EXPRESS)

She melts not only for Mr. Affleck, but also in temperatures exceeding 100 degrees.

#### HIDDEN TALENTS If This Acting Gig Doesn't Work Out, She Can Open a Soup Kitchen

**ZHANG ZIYI** didn't act like a prima donna on the set of a recent Chinese movie despite her newfound Hollywood fame, agreeing to shave her eyebrows for the role and even serving homemade soup to the crew, the film's director said. Feng Xiaogang, who cast Zhang in "The Banquet," said, "She was very thoughtful. Our collaboration was happy." (AP)



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# LOOK out

## Crossword | Bank Sign

- ACROSS**
- 1 "Good buddy" sayer
  - 5 Ali \_\_\_\_
  - 9 Above average grade
  - 14 Scratch the surface?
  - 15 Invitation request
  - 16 Poker betting option
  - 17 Ear-related
  - 18 General helper
  - 19 Get down from there?
  - 20 Triumph convincingly
  - 23 Fighting words?
  - 24 \_\_\_\_ rest (settle)
  - 28 Much-studied T.
  - 29 Ready for surgery
  - 31 Potter or Klink (Abbr.)
  - 32 Referees throw them
  - 35 Go off course
  - 36 Loch of note
  - 37 Become unsteady
  - 40 Web addresses, initially
  - 41 Small scraps
  - 42 "To clarify ..."
  - 43 \_\_\_\_-cone (summer treat)
  - 44 "The \_\_\_\_ the limit!"
  - 45 Tavern order
  - 46 Southernmost U.S. state
  - 48 Showed appreciation, in a way
  - 52 Finish up
- DOWN**
- 1 Oscar winner Russell
  - 2 Drive home a run
  - 3 Barely making (with "out")
  - 4 Battery boosts
  - 5 Taste test label
  - 6 Shakespearian stage device
  - 7 Certain briefs, briefly
  - 8 Was not original
  - 9 Concoct
  - 10 It may be rolled or sprayed on
  - 11 It's flipped when you flip
  - 12 Take advantage of
  - 13 Sun. message
  - 21 Playground retort
  - 22 Type of house or glasses
  - 25 Display of temper
  - 26 Famous 22-Down
  - 27 Mary-Kate or Ashley
  - 29 They're a nuisance
  - 30 Graycoats
  - 32 Straight beater
  - 33 Doone of Exmoor
  - 34 Do \_\_\_\_ burn (seethe)
  - 35 Jolly, to the British
  - 36 Office plaque
  - 38 Big name in mobile phones
  - 39 Purple shade
  - 44 Warning signals
  - 45 Los \_\_\_\_, New Mexico
  - 47 Interjected
  - 48 Checked items
  - 49 Baffling puzzle
  - 50 Banana oil, for one
  - 51 List makers?
  - 53 Legal order
  - 54 Hearing test sound
  - 55 '50s sitcom staple
  - 56 Rage
  - 57 It may be heard after a charge

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15						16		
17				18						19		
20								21	22			
			23				24					
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39			40		41				42	43		
44				45				46				
			47					48				
49	50					51				52	53	54
55					56	57						
58						59				60		
61					62					63		

### Yesterday's Solution

1	C	A	B	O	S	6	A	N	E	W	10	M	11	12	13	E	
14	O	H	A	R	A	15	S	E	R	A	16	D	O	L			
17	L	O	R	E	N	18	Z	H	A	R	19	C	E	O	S		
20	D	Y	E	21	J	E	E	P	22	E	23	H	A	N	E		
				24	C	O	D	S	25	A	R	E	A				
26	B	A	T	H	E	S	28	C	O	L	L	E	30	G	31	32	S
33	A	R	R	A	S	34	F	A	R	O	36	L	U	C	E		
35	S	E	E	R	37	P	E	S	T	O	38	J	I	L	L	T	
39	E	T	A	L	40	E	T	A	41	G	R	F	L	A	T		
42	D	E	T	E	43	N	T	E	S	44	G	R	O	T	T	O	
				45	S	E	E	D	46	P	A	I	X				
47	D	E	A	L	E	R	50	B	A	R	D	51	S	I	D	53	O
54	O	L	G	A	55	S	56	H	E	R	Y	L	C	R	O	W	
58	F	A	R	M	59	O	I	N	K	60	E	R	O	D	E		
61	F	L	A	B	62	N	E	T	S	63	S	Y	N	O	D		

## Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see [www.sudoku.com](http://www.sudoku.com)

### Yesterday's Solution

3	9	4	6	8	1	5	7	2
1	7	8	9	5	2	3	4	6
5	2	6	3	7	4	9	8	1
2	5	1	4	3	6	8	9	7
7	4	9	2	1	8	6	5	3
8	6	3	5	9	7	2	1	4
9	1	5	7	2	3	4	6	8
4	8	2	1	6	5	7	3	9
6	3	7	8	4	9	1	2	5

		5	3					8	
		9		2				1	
	1	8						7	3
	8		1						
			8	5	9				
					4			2	
	5	4						6	1
		3		1				9	
	7				5	2			

**Need more Su|do|ku?**  
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

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**WHY? BECAUSE THE COUNTY HAS NOT HIRED ENOUGH POLICE OFFICERS.** Statistics show that Prince George's County is more than 600 officers short of what is needed to adequately protect a population this size. The police are overworked and overwhelmed. And would-be criminals know it. It's time to step up.

