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**Tuesday**

APRIL 9, 2013 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



**REVERED AND REVEILED**

**Britain's Thatcher** dies at 87, leaving a long-debated legacy **6**

**TOUR DE FORCE**

**Jillian Michaels** is on a 35-city road trip to shape up lives **19**

**SWING AND A MISS?**

**The Nats weigh in** on designated hitters' place in baseball **17**

am **80** | **64** pm

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THINKSTOCK/EXPRESS ILLUSTRATION

# THE END OF TV (AS WE KNOW IT)?



The rapid rise in households that have tuned out traditional television has set off a scramble to lure viewers back to broadcast **13**

# eo

eye openers

## PAIRINGS

### Nutella + Energy Drinks = One Wild Preschool Party

Police in Germany said Monday that an unknown number of culprits made off with 5.5 tons of Nutella chocolate-hazelnut spread from a trailer in Bad Hersfeld over the weekend. The loot is worth an estimated \$20,710. German news agency DPA reported that thieves previously stole energy drinks from the same location. (AP)

## REGRET

**“If she had not been in such a rush, she would have seen that she drove past at least four public toilets.”**

— **SWISS POLICE OFFICER**, AFTER MARTINA KOLLER, 19, WAS ARRESTED ON CHARGES OF LEADING POLICE ON A HIGH-SPEED CHASE TO HER HOME BECAUSE SHE NEEDED TO “USE THE TOILET,” THE U.K. WEBSITE ORANGE NEWS REPORTED MONDAY

## QUESTIONABLE IDEAS

### OkCupid Mulls Adding ‘Attractive Convict’ Section

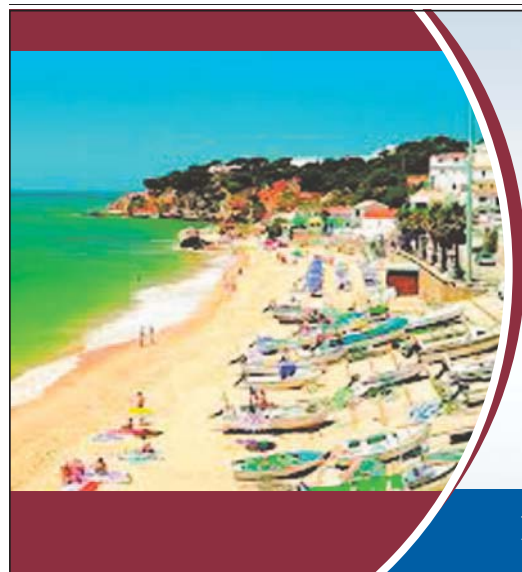
A Florida woman started receiving declarations of love after her mug shot spurred the “Attractive Convict” meme. Digitalspy.com reported Sunday that the photo of Meagan Simmons, 27, of Tampa, from her 2010 drunken driving arrest was posted on Reddit and drew comments such as “GUILTY — of taking my breath away.” Simmons recently tweeted that she didn’t understand “what the hype is about.” (EXPRESS)

## The Big Picture

SEAN GALLUP/GETTY IMAGES



**MY, WHAT A BIG EYE YOU HAVE:** A robot is on display Monday at Maxon Motor's stand at the Hannover Messe 2013 industrial trade fair in Hannover, Germany. The world's largest industrial trade fair runs through Friday.



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# Obama's Legacy Is on the Line

With three pivotal issues, president will be tested this week

## Washington

President Barack Obama's second-term agenda will be robustly tested this week, with gun control and immigration in the spotlight on Capitol Hill and the White House releasing his long-delayed budget blueprint. In a taste of what lies ahead, Democratic gun legislation arrived on the Senate floor Monday — facing an aggressive Republican effort to block it.

In an era of deep partisanship, Obama knows he won't get everything he wants on the three big issues as he seeks to capitalize on the national support that brought him re-election. But the scope of his victories or defeats on these issues will at least in part define his legacy and determine how much political capital he retains for his final years in office.

"This is his best chance to set up the next 3½ years where he's the pace car," said Sara Taylor Fagen,



President Barack Obama speaks about gun control Monday in Hartford, Conn.

**"I think it would be very tough to put another item on the agenda on his own terms."**

— PATRICK GRIFFIN, WHO SERVED AS WHITE HOUSE LEGISLATIVE DIRECTOR UNDER PRESIDENT BILL CLINTON, SAYING OBAMA'S LEGISLATIVE EFFORTS THIS YEAR ARE LIKELY TO BE THE "SUM AND SUBSTANCE" OF HIS SECOND-TERM AGENDA

who served as political director for President George W. Bush.

But much of what happens during this pivotal period is out of the president's direct control. Members of Congress will largely determine whether his proposals to deal with gun ownership, revamp broken immigration laws and reduce the federal budget deficit gain traction.

Lawmakers, back in Washington after a two-week recess, are expect-

ed to take significant steps on some of the issues this week. A bipartisan group of senators could unveil highly anticipated immigration legislation by the end of the week. And Democrats brought a gun-control bill to the Senate floor Monday afternoon amid a threat from conservative Republicans to use delaying tactics to prevent formal debate from even beginning.

Obama himself flew to Connecticut for a new gun-control speech, and he was bringing relatives of Newtown, Conn., shooting victims back to D.C. on Air Force One to lobby members of Congress.

In the midst of all that, Obama will release his 2014 budget, which already is drawing opposition from both parties ahead of its Wednesday publication.

Obama's advisers know the window for broad legislative victories is narrower for a second-term president. Political posturing is already underway for the 2014 midterm elections, which will consume Congress next year. And once those votes for a new Congress are cast, Washington's attention turns to the race to succeed Obama. JULIE PACE (AP)

## In Brief

### WASHINGTON

#### Mary Jo White Confirmed By Senate to Head SEC



White

The U.S. Senate on Monday confirmed Mary Jo White's nomination as chairwoman of the Securities and Exchange Commission, making her the first former prosecutor to oversee Wall Street. (AP)

### NASHVILLE, TENN.

#### Boy, 4, Accidentally Kills Tennessee Deputy's Wife

Authorities said Monday that a 4-year-old boy accidentally shot and killed the wife of a Tennessee sheriff's deputy. The toddler picked a gun up off the bed while Wilson County Deputy Daniel Fanning was showing his weapons to a relative in a bedroom Saturday, officials said; the weapon discharged, hitting 48-year-old Josephine Fanning. (AP)

### VALLECITOS, N.M.

#### Bus Rolls, Killing Driver

A school bus went off the road, rolled over and lodged in an embankment Monday morning and the driver died at the scene, investigators said. At least nine children were injured in northern New Mexico. It was not clear if the driver, Pat Valdez, 69, had a heart attack or died from the crash, authorities said. (AP)



**Political Aspirations:** Chelsea Clinton left the door open to running for public office someday in an interview that aired Monday on "Today." NBC reported that when the former first daughter was asked whether she was interested in following in the political footsteps of her parents, she said that if she thought she could "make a meaningful and measurably greater impact," she would "have to ask and answer that question." (EXPRESS)

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**Nation**



Authorities work to rescue two children from a home construction site Sunday.

**Pit Collapse Kills  
2 Cousins in N.C.**

**Police: Dirt fell in on kids as they played, trapping them in hole**

**Stanley, N.C.**

Rescuers on Monday recovered the bodies of two young cousins buried when a wall of dirt fell on them while they were playing in a hole at a home construction site in North Carolina.

The bodies of 6-year-old Chloe Jade Arwood and 7-year-old James Levi Caldwell were pulled from a 24-foot-deep pit in the town of Stanley, outside of Charlotte.

"We've been working a horrific scene here," Lincoln County Emergency Services spokesman Dion Burleson said. Authorities also confiscated a marijuana plant and firearms from the property Monday.

Crews had been searching for the children since Sunday afternoon, when the girl's father, Jordan Arwood, called 911 to report the collapse. Officials were on the scene within minutes but couldn't

get to the children.

The father had been digging with a backhoe earlier in the day, Sheriff David Carpenter said. He would not say what was being built or whether Arwood was doing it alone or had professional help. He added that authorities didn't know of any permits that had been issued.

Burleson described the pit as 20 feet by 20 feet with a sloped entrance leading down to the 24-foot bottom. The children were at the bottom of the pit retrieving a child-sized pickax when the walls fell in on them, Carpenter said.

Carpenter later said deputies had not yet interviewed the family living in the home but planned to follow up on neighbors' reports that Arwood was excavating the pit to build some sort of a bunker.

"They were so distraught we hope to be able to talk to them today and come up with some information," Carpenter said Monday. "It's a very large hole. ... We're going to find out exactly what his intentions were." MITCH WEISS (AP)

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**88** The number of Caribou Coffee shops that will be rebranded as Peet's Coffee & Tea, Caribou said Monday. The conversions will occur over the next 12 to 18 months in D.C., Maryland, Virginia, Ohio, Michigan, Pennsylvania, Georgia, Illinois and eastern Wisconsin. Caribou will also close 80 stores elsewhere April 14. (AP)

## Hearsay

**“The word [sequester] is a verb being used as a noun to describe \$85 billion in defense and domestic discretionary cuts to the federal budget. I almost fell asleep just writing that sentence.”**

— **JON FAVREAU**, FORMER SPEECHWRITER FOR PRESIDENT BARACK OBAMA, IN A DAILY BEAST COLUMN ON MONDAY SAYING WASHINGTON NEVER TREATED THE SEQUESTER WITH SERIOUSNESS

## White Noise Plagues Hospitals

Tuning out excessive monitor ‘beeps’ can be fatal, report says

### Chicago

Constantly beeping alarms from devices that monitor the vital signs of the critically ill have “desensitized” hospital workers who sometimes ignore the noise, leading to at least two dozen deaths a year on average, a hospital accrediting group said Monday.

And these cases are probably vastly underreported, said the Joint Commission in an alert to hospitals calling attention to the problem.

The beeping devices include

### Number of Deaths

The Joint Commission’s estimate of possible deaths related to the problem is considerably lower than the reports it found in a U.S. Food and Drug Administration database. The FDA lists more than 500 deaths potentially linked with hospital alarms between January 2005 and June 2010. The commission’s database reports 80 deaths and 13 severe injuries between January 2009 and June 2012. Hospitals voluntarily report these to the commission, which determine whether there was a connection to the device, said Dr. Ana McKee, the commission’s executive vice president and chief medical officer. (AP)

those that measure blood pressure and heart rate among other things. Some beep when there’s an emergency, and some beep when they’re not working. That can lead to noise fatigue, and the delay in treating a patient can endanger lives, the accreditation commission says.

The commission said hospital leaders need to address the problem and train staffers in safe alarm management.

