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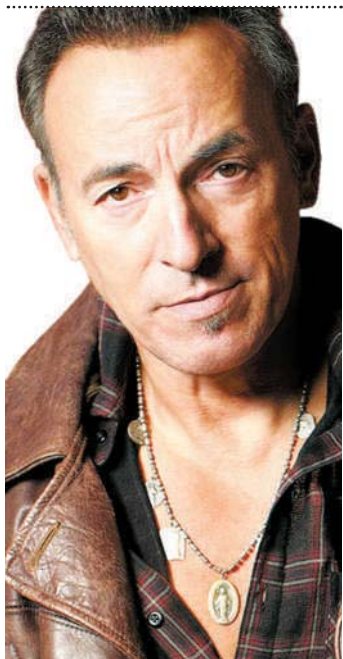
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Tuesday

MARCH 6, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



BORN TO RERUN

Springsteen goes through the motions on 'Wrecking Ball' **23**

APOLOGY NOT ACCEPTED

Limbaugh does damage control as he loses a 9th advertiser **4**

AHEAD OF SCHEDULE

Silver Line fares could go up before the stations even open **13**

am **48 34** pm

FOR EXTENDED FORECAST, SEE PAGE 33

The biggest primary day of the season isn't likely to settle who will be the GOP's nominee **14**



STILL SUPER UP IN THE AIR

ISTOCKPHOTO/EXPRESS ILLUSTRATION

eo

eye openers

SOCIETAL ISSUES

'Glee' to Make Very Special Episode About Mean Turkeys

An Oakland County, Mich., woman says she's become a prisoner on her own property, stalked and harassed by a 25-pound turkey. The bird, which Edna Geisler calls "Godzilla," wanders near her property each day from nearby woods. "I have to go to the post office at 6 o'clock in the morning to avoid him," said Geisler, who has been bumped and clawed. (AP)

FINGERS

Great Criminal Signature — But He Has Only Nine More

Albuquerque police say a robbery suspect may have left a piece of his finger behind at a robbery crime scene. The suspect fled but they believe he left behind his severed finger tip. Police think the fleeing suspect may have shot off his own finger. Authorities say a fingerprint will be taken from the severed finger. (AP)

MAN FEELINGS

'Let's Hug It Out, Officer'

Police say a Tyrone, Pa., man thanked and tried to high-five the officer who flagged him down for driving without his lights — only to then be arrested on a drunken-driving charge. Gerald Decker was driving early Feb. 19 when an officer flagged him down. Officer Adam Bonsell says Decker told him, "Thanks, buddy," and tried to high-five him. Bonsell told him, "That's not how it works" and gave Decker field sobriety tests. (AP)

The Big Picture

SCOTT BARBOUR/GETTY IMAGES



WHOO-HOO! DIRT! A competitor falls in the mud after swinging across the Piranha Pit as she competes in the Tough Bloke Challenge on Sunday in Melbourne, Australia. The Challenge is one of the most grueling adventure runs in Australia, consisting of 18 obstacles such as mud pits and ice-cold water crossings. (GETTY)

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FREE PARKING

Obama, Netanyahu Split on Iran

Leaders still divided on how to deal with country's nuke crisis

Washington

Taking sharply different stands, President Obama urged pressure and diplomacy to prevent Iran from getting a nuclear bomb while Israeli Prime Minister Benjamin Netanyahu emphasized his nation's right to a pre-emptive attack. Even in proclaiming unity on Monday, the leaders showed no give on competing ways to resolve the crisis.

Seated together in the Oval Office, Obama and Netanyahu at times tried to speak for each other and sometimes spoke past one another. The two leaders are linked by the history and necessity of their nations' deep alliance, if not much personal warmth, and they both used their moment to try to steer



Israeli Prime Minister Benjamin Netanyahu and President Obama speak Monday about Iran. The leaders disagree on how to address Iran's nuclear capabilities.

the agenda on their terms.

"I know that both the prime minister and I prefer to resolve this diplomatically," Obama said. "We understand the costs of any military action."

If he agreed, Netanyahu said nothing about sanctions or talks with Iran, or Obama's position that there still is time to try to deter Iran peacefully. Instead, Netanyahu drew attention back to Obama's acknowl-

Backstory

Israeli Prime Minister Benjamin Netanyahu and President Obama see a nuclear-armed Iran as a nightmare that could threaten Israel's survival and potentially allow terrorists to grab unthinkably deadly power. Their difference is not over whether force may be needed but whether the time for such a drastic step is nearing. (AP)

edgement that Israel is a sovereign land that can protect itself.

"I believe that's why you appreciate, Mr. President, that Israel must reserve the right to defend itself," Netanyahu said. "And, after all, that's the very purpose of the Jewish state — to restore to the Jewish people control over our destiny," he said. Israel, he added, must remain "the master of its fate."

BEN FELLER (AP)

In Brief

LUFKIN, TEXAS

Bleach-Injection Death Case Trial Begins

Angelina County District Attorney Clyde Herrington said during opening statements Monday an East Texas nurse accused of killing five kidney dialysis patients by injecting them with toxic bleach violated the trust of a noble profession. Kimberly Saenz is charged with capital murder in the April 2008 deaths and faces a possible death sentence. (AP)

PHOENIX

Loughner Loses Appeals Over Forced Medication

A federal appeals court Monday denied a request by lawyers for Jared Lee Loughner, the Tucson shooting suspect, to halt their mentally ill client's forced medication with psychotropic drugs and end his treatment at a Missouri federal prison facility. (AP)

NEW YORK

Islamic Groups Hold Rally in Support of NYPD

Members from the American Islamic Leadership Coalition, including Dr. Zuhdi



Jasser

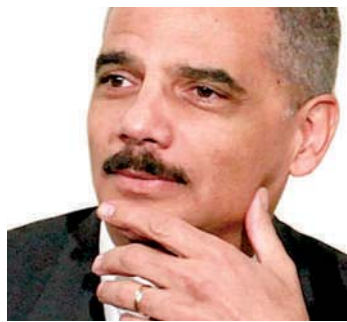
Jasser, stood in front of police headquarters with signs Monday to support the New York Police Department's aggressive counter-terrorism efforts, saying the agency is doing what is necessary to protect the city — and Muslims. Jasser narrated the documentary "The Third Jihad," which uses dramatic footage to warn against the dangers of radical Islam. (AP)

LOS ANGELES

Condoms Now Required For L.A. Porn Actors

Actors in many of the adult films made in the nation's porn capital must use condoms under a law that took effect Monday, but city officials and industry leaders are trying to settle on a way to ensure that there's more safe sex on the set. Some say health care professionals should be present during a shoot to make sure actors use condoms. (AP)

Hearsay



"In this hour of danger, we simply cannot afford to wait until deadly plans are carried out — and we will not."

— ATTORNEY GENERAL ERIC HOLDER, SAYING MONDAY AT NORTHWESTERN UNIVERSITY LAW SCHOOL IN CHICAGO THAT DECISIONS LIKE THE ONE TO KILL AMERICAN-BORN AL-QAEDA OPERATIVE ANWAR AL-AWLAKI FIVE MONTHS AGO IN YEMEN ARE SOMETIMES NECESSARY IN THE WAR ON TERROR.

In Ind., Snow Adds Misery to Massive Storm Cleanup



SNOW COVERS A DEMOLISHED HOUSE Monday in Marysville, Ind., after a tornado ripped through the town on Friday. Nearly every house in the small farm town was destroyed or so badly damaged it will probably have to be torn down, taking an extra emotional toll on the survivors as they searched for belongings. Friday's storms killed 40 people in five states.

NAMY HUI/AP

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Nation

Limbaugh Tries To Cap Fallout

Conservative radio host: Remarks to student were sincere

Washington

Radio host Rush Limbaugh said his apology to the Georgetown law student he called a “slut” was sincere but also joked that he, too, got a busy signal Monday when he called the show to join the growing roster of advertisers abandoning it.

The student, Sandra Fluke, said Limbaugh’s apology did nothing to change the corrosive tone of the debate over health care coverage and that Americans have to decide whether they want to support companies that continue to advertise on his program. A Hawaii radio station on Monday announced it would no longer air Limbaugh’s show as he sought to stem the exodus of advertisers and as fellow conservatives declined to offer him support.

“I should not have used the language I did, and it was wrong,” a rarely contrite Limbaugh told listeners. But callers to the show urged him not to give in to critics, which now include Republican leaders in Congress and those seeking the GOP presidential nomination. He blamed the media for the pressure.

“Talk about a double standard,” Limbaugh said. “Rappers can say anything they want about women. It’s called art. And they win awards.”



Advertiser Exodus

More of Rush Limbaugh’s advertisers say they are dropping his program after his derogatory comments about a Georgetown law student. On Monday, AOL Inc. and Tax Resolution Services Co. were the eighth and ninth companies to suspend advertising. Other companies that say they have left the show include ProFlowers, Quicken Loans, Sleep Number, Sleep Train, Citrix Systems Inc., Carbonite and LegalZoom. (AP)

Fluke, who testified to congressional Democrats in support of their national health care policy that would compel her Jesuit college’s health care plan to cover her birth control, said she had not heard from Limbaugh directly but signaled she had little interest in speaking with him. She said his criticism of her beliefs was an attack on women’s health.

“I tried to see this for what it is, and I believe that what it is is an attempt to silence me, to silence the millions of women and the men who support them who have been speaking out about this issue,” Fluke told ABC’s “The View.”

PHILIP ELLIOTT (AP)



Overhead Bins Get Bigger

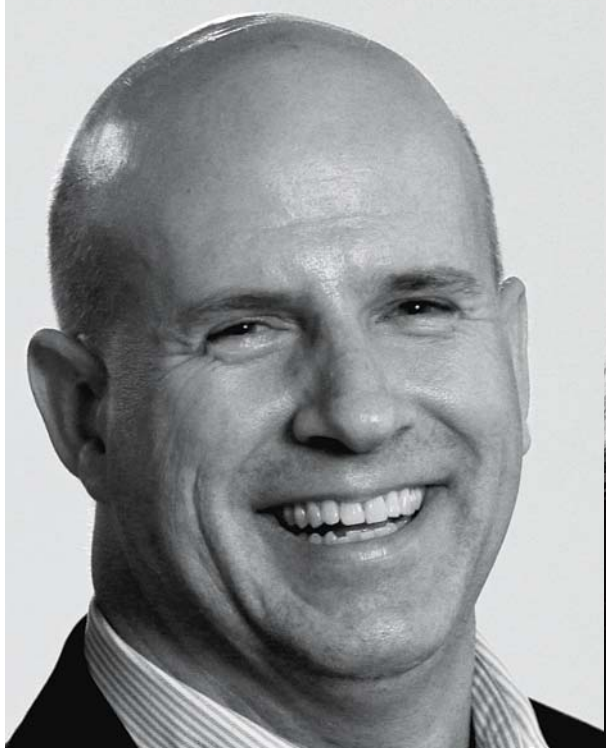
Late travelers and harried flight attendants can rejoice — overhead bins are getting bigger. Packed planes and a high volume of ever-growing carry-ons are forcing airlines to expand the space above passenger’s heads. United and Delta are the latest airlines to replace or

upgrade bins so they hold more luggage. And engineers at Boeing are designing jet interiors with today’s bulkier luggage in mind. (AP)

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Nation

Survey: Economy Faring Better Than Expected

Washington

The U.S. economy is improving faster than economists had expected. They now foresee slightly stronger growth and hiring than they did two months earlier — trends that would help President Obama's re-election hopes.