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**EACH ONE OF US CAN FIGHT CRIME IN PRINCE GEORGE'S.** Here's how:

- Keep an eye out in your community and report suspicious activity
- Become active in the lives of young people
- Hold our elected officials accountable

Find out more at [steppinup.org](http://steppinup.org). And don't forget to vote!



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# fit

LOOKS

## Spare Your Hair



How you're messing with your tresses and what you need to fix them | **E7**

WELLNESS

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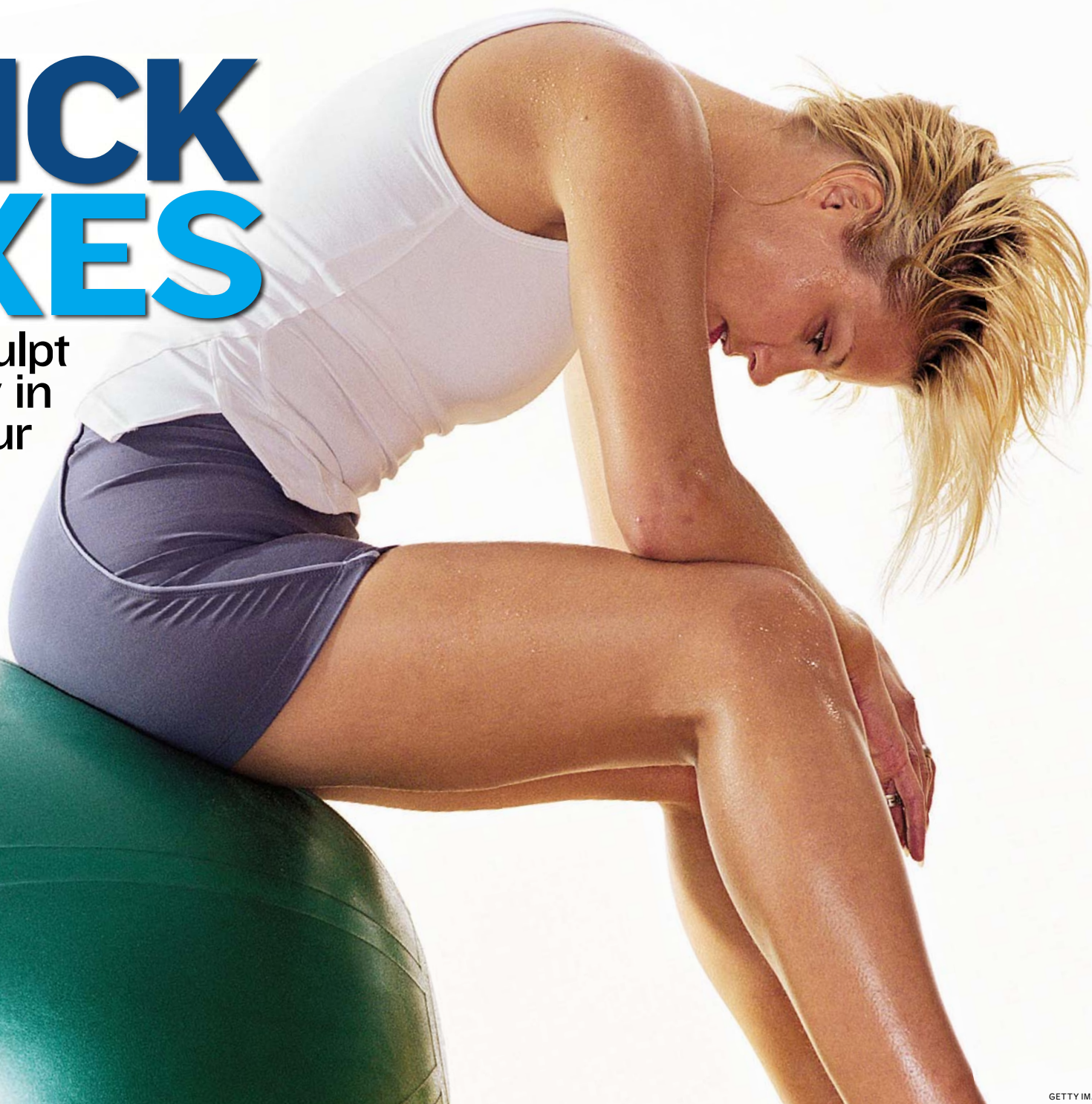
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# QUICK FIXES

How to sculpt  
a hot body in  
half an hour



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➔ **PLUS:** Three relaxing spa treatments you can enjoy during your lunch break | **E7**



# BaggageCheck



GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

## Don't Let Me Hear Your Body Talk, Please!

**Q** My friend is constantly talking negatively about her weight. She is significantly thinner than I am, so this gets old, and I wonder about her motives. She has always fished for compliments. I want to know how I can stop this. — VERY ANNOYED IN DC

The in-the-moment response: "I'm not sure how you want me to respond when you berate yourself, but it's hard for me to hear." The spewing lava response: "Are you aware of how your comments are coming across? You may be trying to put yourself down, but you're putting me down in the process." The contemplative, helpful friend response: "Hey, can we talk? You've been speaking so



ERIC REECE

negatively about yourself. It makes me uncomfortable, but more importantly, it worries me that you feel that

way." It's your choice which hat to wear, but you can figure out which one is best for the friendship.