“With the proliferation of technology, alarms and a lack of standardization,” it’s more challenging for doctors and nurses to respond adequately, said Dr. Ana McKee, the commission’s executive vice president and chief medical officer. LINDSEY TANNER (AP)



### RANKINGS

### Air(line) Quality

Virgin America turned in the best performance last year of the 14 largest U.S. airlines in an annual airline quality report released Monday. The report is based on government data of on-time arrivals and mishandled bags along with consumer complaints and overbookings (negative measures that were reported in Monday’s Express). JetBlue and AirTran were second and third. United was last in the rankings. (AP)

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## In Brief

## ISLA NEGRA, CHILE

## Chile Exhumes Body Of Nobel-Winning Poet



Neruda

Chilean experts exhumed the body of Nobel laureate Pablo Neruda on Monday, trying to solve a four-decade mystery about the death of one of the greatest poets of the 20th century. The official version is that he died of prostate cancer and the trauma of witnessing the 1973 coup. But many say Neruda was murdered. (AP)

## ROME

## Thieves Snatch \$2.6M In Armored-Truck Heist

Bandits armed with Kalashnikovs stole an estimated \$2.6 million Monday by setting a big-rig truck on fire to block a highway in northern Italy and then blowing open an armored truck, a company official said. No one was injured in the heist, officials said. (AP)

## PESHAWAR, PAKISTAN

## Officials: Nearly 130 Slain In Four Days of Fighting

Four days of fierce fighting in northwestern Pakistan left 30 soldiers and nearly 100 militants dead as the army attempted to wrest control of a remote, mountainous valley from the Taliban and their allies, military officials said Monday. The army launched its offensive in the Tirah Valley on Friday after weeks of fighting between rival militant groups forced thousands of civilians to flee. (AP)

## CAIRO

## Egypt Restores Ban On Iranian Tourist Flights

Egypt suspended tourist flights from Iran late Sunday following an outcry from hard-line Sunni Muslims angered about visitors from the mostly Shiite country, only a week after direct flights between the two countries resumed for the first time in more than three decades. Tourist Minister Hesham Zaazoua did not give a reason for the suspension, which will last until June. (AP)

## MARGARET THATCHER

1925-2013



British Prime Minister Margaret Thatcher, shown in 1982, was known for her bold personality and fierce devotion to the free market.

GERALD PENNY/AP

## An Ironclad Legacy

Love her or loathe her, one thing is beyond dispute: Margaret Thatcher transformed Britain.

The Iron Lady, who ruled Britain for 11 years, imposed her will on a fractious, rundown nation — breaking the unions, triumphing in a far-off war over the Falklands Islands in 1982 and selling off state industries at a record pace. She left behind a leaner government and more prosperous nation by the time a political mutiny ousted her.

Thatcher's spokesman, Tim Bell, said the former prime minister, 87, died from a stroke Monday morning at the Ritz hotel in London.

For admirers, Thatcher was a savior who rescued Britain from ruin and laid the groundwork for an extraordinary economic renaissance. For critics, she was a tyrant who ushered in an era of greed that kicked the weak out onto the streets and let the rich become filthy rich.

"Let us not kid ourselves. She

## The Rise and Fall of Thatcher

Margaret Hilda Roberts was born on Oct. 13, 1925. She was said to have learned the values of thrift, discipline and industry as the daughter of a grocer and Methodist lay preacher. Her personality was shaped in part by World War II: Her hometown was an early target for Luftwaffe bombs, and her belief in standing up to aggressors was rooted in Prime Minister Neville Chamberlain's attempt to appease Adolf Hitler. She married Denis Thatcher in 1951 and won election to Parliament in 1959. She joined the Cabinet as education secretary in 1970 and was elected prime minister in 1979. She may have become overconfident after winning a third term in 1987, imposing a controversial "community charge" tax to move Britain away from a property tax. It led to riots in 1990 that helped persuade her party to oust her. In 1992, she was appointed in the House of Lords. She suffered from dementia in her final years. (AP)

was a very divisive figure," said Bernard Ingham, Thatcher's press secretary for her terms.

Thatcher was the first — and still only — female prime minister in Britain's history. But she often found feminists tiresome.

Like her friend and ally Ronald Reagan, Thatcher held an

unshakable belief that free markets would build a better country than a strong, central government.

She was widely underestimated at first. But her "Iron Lady" nickname, coined by Soviet journalists, was a testament to her ferocious will.

She set about upending decades of liberal doctrine, successfully

"The real thing about Margaret Thatcher is that she didn't just lead our country. She saved our country."

— BRITISH PRIME MINISTER DAVID CAMERON

"The damage caused by her fatally flawed politics sadly lingers on. Good riddance."

— THE NATIONAL UNION OF MINERS, WHICH TUSSELED WITH THATCHER IN A 1984-85 STRIKE AND LOST, ON HER LEGACY. THE UNION DID EXPRESS CONDOLENCES TO THATCHER'S FAMILY.

"It is hard to imagine a part of our current history that has not been affected by [her policies]. ... She was a figure of awe for her personal strength and grit."

— ACTRESS MERYL STREEP, WHO WON AN ACADEMY AWARD FOR PORTRAYING THATCHER IN "THE IRON LADY" IN 2011

"Thatcher — it's more or less a bad word here in Argentina. Nobody here has good feelings towards that name."

— RUBEN CHAVES OF BUENOS AIRES, ON HOW MANY ARGENTINES BLAMED THATCHER FOR THE DEATHS OF 649 TROOPS IN THE FALKLANDS WAR

challenging Britain's welfare state and socialist traditions and becoming the reviled bete noire of the country's left-wing intelligentsia.

She is perhaps best remembered for facing down coal miners during their strike in 1984 and 1985, when she broke the power of Britain's unions. It was a reshaping of the British economic and political landscape that endures to this day.

And her economic philosophy even crossed party lines: Tony Blair led a revamped Labour Party to victory by adopting some of her ideas.

GREGORY KATZ AND ROBERT BARR (AP)



**High Honors:** Queen Elizabeth II authorized a ceremonial funeral — a step short of a state funeral — to be held for former Prime Minister Margaret Thatcher in London next week. Government officials began preparations for a funeral with military honors at St. Paul's Cathedral next week, followed by a private cremation. (AP)

# The Washington Post

## Behind the Headlines

### The State of Education in the District

Join The Washington Post for a look **Behind the Headlines** with a three-part community forum series on the state of education in the Washington area. From debates over traditional versus charter schools in the District of Columbia, school takeover plans in Prince George's County, and overcrowding issues in Fairfax County, the series will examine a number of issues in education. The first forum will cover issues specific to District residents. Come out and hear perspectives from local policy makers, educators, parents and student advocates who are working to ensure a quality education for Washington area youth.

**Date:** Wednesday, April 24

**Time:** 6:30 p.m. - 8:30 p.m. *Doors open at 6:00 p.m.*

**Location:** **The Washington Post**  
1150 15th Street, NW, Washington, DC 20071

The building is three blocks east of the Farragut North Metro (Red line), and two blocks north of the McPherson Square Metro (Orange and Blue lines). Garage parking will be available.

**Admission:** **FREE** (Seating is limited, so please arrive early)

To RSVP and submit a question for the panel, please e-mail [behindtheheadlines@washpost.com](mailto:behindtheheadlines@washpost.com).

#### — Moderator —



**Natalie Hopkinson**  
Contributor, The Washington Post

#### — Panelists —



**Emma Brown**  
DC Schools Reporter,  
The Washington Post



**David Catania**  
DC Councilmember At Large and  
Chairman, Committee on Education



**Daniel del Pielago**  
Education Organizer,  
Empower DC



**Scott Pearson**  
Executive Director, DC Public  
Charter School Board



**Cathy Reilly**  
Director, Senior High Alliance of  
Parents, Principals and Educators

# World

**LAWS**

## Causing a Buzz

**Police in Hamas-ruled Gaza** have started grabbing young men with long or gel-styled spiky hair off the streets and shaving their heads, a rights group and two of those targeted said. It is the latest sign that the Islamic militants are imposing their strict practices on the population and comes days after the Hamas-run parliament passed a bill mandating separate classrooms for boys and girls ages 9 and older. (AP)



# Car Bomb Kills 15 in Damascus

## Damascus, Syria

A suicide bomber detonated a car packed with explosives in a busy residential and financial district of central Damascus on Monday, killing at least 15 people, setting cars and buildings on fire and sending plumes of black smoke rising in the capital, Syrian state-run media said.

The blast near Sabaa Bahrat Square was described by state-run Syrian TV as a terrorist suicide bombing. The Syrian central bank, a mosque, a school, the Finance Ministry and a state-run investment agency are nearby.

The explosion also wounded 146 people, according to the state-run SANA news agency.



Smoke rises Monday after a car bombing in a bustling district of Damascus, Syria.

Prime Minister Wael al-Halqi, visiting the scene, said the blast targeted the Syrian economy. "This is the work of cowards,"

he said, vowing that the army would crush all armed groups. Monday's attack was the latest in a series of car bombs and suicide

**MEANWHILE ...**

**"The longer we wait, the harder this essential mission will be. ... We are ready."**

— **U.N. SECRETARY-GENERAL BAN KI-MOON**, SAYING MONDAY THAT U.N. EXPERTS ARE READY TO INVESTIGATE REPORTED CHEMICAL WEAPONS ATTACKS IN SYRIA BUT HAVE NOT BEEN APPROVED BY PRESIDENT BASHAR ASSAD'S REGIME

bombings to hit the Syrian capital in recent months. The two-year civil war, which the U.N. says has resulted in more than 70,000 deaths, has become increasingly chaotic as rebels press closer to President Bashar Assad in Damascus. ALBERT AJI (AP)

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## Brash N. Korea to Freeze Factory

Seoul, S. Korea

North Korea said Monday it will suspend operations at a factory complex it has jointly run with South Korea, pulling out more than 53,000 North Korean workers and moving closer to severing its last economic link with its rival as tensions escalate.

The Kaesong industrial complex just north of the Demilitarized Zone is the biggest employer in North Korea's third-largest city. Shutting it down, even temporarily, would show that the destitute country is willing to hurt its own economy to display its anger with South Korea and the U.S.

Pyongyang's move follows weeks of threats and provocations

### Concern in Japan

**On Monday**, amid reports North Korea is preparing a missile launch or another nuclear test, Japanese officials said they have stepped up measures to ensure the nation's safety. Japanese media reported over the weekend that its destroyers are on alert to shoot down any missile or missile debris that appears to be headed for Japanese territory. (AP)

aimed at Seoul and the U.S. after the U.N. sanctioned the North for its third nuclear test. In recent days, there have also been worries in Seoul of a larger provocation from Pyongyang, including another nuclear test or rocket launch. (AP)