That's among the findings of an Associated Press survey late last month of leading economists. The economists think the unemployment rate will fall from its current 8.3 percent to 8 percent by Election Day. That's better than their 8.4 percent estimate when surveyed in late December.

By the end of 2013, they predict, unemployment will drop to 7.4 percent, down from their earlier estimate of 7.8 percent, according to the AP Economy Survey.

Several economists credited the European Central Bank's move to provide unlimited low-interest loans to banks with helping pre-

Trends

On the Job Hunt

The brighter outlook for jobs follows five-straight months of declining unemployment. One reason the rate has fallen so fast is that fewer out-of-work Americans have started looking for jobs. People out of work aren't counted as unemployed unless they're actively seeking jobs. Many economists have been surprised that the stronger economy hasn't led more people without jobs to start looking. (AP)

vent an international crisis
"Time fixes all wounds," said Marty Regalia, chief economist at the U.S. Chamber of Commerce. "Europe didn't come apart at the seams, and we haven't fallen into the abyss. Every day ... it becomes a little less likely that it will happen." CHRISTOPHER S. RUGABER (AP)

Kid Concussion Effects Can Linger

Chicago

Children with even relatively mild concussions can have persistent attention and memory problems a year after their injuries, according to a study that helps identify which kids may be most at risk for lingering symptoms.

In most kids with these injuries, symptoms resolve within a few months, but the study results suggest that problems may linger for up to about 20 percent, said study author Keith Owen Yeates, a neuropsychologist at Ohio State University's Center for Biobehav-

20%
The portion of children in the Archives of Pediatrics & Adolescent Medicine study who had lingering forgetfulness a year after a concussion. (AP)

iorial Health.
Problems like forgetfulness were more likely to linger than fatigue, dizziness and other physical complaints, according to the results of the Archives of Pediatrics & Adolescent Medicine study, published Monday. (AP)

\$3.80 The national average cost for a gallon of gasoline on Monday, due to tensions tied to Iran's nuclear program, according to AAA, Wright Express and the Oil Price Information Service. OPIS chief oil analyst Tom Kloza said the average price could reach \$4.25 per gallon by late March or April. (AP)



Photo Credit: American Jewish World Service/Cambodia

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World

In Brief

SANAA, YEMEN

Officials: Death Toll Up To 107 in Militant Attacks

Al-Qaeda militants launched a surprise attack against military bases in south Yemen on Sunday, killing 107 soldiers, officials said on Monday. The military officials said the siege also led to the capture of 55 soldiers. (AP)

TEHRAN, IRAN

High Court Orders Retrial Of Convicted Ex-Marine

Iran's Supreme Court ordered a retrial for Amir Hekmati, 28, the ex-U.S. Marine sentenced to death on charges of working for the CIA, a news agency reported Monday. The case has added even more tension to U.S.-Iran relations. (AP)

\$380B

The economic cost of natural disasters in 2011, the highest in history, a U.N. envoy said Monday. The increase was mainly due to earthquakes in Japan and New Zealand. (AP)

Russians Protest Putin's Victory

Police arrest dozens as opposition decries presidential election

Moscow

Riot police on Monday quickly and forcefully broke up an opposition attempt to occupy a downtown square in a bid to challenge Prime Minister Vladimir Putin's victory in Russia's presidential election, arresting dozens of participants, including some prominent opposition leaders.

The harsh police action could fuel the opposition anger and trigger bigger protests against Putin, but it also underlined the massive challenges the opposition faces.

Putin seems to command the loyalty of police and the military, whose wages recently doubled. The urban middle class at the core of the protests could be more reluctant to attend future protests after seeing the tough police response.

The police action followed a rally in downtown Moscow that drew about 20,000 protesters angry



Police in Moscow arrest a man on Monday at a protest against Prime Minister Vladimir Putin's win in Sunday's presidential vote.

Disputed Results

The independent Russian elections monitor Golos said Sunday's presidential vote was not fair, citing ethical lapses that included:

- ▶ Voting outside designated polling stations and voting more than once.
- ▶ Misuse of absentee ballots.
- ▶ Ballot-box stuffing.
- ▶ Paying activists to vote. (AP)

over reports of widespread violations in Sunday's ballot.

Putin won more than 63 percent of the vote, according to the nearly complete official returns. But international monitors pointed at the lack of real competition and said the vote count "was assessed negatively" in almost a third of polling stations visited.

The independent Russian elections watchdog Golos said Monday

that reports from its observers contradicted the official tally, indicating that Putin hovered perilously close to the 50 percent mark needed for a first-round victory.

"We know the truth about this government," charismatic protest leader Alexei Navalny shouted to the crowd during Monday's protest. "This is the authority of crooks and thieves." MARIA DANILOVA AND NATALIYA VASILYEVA (AP)

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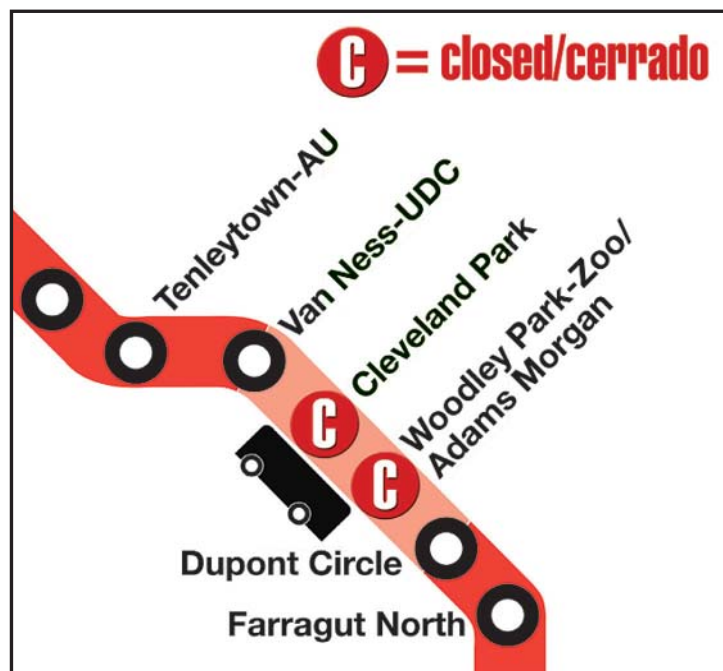


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Weekend Track Work



From Friday, March 9 at 10 p.m. to Sunday, March 11 at closing:
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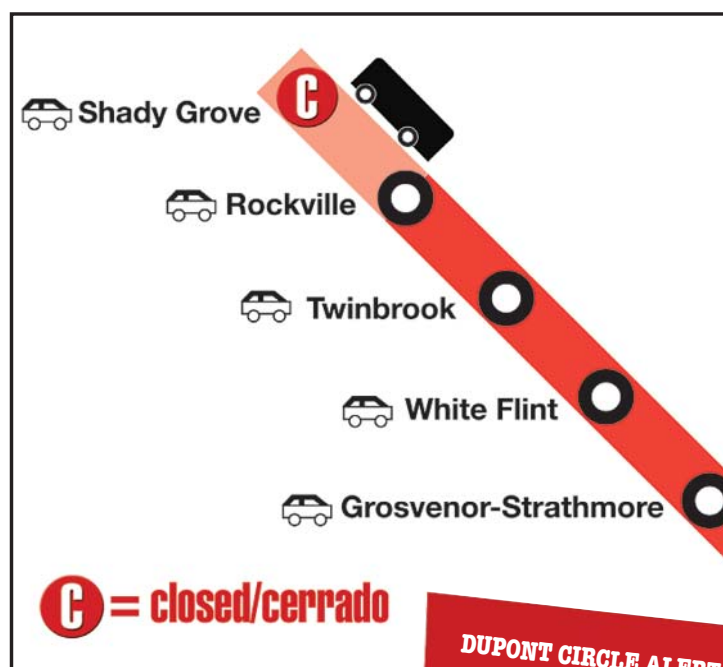
Temporarily closing stations and suspending train service is necessary while Metro replaces rail and rail fasteners and renews insulators.

From Friday, March 16 at 10 p.m. to Sunday, March 18 at closing:
Buses replace trains on the Red Line between Shady Grove and Rockville stations.

Temporarily closing stations and suspending train service is necessary while Metro replaces track circuit modules per NTSB recommendations, rehabilitates track and performs cable work.

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World



HADI MIZBAN/AP

Men grieve Monday in Fallujah, Iraq, during the funeral for 25 slain policemen.

Insurgent Attack Kills 25 Policemen in Iraq

Baghdad

Assailants waving the battle flag of al-Qaeda gunned down 25 policemen Monday in a brazen challenge to government control over a strategic town fraught with Iraq war symbolism.

The attack replicated tactics used by Sunni insurgents during the war and appeared aimed at reasserting al-Qaeda's grip now that the Iraqis can no longer rely on American forces for help.

The attackers drove through Haditha claiming to be government officials and executed guards and commanders Monday. A gunbattle broke out, and the gang raised the al-Qaeda flag, police said.

Backstory

The Iraqi town of Haditha, just 65 miles from the Syrian border, was a critical pawn during the Iraq war. It was also the home of Abu Musab al-Zarqawi, leader of al-Qaeda in Iraq, and the scene of a U.S. massacre of civilians. (AP)

After half an hour, the militants escaped, leaving a terrified populace. Local authorities imposed a curfew and deployed troops.

The attack exposed the vulnerability of the Iraqi public, which has faced a fresh wave of attacks with a relatively untested Iraqi security force for protection. (AP)

2K The estimated maximum number of Syrian refugees who have crossed into Lebanon in the last two days to flee President Bashar Assad's increasingly bloody crackdown on dissent, the U.N. refugee agency said Monday. Tens of thousands of Syrians have already escaped into neighboring Jordan, Lebanon and Turkey, officials say. (AP)

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RECORDS

Not Recommended

A Sri Lankan man died while trying to set a record for the longest time spent buried alive, police said Monday. Janaka Basnayake, 24, buried himself with the help of family and friends around 9:30 a.m. Saturday in the town of Kantale, officials said. Police said he was dug up at 4 p.m. and taken to a hospital, where he was later pronounced dead. It was unclear whether there is an official world record for the longest time buried alive. (AP)



Japan Labors to Decontaminate

Radiation-hit areas may require constant cleanup, officials say

Fukushima, Japan

Workers in rubber boots chip at the frozen ground, scraping until they've removed the top 2 inches of radioactive soil from the yard of a single home. Total amount of waste gathered: roughly 60 tons.

One down, tens of thousands to go. And since wind and rain spread radiation easily, this yard may need to be dug up again.

"You have to keep cleaning up," said Toshiaki Kusano, Fukushi-

ma city's top crisis management official. The city has a five-year decontamination plan, which he said could be extended.

\$14B

The amount Japan has budgeted through March 2014 for decontamination, which could take decades, from its nuclear crisis last year. (AP)

The work is part of a monumental task: a costly effort by Japan to try to make radiation-contaminated communities inhabitable again.

The radiation leak has slowed at the Fukushima Dai-ichi plant, nearly a year after the March 11 tsu-

Heavy-Duty Cleanup

Radiation accumulates in soil, plants and exterior building walls. Workers decontaminating areas tainted by Japan's Fukushima Dai-ichi nuclear plant start cleaning a property by washing or chopping tree branches and raking leaves. Then they clean out the gutters and pressure-wash the roof, walls and windows. Finally, they replace the topsoil with fresh earth. (AP)

phase: decontaminating the area so that at least some of the 100,000 residents can return.