**Q** My stepsister has her father wrapped around her little finger, which didn't used to bother me, but lately my mother (who I've had a good relationship with) has become entangled in her web of lies. She's dropped out of college but gets full financial support from them, and her only job (I believe) is dealing drugs. My stepsister and I have fought in the past, so I doubt my mother would hear me out without thinking it has to do with our history. But I am so tired of her taking advantage of them. — NO NAME PLEASE

Like a person facing a fridge of cheesecake samples, you must prioritize and decide what you really want most. Ordinarily, it would make sense to approach your stepsister first, but I'm getting the sinking feeling that you've already written her off. As angry as you are at Stepsister Shadeball,

you must weigh your actions carefully — and remember that they could affect family relationships for decades to come. If all you're going on is fourteenth-hand hearsay, you really aren't ready to make accusations. But if your stepsis truly is headed downhill fast, you owe it to her, as well as your parents, to bring it to their attention.

If you and your mother have a "good" relationship, you can address your frustrations without it sounding like a smear campaign. Focus not on her alleged rap sheet, but on your own concerns about her; be honest that you worry she's affecting your relationship with your mom. If you're truly willing to open up not just about your sister but about your own vulnerabilities — whether they are resentment, jealousy, fear or anger — you'll be able to get your point across and be truly heard.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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## Too Cool for Pimples

**USUALLY IT'S THE BURN** that lets you know your pimple blaster is working. But OXY Chill Factor daily wash (\$7.70, drugstores) is juiced up with menthol and "OXY Power Beads." So it feels like you're slathering your face with a dollop of icy tapioca pudding. That might sound unpleasant, but the frosty jolt is a nice perk in the sleepy morning hours, especially with the weather we've been having. (In the winter, we'd be a bit scared to lather it on, though.) The tingle certainly makes you feel cleaner, and, unlike some pimple washes, it doesn't seem to overdry your skin.



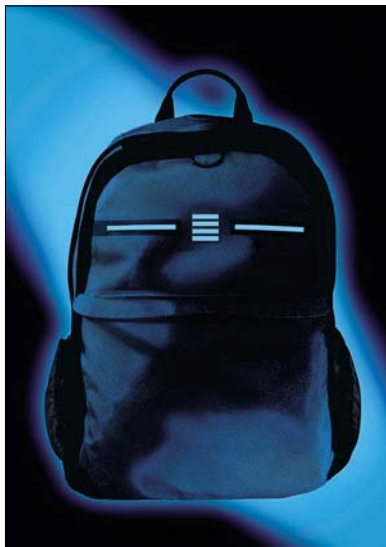
## This One Takes the Cake

**WHEN YOU OPEN THE PACKAGE** and see a packet of powder and a packet of sauce, you might think, "This is going to be gross." But it's wrong to assume, especially with the Guiltless Gourmet Dessert Bowls (available in hot chocolate brownie, bananas foster and black velvet cake). Mix the powder with a little water, pop it in the microwave, dump the sauce on top and voila! Even our most discriminating tester, who eschews low-fat, low-cal foodstuffs as a rule, was completely won over. And at just 200 calories and less than 3 grams of fat, you will be, too.

NEW  
IN HEALTH  
**warm  
ups**

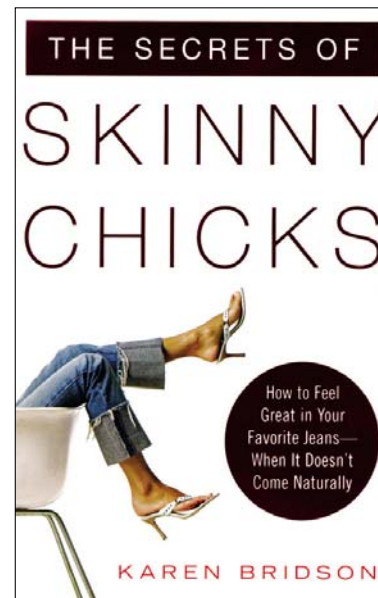
## Stop! Or My Bag Will Glow!

**IN THE 1980S**, the Land's End Cool Blue backpack (\$79.50, landsend.com) would have been all the rage with children who wanted to look like they were in a sci-fi movie with bad special effects. "Electroluminescent lamps" that can be seen from 1,000 feet away and reflective strips give your young ones the just-stepped-into-radiation look. But it's not just retro charm — those lights (which you can set to flash!) are meant to keep your offspring safe from the dangers of the night. And if you're an after-dark walker, it might not be a bad idea for you either, tough guy.