## Cathedral Cleans Up After Sectarian Clash

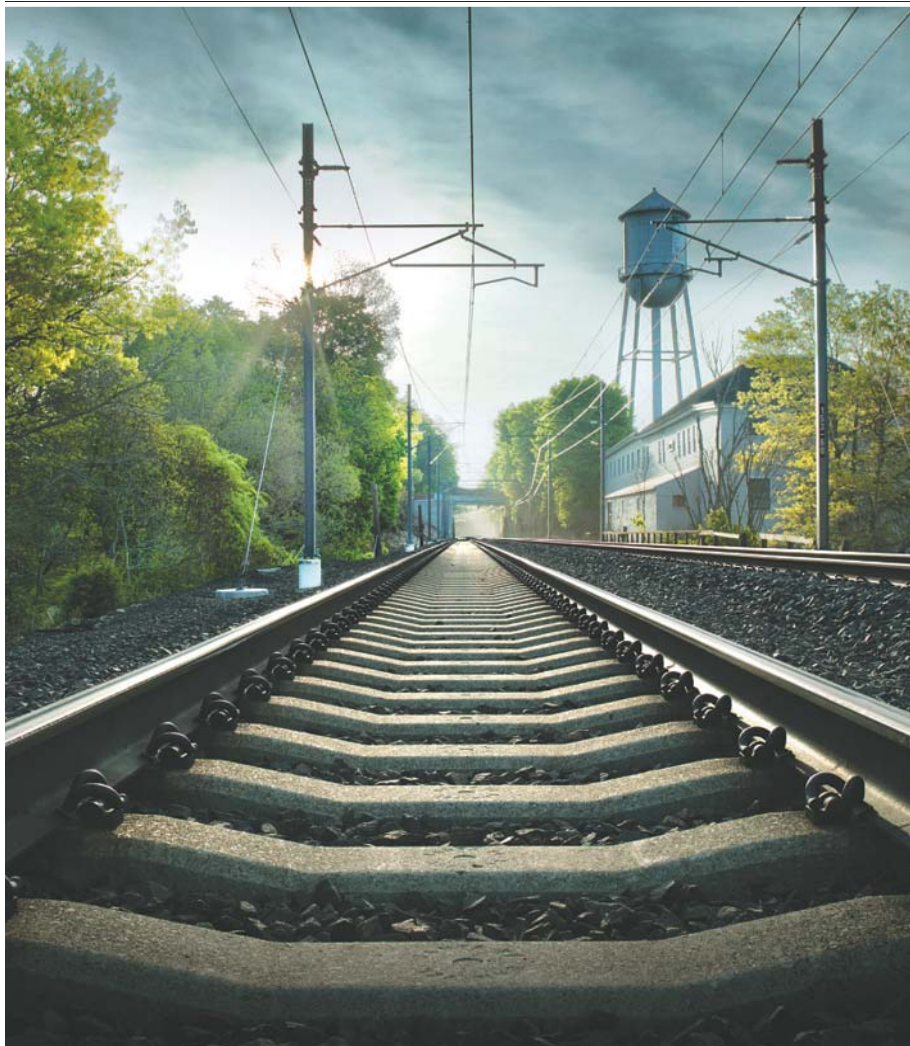


**AN EGYPTIAN WORKER CLEARS DEBRIS** on Monday, a day after clashes erupted in front of the main Coptic cathedral in Cairo. At least two people were killed and 89 others injured in the violence that witnesses said started when Coptic activists tried to stop traffic to stage an anti-government march.

## Hearsay

**“It is still settling in. It was just overwhelming. Now I feel that I find myself and my heritage. ... It helps build a spiritual bridge to my parents.”**

— **BERTRAND HUCHBERGER**, 75, A RETIRED U.S. AIR FORCE COLONEL WHO CAME TO JERUSALEM ON MONDAY FOR ISRAEL'S ANNUAL MEMORIAL DAY FOR THE 6 MILLION JEWS KILLED IN WORLD WAR II. HE WAS TOO YOUNG TO REMEMBER HIS PARENTS, WHO SENT HIM AND HIS SISTER FROM PARIS INTO THE FRENCH COUNTRYSIDE TO ESCAPE THE NAZIS. HIS PARENTS AND A BROTHER WERE SLAIN.



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# 100 Stuck for an Hour on Red Line

Metro: Brake problem caused riders to be delayed early Sunday

## Washington

About 100 passengers were stuck aboard a Red Line train for more than an hour early Sunday, Metro officials said.

The incident began after a train had a brake problem outside the Tenleytown-AU stop at around 12:20 a.m. and the train operator could not fix it. A rescue train was sent to move the broken train, but customers had to sit on the train for 80 minutes before they were

led off through the rescue train, Metro officials said.

Dan Stessel, a Metro spokesman, said Metro Transit police and rail supervisors boarded the train to make sure passengers were OK. He said there were fewer than 100 passengers on board the train.

The incident came after the transit agency had another issue Saturday. A train derailed on the Red Line just as it was leaving the Brentwood rail yard. No one was reported injured, officials said.

Metro officials were quick to point out that the incidents happened at a busy time for Metro with the spring tourist season in full swing. Metro said it carried 503,400



## Meanwhile ...

**In case you missed this last week:** The D.C. Circulator now runs summer hours on two routes. Buses between Union Station and Navy Yard and between the Potomac Avenue Metro and Skyland will run from 6 a.m. to 9 p.m. on weekdays and between 7 a.m. and 9 p.m. on Saturdays. (TWP)

passengers Saturday, making it the busiest Saturday of the year.

“If you were on that train you had every right to be frustrated and expect more from us,” Stessel said Monday morning of Sunday’s incident. “It was an unfortunate delay, and we are very sorry for it. But that said, the rest of the day went very smoothly.”

Metro has received harsh criticism for not better communicating with passengers in crisis when trains have become stranded. In January, hundreds of passengers got off a stranded train in a tunnel near Anacostia after the train lost power.

DANA HEDGPETH (THE WASHINGTON POST)

## The Lotteries

### Monday, April 8

#### District

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

#### Maryland

Mid-day Pick 3	0-6-6
Evening Pick 3 (Sun.)	2-2-0
Mid-day Pick 4	5-1-0-0
Evening Pick 4 (Sun.)	5-4-2-4
Match 5 (Sun.)	8-11-16-26-35 (37)

#### Virginia

Mid-day Pick 3	4-7-1
Evening Pick 3 (Sun.)	0-8-0
Mid-day Pick 4	7-1-2-0
Evening Pick 4 (Sun.)	8-7-6-0
Mid-day Cash 5 (Sun.)	15-16-23-26-27
Evening Cash 5 (Sun.)	2-15-16-19-24

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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## Local

# Pot Bill Gets Green Light

Md. governor likely to sign medical marijuana measure

Annapolis, Md.

The Maryland General Assembly on Monday approved allowing medical marijuana programs at research centers.

The Senate gave the measure a final bipartisan 42-4 vote. Ten of the Senate's 12 Republicans joined 32 Democrats, while two Democrats and two Republicans voted against it, sending it to Gov. Martin O'Malley, who indicated he is likely to sign the bill.

"I'd like to read it first, but I probably would," O'Malley said.

The Democratic governor noted that his decision would hinge on whether the bill includes provi-

sions enabling the governor to suspend the program if the federal government decides to prosecute state employees who administer it. The provisions were included in the bill earlier this session, after Maryland Department of Health and Mental Hygiene Joshua Sharfstein said he would support the bill with the amendments.

"As states start pushing the envelope on this thing, the federal government has to recognize that some of these cancer patients — some of these people that are very sick — you know, they're not doing this because they want to," said Sen. David Brinkley, a Frederick County Republican.



O'Malley

Delegate Dan Morhaim, a Baltimore County Democrat and emergency room physician, has been pushing to get the bill through for years. He emphasized that the program would be carefully supervised by academic medical centers.

While state analysts have projected that programs would not be up and running until 2016, Morhaim said he thinks there will be "much quicker movement than people may have anticipated."

Sen. E.J. Pipkin, R-Cecil, said he voted against the bill because he believes a comprehensive proposal on the legalization of marijuana for a variety of purposes should be put before voters, instead of creating piecemeal legislation.

The measure would create a commission within the state health department to oversee programs.

BRIAN WITTE (AP)

# Teen Fatally Shot in Southeast

Washington

His mother wanted to get him out of Woodland Terrace, to send the 16-year-old south to North Carolina to live with his brother who is in college.

But Darius Cannon had a girlfriend, and on Saturday, the Anacostia High School student walked three blocks to her house. He was shot and killed on his way home at about 12:30 Sunday morning, his abdomen pierced by a single bullet in the 2700 block of Langston Place, just off Alabama Avenue.

Cannon — the youngest of 14 children — was the first juvenile under the age of 18, with the exception of infants, to be killed in D.C. in at least 16 months. There were none in all of 2012, which concluded with the fewest number of killings in the city in a half century. By comparison, six teenaged students were killed in neighboring Prince George's County in a six-month span that ended in February.

D.C. police said they know of no suspects in Cannon's death, though privately they say they are looking at gang members, possibly linked

**"I wanted to get him out of here ... I didn't move fast enough."**

— LINDA CANNON, MOTHER OF 16-YEAR-OLD SHOOTING VICTIM DARIUS CANNON

to the Woodland Terrace Crew.

But Cannon's family said they cannot think of a reason for killing a teenager who they described as quiet and who they said didn't want anything to do with the drug culture.

PETER HERMANN (THE WASHINGTON POST)

Hearsay



**"People want to have their leadership reflect who they are ... The majority of the District of Columbia is still African-American."**

— ANITA BONDS, WHO IS RUNNING FOR A CITYWIDE AT-LARGE SEAT ON THE D.C. COUNCIL, RESPONDING TO A QUESTION ABOUT THE RACIAL MAKEUP OF THE COUNCIL DURING A DEBATE MONDAY ON THE KOJO NNAMDI SHOW ON WAMU

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# Local

## DC AREA PUBLIC SCHOOL TEACHERS NEEDED FOR RESEARCH STUDY

Area teachers wanted to share their teaching experiences that will assist in learning about teachers' issues, values, ethics and decision-making processes. If you teach and are within the ages 18-65, you are invited to participate in a 1 to 2 hour interview.

Your rights will be protected to include the nature, purpose and risk. You can withdraw from the study at any time. Contact Shelly, an Education Psychology PhD student at Capella University for any questions you have about the research at 202-997-4994.



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## Bullet Point



**ARTIST VIKTOR MITIC** stands in front of "Incident," an artwork consisting of a school bus battered by 6,000 rounds of ammunition. A flatbed tow truck drove the piece around downtown Washington this weekend. It is being shown through Wednesday at George Mason University's Fairfax campus.



**Doggy Dragnet:** A tiny Shih Tzu had eluded capture for more than two years — darting from Franconia, Va., residents, swiping house cats' food and becoming a bit of a local legend — when Fairfax County Animal Control officer Enna Lugo got the case in January. Lugo went on a two-month hunt for the 13-pound pup before her search ended in success Saturday; "Biscuit" will be put up for adoption after he acclimates to people again. (THE WASHINGTON POST)

## Advocates for Homeless Win Suit

### Washington

Legal advocates are hoping that a recent federal judge's decision in a 25-year-old lawsuit against the federal government could lead to thousands more unused federal buildings being converted into service centers for the homeless.

A March 21 decision by the U.S. District Court for the District of Columbia found that many government agencies have been inaccurately reporting their number of unused federal properties in violation of Title V of the McKinney-Vento Act, which requires federal agencies to list unused, surplus or underutilized properties in the Federal Register and reach out to homeless services provid-

ers that can apply to lease them at no charge.

One of the greatest costs to running homeless services is real estate, and the law is meant to allow nonprofits to gain access to buildings they may not be able to afford on the open market.

"We expect we're going to ... have access to buildings that were unbeknownst to us before," said Tristia Bauman, an attorney at the National Law Center for Homelessness and Poverty, a D.C. legal nonprofit that filed the lawsuit.

Nearly 500 properties in 30 states and D.C. have been obtained through Title V and now house homeless services, including the largest shelter in the District.

CATHERINE HO (CAPITAL BUSINESS)

## Want to Participate in a Cosmetic Surgery Clinical Research Trial for Abdominoplasty (Tummy Tuck)?

Dr. Michaels has been selected by Cohera Medical, Inc., as one of 5 plastic surgery centers in the US to participate in this national clinical research trial to test an experimental product that may aid in wound closure following abdominoplasty surgery.

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If so, you may be eligible to participate in a study. The goal of this project (NIH Study #13-AA-0040) is to study whether a medication (Baclofen) currently approved to treat muscle spasms affects alcohol drinking.