Experts say there's no prior model for what they're trying to do — historically, the only parallel situation is Chernobyl, where the contaminated area remains off-limits nearly 26 years later.

Even if they succeed, they're creating another problem they don't yet know how to solve: where to dump all the radioactive soil and debris they haul away.

For evacuees, a major step forward may come in the next few weeks, when officials hope to redefine the evacuation zone, possibly opening up some areas. (AP)

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Is Metro Shutting Out Riders?

Q Recently I missed a play for which I had purchased a ticket because a Metro operator closed the doors of my train much too quickly, before I and others could exit the train. This happened at Metro Center, a major transfer point where many patrons need to exit and board trains. It happened to me once before a few weeks ago, only the doors closed before I could board. The number of complaints I've received about this is growing. And I mean the specific complaint about the doors' not staying open long enough for everyone to get off, let alone for people to get on. There is pressure on the operators to stay on schedule downtown.

Q The S1, S2 and S4 are always overcrowded during the morning rush hour; four or five buses regularly pass my stop without stopping because they are so packed. Doesn't this indicate to WMATA that this is a popular route that needs increased service? Just a couple of extra buses during the 8 to 8:30 a.m. time would help. Is it possible bus drivers aren't reporting their buses are so crowded? I think Metro's bus people are very aware of how popular the 16th Street Line is — including the S9 limited-stop service. I believe it's more an issue of money about adding buses on that line and others that are overcrowded.

Q Regarding Metro operators slamming doors on patrons, I can recall visiting a couple cities abroad where giant mirrors — the size of a sheet of plywood — were mounted at the ends of subway platforms so operators could easily observe the whole length of the train. Doors didn't close until everybody waiting was safely aboard. That's a cheap, low-tech solution; maybe a higher-tech version would be cameras and a monitor that the operator could watch. We do have mirrors at some stations. Is it just the aboveground stations? But I don't believe that's the issue. An operator should be able to stick his or her head out the cab window and look back down the train.

Q Just to chime in on adding buses and Metro's legal obligations — adding buses on that line likely means taking buses away from another line. Metro has an obligation under Title VII (I think) of the Civil Rights Act to ensure that it isn't increasing service in one area and reducing it in an area that is of a racial minority or economically disadvantaged area. These legal obligations are challenging at best when dealing with route increases.

In my job, I have the advantage of being able to travel around the region and see the crowding on different lines. I think the average commuter — quite naturally — is limited to seeing just a couple. There are clearly problems with crowding on many major routes.

Q I've used the metro in London, Paris, Madrid, Berlin, Montreal and Mexico City as well as D.C. Only Washington doesn't care whether passengers can get on or off. So the doors are a metaphor for the system: It looks good (the train ran on time) but doesn't actually work. Metro closes doors on passengers because it chooses to.

You think our trains run on time? I hear especially about this from riders on the west side of the Orange Line in the mornings. One reason their trains are not on schedule is that they've made a run through downtown already and got thrown off by loading and unloading passengers.

.....
Dr. Gridlock offers his commuter advice online at washingtonpost.com.

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Local

Silver Line Fare Hike Proposed

Plan would increase rates more than \$.25 to bring in extra cash

Chantilly, Va.

The average fare on Metro's new Silver Line could go up before the new rail extension even opens.

Officials had estimated the average fare would be \$3, but the proposal from Metro general manager Richard Sarles would increase the average to \$3.26. The hike would bring in an additional \$1.1 million over six months, according to the transit authority.

Metro released new numbers on the impact of the Silver Line before a Thursday board meeting. Some board members had asked for more details on the expected revenue for the new line. Sarles has lobbied for across-the-board fare hikes in the fiscal 2013 budget for bus, rail and at parking facilities.

The first part of the 23-mile stretch of the Silver Line, expected to open in late 2013, is under construction. The Metropolitan Washington Airports Authority, which is overseeing the construction, plans to put out a request for bids in the coming months for a contractor to build the second phase.



An unfinished staircase and escalator at the Wiehle Avenue Silver Line station.

That construction could start in January 2013.

\$3.26

The proposed amount for an average Silver Line ride set to open in 2013. The previous estimate was \$3. (TWP)

The additional fare hikes on the Silver Line would bring in \$1.1 million for six months of service in fiscal 2014 and \$2.2 million for a full year of service in fiscal 2015, according to Metro's figures.

Budget figures for fiscal 2012 show Metro revenue is down 1 percent and expenses are up 5 percent, compared to what it had budgeted. (THE WASHINGTON POST)

Irish-language Classes Make a Comeback



AS THE IRISH DIASPORA PREPARES for St. Patrick's Day, the Hibernian tongue, once on the brink of extinction, is enjoying a revival. Above, students learn the language in Ronan Connolly's Irish-Gaelic class at Catholic University Jan. 26. More than 400 study the language in the U.S. | [postlocal.com](#)

In Brief

BALTIMORE, MD

Judge Rules Md. Gun Law Unconstitutional

The Second Amendment right to bear arms is not limited to the home, and Maryland's requirement that residents show a "good and substantial reason" to get a handgun permit is unconstitutional, according to federal U.S. District Judge Benson Everett Legg's opinion filed Monday. (AP)

WASHINGTON

D.C. Raises \$92M in 2011 From Parking Tickets

The District of Columbia netted \$92.6 million of revenue from parking meter tickets in 2011, according to the American Automobile Association, which obtained the numbers under a Freedom of Information Act request. That amount for fiscal 2011 was more than \$12 million higher than the previous year's. (TWP)

MANASSAS, VA.

Police Charge Va. Mother With Murdering Her Baby

A Prince William County woman has been charged with murdering her 3-month-old son after police say their investigation revealed that the mother's



Green

neglect resulted in the baby's death. The baby boy, Tyron Green, died in May 2010 when he and the mother, Tyesha M. Green, 22, were living in Dale City.

Green told police she had fallen asleep in bed with the baby and woke up to find him unresponsive. Police say Green was drinking and smoking marijuana in the bed that night. Green was also charged with child abuse and neglect and was being held without bond. (AP)

The Lotteries

Monday, March 5

Maryland

Mid-day Pick 3 8-2-4
 Evening Pick 3 (Sun.) 0-5-8
 Mid-day Pick 4 5-7-6-1
 Evening Pick 4 (Sun.) 9-0-4-7
 Match 5 (Sun.) 6-18-23-25-26 (22)

District

Mid-day Lucky Numbers 6-5-5
 Evening Lucky Numbers (Sun.) 6-8-9
 Mid-day DC 4 4-0-7-1
 Evening DC 4 (Sun.) 1-4-2-9
 Mid-day D.C. Five 2-0-1-8-0
 Evening D.C. Five (Sun.) 3-7-9-0-7

Virginia

Mid-day Pick 3 9-9-2
 Evening Pick 3 (Sun.) 7-3-6
 Mid-day Pick 4 0-0-8-5
 Evening Pick 4 (Sun.) 4-4-1-4
 Mid-day Cash 5 (Sun.) 14-21-24-28-29
 Evening Cash 5 (Sun.) 9-11-22-25-29

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



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THE BLACK LILLIES

W/ DREW GIBSON

SUNDAY, MARCH 11

LIVE GOSPEL BRUNCH

W/ THE GOSPEL PERSUADERS 10:30AM & 1PM

SUNDAY, MARCH 11

JON ANDERSON

(FORMERLY OF YES)

WEDNESDAY, MARCH 14

JEFFERSON STARSHIP

THURSDAY, MARCH 15

PAUL REED SMITH'S

HAMILTON BAND

FRIDAY, MARCH 16

PERPETUAL GROOVE

SATURDAY, MARCH 17

BROTHER JOSEPHUS

& LOVE REVIVAL REVOLUTION ORCHESTRA

WEDNESDAY, MARCH 21

DEVON ALLMAN'S HONEYTRIBE

THURSDAY, MARCH 22

THE HOLMES BROTHERS & LEYLA MCCALLA

SATURDAY, MARCH 24

THE WHEEL

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VAN HUNT

THURSDAY, MARCH 29

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Cover Story

Super? Maybe not this time.

But it is a Tuesday, one with the biggest payout of the GOP presidential primaries. Super Tuesday, slimmed down to half its 2008 size but still doling out one-third of the delegates needed to win, probably won't settle much. Sure, it could nudge Newt Gingrich out of the race or lend Ron Paul more credibility. But it won't be easy for either Mitt Romney or Rick Santorum to score a decisive advantage. So what's at stake, what does it mean, and what might happen? Here's a tip sheet. (AP)



Ohio, Ohio, Ohio!

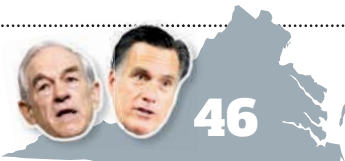
It's the race to watch. Political junkies get all misty-eyed over this Rust Belt swing state, and not just because of the 63 delegates. No Republican nominee has ever become president without winning the state. That makes it a powerful proving ground for

the men trying to show they can take on President Obama. The big issue is the economy, including Obama's bailout of the auto industry. Santorum and Romney are duking it out in Ohio. Look for the outcome to generate more buzz than any other Super Tuesday contest.

\$5,000,000

Super Tuesday = Super Expensive

A week's worth of heavy advertising in all 10 states would cost a candidate about \$5 million. That's a lot even for Romney's well-financed campaign, prompting him to plea for donations amid his Michigan victory speech. Gingrich is getting another multimillion-dollar boost from Las Vegas billionaire Sheldon Adelson, who donated the money to a special type of political action committee, known as a super PAC, that will run advertising in key states.



Virginia's Odd Role

Only Romney and Paul landed spots on the ballot, by having early organizations strong enough to collect the required 10,000 signatures. That leaves Virginia mostly a curiosity. What kind of showing can Paul muster going mano a mano with Romney? The fight is over 46 delegates.

"I come to the people of Ohio as a candidate who shouldn't be here."

— RICK SANTORUM, TOUTING ON MONDAY HIS BLUE-COLLAR BACKGROUND AS A REASON VOTERS SHOULD CAST THEIR BALLOTS FOR HIM OVER MITT ROMNEY. SANTORUM ADDED THAT A DAVID VS. GOLIATH COMPARISON "IS PROBABLY A LITTLE BIT OF AN UNDERSTATEMENT."



MITT ROMNEY
203
delegates won



Northeast: Romney Territory

There's little drama in the Northeastern races. Romney's virtually unopposed in his power base of Massachusetts, where he was governor just over five years ago. Delegates: 38. He's expected to win neighboring Vermont handily, too.

Where They Stand

Delegates already claimed:
353

Up for Grabs

Delegates they're fighting for Tuesday in 10 states:
419



RICK SANTORUM
92
delegates won

Hey, Not So Fast!

Santorum is pushing hard to wrest Georgia's and North Dakota's Christian and tea party voters away from Gingrich and Paul. And he has his sights set on peeling off some of Vermont's 17 delegates from Romney.

Delegates needed for the nomination: 1,144

Gingrich's Last Stand?

Get out the hook for Newt Gingrich if he loses in Georgia, the state he represented in the U.S. House for two decades. Gingrich hopes a decisive win here would relaunch his up-and-down campaign, which has been mostly down-and-out since he lost Florida in January. He has endorsements from Gov. Nathan Deal and Herman Cain, a fellow Georgian. He also has a new pitch, claiming he can bring the cost of gas down to \$2.50 per gallon. Georgia boasts the day's biggest cache of delegates: 76.