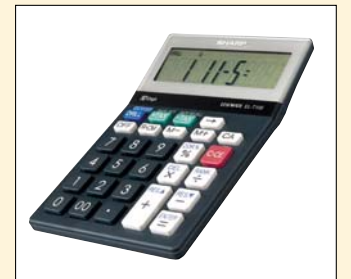
## Don't Eat, Jog All Day

**SCRAWNY IS AS** scrawny does, at least if you buy into Karen Bridson's "The Secrets of Skinny Chicks" (\$16, McGraw-Hill). After interviewing Skinny Minnies, Bridson came to the revolutionary conclusion that exercising like a madwoman and not eating cheese fries ever will make you a size 4. Really! Still, the tips from real-life slimbos — "portion foods out," "burn all the calories you eat" — are good. Now if only we weren't embarrassed to tote around a tome with such a silly cover.



PRODUCTS

## GuineaPig



## Operator With My Calculator

**MOST CALCULATORS** help brains atrophy. But the Sharp EL-T100B Brain Exerciser (\$13), inspired by the research also behind the Nintendo DS game "Brain Age," makes you do the number crunching. The idea is that brains can be kept healthy in part through regular exercise, just like muscles.

The Sharp performs simple math drills — addition and subtraction of numbers less than 20, and multiplication of single-digit numbers. It lacks competitive thrills: You won't find out how you compare with others, or even see what you missed. And brains need exercise besides math (like reading, doing crosswords). But long-lost math skills, such as the times-nine multiplication table, came crawling back. With several more days of practice, calculating 15 minus 8 without mental finger-counting may even be achieved. And even if that doesn't stave off dementia 50 years hence, it'll help when the restaurant bill arrives.

HOLLY J. MORRIS (EXPRESS)

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| THE EXPERTS

## TrainReaction

## Push It Good

**Q** I try to do push-ups every day, but no matter how consistent I've been, I don't feel stronger and I can't do any more. What's wrong?

It could be any number of things from poor diet to overtraining, but assuming those are not the issue, take a look at how you do your push-ups. Instead of working toward an increase in quantity, focus your efforts on the quality of your push-up.

Analyze your position in the mirror. Your hands should be spaced just outside the shoulders and in line with your chest. Your body should be straight from your feet to your head, with a slight curve to your lower back creating a neutral spine. If you cannot do a push-up in this position, start on your knees and hold the push-up position. Pinch your shoulder blades together and then separate them. This will activate the rhomboids and mid-trapezius, which will teach your body how to have control over your upper back musculature. Once you've mastered that, do a push-up on your knees. Then progress to a push-up on your feet with a straight body. This exercise involves an exact position to be effective, and once you've become a push-up pro your strength will improve.

**Matthew Blair Davis, MS, CSCS, PES,** is an award-winning personal trainer and president of **Functional Revolution Fitness (functionalrevolution.com)**, which provides private personal training. E-mail him at [matt@functionalrevolution.com](mailto:matt@functionalrevolution.com).



# 30-Minute Body

How fast can you get an all-around workout?

**A perky voice broke into the music to shout, "Change stations!" and 47-year-old Leslie Jackson grabbed a pair of dumbbells to start pumping her biceps.**

After all, she had to make her remaining 24 minutes at Silver Spring's Contours Express count. "I've got to get in and out quickly," she panted. And by keeping her heart racing while leaping between machines, she figures she's packing a lot into the half an hour she can devote to exercise. "I'll tell you this: When I don't come, I can feel the difference," she said.

According to official guidelines, though, it's not enough. The food pyr-

amid unveiled last year said adults should engage in at least 60 minutes of moderate-to-vigorous physical activity every day to maintain a healthy weight — and add an extra 30 if they want to shed pounds. But many fitness professionals are lashing out at that notion in the form of circuit-training gyms, quickie classes at health clubs and a flood of DVDs promising results in the time it takes to nuke a Lean Cuisine meal.

The most ubiquitous speedy sweat evangelist is Curves, the all-female gym franchise that has lured many women who would have otherwise avoided the gym altogether. Their tricks: a quick, 30-minute circuit and nonthreatening hydraulic exer-

cise machines that don't require the user to deal with weights. "The harder and faster you push, the harder they are to push," explained spokeswoman Barbara Frusher.

It's a perfect introduction to strength training, noted Gregory Florez, CEO of FitAdvisor.com. "The only downside is that it doesn't promote progress," he said. "Unless someone shakes you up, you're destined to do the same workout forever." That's why Contours Express and other competitors stock traditional weight machines, so people who are plateauing can make sure they're kicking it up a notch.

To make the most of a squeezed schedule, Florez advocates a work-

out comprised entirely of compound movements, like squats with over-the-shoulder presses and other exercises working two muscle groups simultaneously, done at a fast pace to produce a cardio effect.