Eligible volunteers will be:

- In good health and drug free
- Between the ages of 21 and 65
- Willing to come for four outpatient visits and one overnight stay at the NIH CC in Bethesda, MD

Participants will receive a free medical evaluation and will be paid for doing the study..

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As more channel surfers turn to Web browsers, can broadcasters lure viewers back to traditional TV?



# A Remote Possibility

## Los Angeles

Some people have had it with TV. They've had enough of the 100-plus channel universe. They don't like timing their lives around network show schedules. They're tired of \$100-plus monthly bills.

A growing number of them have stopped paying for cable and satellite TV service and don't even use an antenna to get free signals over the air. These people are watching shows and movies on the Internet, sometimes via cellphone. Last month, the Nielsen Co. started labeling people in this group "Zero TV" households, because they fall outside the traditional definition of a TV home. There are 5 million of these residences in the U.S., up from 2 million in 2007.

Winning back the Zero TV crowd will be one of the issues broadcasters discuss at their national meeting, the NAB Show,

this week in Las Vegas.

While show creators and networks make money from this group's viewing habits through deals with online video providers and from advertising on their own websites and apps, broadcasters only get paid when they relay such programming in traditional ways. Unless broadcasters can adapt to modern platforms, their revenue from Zero TV viewers will be zero.

"Getting broadcast programming on all the gizmos and gadgets — like tablets, the backseats of cars and laptops — is hugely important," says Dennis Wharton, a spokesman for the National Association of Broadcasters.

Although Wharton says more than 130 TV stations in the U.S. are broadcasting live TV signals to mobile devices, few people have the tools to receive them.

For the first time, TV ratings giant Nielsen took a close look at this category of viewer in its quarterly video report released in March, and the study suggests that the Zero TV group may have

## Who Are They?

The TV industry has a host of buzzwords to describe non-traditionalist viewers:

### "Cord-cutters"

People who stop paying for TV completely and make do with online video and sometimes an antenna.

### "Cord-shavers"

Those who reduce the number of channels they subscribe to, or the number of rooms pay-TV is in, to save money.

### "Cord-nevers"

Young people who move out on their own and never set up a landline phone connection or a TV subscription. They usually make do with an Internet connection, a computer, a cellphone and possibly a TV set that is not hooked up the traditional way. (AP)

left traditional TV for good. While three-quarters have a physical TV set, only 18 percent are interested in a traditional TV subscription.

Part of Nielsen's new monitoring is meant to help determine whether Zero TVers — who tend to be younger, single and without children — will change their behavior over time, says Dounia Turrill, Nielsen's senior vice president of insights.

For most of the past 10 years, Cynthia Phelps, 43, has done without traditional TV, and she says nothing will bring her back.

She watches programs online for free and gets together with friends to watch older TV shows on DVD occasionally.

"I feel absolutely no social pres-

sure to keep up with the Joneses in that respect," she says.

It's less about saving money than choice: She says she'd rather spend her time productively.

And then there's James Weitzel, 31, a truck driver who satisfies his video fix with an iPhone and Netflix.

He's not opposed to TV per se, and misses some ESPN sports programs, but he's so divorced from traditional TV, it could be hard to go back. It's become easier for him to navigate his smartphone than to figure out how to use a TV and remote control.

"I try to go over to my grandma's place and teach her how to do it," he says. "I can't even figure it out myself." RYAN NAKASHIMA (AP)

**46K** The number of video customers that cable, satellite and telecom providers added collectively last year, according to research firm SNL Kagan. That is tiny when compared to the 974,000 new households created last year. While 100.4 million homes — or 84.7 percent of all households — have traditional TV service, that figure is down from the peak of 87.3 percent in early 2010. (AP)

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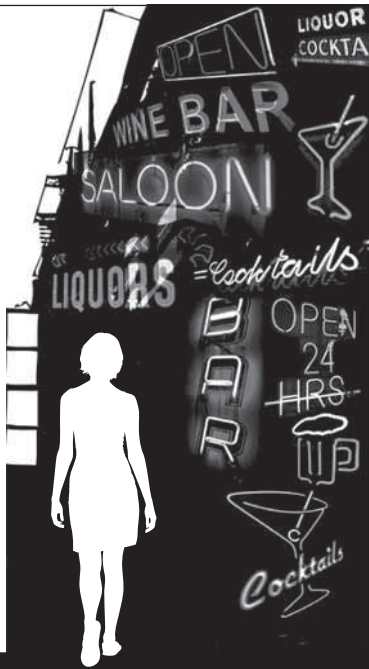
**You may be eligible for the study if you:**

- Are a woman 21–65 years of age
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- Have tried to stop drinking alcohol but can't

**Participants will:**

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In just his second game since being traded to the Capitals, winger Martin Erat had to be helped off the ice with a lower-body injury after he was crushed into the boards.

## Injuries Not Slowing Down Caps

In its past 3 games, Washington has lost forwards Laich, Erat

### Capitals

Other than Alex Ovechkin, it hasn't been a good week for Washington wingers.

In their past three games, the Capitals have lost two forwards to injury. First, it was Brooks Laich, who left last Thursday's 2-1 shootout win over the Islanders with a lower-body injury. Coach Adam Oates said Laich's latest ailment is not directly related to the groin injury that kept Laich out of the first 28 games of the season.

Then, it was Martin Erat, who



had to be helped off the ice during the first period of Saturday's 4-3 win over the Panthers after he was crunched into the boards. Erat, acquired just days earlier in a trade with the Nashville Predators, also suffered a lower-body injury.

The Capitals avoided one more injury during Sunday's 4-2 win over the Lightning. Joel Ward took a shot off his left leg in the third period and did not return, but he should not miss any time.

Oates provided updates on Laich and Erat before Sunday's game. Laich is scheduled to see

renowned groin specialist Michael Brunt, who performed sports hernia surgeries on both Ward and Mike Green last season, Tuesday in Washington. Laich will miss Tuesday's game against the Canadiens.

"They can't quite get a handle on what it is," Oates said. "He just doesn't feel good."

As for Erat, Oates said the 31-year-old "felt way better than he anticipated" and shouldn't miss considerable time.

Either way, the Capitals, winners of four straight and eight of their past 10 games, feel as if they can counteract their recent injury woes simply by sticking to the system.

"That's why we're winning

**9** Points for Washington winger Alex Ovechkin in four games last week. The Capitals captain had seven goals and earned the NHL's "First Star" for the week ending April 7, the league announced Monday. Ovechkin is tied for the NHL lead with 25 goals this season. (EXPRESS)

hockey games now," forward Nicklas Backstrom said. "We're working harder, working together as a team and that's what you've got to do. You've got to chip in for each other, and that's what we did." ADAM VINGAN (FOR EXPRESS)

## Pitino Leads Class Into Hall of Fame

### Basketball

Rick Pitino got the phone call of a lifetime and an incredible text at the same time.

Last Wednesday, John Doleva, the president of the Naismith Memorial Hall of Fame, called seven people to tell them they'd be in the class of 2013.

Pitino was one of the seven.

"When I got the call I was trying to call my wife over so she could hear it and I'm trying to put it on speakerphone and a text keeps beeping as I'm getting this special call," Pitino said Monday, just hours before he led Louisville against Michigan in the national championship game. "I saw the text. 'Go Gophers. I got the job.'"

It was his son, Richard, who had just found out he was chosen to be the coach at Minnesota.

It's been that kind of week for Pitino, who is among 12 people overall who will join the class of 2013.

The others announced Monday at a ceremony at the Final Four were college coaches Guy Lewis of Houston, Jerry Tarkanian of UNLV and Sylvia Hatchell of North Carolina, former NBA stars Bernard King and Gary Payton, and former University of Virginia star Dawn Staley.

The inductions will take place in Springfield, Mass., on Sept. 8.

JIM O'CONNELL (AP)

### TV Lineup

**WIZARDS (7:30 P.M., CSN)** Can the Wizards slow down the red-hot Carmelo Anthony and end the Knicks' 12-game winning streak?

**NBA (10:30 P.M., NBATV)** The Lakers are a half-game back for the last playoff spot. They host the Hornets, then travel to Portland before ending the year vs. three playoff teams.



**A Kid's Game:** Guan Tianlang played a practice round at Augusta National with Ben Crenshaw on Monday, he has a round set up today with Tom Watson, and he wants to play the Par 3 Tournament with Nick Faldo. Guan is a 14-year-old from China, the youngest person ever to play in the Masters and the youngest player at any major in 148 years. He qualified by winning the Asia Pacific Amateur last fall, and now gets a crack at the best in the game. (AP)

## Sports

# UConn's Auriemma Looks for 8th Title

Upstart Louisville trying to hand coach 1st NCAA final loss

## Women's Basketball

Geno Auriemma has never lost an NCAA championship game.

Of course, his UConn Huskies haven't had to face a team like upstart Louisville, which is making an unprecedented run through the women's tournament. A victory tonight in New Orleans over the Cardinals would be UConn's eighth title, matching them with Tennessee for the most ever in women's basketball.



Auriemma didn't want to think about the outcome.

"Talking about things that haven't happened yet is never a good idea," Auriemma said.

History is on the Hall of Fame coach's side: UConn is 7-0 in title games, including a victory in the 2009 game against Louisville and the 2004 game that was also played in New Orleans. That game was the college finale of Diana Taurasi, who finished with three straight championships.

This trip to the Big Easy could be the beginning of a new dynasty for the Huskies led by Breanna Stewart. The heralded freshman has been on one of the most remarkable runs of any first-year player in the history of the NCAA tournament. She had a season-high 29 points in the semifinal victory over Notre Dame and was honored as the most outstanding player of the Bridgeport Regional.

Auriemma said he couldn't remember a player having a better game in such a setting.

Stewart already has scored 82 points in the NCAA tournament in just four games. The Syracuse, N.Y., native sat out the opening-



Geno Auriemma is 7-0 in title games, including a win over Louisville in 2009.



**Late Game:** The men's NCAA championship game between Louisville and Michigan ended after Express' deadline. For full coverage, visit [washingtonpost.com](http://washingtonpost.com).

round rout of Idaho.

Auriemma's latest prize recruit missed this season's first game against Louisville as she recovered from an ankle injury. UConn still won that game by 14 points. The Huskies have had their way with the Cardinals, winning the past 12 meetings. DOUG FEINBERG (AP)



Team Capitol DC — Solar Decathlon 2013 participants at Catholic University.

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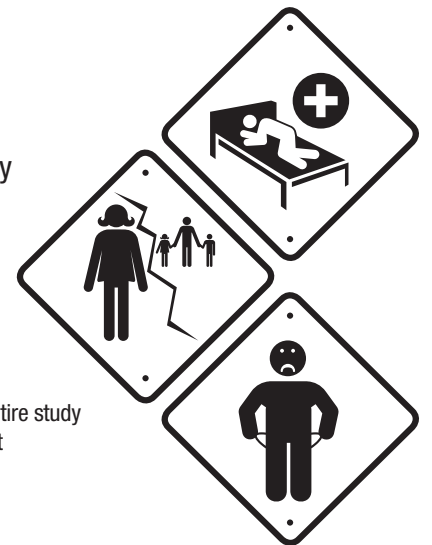
### You may be eligible if you:

- Are 21-65 years of age
- Use alcohol on a regular basis
- Are seeking treatment for alcohol problems

### Participants will:

- Stay at the NIH Clinical Center in Bethesda, Maryland, for the entire study
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and participate in study-related activities

There is no cost to participate. Participants will be compensated.