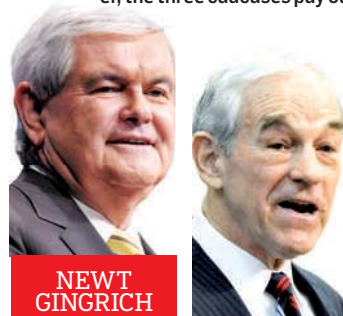


Elsewhere in the South

Two other Bible Belt states, Tennessee and Oklahoma, are central to Gingrich's hopes of revival. But in Tennessee, Romney boasts the support of popular Gov. Bill Haslam, while Gingrich is getting plugs from one of the state's most colorful political figures, former senator, movie actor and "Law & Order" star **Fred Thompson**. At stake are 55 delegates. Meanwhile, Santorum has dubbed Oklahoma the "ground zero of the conservative movement," and his anti-abortion, pro-family values message attracts enthusiastic crowds here. It offers 40 delegates.

Ron Paul's Big Night?

The anti-war, libertarian-leaning Republican hasn't won a single state. Super Tuesday could change that. Paul is focusing on the three caucus states — Idaho, North Dakota and Alaska — where a big turnout by his cadre of enthusiastic followers would have the most impact. Even if he doesn't score a win, he's likely to pick up delegates to help power him into this summer's Republican convention with enough clout to promote his ideas. Together, the three caucuses pay out 84 delegates.



NEWT GINGRICH
33
delegates won



RON PAUL
25
delegates won

→ Up Next

Caucuses and primaries in Kansas, Wyoming, Alabama, Hawaii, Mississippi, Missouri, Illinois and Louisiana fill out the busiest month of the nomination season. Three territories — American Samoa, the Virgin Islands and Puerto Rico — also get their say in March.

washingtonpost.com

The Washington Post's political team will preview Super Tuesday before the polls close and then offer instant results and analysis | postpolitics.com

Comings and Goings

Catch up on D.C. United's flurry of off-season moves

The off-season brought a vast changing of the guard for D.C. United, with a number of veterans and other players jettisoned in favor of a new crop tasked with helping the team get into the postseason for the first time in five years. Gone are a few players who had become synonymous with United in recent years, leaving 24-year-old fourth-year winger Chris Pontius as the club's longest-tenured player ahead of Saturday's season opener. (TEXT: AVI CREDITOR; PHOTOS BELOW: TONY QUINN/NICOLAS FERNANDEZ/BEN KELLER COURTESY DC UNITED)



Marcelo Saragosa M

The veteran was brought in to add bite and to cover in the event that Perry Kitchen misses a time for the Olympics.



Emiliano Dudar D

The veteran Argentine centerback, who has competed on Europe's biggest stage, adds bulk and a touch of class to the back line.

Welcome to Washington

So who has been brought in to get D.C. back to its winning ways? Here are the new faces who will be in the locker room. (More new faces could be on the way, as unsigned trialists are training with the club):

Maicon Santos F

The Brazilian forward looks for consistency and stability on his fourth team in three years. He will provide depth up top.



Danny Cruz M

Just 22, the hard-nosed Cruz is still improving and can provide cover on the right or centrally.

Robbie Russell D

The former Real Salt Lake right back should provide the defensive leadership and steadiness that has been lacking.



Andrew Dykstra GK

The Woodbridge, Va., native will be the team's third goalkeeper, but he offers an experienced backup for when Bill Hamid is on national team duty.



Nick DeLeon M

The rookie attacker out of Louisville, Ky., was among D.C.'s highest-rated targets in January's SuperDraft.

Where Are They Now?

To make way for the additions, 11 players from last year's roster retired, were cut or were not re-signed. Here's where they stand.



Santino Quaranta M

Retired. He is competing in the short-season Premier League Soccer in India.



Clyde Simms M

Set for a starting role with the New England Revolution



Marc Burch D

Fighting for playing time at left back with the Seattle Sounders



Charlie Davies F

A fixture on the match-day roster for French club FC Sochaux



Brandon Barklage M

On trial with the New York Red Bulls



Blake Brettschneider F

On trial with the Revolution



Austin da Luz M

On trial with the Revolution



Devon McTavish D

Retired



Jed Zayner D

Free agent



Steve Cronin GK

Free agent



Joseph Ngwenya F

Free agent

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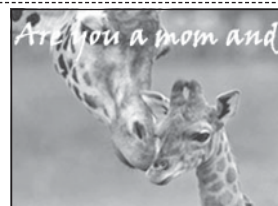
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Sports

In Brief

PRO FOOTBALL

Welker, Bowe Tagged



Welker

All-Pro Wes Welker of the Patriots and fellow wide receiver Dwayne Bowe of the Chiefs were given franchise tags just before Monday's NFL deadline. Welker and Bowe each will earn about \$9.5 million for 2012—the average of the five highest-paid players at the position. (AP)

WOMEN'S COLLEGE HOOPS

GW Fires Bozeman

George Washington women's basketball coach Mike Bozeman will not return next season, Athletic Director Patrick Nero announced Monday. Bozeman was 42-75 overall, 19-37 in the Atlantic 10. (THE WASHINGTON POST)

WOMEN'S SOCCER

Japan Shuts Out U.S.

Megumi Takase scored on a header in the 84th minute, and world champion Japan beat the United States 1-0 Monday at Faro, Portugal, in a rematch of last year's World Cup championship game. With the win, the Japanese advanced to the final of the Algarve Cup. (AP)

TV Lineup

MEN'S COLLEGE HOOPS (NOON, 2 P.M., 7 P.M., 9 P.M., ESPN2; 9 P.M., ESPN) DePaul plays UConn and St. John's faces Pittsburgh in the Big East tournament; the Sun Belt Conference crowns a champion, as does the Summit League; and Detroit and Valparaiso meet in the Horizon League championship.

WOMEN'S COLLEGE HOOPS (8 P.M., MASN) The Big East title game.

CAPITALS (7 P.M., CSN) The Caps try to avoid another shutout when facing the Carolina Hurricanes.

SOCCER (2:30 P.M., CSN) Zenit plays Benfica in a Champions League match in Lisbon, Portugal.



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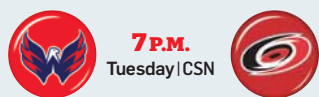
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Sports

Capitals Losing Scoring Touch



The Capitals

For 60 minutes on Sunday, the Capitals seemed to do everything right against the Philadelphia Flyers.

They battled in the corners for puck possession, they were solid on defense, and goalie Michal Neuvirth turned in a strong bounce-back game after Friday's 5-0 loss to the New Jersey Devils. Everything was near perfect except for one aspect of the game — scoring.

The Capitals lost 1-0 and are now on a 120-minute goalless streak in the middle of one of the most important stretches of home games this season. "A loss is a loss," forward Troy Brouwer said. "We can be happy with the way we



Capitals forward Mike Knuble comes up empty on a shot against the Flyers Sunday.

played, but we can't be happy with the outcome."

Coach Dale Hunter said that even though the scoreboard isn't lighting up with Caps goals, the team is creating the opportunities and must build from there.

"We just have to keep getting chances," Hunter said.

On Tuesday, the Capitals will look to end their scoring drought, taking on the Hurricanes in a divisional game that could help the Capitals make up ground on the Winni-

Backstory

The last time the Capitals went scoreless in back-to-back games was in March 2007, when the team lost to the Toronto Maple Leafs 3-0 and then to the Carolina Hurricanes 3-0. That season preceded the Capitals' four-year reign over the Southeast Division, and unless they can find their scoring touch, they will probably miss the playoffs this year like the 2007 team did. R.A.

peg Jets and Florida Panthers.

Washington is currently ninth in the East with 69 points, but it owns two games in hand on the Jets (70 points as of Monday afternoon).

A win would help stave off a surge by the Tampa Bay Lightning, which has resurrected its season with a 7-3 stretch and trails Washington by one point. REED S. ALBERS

Source: Saints Owner Backing Head Coach, GM

Pro Football

A New Orleans Saints official familiar with club owner Tom Benson's reaction to the NFL's bounty investigation says general manager Mickey Loomis and head coach Sean Payton still have Benson's full support.

The official spoke to The Associated Press on condition of anonymity Monday because the investigation was still ongoing. An NFL report says between 22 and 27 defensive players on the Saints, as well as former defensive coordinator Gregg Williams, maintained a bounty program for inflicting injuries on targeted opposing players during the past three seasons.

"The bond between Sean and Mickey and Mr. Benson could not be stronger," the official said. (AP)

FOX

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POWER
OF COMMUNITY



www.cfcnca.org



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CFC# 11069



Thank You for being part of the solution!

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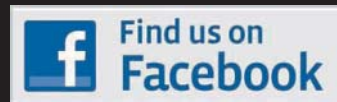
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CFC #53117

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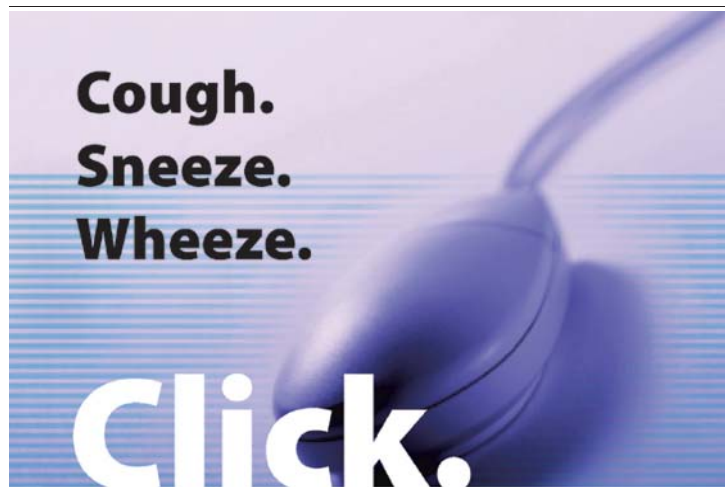
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for
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Osteoporosis affects
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**Osteoporosis Foundation, National
CFC #11043**



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**Kathryn Whitener at
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Thank you for your pledge.



Your 2012 support of Human Service Charities of America and its following member charities will help improve the quality of life and provide a voice for the disenfranchised and disadvantaged. Your donation helps build strong foundations within communities by providing vital services like medical care, hunger relief, shelter, education, and advocacy. As a donor, you can trust that HSCA and its charities are clear in their purpose and true to their mission.

CFC #10170

Human Service Charities of America
(800) 626-2729
www.hsca.org

10543

Adopt America Network

11155

American Council of the Blind

81344

America's VetDogs - The Veteran's K-9 Corps, Inc.

11089

Child Aid

11976

Children Affected by AIDS Foundation

11156

Children's Cancer Assistance Fund

10547

Disabled and Alone/Life Services for the Handicapped

11935

Fight Crime: Invest in Kids

11157

Guide Dog Foundation for the Blind, Inc

12310

HealthStore Foundation, The

11971

Lions Clubs International Foundation



11610

MAZON: A Jewish Response to Hunger

10541

National Center for Fathering

11972

National Indian Youth Leadership Project

10542

National Right to Life Educational Trust Fund

11611

Oklahoma City National Memorial & Museum

11088

Public Radio International

14116

Rachel's Challenge

89030

ShelterBox USA

10545

Suicide Prevention Foundation of America

11614

Us Too International

11973

Volunteers of America, Inc.

11364

White Bison

11609

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somewhere to turn.