Fast-forwarding can work with other exercises, too. Steven McClure, who teaches Pilates Express at downtown's Fitness First, jumps right into a brisk litany of core strengthening exercises. "In a classical session,

**Compound moves let you work more muscles in less time.**

you do one move right after another. It's not a slow, gentle thing," said McClure.

Fitness First offers a ton of similar "express" classes to appeal to the time-crunched crowd. They may not pack the wallop of an hour of exercise, but regular visits will likely have an impact, especially if it means people can actually go. Kimberly Spreen, the National Group Fitness Director for Life Time Fitness and the host of the DVD, "10 Minute Solution: Fitness Ball Workouts," predicts all health clubs are going to start focusing more on fusion workouts that provide "all the bang you can get" in the shortest possible time.

As for her DVD, she said that while 10 minutes of exercise a day isn't enough to stay healthy, someone who uses free time wisely can get a benefit. If done at the same intensity, three 10-minute sessions have the same effect as one continuous half-hour. "Every bit helps. Park further away, take the stairs and try to strategically place activity throughout your day," she said. Maybe you'll get to 90 minutes without even realizing it. VICKY HALLETT (EXPRESS)

## VITALSTATS

20

TIME, IN MINUTES, OF VIOLENT VIDEO GAME WATCHING THAT CAN DESENSITIZE PEOPLE TO REAL-WORLD VIOLENCE.

## running for mayor

■ Adrian Fenty (Ward 4)

**ADRIAN FENTY** would almost certainly win the mayor's race — if it were a half-marathon with a bike ride and swim thrown in. Triathlon training is how he blows off steam when not on the campaign trail, and jogging is his favorite of the three activities (he's been running since 10th grade). Maybe you'll see him running in Rock Creek Park or doing laps at the Georgetown swimming pool. v.h.



**"I just enjoy** tuning out everything else. Exercise is a complete release. It's something you do entirely for yourself. With running, you can do a lot of thinking."

**"I'm a definite** morning person. I started running early in the morning when we had kids and I've kept it up. I'm always out of the doors by 6 a.m."

**"The beauty** of cross training is you can do everything in moderation. You can do three sports in one day."

**"Normally, I'll use** endurance sports products, like Gu or Clif Shots, for carbs in a digestible form. I'll eat some cereal during the bike at least."

**Before a race,** he chows down on his standby: "Indian food."



# Accessing Bollywood

Learn the moves behind the hottest Indian dance techniques

**You're at a club, ready to bust a move. But then, in the middle of a hip-hop song, the DJ tosses in some bhangra beats, and you don't know how to dance authentically. You could use some help from the Rhythmaya School of Dance.**

**WHAT IT IS:** Founded in 2005, Rhythmaya encompasses a professional dance troupe, kiddie instruction and adult classes. The grown-up sessions, lessons in either Bollywood or bhangra styles, are drawing a crew of all ages and ethnicities that wants to sample the latest dance crazes.

**MOVES:** The two forms of dance are very different. Bollywood fuses classical Indian dance with hip-hop, salsa, jazz and more; bhangra evolved from a Punjabi folk dance into a super high-energy style popular at dance clubs. Bollywood steps are complex — hand movements, head turns and expressions are all as critical as what the feet are

up to (and make sure your body is always artfully tilted to the side). In bhangra, it's not the moves that are tricky, but the speed and repetition. Try jumping in and out of a circle while repeatedly clapping and throwing your arm over your head for a few minutes and you'll get the idea.

**LINGO:** The teachers usually describe the steps rather than name them, and they try to use terms that dancers will be familiar with, like "jazz hands." But with Bollywood, the hand positions are called mudras, and some of them have names that are useful to know. "Katakamukha" is kind of like making a bunny shadow puppet; "alapadma" requires you to face your palm up with your fingers pointing in a circle so it resembles a lotus blossom.

**WORKOUT:** An hour of dance class is usually a respectable way to burn some calories, but with all the stopping and blocking of choreography, it's no 5K run. The Bollywood class

Work  
itOut



In the Bollywood class, arm position is critical, as is the direction of your gaze.

follows that model. Bhangra, on the other hand, can kick students' butts. "Every single muscle in your body is tensed in every step," explained teacher Mili Mittal. "I'm always incredibly sore the next day," agreed Sonja Uwimana, 25, who's taken both classes since June. Your shoulders are always bouncing up and down in bhangra, so prepare to feel the burn there.

**CROWD:** If you haven't heard of Shahrukh Khan, don't worry. No background is necessary, and even South Asians in the classes often have never had any instruction. It's mostly ladies (and a few guys) who are just curious about the style. There's a quick camaraderie among the students, especially when the teacher recommends everyone practice their bhangra moves in a 10-minute-long freestyle session.