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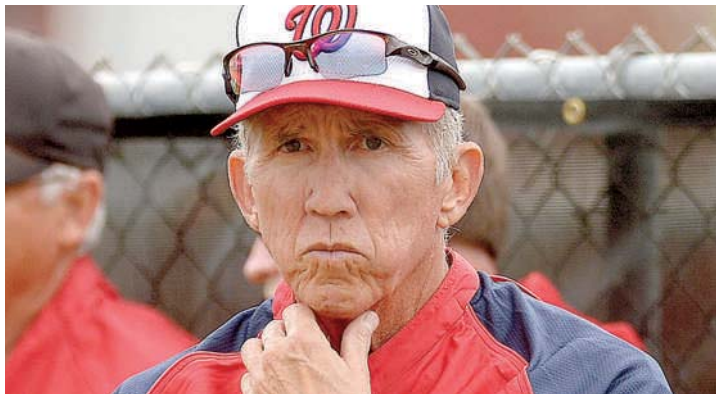


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Davey Johnson has experience managing in the American and National leagues.

## Different Stances On NL Having DH

Nats' Johnson prefers pitchers to continue to hit in his league

### Nationals

Jordan Zimmermann was looking to recreate fellow starter Gio Gonzalez's success, though not with his pitching prowess.

In a 3-0 win over the Miami Marlins last week, Gonzalez hit a home run. Zimmermann wanted to answer with a solid swing of his own. Unfortunately for Zimmermann, he struck out twice during Washington's 6-1 win that night.

	<b>On Deck</b>	
J. Peavy 1-0, 1.50 ERA	Today 7:05 P.M. MASN	G. Gonzalez 1-0, 0.00 ERA

"I tried to hit a home run to match Gio," Zimmermann said.

The day could come when neither pitcher gets a chance at the plate. Now-daily interleague play has reignited the debate over whether the National League should institute the designated-hitter rule, which the American League adopted in 1973.

Chicago Cubs president Theo Epstein recently told USA Today the AL has a "big advantage" over NL teams during interleague play and the World Series. He said he hopes the NL jumps on board with a DH.

Despite the offensive advantages a designated hitter brings, Nationals manager Davey Johnson is opposed to it.

"Baseball is a game of strategy," Johnson said. "With the pitcher in the lineup, it's also self-policing. I like the offense you can throw out there with the DH, but it's more challenging to manage."

The Nats host the Chicago White Sox this week, with the AL club having to adapt to NL rules. This means pitchers will hit with Johnson expecting White Sox designated hitter Adam Dunn to play first base.

Nationals pitcher Dan Haren is in his sixth season with an NL club, but he's played the other half of his career in the AL.

"I prefer the National League game," Haren said. "I think there's more strategy. With pitching around the pitcher, substitutions, double switches — I just think it keeps everyone on their toes, all 25 guys, really. I favor that."

Haren acknowledged there could be 15 players with jobs on the line if the reverse happened and the AL eliminated the designated hitter. Even so, Haren prefers having pitchers hit.

"It keeps you in the game," he said. "You always have to be aware of when you're coming up to bat with what the situation calls for, whether it be a bunt or something else." JASON BUTT (FOR EXPRESS)

## MLB Power Rankings

**1. Reds (4-2)**  
Opened with series wins over the Angels and Nats.

**2. Nationals (4-2)**  
Harper couldn't have started any hotter.

**3. Braves (5-1)**  
Freeman injury could prove costly for offense.

**4. Athletics (5-2)**  
Lowrie is hitting .500 with three homers.

**5. Rangers (4-2)**  
Darvish is already 2-0 and was one out shy of a perfect game.

**6. Dodgers (4-2)**  
Pitching staff has a 1.00 ERA and six quality starts.

**7. Orioles (3-3)**  
Davis hit a homer in each of his first four games.

**8. Angels (2-4)**  
Open season vs. three playoff teams from 2012.

**9. Tigers (3-3)**  
They'll need Martinez to help Fielder and Cabrera in the middle of the lineup.

**10. Giants (3-3)**  
Slow start for the offense. They have scored more than three runs just once.



**Biggest jump:** Troy Tulowitzki and the Colorado Rockies climbed 15 spots this week.



**Biggest drop:** Ryan Braun and the Milwaukee Brewers fell 12 spots to No. 26.

**11. Red Sox (4-2)**  
They have the best run differential (plus-17) in AL.

**12. D-backs (5-1)**  
Balanced offense hitting .293 (third-best in majors).

**13. Rockies (5-1)**  
Top offense in majors is not surprising, but 2.80 ERA and five quality starts is.

**14. White Sox (4-2)**  
Rios has a hit in each of his first six games.

**15. Twins (4-2)**  
Opened with two series wins over 2012 playoff teams — Tigers and Orioles.

**16. Blue Jays (2-4)**  
Revamped pitching staff looking much like old.

**17. Cardinals (3-3)**  
Six players have four or

more RBIs.

**18. Rays (3-3)**  
A 5.50 ERA for a staff that led the majors last year.

**19. Mets (4-2)**  
Catcher Buck hitting .400 with nine RBIs.

**20. Indians (3-3)**  
Opposing players hitting just .199 against them.

**21. Phillies (2-4)**  
Vaunted pitching staff has allowed MLB-most 41 runs.

**22. Yankees (2-4)**  
At least Pettitte to Rivera is still working.

**23. Mariners (3-4)**  
Morse has five homers — more than 12 teams have.

**24. Royals (3-3)**  
Butler had a seven-RBI

game vs. the Phillies.

**25. Cubs (2-4)**  
Samardzija has 22 Ks in his first two starts.

**26. Brewers (1-5)**  
The pitching staff has one quality start all year.

**27. Pirates (1-5)**  
Pitching has been great, but it's hard to win with eight runs in six games.

**28. Padres (1-5)**  
The entire team has hit one home run all year.

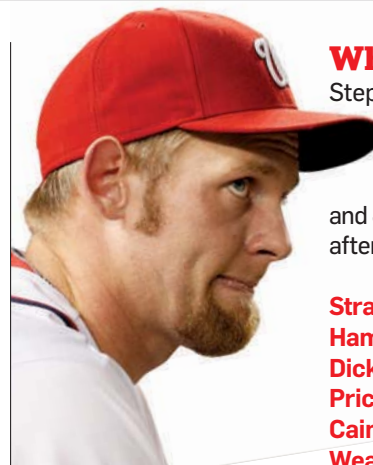
**29. Marlins (1-5)**  
Scored one run in three-game series vs. Nats.

**30. Astros (1-5)**  
They are batting .199 and have a 5.00 ERA.

JEFFREY TOMIK (EXPRESS)  
\* RECORDS THROUGH SUNDAY

## 74

**Times Houston Astros batters have struck out in their first six games — the most in MLB history since 1900, according to Elias. Matt Harrison, Yu Darvish, Alexi Ogando, Dan Straily and Brett Anderson all have either set or tied career highs in strikeouts in starts against the Astros this year. (EXPRESS)**



## What's Trending?

Stephen Strasburg wasn't the only ace who struggled Sunday. In addition to the Nats righty, Cole Hamels, R.A. Dickey, David Price, Matt Cain and Jered Weaver each earned a loss after allowing five runs or more. (EXPRESS)

**Strasburg:** 5.1 IP, 9 H, 6 ER, 4 BB, 5 Ks  
**Hamels:** 5.2 IP, 9 H, 8 ER, 4 BB, 2 Ks  
**Dickey:** 4.2 IP, 10 H, 7 ER, 2 BB, 5 Ks  
**Price:** 5.0 IP, 10 H, 8 ER, 3 BB, 3 Ks  
**Cain:** 3.2 IP, 7 H, 9 ER, 2 BB, 2 Ks  
**Weaver:** 5.0 IP, 7 H, 5 ER, 4 BB, 2 Ks

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# Suffering From ALLERGIES?

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**Jonise Handy**  
(202) 476-3615

jhandy@childrensnational.org

**Ted Miles**  
(202) 994-8976

tmiles01@gwu.edu

Participants will receive \$25 per visit as compensation for time and travel to Children's National Medical Center

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This study is sponsored by the National Institutes of Health

# Do you have NARCOLEPSY?



**Have you been diagnosed with narcolepsy and are between the ages of 18 and 65?**

A new research study is enrolling to test an investigational medicine for excessive daytime sleepiness associated with narcolepsy. Qualified participants will receive study-related care at no cost and will be compensated for time and travel.

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# Restless Legs?



**Are you at least 18 years of age?**

**Do you experience unpleasant sensations in your legs and the urge to move them?**

**Have you experienced these symptoms at least 15 nights in the last month?**

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# fit



## Guinea Pig | Water Works

Don't have a coach at the pool? Bring your own with "Swim Speed Workouts" (\$30, Velo Press) by four-time Olympian Sheila Taormina. Her waterproof booklet and instruction cards lay out how to improve your freestyle stroke with drills, resistance tubing moves and detailed workouts aimed at competitive swimmers; novices will need to scale back the difficulty. Our tester (and his masters team) liked that there's a clear purpose for each routine.



# This Mother Knows Best

**Jillian Michaels doesn't believe** in doing things halfway. That's true not just for exercise — she's best known as the toughest trainer on NBC's "The Biggest Loser" — but also for motherhood. Last year, her partner, Heidi Rhoades, gave birth to a son the same month the couple adopted a 2-year-old girl from Haiti. So, naturally, Michaels can't quit at only one speaking engagement. Instead, she's taken on a 35-city "Maximize Your Life" tour, which arrives at D.C.'s Warner Theater at 8 p.m. April 24 (\$58-\$170, Jillianmichaels.com).

**It sounds like you're going to train the whole world on this tour.**

I'm going to try. My goal with this is a selfish one. I enjoy that direct connection. With 35 stops, I can see 70,000 people. When you think about how many books you can sell and how many people see a TV show, it doesn't compare. But this way I cut out the middleman. No one is editing me. I'm the one putting them through exercises and taking them on a journey.

**The name of the tour is "Maximize Your Life," not "Minimize Your Weight," so what's the focus here?**

You're of course going to understand the science of weight loss. But it doesn't take me long to convey that. To me, health is about having a healthier life. This is an entry point for them to attack inhibitions, empower them to redefine how they see themselves, unleash their potential. People say, "You just need to think positive." That's not true. There



Jillian Michaels and her partner, Heidi Rhoades, are moms to two children.

are skills people need to use. It's learning recovery behaviors that are affirming and not destructive, how to build a road map to success. It's learning how to get feedback, correct what's broken, create self-



awareness, enhance willpower. There's a lot to know. Action without information is a wrecking ball in your life.

**What's your life going to be like with your family on a two-month bus tour? And how are you going to exercise?**

Two small children on a tour bus for hours and hours at a time — I feel like Chevy Chase in a remake. It's going to be the ultimate road trip. And the way I train doesn't require any equipment.

**"There's a lot to know. Action without information is a wrecking ball in your life."**

I can do it nearly anywhere with a 6-by-6 open space. I'll bring my road bike, so I can go for a ride.

**Are there any exercises you always do in a workout?**

It's more about techniques. It's free weights and body weight based, with a lot of combination lifts. I do high-intensity cardio intervals to condition my body as effectively as possible. Really, it's just maintenance for me. I'm lucky to be in maintenance mode. Could I lose weight under these conditions? Yes, but it'd be hard.