CFC #11239

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CFC #74405
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HOMELESS NOT FACELESS



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Thank you for supporting the troops and their families through the 2011 CFC Campaign.

www.USO.org/CFC



CFC #11381

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10978

A Child's Hope Fund

10525

Advocates International

15522

Africa New Life Ministry

11290

Aid to Children, Youth and Families

10980

AIDS Care Fund

12172

Alcohol & Drug Recovery Fund

11726

Alliance Defense Fund

50678

Amen Foundation, The

12037

American Family Association

45107

American Missionary Fellowship

12038

Association for Christian Conferences,
Teaching & Service (ACCTS)

10524

Association of Christian Schools
International

10981

Association of Gospel Rescue Missions

12039

Awana Clubs International

10527

BaptistWorld Alliance

10982

Bible League International

12137

Biblica
(Formerly International Bible Society)

11727

Billy Graham Evangelistic Association

11864

Blessings International

10528

Cadence International

12040

Campus Crusade for Christ's Great
Commission Foundation

10983

Care Net

11086

Child Abuse Intervention Fund

82907

Child Evangelism Fellowship

11728

Childcare Worldwide

10529

Children's Christian Hunger Network

10984

Children's Food Fund/World
Emergency Relief

11729

Children's HopeChest

11730

Children's Hunger Relief Fund

12136

Christian Blind Mission

11731

Christian Broadcasting Network,
The 700 Club, CBN

12041

Christian Foundation for Children and
Aging

12042

Christian Legal Society

10538

Christian Military Fellowship

11862

Christian Relief Fund

10536

Club Beyond/Military Community
Youth Ministries

10522

Compassion International

10526

Emergency Relief Response Fund

10985

Engineering Ministries International

10523

Family Research Council

10534

Focus on the Family

11732

Food for the Hungry

63203

Global Recordings Network

39488

Hagar USA

11738

Healing Waters International

10535

Home School Foundation

10988

International Christian Concern

11739

JAARS

32629

Kids Around the World

11733

Kids for the Kingdom

93403

MAMA Project, Inc.

27809

MANNA Worldwide

13334

Mephibosheth: Transforming Lives
Through Vocational Training

94744

Mercy Ships

12045

Mexican Medical



Christian Service Charities

Following the Great Commission

During 2012, your support will help the following Christian Service Charities transform the world by following the Great Commission.

I know your deeds, your love and faith, your service and perseverance, and that you are now doing more than you did at first.

- Revelation 2:19

CFC #10171
Christian Service Charities
(888) 728-2762

www.christianservicecharities.org



10989

Mission Aviation Fellowship

11922

Mission to Children

21917

Missionary Athletes International

11734

Moody Bible Institute

10990

MOPS International

26099

National Day of Prayer Task Force

11087

Navigators, The

11735

Nazarene Compassionate Ministries, Inc.

10531

Officers' Christian Fellowship

10530

Operation Blessing International Relief
and Development Corp.

11421

Orphans Assistance & Rescue Inc.

11556

Pioneers

11272

Prison Fellowship

10991

Prison Fellowship International

10532

Samaritan's Purse

10992

Senior Care Fund

47745

Servant Partners

12046

Society of St. Andrew, The

10993

Voice of the Martyrs, The

11273

Warm Blankets Orphan Care
International

11001

Water Mission International

70171

Willow Creek Association

11386

World Concern - A Division of
CRISTA Ministries

58592

World Harvest Mission

48918

World Reach, Inc.

11117

WorldVision, Inc.

11740

Worldwide Christian Schools

11737

Wycliffe Bible Translators

10515

Young Life



fit



Guinea Pig | Hips, Hips Hooray

Worried about your rear view? "Mari Winsor's Lower Body Pilates" (\$15, Gaiam) is here to save — and slim — your hips, waist, thighs and buttocks. In three 20-minute workouts, she guides you (and an impossibly gorgeous student who demonstrates the moves) through hips bridges, scissor kicks and so many leg circles. A few quick exercises, such as bicycles, will get your heart rate racing, but it's mostly about making muscles burn.



See your weekly Gold's Gym Trainer Tip on the next page.



One benefit of relay marathons is having a built-in cheering squad. Above, a team gets psyched up for last year's D.C. Ragnar Relay.

Going (Part of) The Distance

Relay racing lets you train less but go farther than you could solo

If you want to be able to say you did a marathon but don't feel like training to run the whole thing, there's an obvious solution. And, no, it's not cheating.

Try a relay race, which allows you to split up the work and guarantees you a cheering section. At the Delaware Marathon, you can have up to seven teammates. "A lot of people aren't going to run 26.2 miles, but they want to be a part of it," says Wayne Kursch, the director of

the race, which is introducing an eight-person relay option this year.

Plenty of other races welcome runners who don't want to go the full distance. The Walt Disney World Marathon Weekend featured its first relay in January. Want to split just 13.1 miles? The Marine Corps Historic Half marathon relay, launched last year, is growing from 100 teams to 250 teams.

When you hear runners talk "relays" these days, however, chances are they mean the long-distance, overnight kind. Teams of 12 people taking turns covering 200 miles over 30 hours have been around for decades. This year marks

the 31st running of Oregon's Hood to Coast, the largest relay in the world. In the D.C. region, the granddaddy of overnight relays is Tom's Run Relay (June 1-3, Tomsrunrelay.org), which has had teams trek from Cumberland, Md., to Washington since 1999.

But recently, there's been a surge of interest in overnight relay racing, thanks to a company called Ragnar (Ragnarrelay.com) that manages 15 events across the country, including one that ends in the District (Sept. 21-22). The company is planning more courses in the U.S. and hopes to take Ragnar global.

When that happens, 33-year-old Jus-

Getting Ready For a Team Event

Hold a race rehearsal

For overnight relays, participants typically run three times with two eight-hour breaks. Train your body for that routine by running once in the morning, once at night and then again the next morning.

Practice alone

Danny Dreyer (see page 33) says each member of the team needs to figure out what he or she will be up against and practice for those specific conditions. One runner might have more hills; another might face a strong headwind, for example.



Choose teammates wisely

One of the pluses of relay racing is you don't need to run at the exact same pace; a seasoned marathoner and someone who's never participated in a race can pair up. But it's important everyone agrees on your goals.

Events

Sprint this Spring

- Freedom 50 Relay** Nine runners, 50 miles. April 21 from Sharpsburg to Poolesville, Md. Damascusfreedom5k.com/freedom50.
- Delaware Marathon** Four or eight runners. May 13 in Wilmington, Del. Delawaremarathon.org.
- Marine Corps Historic Half** Two runners, 13.1 miles. May 20 in Fredericksburg, Va. Marinemarathon.com.
- American Odyssey Relay** 12 runners, 200 miles. April 27-28 from Gettysburg, Pa., to the District. Americanodysseyrelay.com.

tin Petitt, of Columbia, Md., will hop on a plane with 11 friends. Like many Ragnar runners, he was inexperienced when he did his first relay in 2010. But between the bonding in the van with his teammates and the sense of accomplishment from playing a part in logging 200 miles, he was hooked. "I'm nuts about this race," Petitt says.

The key difference between overnight relays and most other long-distance running events is that they're meant to be social. "A marathon is 90 percent about running. A relay isn't," says Bob Fleshner, director for another D.C.-area race, the American Odyssey Relay. Although some participants wind up running about 20 miles, the breaks make that distance more bearable. "If you can do a 10K, you can survive. If you can do eight to 10 miles comfortably, you'll enjoy it," Fleshner says.

Getting enjoyment out of an event was precisely why Seth Gottesman started the Freedom 50 Relay, a low-key 50-miler along the C&O Canal. During last year's debut, a dog ran one of the nine legs alone. That level of challenge is just Gottesman's speed nowadays. "I've done three marathons. Now, I'm done with that."

Unless, of course, it's a relay.

VICKY HALLETT (EXPRESS)

Meet The Trainer Georgio Bruzzo

**Certified Personal Trainer
Annandale Gold's Gym**

As a lifelong sports and fitness enthusiast, Georgio discovered early on that even though many try their hardest, not everyone gets the same results. It was then that he began researching the best methods for smart, effective training. Today, Georgio holds a degree in Exercise Science from George Mason University. His passion is studying and understanding the complexity of human physiology, and simplifying what he knows into usable training methods for his clients.

Certifications:
National Academy of Sports Medicine -
Certified Personal Trainer

To schedule an appointment with Georgio or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

Trainer Tip of the Week

Functional training improves your activities of daily living by utilizing the body's natural movements. In combination with a regular resistance and cardio program, this style of training will put you on the fast track to optimizing your health and fitness level. Call me today to get functional training added to your routine.

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Learn to Become A Real No-It-All

Q My mother is always getting involved in schemes, whether they be investment schemes or physical health schemes or self-improvement schemes. She's constantly trying to recruit me. I'm usually a master of saying no, but I always feel guilty about it, especially since I think she's lonely (she raised me mostly as a single mom and has never married). How do I tell her that I love her while declining to participate? **GUILTY DAUGHTER**

"Mom, I love you, but I'm going to have to decline to participate." I know — it's not that simple. But realize that you can provide what she's asking for in ways that don't involve schemes. Time, attention, affection — that's what she really may need, and recruiting you for schemes is probably connected to that.

I'm sure you're already giving her these things, but by pushing yourself to give a little more, she might lessen up. Ask more questions about other areas of her life; take up a new hobby together; share more aspects of your life with her, and let her give you advice (even if you don't take it). Once you're giving all you truly can in that regard, you can feel less guilty about refusing to sell those all-natural lotions.

Avoid Making Poor Choices

Q My husband and I are well-off compared to our friends. We've worked hard and made career choices that have gotten us where we are. Many of our friends, while hard workers, have gone into fields where the compensation isn't high — it's that simple. How do I deal with the passive-aggressive comments they make when we take a nice trip or do work on our home? I don't want to be made to feel guilty. **FRIENDS, WITH MONEY**

Some people truly have jealous, embittered friends — and other people claim to be victims of jealous friends but really are flaunting their Tahitian vacations and Viking cooktops to the point of inducing projectile vomiting. Take a step back to analyze the dynamic here.

It might also be that what your friends view as good-natured rib-

bing is being interpreted by you as frustrated, angry attacks. If the friendship is solid, you can open up a conversation about it: "Hey, I noticed you made some comments when you were looking at my vacation photos. I know I get to do some things you don't — if I'm making you feel uncomfortable, can we talk about it?"



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Ballston Burpees

A CrossFit workout always pays off, but you don't always have to pay to go do one. At least, you won't on Saturday at the grand opening of Ballston CrossFit (1110 N. Glebe Road, Arlington; 703-688-2238, Ballstoncrossfit.com). Free classes will be held at the start of each hour between 10 a.m. and 2 p.m. — show up 15 minutes early to sign in. If you're lucky, you'll take home more than sore muscles: There's also a raffle to benefit Homeless Hope.

Chi Whiz On the Run

Danny Dreyer wants to give you a leg up on other marathoners

To Danny Dreyer, 26.2 miles is nothing. The 62-year-old has raced (and placed) in 40 ultra-marathons, often taking on distances of 50 to 100 miles. He credits his success to the practice of ChiRunning, a system of movement he developed incorporating the principles of tai chi to improve efficiency. He's been passing on his techniques that promise to make running injury-free since 1999. With his new book, "Chi Marathon" (\$16, Touchstone), available next week, Dreyer tackles endurance race training.

What are people doing wrong when they train for marathons?