**GARB:** Loose, flowing garments are best for moving. Most of the class goes barefoot, but if you have sensitive tootsies, sneakers will do. VICKY HALLETT (EXPRESS)

Rhythmaya School of Dance. Adult classes are held at the DC Dance Collective (4908 Wisconsin Ave. NW; Metro: Tenleytown) Wednesdays at 7:30 p.m. and the YWCA Fitness Center (629 9th St. NW; Metro: Gallery Place) Thursdays at 8 p.m. and 9 p.m. \$15 per class. For more info, check [rhythmaya.com](http://rhythmaya.com) or call 919-641-6606.

## The Laws of Sweatiquette

You're not an animal just because you're grunting loudly

**When you're surrounded by a bunch of sweaty guys who are heaving weighty objects around, it pays to be polite. Keep these guidelines in mind.**

→ **Don't stare.** So what if the guy next to you prefers to warm up by juggling three miniature poodles? You're there to work out, not to enjoy the show.

→ **Don't give unsolicited advice.** It may be obvious to you that doing bench presses with the barbell clenched in your teeth is a bad idea. But if someone's doing it, he has his reasons. Leave it to the trainer on duty to correct bad form.

→ **Don't try to strike up a conversation with someone who's lifting.** Put yourself in this scenario: you're struggling through your 15th overhead press with 235.7 pounds on the bar, and some twerp asks



If the guy screaming isn't the scrawny guy's trainer, that's so not cool.

you if you saw last night's episode of "Friends." Would you have the self-control not to drop the weights right on his head?

→ **Know your machines.** If you use a weight machine, know how to use it. Get on it, do your stuff,

and get off quickly so the next guy has a chance. If you're not sure, wait until the gym's not too crowded and ask a trainer for help.

→ **Leave it like you found it.** You may have no problem doing a few curls with 400 pounds, but the next guy may be built like Shaggy from "Scooby-Doo." If you put plates on the bar, take 'em off when you're done.

→ **Wipe when necessary.** There's nothing quite like sitting down in a warm puddle of somebody else's sweat. When you're done exercising, make sure you haven't left anything for the next slob to remember you by. And as long as we're talking perspiration, don't forget to throw your workout gear in the laundry once in a while. You have no right to subject innocent people to the output of your overeager sweat glands.

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| STUDIES

## Stethoscope

**Maybe Harry Potter Needs Some Sex Ed**

■ If you go outside in the rain and wait to open your umbrella, you'll get wet. Perhaps that's how we can explain proper condom use to British teens. In a survey of 1,400 U.K. teens, two-thirds reported using condoms during their last sexual encounter — but six percent put on the condom after penetration and another six percent carried on with penetration after removing the condom. Teens with close relationships with their mums were most likely to use their prophylactics correctly.

**That's the Joint, That's the Jam**

■ Don't bother weighing your treatment options for tennis elbow. No matter whether you go for physical therapy or simply don a brace to deal with the condition that strikes between 1 and 3 percent of the population each year, the cost and results will be the same, according to a study performed by researchers at the Academic Medical Center in Amsterdam.

**Cool It With All the Applesauce Already!**

■ Who doesn't like a chubby baby? Researchers in Massachusetts, who found that 6 percent of babies 6 months and younger are overweight. (That's up from 3 percent in 1980.) Doctors are concerned because early weight gain can indicate a predilection for continued weight problems and a host of other medical concerns. One possible cause: moms who overeat during pregnancy.

# Cures for Sleeping Ills

Stock your bedroom with the right mattress, blanket and pillow

**If you want amazing sack time, the kind that will boost your energy level and slow the aging process, you need to build it from the bed up. So we tested a truck-load of mattresses, sheets, blankets and pillows to identify the ultimate combination for catching some serious shut-eye.**

**The Mattress**

Hotels have been working with mattress manufacturers to create the most comfortable sleep surface possible. Their beds feature more coils and cushioning than even high-end store models. And they're for sale. We tried five: the W Mattress, Westin's Heavenly Bed, Sheraton's Sweet Sleeper, the Four Seasons Signature Mattress and the Four Points Four Comfort Bed.

**BEST IN CLASS:** Thanks to a near-perfect balance of support and padding, the Four Comfort Bed (\$1,300, starwoodhotels.com) provides the ultimate slumber surface. The specially designed Sealy mattress sits atop a foundation made of heavy-gauge, high-carbon steel, which does a better job of absorbing weight and movement than a traditional box spring.

**The Sheets**

If you shop for sheets, you'll come across the term "thread count." This is marketing jargon for the number of threads woven into 1 square inch, the idea being that the higher the count, the softer the sheet. But pay attention to the fabric too. The rule: Go with natural fibers, such as



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cotton, and avoid synthetics, which are less absorbent.

**BEST IN CLASS:** Make your bed with Garnet Hill Signature flannel sheets (\$135 for king size, garnethill.com). So soft! And while warm, they weren't oppressively so.

**The Blanket**

Our mission: Crawl under a variety of fabrics filled with a range of insulations and discover which comforter is king.

**BEST IN CLASS:** For that just-out-of-the-womb feeling, you can't beat the Isotonic Indulgence down-alternative comforter (\$180, bedbathandbeyond.com). It's filled with hypoallergenic syn-

**For safe sleep, get a pillow that keeps your neck aligned with your spine.**

thetic-down fibers, which kept us warm but not baking the way goose down can.