**You've said motherhood has made it tougher to exercise, but is anything about it making it easier — like, you can lift them instead of weights?**

Motherhood has made nothing easier. Lifting them has thrown my hips off and messed up my shoulder. Easier is not a word I'd ever use. But it's the best thing I've accomplished.

VICKY HALLETT (EXPRESS)

## Baby Talk

Don't expect Jillian Michaels to be as gruff with her kids as she is with contestants on "The Biggest Loser." Michaels interrupted this interview to talk to her daughter: "Poop? Did you poop? Oh, bird poop. I got it." That's because Michaels is pumping up her parenting skills. "I've read that when they walk into the room, you have to pay attention," she said.

**Inside:**  
Jillian Michaels developed a class for Crunch that debuts in D.C. next week.  
PAGE 21

• Anyone with show tickets can enter a contest on [Jillianmichaels.com](http://Jillianmichaels.com) to be called up onstage to get Michaels' advice.

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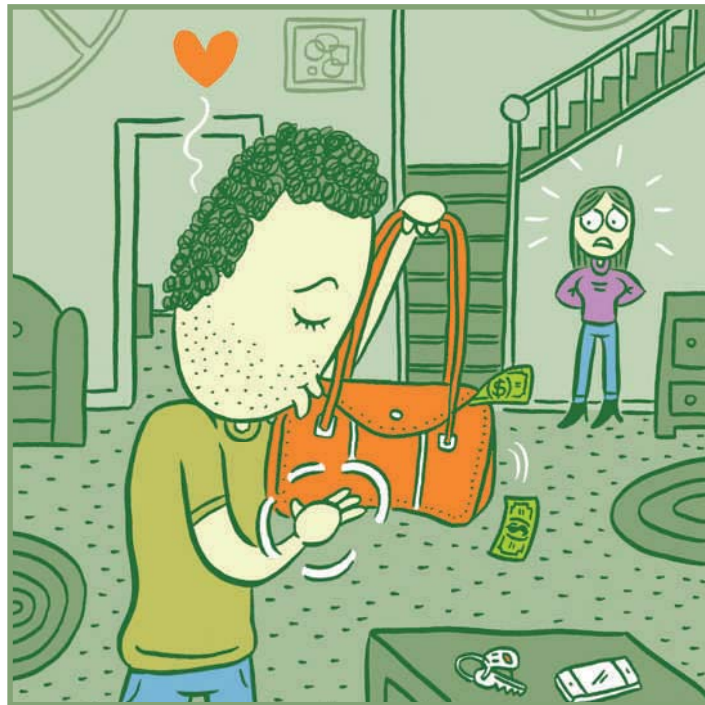
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# baggagecheck



## Not in the Mood For Dirty Talk

**Q** My circle of friends is very into talking about their sex lives. It didn't always seem to be this way, but a relatively new friend (who sort of became part of our group about two years ago) has always been very graphic, and the other women have followed suit. Now when we go out, I have to cringe a lot. I'm not a prude, but I'm not interested in dissecting sex all the time. I'm in a happy, committed relationship and don't feel that it's any of their business.

GROSSED OUT BY MY FRIENDS

I'm assuming that you've tried to steer the conversation in other directions — jobs, books, pets, sports — and that these attempts are continually thwarted by the "We want details!" brigade. Do any of the other women in the group know your feelings? Can you talk to them about your discomfort level?

If no one else is motivated to help switch gears, you'll have to maintain these friendships on a more individual basis. Single out pals for meals, where you'll have more ability to keep the topics comfortable. And if people ask why you're abstaining from larger get-togethers, you can give them another chance to give the sex talk a rest for a while.



**By Dr. Andrea Bonior**

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

## The Limit on Cash Back

**Q** I totally fell for a guy six months ago who I now believe is taking advantage of me financially. My heart is broken and I know that our relationship is not for the long haul. I want to fight to get some of my money back (I gave him "loans" for car repairs, paid some of his utilities and paid off some of his credit-card debt when his money was tight). My friends say just to cut my losses and drop it, that it will only get messier.

HURT, VA

Your friends could be right, but you need to decide for yourself. There are three factors to weigh: how important that money is to you, how likely it is that he'll repay it without a brouhaha, and how emotionally expensive that brouhaha would be.

There's a cutoff, a point where having a couple hundred — or, if you're a Kardashians, million —

bucks back in your account is not worth continuing the pain. Only you can determine where that cutoff is, but if you decide to try for the money, you must create an additional limit: how long and hard you're willing to push before throwing in the towel. By accepting that you've lost the financial battle and moving on, you'll win the emotional war.

## Event Horizon Protein Power

The Body You Want (1070 Thomas Jefferson St. NW, 202-316-1457, [Thebodyyouwant.com](http://Thebodyyouwant.com)) isn't asking you to bring your wallet to its high-intensity circuit training class held at 11 a.m. Sundays in April. The payment method required for the 45-minute workout is 4 pounds of lean protein (chicken, tuna, salmon or natural peanut butter), which will be donated to the Capital Area Food Bank. Squats and planks have never felt so good.

# A Powerful Substitute

BodyShred delivers 30-minute workouts Jillian Michaels-style

Getting yelled at through your TV screen just isn't as motivating as being screamed at by someone in the same room. So Jillian Michaels has found another way — beyond the tour previewed on page 19 — to make sure you receive some in-person attention: BodyShred.

**What It Is:** The 30-minute

workout, launching in D.C. next week at both locations of Crunch (5100 Wisconsin Ave. NW and 555 12th St. NW), relies on Michaels' 3-2-1 interval program. At a demo class over the weekend, instructor Nicola Haire explained the game plan. Each circuit consists of three minutes of resistance exercises, followed by two minutes of cardio and one minute of active recovery. The students switch moves every 30 seconds, but the action doesn't stop until they complete four different circuits.



Students at the BodyShred demo class on Sunday were faced with "rock-star jumps," above, and other moves.

TEDDY WOLFF FOR EXPRESS

"Don't get scared," Haire reassured the stunned students while walking them through the afternoon's agenda. Instructors provide a preview of the exercises at the start of every class, which frees them up to walk around and offer pointers, encouragement and some Michaels-style screaming.

**Moves:** BodyShred takes familiar exercises and adds a twist. So you're not just doing jumping jacks, you're also squatting to touch the ground between reps. You're in Warrior III while doing lateral raises. You're doing burpees with the extra step of hopping your legs from side to side.

Victor Quintanilla, 27, who's struggling with a weight-loss pla-

teau, appreciated the chance to try something new, such as "dancing crab" (in a crab-walk position, kick your legs up and down). It's a fun one, Haire agreed, noting that it works the legs, core and triceps.

**work it out**

**Workout:** Although Michaels wasn't there, Haire did her best to channel the fitness star: "This is not with the music. This is as fast as you can!" The encouragement worked for Eileen Van, 26, who wants to return soon — "but with less food in my system," she said. VICKY HALLETT (EXPRESS)

• BodyShred will be offered several times a week at both D.C. Crunch locations starting Monday. Visit [Crunch.com](http://Crunch.com) for updated schedules.

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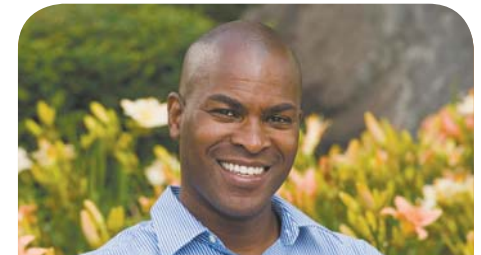
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## When Change Is the Subject

Healing and wellness is the goal at the new Md. studio Transform

No matter why clients come to Tanya Colucci, she has the same goal: "I really want them to make a change or shift in their life."

In other words, she wants them to Transform, which is the name of her new holistic healing and wellness studio in Takoma Park, Md. (7042 Carroll Ave.; 202-812-4242, Transformdc.com).

It's a place that never would have existed without Colucci's own transformation. As a personal trainer, she started experiencing severe back pain and explored ways to alleviate it. She studied meditation, Reiki, yoga, massage and myofascial release — a treatment that targets restrictions in the body's connective tissue.

All of these modalities are available at Transform, along with fitness services that take advantage of an array of functional exercise equipment, including TRX Suspension Trainers, kettlebells and ViPR weighted tubes. Clients can choose between one-on-one training and small-group sessions (limited to four participants) that provide personal attention with a lower price tag (\$360 for two classes a week during each six-week session).



SANJAY NAYAR

Tanya Colucci, in black, has many ways to help clients improve their health.

Over the next few months, Colucci plans to add family fitness classes that will blend exercise and games and take advantage of nearby parks.

"I want to get parents into the act with their kids and show them something they can do together that's active," she says.

Staying active is something that may require going upstairs to Transform's treatment room. Colucci wants to raise awareness about the benefits of myofascial release not just for people with chronic pain, but for anyone who wants to prevent tightness.

Transform is hosting an open house from 9 a.m. to 2 p.m. Saturday featuring demos and giveaways and is offering \$29 drop-in classes April 15-21. VICKY HALLETT (EXPRESS)

### Event Horizon

#### Sweeten The Deal

Sweetlife has always been a music and food festival, but you can add fitness to the list for this year's event on May 11. Folks who signed up for the Sweetgreen Passport program (Sweetgreen.com/passport) will have access to an exclusive offer on Wednesday: \$125 for admission, round-trip transportation on a bus that will arrive at Merriweather Post Pavilion an hour before the festival opens at noon, and a yoga/meditation class led by Shawn Parell.

# Foot Bath and Beyond

House of Steep offers tea, food and an array of tootsy treatments

Most eateries have a place where customers can sit while their take-out order is being prepared. It's rare that a foot bath is recommended to help pass the time. But that's what happens at House of Steep (3800 Lee Hwy., Arlington; 703-567-1589, Houseofsteep.com), which opened in September.

The combination teahouse-cafe-“foot sanctuary” was developed by 31-year-old Arlingtonian Lyndsey DePalma, who says she was inspired



House of Steep serves sandwiches and Clarity tea with ginkgo and juniper berries.

by her great-grandmother.

“She soaked her feet every day, lived to a ripe old age, was healthy as a horse and had a happy life,”

DePalma says. “So I thought there might be something to the whole foot-soaking business.”

Customers can choose from

more than 40 teas — including nearly a dozen house blends — at one of six tables, at the two-seat counter or while their feet are soaking.

The health-conscious menu, devised by DePalma, features a modest selection of sandwiches, salads, soups and snacks. (No food, however, is allowed in the treatment area.) For a light bite, try the simple seaweed salad, with sesame oil and a hint of heat (\$5), or the dainty smoked sockeye salmon tea sandwich with sliced cucumber and an avocado aioli on whole-wheat bread (\$7).

The best way to finish a meal? Sign up for a soak (\$19-\$23).

## More Tea Time

There's a tea pairing for all five courses of the vegan feast on April 17 at Teatism in Old Town (682 N. Saint Asaph St.). The meal, a collaboration between Sticky Fingers Bakery and Teatism, is \$67 without tax and gratuity. Reservations required. v.h.

“You'll get some lemon and sandalwood scents,” a therapist noted recently as she mixed 105-degree water and spices in a copper basin. “There might be some thyme in there, too. It's reminding me of roast chicken right now.”

She was right on — and so was the Recovery soak (\$22), which leaves feet feeling refreshed and invigorated for the rest of the day.