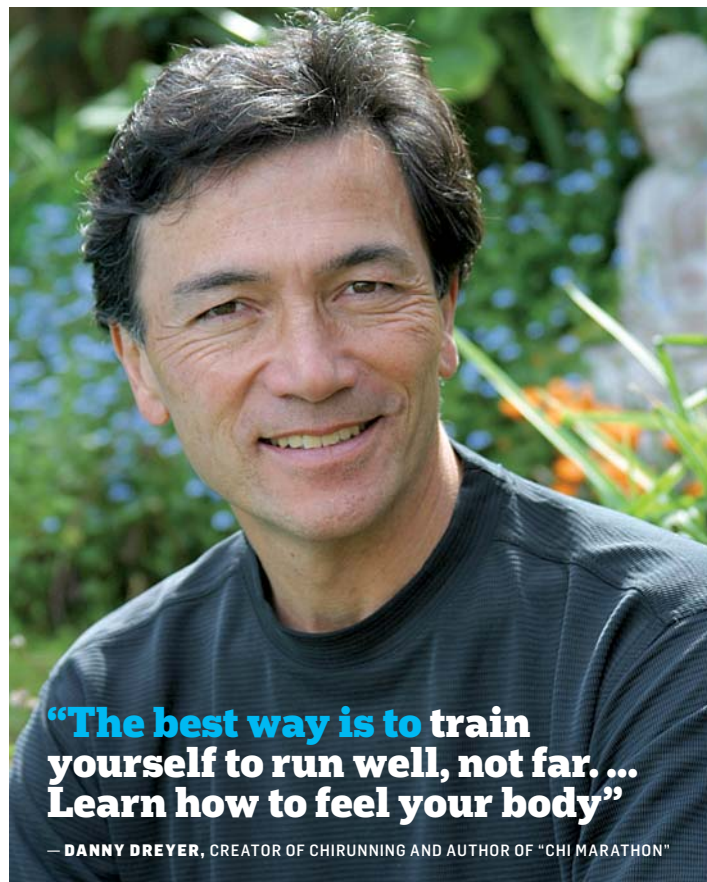
The injury rate in regular runners is 65 percent. In marathon runners, it's closer to 90 percent. What most people do incorrectly is technique.

That's a repetitive stress, so the more you run, the more likely you are to get injured. Somebody might be a great 10K runner and not notice they have slight heel strike. But take 35,000 steps in a marathon and you'll find out.



Your marathon program is 24 weeks. Why is it so long?

People don't give themselves enough time. Team in Training set a bad precedent by saying you can get ready in four and a half months. Participants get invested in it financially, and then they force themselves to do it in four and a half months. Then they have a lousy time, and they never do it again. The best way is to train yourself to run well, not far. You need to learn how to feel your body and do the right things.



"The best way is to train yourself to run well, not far... Learn how to feel your body"

— DANNY DREYER, CREATOR OF CHIRUNNING AND AUTHOR OF "CHI MARATHON"

Can you explain why slowing down can speed you up?

What most people think is they have to run at a seven-minute mile pace or they won't make it in the marathon. But you're setting up the body to burn the wrong fuel.

When you're doing a long, slow-distance run, it's to burn fat for fuel, not glycogen. In a 5K or 10K, you can push the whole way. But you only have 90 minutes of glycogen. Running slowly helps you become efficient.

Event Horizon

Danny Dreyer's two workshops this weekend in Chevy Chase are sold out, but Washingtonians have more upcoming opportunities to learn about ChiRunning techniques. Instructor Lloyd Henry is holding a half-day event March 18 at Fleet Feet (1841 Columbia Road NW). Get more information at Chirunning.com and Onpointfitness.com.

Any other misconceptions?

People run way too fast up hills, and then they're tired for the downhill. I slow down when I'm running up hills, but nobody passes me on the downhill. I more than make up whatever time I lost.

How different will results be for people on your program?

We're using running as a mindful practice, not just a sport. With most training programs, you might get healthier. That's not a guarantee. After your race, you've walked away with a medal but nothing else. Our program teaches you to breathe better and listen to your body. You have all of these skills as well. This approach is process-oriented. The others are goal-oriented, so you can end up injured and disappointed.

VICKY HALLETT (EXPRESS)

It's Time for Training Wheels

Indoor cycling studios are going to be rolling out across the city

Capital Bikeshare's not the only reason Washington's going for a ride. Although the city has lagged behind New York and Los Angeles for years when it comes to indoor cycling studios, it's now pedaling furiously to catch up.

Red Bow owner Jane Brodsky announced last week that her Capitol Hill exercise studio is about to change gears. In April, it'll reopen in a new location as Biker Barre and offer indoor cycling as well as ballet-

based toning. The match makes sense to Brodsky, who explains that both classes are music-driven and offer low-impact, effective exercise. It's also a way to capitalize on the surge of interest in cycling.

Three bike studios opened their doors in the area last year, including Bethesda's ZenGo, which also pairs cycling and barre classes. But even with a packed schedule, demand continues to outstrip supply, says ZenGo's Marc Caputo.

Sylvan Garfunkel, president of Revolve, is dealing with similar problems with his Arlington facility, which is why he's already eyeing more real estate. Although a



Arlington's Revolve, above, has plans to branch out with locations in the District.

New York location is next, Revolve is negotiating for two sites in the District: one on U Street and another in Georgetown.

Before those get going — possibly by this fall — Washington will have welcomed even more wheels. The Art of SpYn, set to open this spring in Penn Quarter, is billing itself as the city's "first indoor cycling and yoga studio." (That's technically true, because CycleStudio, which offers the same combo, is in Alexandria.)

In May, OffRoad Indoor Cycling will debut in Shaw. The two-story space will devote one floor to bikes and the other to kettlebells and

TRX suspension training. "We see ourselves as a cycling gym, not a studio," says co-owner Tali Wenger, who's particularly hoping to target the triathlete market.

Each place has its own spin on indoor cycling. Some incorporate weights into the rides, and others are turning to technology to provide more feedback for students. ZenGo offers teen classes, and Biker Barre plans to continue its BYOBaby program for moms who can't find a sitter. Maybe that's why no one seems particularly worried about the competition. "I look at it as legitimizing the concept," Garfunkel says.

If Revolve and other studios manage to keep up this pace, it won't be long until everyone can ride inside. v.h.

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fit nutrition

Recipe File

Slice Is Right

You're not the only one who dials up your local pizza joint once a week. Eighteen percent of Americans dive into a pie at least that often — despite the high amounts of saturated fat and sodium. But don't feel like you have to forgo this tasty and inexpensive meal option. "The right toppings can transform a fattening grease bomb into a healthy meal," says Keri Gans, R.D., author of "The Small Change Diet." Top a store-bought whole-wheat crust or cheeseless takeout pie with one of these combos instead. KAREN ANSEL (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



MAKE IT: Layer one slice ready-made pizza crust with 1/2 cup diced tomato and 1/2 cup chopped arugula. Top with 1/2 ounce thinly sliced prosciutto. Sprinkle with 1 tablespoon crumbled goat cheese and a pinch of freshly ground black pepper. Drizzle with 1 teaspoon extra-virgin olive oil and bake in a 375-degree Fahrenheit oven for five to seven minutes, or until cheese melts.

Per slice: 300 cal, 16g fat (5g sat), 700 mg sodium, 30g carbs, 5g fiber, 13g protein

Spinach Salad Pizza

Forget about ordering a side salad with your slice — you can just pile your greens right on top instead. Best of all, there's zero cooking required.

MAKE IT: Toss 1 cup baby spinach with 1/2 cup sliced red grapes, 1 teaspoon pine nuts, 1 tablespoon blue-cheese crumbles and 1 tablespoon light balsamic vinaigrette. Top one slice ready-made pizza crust with salad.

Per slice: 300 cal, 12g fat (3g sat), 590 mg sodium, 45g carbs, 6g fiber, 8g protein

49

The calories per slice you can save by using thin crust instead of regular.

Ricotta-Pear Pizza

There's another sweet option besides Hawaiian-style (that's pineapple and ham, for the uninitiated). Nonfat ricotta with orange marmalade, a touch of honey and slices of fiber-filled pears make a healthy meal that tastes like it could be dessert.

MAKE IT: Spread 2 teaspoons orange marmalade over one slice ready-made pizza crust. Top with 1/4 cup nonfat ricotta and spread well to cover. Top with a third of a thinly sliced Bosc pear. Drizzle with 1 teaspoon honey and bake in a 375-degree Fahrenheit oven for five to seven minutes, or until warmed through.

Per slice: 300 cal, 5g fat (1g sat), 310 mg sodium, 54g carbs, 6g fiber, 10g protein



Prosciutto and Goat Cheese Pizza

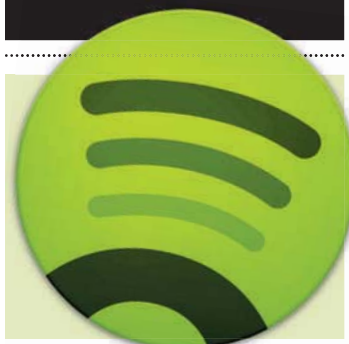
Hold the pepperoni and sausage. "Prosciutto is much leaner and provides the same meaty satisfaction without all the calories or grease," Gans says. Trade mozzarella for goat cheese and you'll get a mouthful of creamy goodness and 11 percent fewer calories.

lookout



Middleton Mania
Kate prepares for her first speech as a royal; Pippa talks on TV **35**

Sound Bets



Tracking Tracks

I'm being followed. An army of algorithms is working silently behind the scenes to document my ever-changing moods.

It's not paranoia, either: I signed up for it. The bots are my buds.

Every song I play on Spotify and Soundcloud shows up in my Face-



By Christopher Porter

book timeline; every MP3 or Bandcamp stream I play is listed on Last.fm.

These "scrob- bles" broadcast my wide-ranging tastes to my friends and

strangers alike. If I could add all my radio, LP and CD listening into the mix, I would, and my sonic portrait would be complete.

But why do I feel the need to share? It's the same reason I became a music writer in the first place: When you hear something great, you feel the overwhelming urge to scream about it, to profess your love, to get people to listen to the things that make you feel alive.

Scrobbling is the digital equivalent of walking into a record store, producing a scroll and proceeding to read a long list of recommended jams.

Listen up.

Follow Christopher Porter on Last.fm: Last.fm/user/chrisporter.

Read Christopher's previous columns at: expressnightout.com/soundbets



The Boss At a Loss

Bruce Springsteen has plenty to say on the new 'Wrecking Ball' — we've just heard it all before

Album Review

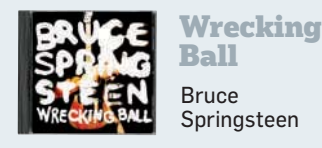
The first track on Bruce Springsteen's new album gets stuck on rock 'n' roll's Mobius strip — that artistically perilous career lull when you sound like you're ripping off the band that's been ripping you off.

The song, "We Take Care of Our Own," finds the 62-year-old rock hero pantomiming the airy thump of Arcade Fire, a Canadian troupe than has aped Springsteen's rousing song craft to great acclaim.

Those atmospheric production qualities permeate all 11 tracks of "Wrecking Ball," Springsteen's 17th album, along with a garnish of electronic drums, crackling vocal samples, even a rap verse penned by Springsteen and delivered by gos-

A Bright Spot

Though flawed, "Wrecking Ball" is not all bad. Punctuated with a bright solo from the late saxophonist Clarence Clemons, right, the title track puffs its chest with a gusto that should make anyone feel like an honorary citizen of New Jersey. "My home's here in these Meadowlands where mosquitoes grow big as airplanes," he sings, linking arms with his neighbors in the face of hardship. C.R.



pel singer Michelle Moore.