**The Pillow**

For sound, safe sleep, you need a pillow that will keep your neck aligned

with your spine.

**BEST IN CLASS:** Lay your noggin on the Select Comfort's Grid-Zone pillow (\$90, www.selectcomfort.com). The egg-crate surface conformed perfectly to our tester's head and neck, dramatically reducing how much he tossed and turned. If you sleep on your back, though, the Grid-Zone might be too thick. Try the TempurPedic Classic (\$100, tempurpedic.com); it's a bit thinner but still supportive.

**The Sleeping Pill**

Popping a supermarket sleeping pill is a lot like whacking your head with a mallet: Both strategies will send you into la-la land, but it won't be a restful trip. Talk to your doctor about a pharmaceutical fix.

**BEST IN CLASS:** Ask your M.D. about Lunesta, a sleep drug that was approved by the FDA in late 2004. Unlike its chemical cousins Sonata and Ambien, which tend to lose their potency toward morning, Lunesta is effective throughout the sleep cycle — without disrupting the critical deep stages. It put our guinea pig to sleep in record time, kept him there for eight hours, and left him feeling wide-eyed and alert the next day. DAVID SCHIPPER (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE

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## hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

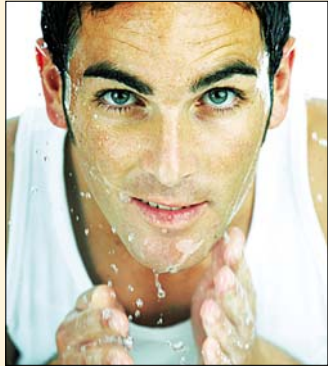
**Do your feet have high arches?** Do you trip often and easily? Is it difficult to manipulate small objects, such as buttons or doorknobs? Have you ever cut or burned your hands or feet without noticing? You may have **CHARCOT-MARIE-TOOTH SYNDROME**, an inherited neurological disorder. The nerves governing the hands, arms, legs and feet of CMT patients gradually degenerate, causing muscle weakness and the loss of sensory perception. There's no cure, but physical therapy, braces and well-fitting shoes can help manage symptoms. So can a good pedicurist — because some CMT folks lack feeling in their toes, they shouldn't cut their own nails.

SOURCE: CHARCOT-MARIE-TOOTH SYNDROME. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.



THE EXPERTS

## SkinDeep



## See Spot Run

**Q** Are there any over-the-counter products for blemishes that actually work?

If there were, would we need dermatologists? Actually, it depends on what type of spots you sport. Bethesda-based dermatologist David Green says there are two kinds of acne — non-inflamed, like whiteheads and blackheads, and inflamed, like the kind you wake up with and think, “Mount St. Zit is ready to explode on my chin!”

Green said for non-inflamed acne, look for products with salicylic acid; for inflamed, go for benzoyl peroxide. Brand doesn't matter.

Fort Washington dermatologist Robyn James says the new acne kits like those from L'oreal, and Neutrogena contain the same strength medication you'd receive if you got a chemical peel from an aesthetician. But for people with more severe acne, “because these are fairly new, the verdict is still out.” Look for something that says dermatologist-tested, hypoallergenic and non-comedogenic.

LYNNE THORNE

Want us to ask a dermatologist your skin question? Send your query to [skindeep@readexpress.com](mailto:skindeep@readexpress.com).

# Banish Bad Hair Days

Keep your locks looking lovely by avoiding these common blunders

**You crunch, blow and curl it to make it look great, but all that handling could be sending your hair down the drain — literally.**

## Mistake: Overhandling

Giving your hair 100 strokes, teasing, or vigorous shampooing will eventually fray the cuticle, the outer layer of the hair shaft that protects the fragile inner filaments.

→ **HAIR HELPER:** Use the tips of your fingers to gently cleanse your scalp — no need to scrub. Dirt, oil and debris will float away as the lather passes over your hair. After you condition but before you rinse, detangle your hair in the shower with a wide-tooth comb. When hair is dry, brush just enough to style it.

## Mistake: Overheating

When exposed to high heat, the cells of the hair's cuticle separate and break off, exposing the delicate filaments within. Hair loses its smoothness and luster, too, when the cuticle is damaged.



GETTY IMAGES

→ **HAIR HELPER:** Never blow-dry sopping-wet hair; it can't take the heat. After rinsing, squeeze hair gently with a towel. When blow-drying, direct medium heat airflow down the hair shaft in the direction that the cuticle's cells are layered; blowing hair in all directions adds to frizziness. African-American

women should not use curling or flat irons more than once a week, cautions Susan C. Taylor, MD.

## Mistake: Overprocessing

Most dyes, perms and relaxing agents aren't dangerous unless left on too long or used too often.