NEVIN MARTELL (FOR THE WASHINGTON POST)



## WEEK 2: TRAINERS

We all need help to achieve our fitness goals. At Gold's Gym, help comes in the form of our experienced trainers, each of whom is there to give you the skills you need to succeed — along with a healthy dose of encouragement and support.



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### CONTESTANT: COLIN

Gold's Gym Location: South Arlington

#### What's it like working with a trainer?

First, I feel accountable to myself and to Serge. I feel like I'm letting Serge down when I don't finish a set or when I phone in the last two minutes on a machine. I feel like even if he doesn't see me, he'll know I didn't finish. Second, I find it extremely helpful to have someone to reach out to for questions about working out and dieting. Serge is just a text or an e-mail away and he seems to genuinely care about my success.

#### What's your training dynamic with Serge like?

On the days that I don't work out with Serge, he has an “off day” routine set up for me with sets of exercises, reps and time/weight requirements. Although he doesn't train me on those days, the guidance of the routine keeps me on track. And the South Arlington Gold's crew is great! They've all introduced themselves and offered their help. So far, I have a ton of support and feel great!

CHALLENGER	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LBS. LOST	TOTAL POINTS
April	252 lbs.	241 lbs.	11 lbs.	6
Jose	428 lbs.	410 lbs.	18 lbs.	5
Eduard	386 lbs.	370 lbs.	16 lbs.	4
Martha	283 lbs.	274 lbs.	9 lbs.	3
Colin	283 lbs.	279 lbs.	4 lbs.	2
Tamara	253 lbs.	253 lbs.	0 lbs.	1

Points awarded weekly for % of body weight lost and competitive challenge

### TRAINER: SERGE

Gold's Gym Location: South Arlington

#### How has Colin been progressing so far?

Working with Colin has been an absolute pleasure! He's focused and determined to improve his overall health and accomplish the goals we've set out for him. When this competition ends, it will not only change his appearance but, most of all, his confidence and his realization that whatever he puts his mind to, he can accomplish.

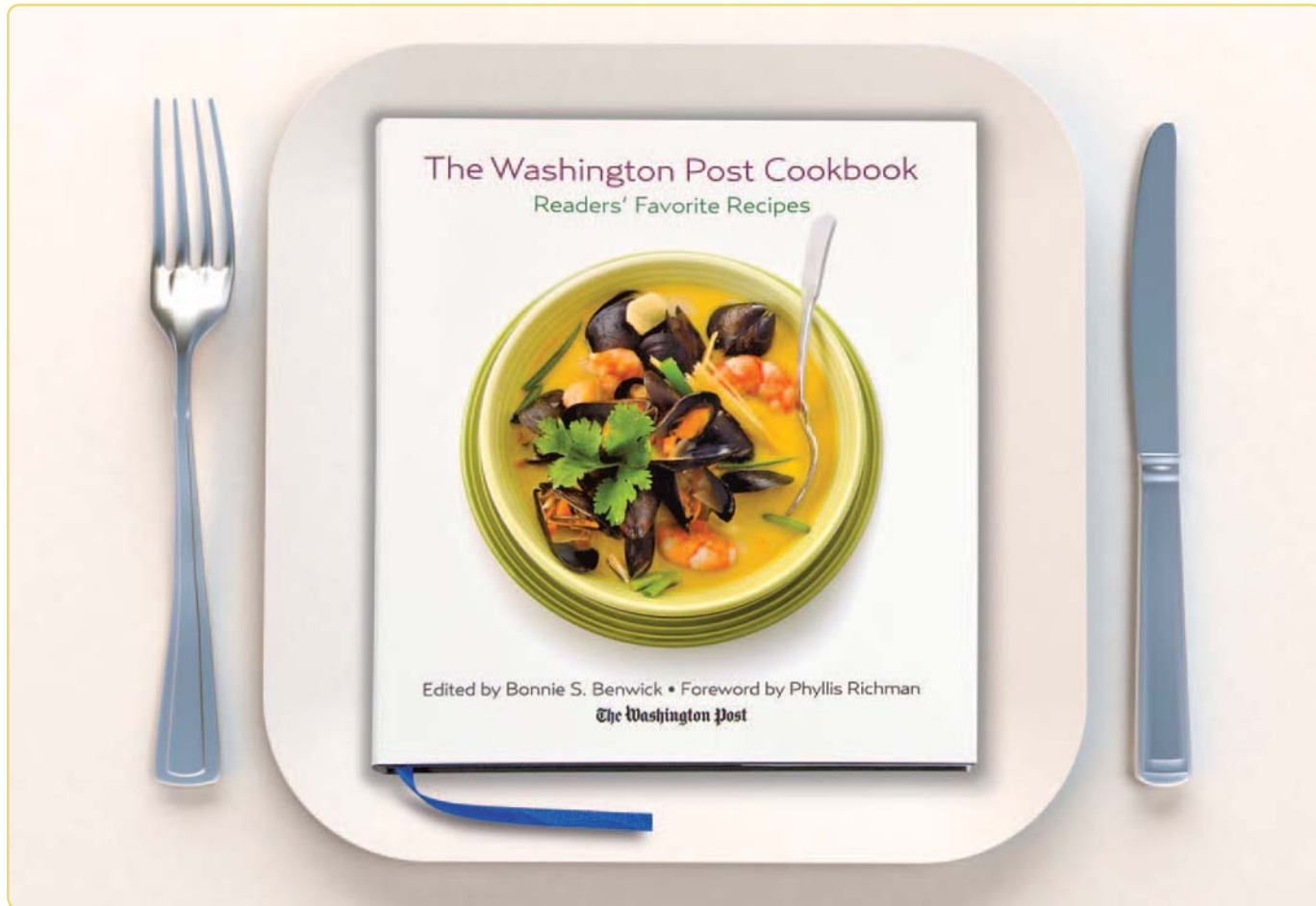
#### Why should people work with a personal trainer at Gold's Gym?

I tell my fellow trainers all the time that, with their clients, it's not just about the workouts but about their consistent presence, motivation and encouragement. We are there for you. We're that constant push you need to get over every physical obstacle you never thought you could achieve alone. By making an investment in yourself and getting a trainer, you'll have the peace of mind knowing that we'll take on your goals as well.



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Kelly Clarkson taps singer Blake Shelton to officiate her wedding **35**

## Sound Bets



### Deep Purple

Prince was the first rock star I ever loved. I was 6, and 1984's "Purple Rain" had just come out. He was like Jimi Hendrix, except alive and my height.

Prince has always been tricky. He had R-rated songs ("Darling Nikki" left me with lots of questions I never, ever



By Shauna Miller

asked). But he had parent-approvable songs, too. My favorite, still, is "Let's Go Crazy." "Are we gonna let the elevator bring us down? Oh, no! Let's go!" Whenever I hear that pop gem, I am uplifted, like I'm in the glam church scene that opens the song.

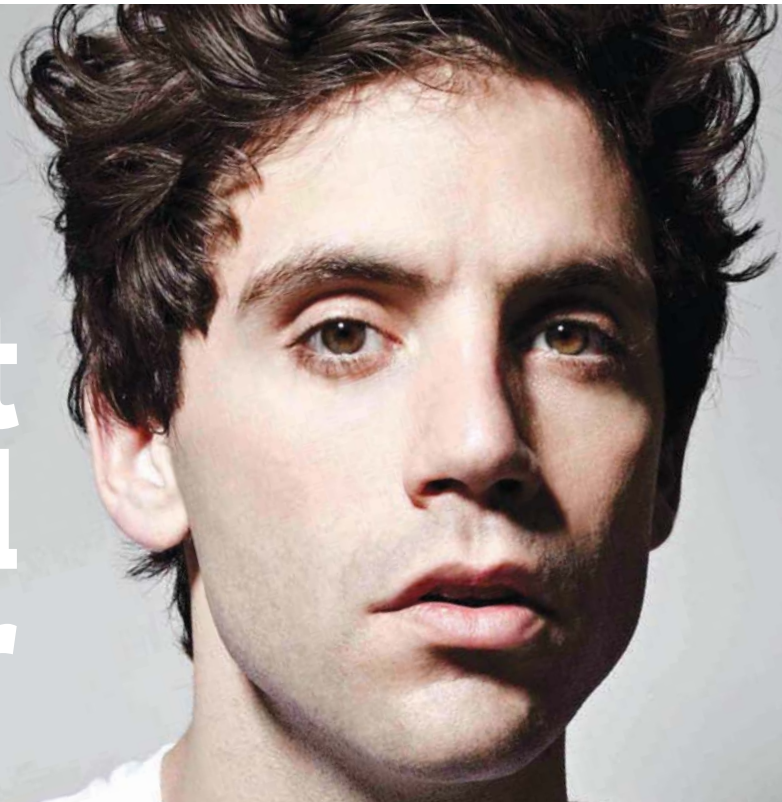
A couple of Fridays ago, Prince showed up on "Late Night with Jimmy Fallon," along with all-female backing band 3rd Eye Girl. (He's historically had female backing musicians.) They played such a heavy-duty version of "Let's Go Crazy" that it was no longer a pop song at all. It was like Mountain had leaped into their bodies for a dirty, psychedelic dirge, and I loved it.

You can only get these new songs through 3rd Eye Girl's website, not iTunes. The Purple One also refuses to confirm anything about a new record or a song on "The Great Gatsby" soundtrack. Eccentric as ever, he'll just keep dropping songs unannounced until he's playing metal with Ozzy.

Connect with Shauna and Sound Bets on Twitter: @Shaunajmiller.

# Sweet And Sour

GIRLIE ACTION PR



**Mika worries** that melody comes too easily for him. The 29-year-old Lebanese singer can write pop choruses as catchy as anything performed by his heroes Elton John, the Bee Gees, Michael Jackson and Queen. And though Mika has never scored a top-50 pop single in the United States, he's a huge star in Europe, with four top-10 singles in France, five in England and six in Italy.

The tall, slender songwriter is apprehensive nonetheless. Mika (nee Michael Holbrook Penniman Jr.) knows that pop hooks are like sugar — if the doses aren't just right, they can easily go from tasty to cloying. On his latest album, last year's "The Origin of Love," he deliberately tries to balance the sweet with the sour.

"How can you get away with a love song nowadays?" says Mika, who comes to Sixth and I Historic

Synagogue in D.C. on Wednesday. "You're saying the same thing as Lionel Richie's 'Hello,' and if you're not careful, it will become the same thing, and that won't work in 2013.

"It's all about tempering melody, about not letting the chords or the lyrics follow the melody too closely," he adds. "You need that tension. It's all about teasing without satisfying too quickly, and when you do satisfy, you want to go back to

### Backstory

#### The Right Mix

"Grace Kelly" was Mika's breakthrough single in 2007, buoyed by the strength of its giddy falsetto chorus warbling over a piano-pounding momentum worthy of Sir Elton. What saves the song from a bubblegum sugar overdose is Mika's knowing exaggeration of his own neediness. There's a satiric provocation to such lines as: "Am I too dirty? Am I too flirty?" (TWP)

the teasing right away."

All three of Mika's albums are filled with tracks that play with that formula: love songs with a confectionary frosting and a tart filling,

an infectious first impression and a subversive aftertaste. An especially sophisticated example is his latest album's title track, which pursues the equation of love and an addictive drug to its most disturbing implications. But these ideas are hidden within a pop production so contagious that you're drawn in before you realize what's going on.