The experimentation is admirable in theory, but the Boss has

never been an innovator. We've never asked him to lead us into the unknown. Instead, we've spent decades demanding that he embody our hopes, validate our values, articulate our angst, comfort and excite us simultaneously.

Where the sonic bells and whistles of "Wrecking Ball" feel dis-

tracting, the album retains its lyrical focus. It convenes under the big tent of American grievances, tapping into our collective molar-grinding amid the aftershocks of the subprime-mortgage crisis.

Overweight professionals in the finance sector, heads-up.

"The banker man grows fat, working man grows thin," Springsteen groans on "Jack of All Trades," an ode to the laborers who clean our gutters and pick our crops for meager wages. "It's still fat and easy up on Banker's Hill," he sings on "Shackled and Drawn," an odd cocktail of gospel and bluegrass. And on the Celtic-flavored "Death to My Hometown," he delivers his ire in a quasi-Irish accent: "Send the robber barons straight to hell!"

Is anyone buying this? Yes, the sentiment is righteous, but Springsteen doesn't sound angry. He sounds angry on our behalf. And that's the unfortunate niche he's carved out for himself here — a place where his dutiful rage is matched by dutifully anthemic songs.

If Springsteen still feels the responsibility to narrate the contemporary national psyche, it would be exciting to see him dive into the information age anxieties that touch everyday American lives. Imagine a Boss song about Google as Big Brother. Instead, it's more talk about ye olde factories and trains.

It reminds us that it's been a decade since Springsteen last conjured heavy, truth-telling magic in the studio with his 9/11 response, "The Rising." Since then, too many of his songs have felt as if they were written more out of obligation than urgency. "Wrecking Ball" might make you wonder if the songwriting train has left the station for good.

CHRIS RICHARDS (THE WASHINGTON POST)



Rain, Rain, Stay Away: Radiohead will play at Verizon Center on June 3, the band's first local show in four years. Tickets are \$69.50 (plus fees) and go on sale Saturday at 10 a.m. Of course, news of a local Radiohead show will also bring about predictions of impending doom. The last time the band was in town, at Nissan Pavilion in May 2008, it rained — a lot. Many concertgoers couldn't even get in to see the band due to flooding. (TWP)

Awkward on Purpose

Tim and Eric's unique brand of humor shifts to the big screen with 'Billion Dollar Movie'

Film Review

It goes without saying that "Tim and Eric's Billion Dollar Movie" — a moderately funny feature based on the cult cable-TV sketch comedy show "Tim and Eric Awesome Show, Great Job!" — didn't cost much to make. At times, the movie has the look and feel of the cheaply made late-night commercials that it mercilessly mocks.

The title, in fact, is the film's first joke.

It may also be its last one. The next-closest thing is a puerile pun that comes halfway through the movie, referencing male sexual arousal. When it arrives, the cast breaks character, turns to the camera and insists on explaining it to us, as if we — or maybe they — were morons.

Writer-director-producer-stars Tim Heidecker (the pudgy one) and Eric Wareheim (the other pudgy one, with glasses) don't really do "jokes" so much as they specialize in a brand of postmodern comedy that wrings laughter out of moments of awkwardness and ineptitude. If



Eric Wareheim, left, and Tim Heidecker, right, are experts in a brand of comedy that uses uncomfortable moments to fuel humor.

Tim & Eric's Billion Dollar Movie (R)

► **Directors:** Tim Heidecker, Eric Wareheim

► **Stars:** Heidecker, Wareheim, John C. Reilly, Will Ferrell

► **In a Nutshell:** Two guys get a billion dollars to make a movie, only to watch their dream run off course. To make the money back, they then attempt to revitalize a failing shopping mall.

something is funny — or, better yet, if it's merely uncomfortable, gross, inappropriate or vaguely disturbing — they simply repeat it, point to it or stretch it out, ad nauseam, or until it somehow transcends itself.

It's a strangely effective technique, to the extent that an audience of people shouting "Nooo!" at the screen can be considered a measure of approval, and here it can be. Look, it works for Will Ferrell every time he takes his shirt or his pants off.

Though Ferrell makes an amusing supporting appearance here as a seedy TV pitchman — along with Zach Galifianakis, John C. Reilly, Will Forte and Jeff Goldblum — he never actually disrobes. Not so Heidecker and Wareheim, whose softly flabby bellies and derrieres make a few more appearances than are strictly necessary.

And maybe that's the point. For Heidecker and Wareheim, a groan is as good as a guffaw. MICHAEL O'SULLIVAN (THE WASHINGTON POST)

Paranoia Drives 'Expats'

Book Review

Chris Pavone channels spy-fiction superstars Robert Ludlum and John le Carre in his thrilling first novel "The Expats" (\$26, Crown).

Kate Moore leaves her double life as a wife, mother a covert CIA operative when her husband, Dexter, gets a new job in Luxembourg. She tries to be a stay-at-home mom (her husband had no idea of her old job), but she's worried the past will come back to haunt her.

Soon her new life as an expat begins to unravel.

Kate meets a pair from America, and the couples become friends. As Dexter becomes obsessed with work, Kate's old instincts kick in, and she begins to investigate her husband and their new buds. It doesn't take long for her to discover that Dexter's job isn't what she thought it was, and that the couple isn't who they say they are.

"The Expats" then unfolds as a skillful and atmospheric descent into paranoia. JEFF AYERS (AP)



Today's Top Stops

COMPILED BY FIONA ZUBLIN

JIM MARSHALL



1 Purple Haze

Kids today, with their unlimited access to music, miss out on the rite of passage that is sneaking out your dad's LPs and getting your 10-year-old mind blown by Jimi Hendrix. Take them to Strathmore's tribute, "Experience Hendrix," featuring a crowd of rockers including Dweezil Zappa and Aerosmith's Brad Whitford. **Strathmore, 5301 Tuckerman Lane, North Bethesda; 8 p.m., \$75-\$125; 301-581-5100, Strathmore.org. (Grosvenor)**

2 Jungle Fever

The National Zoo's humid "Amazonia" exhibit is one of the only places in the zoo that feels like it transports you to another world. Ed Smith, a zoo biologist, will give a lecture tonight that guides the audience through the modern Amazon rain forest. Smith's been to the Amazon multiple times, and he will draw on his travel experience and scientific expertise. **Ripley Center, 1100 Jefferson Drive SW; 7 p.m., \$40; 202-633-3030, Residentassociates.org. (Smithsonian)**

3 Ringing of Revolution

Though Northern Virginia doesn't feel like part of the South, it certainly was at some point — and that heritage included slavery. Michael Lee Pope will discuss his book, "The Peculiar Insurrection," and how slavery influenced Alexandria's decision to secede from D.C. and return to Virginia. **Morrison House, 116 S. Alfred St., Alexandria; 6 p.m., free; 703-838-8000, Morrisonhouse.com.**



TV tonight **lookout**

Back From the Dead

The once-canceled 'Breaking In' returns with a new lead lady

Comedy

FOX 9:30 Roughly a year ago, two shows debuted with remarkably similar plots. CBS trotted out "CHAOS," a comedy about a would-be spy draagooned into a clandestine agency. A few days later, Fox aired "Breaking In," about a super-secret private spy ring run by knuckleheads and starring Christian Slater. It was like TNT's "Leverage" done for laughs. Except there weren't that many laughs.

Both shows disappeared rather quickly. "CHAOS" remains most sincerely dead, while "Breaking In" has clawed itself back into our line of sight like one of those gruesome corpses on "The Walking Dead."

The problem with "Breaking In" is that it doesn't work as a spy or heist drama, and as a comedy



Megan Mullally, right, joins Christian Slater, left, on the spy comedy "Breaking In."

it's decidedly less than side-splitting. Spymaster Slater reigns indifferently over a gaggle of stereotypes (the Hacker, the Thief and the Nerd) who never develop into characters you care about. Into this mix enters Veronica (Megan Mullally). At first, she seems like a goofball temp who tries too hard to fit

in, but it soon becomes clear that she's casing the joint on behalf of bigger fish.

It takes a lot to make a smug and removed Christian Slater seem remotely amusing. And Mullally's well-worn ditzy manic routine just isn't enough.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

Best Bets

NBC 8:00

The Biggest Loser This episode is all about getting people out of their comfort zones. Bob, right, takes over training the red team, while Dolvett works with the black team, and one of them tries his hand — er, feet — at some ballet moves.



FAM 9:00

Jane by Design With Fashion Week approaching, the Donovan Decker team is counting on Jane, but now that Ben knows her secret, her dream job may be in jeopardy. Billy faces the consequences of getting caught up in Tommy's scheme in the season finale.

A&E 10:00

Storage Wars Texas "Electric Hemorrhoid Doughnut" would be a great name for a band. It's one of the items unearthed in Burleson, Texas, a conservative town whose storage units serve up odd treasures.

TLC 10:00

Extreme Couponing: Holiday Hauls In Canada and the U.K., the day after Christmas is called Boxing Day. For the "Extreme Couponing" veterans, however, it's shop-till-they-drop day. Example: Nicole, who's been out of work; and Autumn, left, try to cram a year's worth of shopping into one trip. (TRIBUNE MEDIA)



Cameos



'Raising' Ratings

The return of "Breaking In" shuffles the schedule for Fox's Tuesday night comedies. The best of them, "Raising Hope" (8 p.m.), moves to the earliest slot. Can it succeed without a bigger show as a lead-in? Taking no chances, tonight's show features guest-star Katy Perry, above, the pop music icon who has fashioned herself into a curiously antiseptic pinup. K.M.

DC Rider



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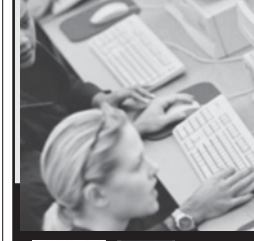
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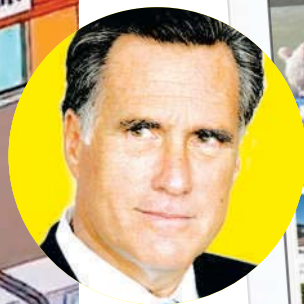
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lookout online



▲
 “As you’ll see for yourself, the site is pretty much a straight rip of its competitor right down to the sign-up page. No word yet on just how successful it is so far, though we expect it do well considering, you know, Juggalos are some of the most faithful fans on the planet.”

— **ANDREW MARTIN AT PREFIXMAG.COM** isn’t sure on how the new website JuggaloBook, fashioned after Facebook, is going to work out for Insane Clown Posse, which started it this week.

▲
 “So, it’s settled, at this point everyone is looking forward to the return of ‘Game of Thrones,’ even ‘The Simpsons.’ ... It is, in a word, exxxxxxxxxxxcellent.”

— **ALY SEMIGRAM AT POPWATCH.EW.COM** enjoyed the opening scene of “The Simpsons” that aired on Fox Sunday night.

▲
 “Ugh. When will people, especially celebrities, learn to stop taking provocative pics of themselves with their phones? Chances are, they’re GOING TO END UP ON THE INTERNET, PEOPLE!”

— **THE CAJUN BOY AT UPROXX.COM/ WEBCULTURE** has little sympathy for Olivia Munn and Christina Hendricks, who are both dealing with scandals involving photos of them that were leaked over the weekend.

▲
 “Romney went with a mild rebuke, noting that Rush used language ‘I wouldn’t have used.’ Really, Mitt? Sure you’re not being too hard on Mr. Limbaugh??? This may later be seen as the moment that could have made Mitt Romney a winner, but his fecklessness may have sunk him.”