→ **HAIR HELPER:** Don't perm more

frequently than every 120 days, and never perm and color on the same day — a few weeks in between is best. For African-American women, relaxers and other chemical processes may contribute to a kind of permanent hair loss called central centrifugal cicatricial alopecia (CCCA), although genetics also may be involved. Women with CCCA can either relax or color, but not both.

## Mistake: Oversqueezing

The pressure of a rubber band around a ponytail can wear away the protective cuticle.

→ **HAIR HELPER:** Use only hair-protecting bands, such as Goody StayPut Hair Elastics (\$5; drugstores). If braids feel tight as they're being styled, ask the stylist to start over. Likewise, extensions and weaves shouldn't leave your scalp feeling tight, give you a headache, or cause inflammation. Clip-in extensions are best. DIANA BENZAI (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE © RODALE INC.)

# Finding Peace Posthaste

Speedy spa treatments promise to deliver rushed relaxation

**While almost everyone would love to spend a day at the spa, who really has the time? Pampering may be important, but does it always have to take so long? Three area spas offer turbo treatments, whether you're looking for a morning pick-me-up, a quick nooner or a little afternoon delight.**

**INCREDIBLE EYE TREATMENT:** At the Andre Chreky, The Salon Spa, 20 minutes and \$20 make it look like you actually sleep. Ride the teeniest elevator in the world to a treatment room where the aesthetician cleans off your makeup (it's the only thing that gets removed; you stay fully clothed), smooths on a cleanser and a mask and then gives you a scalp massage while the goodies seep in. When the treat-



WILLARD INTERCONTINENTAL

The I Spa at the Willard InterContinental starts you off with a luxury locker room.

Bliss  
Out

ment is over, bags are gone, eyes look brighter and you can rush to work ready to face the day. One warning: Bring makeup and reserve a few minutes to re-prep.

**EXPRESS FACIAL:** There's a little bit of paradise on Pennsylvania

Avenue, and it's the luxurious I Spa at the Willard InterContinental Washington. All Express Facials — and there are five different ones, depending on your skin care needs — include cleansing, exfoliation, a mask and a quick scalp massage in 30 minutes (\$85). You'll feel

scrubbed but won't look irritated, and you're encouraged to steal a little more time in the steam room or sauna.

**TOUCH OF SERENITY MASSAGE:** The Boutique Spa at the Ritz-Carlton offers a 25-minute Swedish massage (\$75). Start unwinding by laying on your tummy. The therapist will drape a towel over your head, blocking out even a hint of light. She'll get to business, working your back, shoulders and arms with a neutral-smelling lotion (excellent if you're planning to return to work after your “doctor's appointment”) for about 15 minutes. Then turn over, rest your eyes behind a soft pillow, and savor the neck and scalp rub. You won't believe how quickly you can be reduced to Jell-O. Walk out a different person, and even get out of Georgetown still feeling at peace. KRISTEN PAGE-KIRBY (EXPRESS)

**Andre Chreky, The Salon Spa, 1604 K St. NW; 202-293-9393 (Metro: Farragut West). The I Spa at the Willard InterContinental Washington, 1401 Pennsylvania Ave. NW; 202-942-2700 (Metro: Federal Triangle). The Boutique Spa at the Ritz-Carlton, 3100 South St. NW; 202-912-4100.**

## VITALSTATS

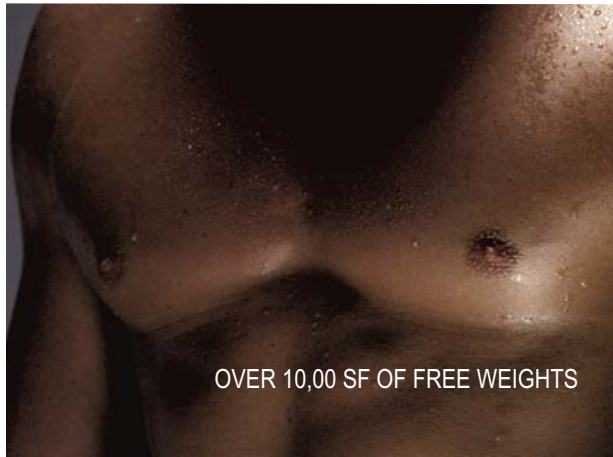
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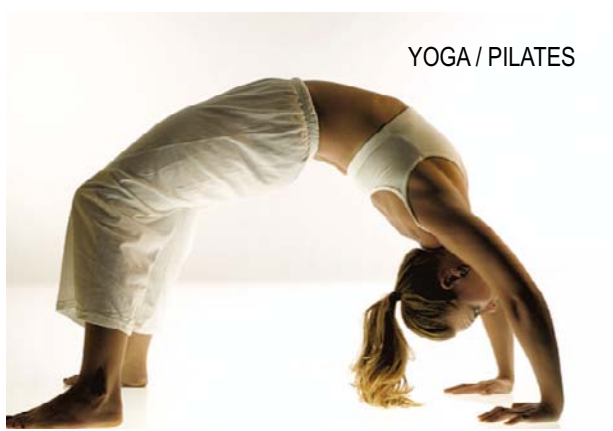
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