— **BRANDO AT NOTENOUGHTHEQUILA.BLOGSPOT.COM** didn’t think the Republican presidential candidate showed enough disdain toward Rush Limbaugh for what the radio broadcaster said about Georgetown University law school student Sandra Fluke.

▲
 “The one thing that’s almost certainly not changing about the iPad is its overall look. Apple’s had wild success with the size and shape, and there’s no reason to rock the boat now.”

— **KYLE WAGNER AT GIZMODO.COM** tries to clear up some rumors ahead of Apple’s scheduled announcement later this week.

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puzzles lookout

Horoscope

PISCES (Feb. 19-March 20) You may be the only one others can turn to today to make sure the right decision is made.

ARIES (March 21-April 19) The ins and outs of a past business deal may escape you, but you still may be bound by what someone else was promised in bygone days.

TAURUS (April 20-May 20) You may find yourself surrounded by the kinds of things that others are happy to dispense with as soon as they can. You can endure.

GEMINI (May 21-June 20) You are likely to find yourself in charge of something that threatens to bring some unpleasantness into your home, albeit temporarily.

CANCER (June 21-July 22) The fact that you have developed considerable skills during the past weeks will be evident to others. Some may still be critical, however.

LEO (July 23-Aug. 22) You are likely to receive news that takes you by surprise and has you reassessing a few recent decisions. A significant change is coming.

VIRGO (Aug. 23-Sept. 22) You can make it look easy today, whatever it is—but rest assured it will be something that you have been looking forward to doing.

LIBRA (Sept. 23-Oct. 22) Someone you are negotiating with is likely to make things more difficult to understand than they need to be. Strive for clarity.

SCORPIO (Oct. 23-Nov. 21) Forward motion is likely to cure what ails you today—and you'll realize that you've been preventing your own progress of late.

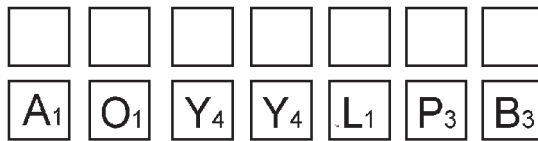
SAGITTARIUS (Nov. 22-Dec. 21) You may be putting off something you know you have to do simply because you fear it will start you off in an unwanted new direction.

CAPRICORN (Dec. 22-Jan. 19) It's time for you to say "yes" or "no" to someone who keeps coming to you with the deal of a lifetime. Is it the real thing?

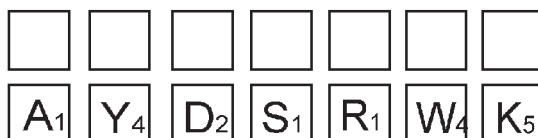
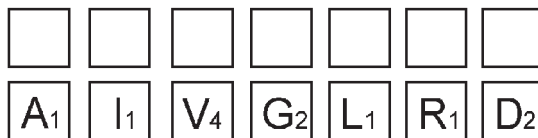
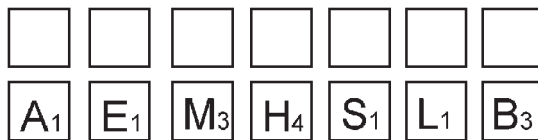
AQUARIUS (Jan. 20-Feb. 18) Your work may offer you more enjoyment than usual today, in part because you may find yourself temporarily in a completely new environment.

Scrabble Grams

PAR SCORE 165-175, BEST SCORE 237



Double Word Score



2nd Letter Triple



Yesterday's Solution

F ₄	L ₁	A ₁	C ₃	C ₃	I ₁	D ₂	RACK 1 =	80	
D ₂	O ₁	O ₁	D ₂	A ₁	D ₂		RACK 2 =	9	
H ₄	A ₁	L ₁	I ₁	B ₃	U ₁	T ₁	RACK 3 =	70	
S ₁	A ₁	N ₁	D ₂	F ₄	L ₁	Y ₄	RACK 4 =	64	
PAR SCORE 155-165								TOTAL	223

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

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

Yesterday's Solution

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

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

48 | 34

Today: Sunny much of the time today. Mainly clear tonight.

61 | 44

Tomorrow: Sunny, pleasant and warmer tomorrow. Patchy clouds tomorrow night.

Looking Ahead

THU	FRI	SAT
72 48	62 35	51 37

Sun and Moon

Sunrise today: 6:33 a.m.
Sunset today: 6:06 p.m.
Moonrise today: 4:32 p.m.
Moonset today: 5:07 a.m.

Almanac

Normal high: 52
Record high: 83
Normal low: 35
Record low: 6

FORECAST BY ACCUWEATHER.COM ©2012

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- ✓ Are between the ages of 21 and 60 ?

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For more details, call

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lookout puzzles

Crossword

MONEY PLAYERS

ACROSS

- 1 Baby food
- 4 Baseball team less one
- 9 Oversentimental
- 14 "Flags of ___ Fathers"
- 15 Coen brothers film of 1996
- 16 Blender setting
- 17 Check text for errors
- 19 Accessorize, maybe
- 20 California ballplayer
- 21 Bathtub swirl
- 23 Storklike bird
- 24 Give an OK
- 26 "Fiddler on the Roof" character
- 28 American dogwood
- 31 A fairy may leave money for it
- 33 Ballplayer's headgear
- 36 About to snap
- 37 Three-note chord
- 39 Baby-feeding finale
- 41 Alpine echo
- 44 "... golden days of ___"
- 45 "Bottoms up!"
- 47 Dashing style
- 49 ___ and improved
- 50 Carpenter's fastener
- 52 Coated with hoarfrost
- 54 Downspout site
- 56 Desk chair feature
- 60 Ends' counterparts
- 62 Things you can connect
- 65 Easily taken advantage of
- 66 Common still-life subject
- 68 Manipulated, say
- 70 Strong suit
- 71 Fertile soil ingredient
- 72 Unit of work
- 73 Blender variable
- 74 Prognosticators
- 75 "Does she or doesn't she?" item

DOWN

- 1 "Where's ___?" (George Segal film)
- 2 Indefinable somethings
- 3 Cattle zappers
- 4 Football side
- 5 One thing to travel by

1	2	3		4	5	6	7	8		9	10	11	12	13	
14				15						16					
17				18						19					
20						21			22		23				
24					25			26		27					
				28			29	30		31				32	
33	34	35		36						37				38	
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	64		65				
66					67			68			69				
70								71					72		
73								74						75	

EDITED BY TIMOTHY E. PARKER

- 6 Lemur's hangout
- 7 "Bejabbbers!"
- 8 Hot winter drink
- 9 Hydrotherapy facility
- 10 Acoustic
- 11 Trial period
- 12 "Scope" prefix, in subs
- 13 Cravings
- 18 Filled cookie
- 22 "The best is ___ to come"
- 25 Well-ordered
- 27 "Death Be ___ Proud"
- 29 "Me, me, me" attitude
- 30 Winona of "Edward Scissorhands"
- 32 "The Tortoise and the ___"
- 33 Semi professionals use them
- 34 Arctic seabirds
- 35 Particular course of action
- 38 Glistening grass stuff
- 40 Leech or tapeworm, e.g.
- 42 Wallach of film
- 43 Beats it
- 46 "My Name Is Asher ___"
- 48 State of novelty
- 51 Commit matrimony
- 53 "Buenos ___!"
- 55 Second-year coeds
- 57 Gripped on a bench
- 58 Partner of each
- 59 It may be just outside your window
- 60 "Tip" or "rip" finish
- 61 Bit of medicine for the eye
- 63 "I can't deny that"
- 64 Unspecific amount
- 67 Kennedy or Danson
- 69 Certainly not a purebred

Yesterday's Solution

1	E	P	I	C	6	C	A	R	I	9	N	11	R	12	13	
14	B	O	D	Y	15	A	B	A	S	E	D	16	O	N	O	
17	B	L	A	C	18	K	B	A	L	L	E	D	19	U	F	O
20																
21	E	24	A	25	E	L	26	O	H	M	27	D	E	L	E	
28	W	O	S	T	E	P	29	H	30	H	E	I	S	T	S	
31	A	L	L	32	R	E	S	33	P	I	R	E				
34	S	I	L	V	E	R	T	O	N	G	U	E	D			
35	D	E	C	A	Y	E	D	36	W	O						
37	E	E	P	38	O	T	T	39	S	U	C	C	E	E	D	
40	A	S	A	S	41	S	I	N	42	O	A	R				
43	I	S	L	O	C	K	E	R	O	44	O	M				
45	E	O	N	46	Y	E	L	E	T	47	N	E	A	P		
48	D	N	A	49	W	A	D	E	R	S	50	A	R	T	Y	

B.I.O.

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Today in History

1836 The Alamo in San Antonio, Texas, falls to Mexican forces after a 13-day siege.

1857 The U.S. Supreme Court rules in Dred Scott v. Sandford that Scott, a slave, is not an American citizen and can't sue for his freedom in federal court.

1912 Oreo sandwich cookies (originally called "biscuits") are first introduced by Nabisco.



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people **lookout**



ADVICE
'So, Do I Still Need to Buy You a Wedding Gift, JT?'

Former *NSYNC member Joey Fatone told Parade magazine that he has marriage advice for Justin Timberlake and Jessica Biel. "Don't listen to all the BS. He and his fiancé — I haven't really talked to him about everything yet — but they're both in the limelight," he said. "It's tough for those celebrity couples. It's really hard. My wife wasn't in the limelight, which made it easier." (EXPRESS)

AILING
Dr. Carey Delighted to Care For Ill Husband AND Twins

Nick Cannon gave his first interview after suffering kidney failure earlier this year, on "Good Morning America" Monday. "I scared a lot of people. I scared myself," he said. Cannon says he has lupus nephritis — "a rare form of lupus that's just attacking my kidneys," he explained. He says wife Mariah Carey has been very supportive, calling her "Dr. Carey." (EXPRESS)



Dr. Carey prescribes another nanny.

Applause



Never Thought We'd Say This: We're Proud of Ya

Kim Kardashian sent a letter to those who gave her wedding gifts saying that she's donated every gift to the Dream Foundation, a charity group that helps the terminally ill fulfill final wishes. TMZ.com says Kardashian estimates the total cash value to be around \$100,000. (EXPRESS)

THEY SPEAK!

Cue Choir of Angels, Light From Heaven

Pippa Middleton spoke to the media, for the first time revealing her voice to the masses. She was competing in a 56-mile cross-country ski race in Sweden when a reporter approached her and caught her on camera saying the race was "tiring" and she's only an "average" skier. Brother James Middleton also participated in the race. Meanwhile, British media reported that Pippa's sister, Kate "Duchess of Cambridge" Middleton, will give her first public speech on March 19 since becoming a royal, at a new children's hospice. Her first solo military engagement is on the 17th, St. Patrick's Day. (EXPRESS)



SERIOUSLY
Deen's Brother Sued for Having an Embarrassing Cliche of a First Name

A general manager at one of Paula Deen's restaurants — Uncle Bubba's Seafood and Oyster House in Savannah, Ga. — has sued Deen and her brother, co-owner Bubba Hiers, for sexual harassment, TMZ.com reported. The lawsuit accuses Hiers of leaving porn websites on the kitchen computer and other offenses. (EXPRESS)

"People are always taken aback that I'm easygoing but not necessarily stupid."



— MILA KUNIS TELLS HARPER'S BAZAAR THAT PEOPLE SHE MEETS ASSUME SHE'S MEAN OR DUMB BECAUSE SHE'S HOT. THE INTERVIEW IS IN THE APRIL ISSUE.

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