"It's a spin on a love song," Mika says, "but it includes as much that's ugly as happy. ... The song talks about my life, [but] it's just a pop song. It's all about a melody, a rhythm that pops out at you before you notice all these other things."

GEOFFREY HIMES (THE WASHINGTON POST)

● *Sixth and I Historic Synagogue, 600 I St. NW; Wed., 8 p.m., \$30; 202-408-3100, Sixthandi.org. (Gallery Place)*



**Another Revolution:** Gamers, get ready. According to reports from [The Verge](#) and Microsoft-centric blogger Paul Thurrott, Microsoft is gearing up to release its next-generation Xbox by the end of next month. The reports, which cite "sources familiar" with the plans, say that the new console will debut May 21. Not much is known about the console, which has been nicknamed the Xbox 720 as a nod to its predecessor, the 360. (THE WASHINGTON POST)

# A Growth Spurt

Experimental British singer James Blake expands his sound on the new 'Overgrown'

## Album Review

If James Blake didn't convince you of his talent on his debut album, his sophomore release, "Overgrown," should do the trick. And if you've never heard of Blake, now's the time to tune in.

The London-born singer-songwriter-producer returns with an album that shines a light on his 2011 self-titled dubstep debut.

The soulful "Retrograde" is as much fragile as it is powerful. It's the ultimate chill-out tune filled with a feeling that does exactly what the song says: "Ignore everybody else, we're alone now," he sings with a hint of refined auto-tune.

The new material reflects and focuses on Blake's growth in confidence and songwriting, and his approach is audacious. He spent time with rapper Kanye West and



Both James Blake's confidence and songwriting depth grow on his second album.



**James Blake**  
Overgrown

Wu Tang Clan's RZA is featured on the hip-hop-flavored "Take a Fall for Me," and Brian Eno donates his talents on the rhythmic "Digital Lion." But neither guest takes away from the emotion of Blake's vocals.

BIANCA ROACH (AP)

● 9:30 Club, 815 V St. NW; May 12, 7 p.m., \$30; 202-265-0930, 930.com. (U Street)

Bon Iver's Justin Vernon last year, and it seems their musical prowess has rubbed off on the 24-year-old, whose songs now feature more storytelling and depth.



**Strong Roots:** The best band in late night will get to keep its title: Questlove, leader of The Roots, confirmed that the group will join "The Tonight Show" when Jimmy Fallon takes over as host in 2014. "Yeah, we're staying," Questlove told Fuse about the move from NBC's "Late Night with Jimmy Fallon" to "Tonight." (EXPRESS)

## Today's Top Stops

COMPILED BY FIONA ZUBLIN

ALFREDO ESTRELLA/AFP/GETTY IMAGES



### 1 Awesome Party!

For a city best known for punk bands, we are blessed with a thriving cumbia DJ scene here in D.C. DJs rAt and Mafe will spin ahead of a set by Colombian band Bomba Estereo (and its vocalist, Liliana Saumet, shown). The band's name has been translated as "electro tropical," "psychedelic cumbia" and (our favorite) "an awesome party." **Howard Theatre, 620 T St. NW; today, 9 p.m., \$17.50-\$20; 202-803-2899, Thehowardtheatre.com. (Shaw)**

### 2 But What's So Wrathful About It?

"Wrath" is the second in a series of beer dinners hosted by Granville Moore's, each themed on a different deadly sin. Fritters, duck pancakes and steak au poivre all make an appearance in the five-course dinner. Each course is paired with a liquor from Leopold Bros., otherwise known as "the only acceptable purveyor of flavored liquors." **Granville Moore's, 1238 H St. NE; today, 6:30 p.m., \$70; 202-399-2546, Granvillemoores.com.**

### 3 Here Comes the Mac

Fleetwood Mac—don't hate it just because it was featured on "Glee"—was a band of people who were insanely talented musically, and their lyrics and jams are searing more than 40 years later. Their reunion tour includes most of the original members—including Stevie Nicks, shown. **Verizon Center, 601 F St. NW; today, 8 p.m., \$60.55-\$167.80; Verizoncenter.com. (Gallery Place)**



Annette Funicello, shown above in 1978, devoted much of her career to Walt Disney.

# The Original Mouseketeer

Annette Funicello, 'Mickey Mouse Club' star, dies at age 70

## Obituary

Annette Funicello, who became a child star as a perky, cute-as-a-button Mouseketeer on "The Mickey Mouse Club" in the 1950s, then teamed up with Frankie Avalon in a string of '60s fun-in-the-sun movies with such titles as "Beach Blanket Bingo" and "Bikini Beach," died Monday. She was 70.

She died in Bakersfield, Calif., of complications from multiple sclerosis, the Walt Disney Co. said.

Avalon said Monday that Funicello never realized how beloved she was.

"She would say, 'Really?'" he said. "She was so bashful about it. She was an amazing girl."

The pretty, dark-haired Funicello was just 13 when she gained fame on TV's "The Mickey Mouse Club," a late-afternoon variety show for kids that combined stories, songs and dance routines and ran from 1955 to 1959.

Her devotion to Walt Disney remained throughout her life.

"He was the dearest, kindest person and truly was like a second father to me," she once said. "He was a kid at heart." FRAZIER MOORE (AP)

# TV tonight **lookout**

## BEST BETS

CBS  
8:00



**NCIS** A naval reservist calls on Gibbs (Mark Harmon, left) and the team to find her husband after she comes home to find him missing and her living room covered with blood. Elsewhere, Tony worries about what Ziva might have planned to avenge her father's death.

CW  
8:00

**Hart of Dixie** A neighboring town complicates Lavin's efforts to make Bluebell a spring break destination, so he and Ruby attempt to attract attention. George is jealous when Zoe (Rachel Bilson, right) parties with Jonah.



TBS  
10:00

**Cougar Town** Jules insists on taking her father, Chick, to a doctor when she learns he hasn't seen one in years. Later, Laurie and Travis go on their first official date. (TRIBUNE MEDIA)



'READY FOR LOVE'

## In All the Wrong Places

NBC  
9:00

It claims to have "the world's greatest matchmakers" and semi-celebrities looking for the "perfect" match, but this new dating spectacular isn't interesting enough to ridicule with much enthusiasm. The three bachelors featured are Tim Lopez of the band Plain White T's, left, entrepreneur Ernesto Arguello, center, and financier Ben Patton, right. (UNIVERSAL UCLICK)

## Reality



## Musical Boot Camp

"Real Housewives of Atlanta's" Kandi Burruss (above, once of the pop group Xscape) hunts for untapped talent in "The Kandi Factory" (10 p.m., Bravo). For each episode, Burruss offers a pair of proteges with no music-industry experience the chance to master key elements that could lead to pop stardom. (TM)



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- Eric Brace, *The Washington Post*



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- Robbie Collin on Silva, *The Daily Telegraph*

## CYBER TERROR ON THE SILVER SCREEN

**Skyfall's Raoul Silva - \$15**

Dave Marcus, Director at McAfee, and Historian Mark Stout explore this Bond villain's cyber tactics and real world issues.

4/17 - 6:30 PM - LECTURE



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**EFFICIENCY \$700**  
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**\$500-\$600 off 1st month**  
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START YOUR NEW YEAR WITH Style and Comfort  
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\*ask for details

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- Free business center
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- Bring in ad to rec. free app. fee per unit

*Income Qualifications	
# Occupants	Maximum Income
1	\$41,180
2	\$51,600
3	\$58,080
4	\$64,500

\*\*Limited Availability

www.summerridgeapartments.net  
 summerridgeleasing@comcast.net

Edgewood *w/approved credit*

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CHARMING COLONIAL STYLE  
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 WITH STUNNING HARDWOOD FLOORING, UPDATED KITCHENS & BATHROOMS  
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 On residential street next to DeMatha HS  
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**Large 1BR ...\$715**  
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- Selected apts. available for immediate move in
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- State-of-the-art fitness center, more!
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Second Chance Approval  
**Amenities**  
• Beautiful Location • Wall-to-Wall Carpet  
• Spacious Apartment • Refrigerator in unit Homes  
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• Garbage Disposal & 24 Hour On Call Dishwasher Maintenance  
• Laundry Facility  
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Call Us!  
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9-6 M-F • 10-5 SAT  
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**1, 2, & 3 Bedroom Apartments**  
**Bedrooms Starting @ \$849**  
Second Chance Approval  
Apply, be approved and move-in by March 30th and get \$200 off. Receive \$50 off your rent for a 1 Bedroom (12 month lease only).

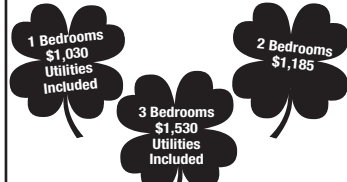
Call today for a tour of your new home!  
Call Us! **(301) 423-1115**

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before they're Gone**

**STATION SQUARE**

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2BR only**  
Must move in by March 17th



1 Bedrooms \$1,030 Utilities Included  
2 Bedrooms \$1,185  
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1 BRs - \$799    3 BRs - \$1289  
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Den - \$1165  
Second chance approval.  
**Amenities**  
• Beautiful Location • Central A/C & Heat  
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**2 BR Special \$949\***  
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Ask About Our Second Chance Approval Program  
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• Washer & Dryer in every apartment home • Individually controlled heat & A/C  
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**PARKWAY TERRACE**  
**1 BRs fr \$860**  
**2 BRs fr \$968**  
**\$30 Application Fee**  
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• Parklike setting w/picnic tbls & grill  
  
Maximum income limits apply  
**877-608-6548**  
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Mon-Fri. 9am-6pm. Sat by app t. only

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**HEATHER HILLS**  
•• Apartments ••  
**1-Bedrooms from \$961**  
**2-Bedrooms from \$1240**  
**3-Bedrooms from \$1444**  
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\*\*in select apts.  
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Studios from.....\$1,460\*  
1 Bedrooms from.....\$1,690\*  
2 Bedrooms from.....\$2,200\*  
3 Bedrooms from.....\$3,135\*  
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**The Park**  
at Arlington Ridge  
**FANTASTIC PRICING!**  
1 Bedrooms from.....\$1,565\*  
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**FANTASTIC PRICING!**  
Studios from.....\$1,525\*  
1 Bedrooms from.....\$1,640\*  
2 Bedrooms from.....\$2,190\*  
3 Bedrooms from.....\$2,730\*  
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**LANHAM, MD** - Female to share house. Private BR. Share BA/LR/Kitchen. \$599 includes utilities. \$300 deposit. N/S, N/P. Call **301-552-4552**

**LAUREL/MONT PELIER** - N/S, N/P to share with single F, large private unfurn upstairs rm, (choice of 3 BR) in vict decor home on corner lot. 5 min to BWP. \$800/month includes utilities. **301-741-2245**

**NE/Ft Totten Metro-** Prof. Female to shr unfurn BR, 4BR 2.5BA SFH. N/S, Cable, Wi-Fi, maid svc. CAC/heat \$935/m incl utlis. **202-494-3692**

**NEW CARROLLTON, MD-** Shr house, 1BR. New crpt. All amens incl. Cbl/internet. Prkng avail. Nr Metro/ MDU. **301-717-2382 / 301-536-8917**

**OAKTON/VIENNA, VA-** Close to 66/123 & Metro. Furnished room in large N/S TH to share. Prof M. \$400. Call **703-352-7652**

**SE DC** - 1 BR avail in apt building, \$450/mo incl utlis. Close to subway & bus route. Call **202-575-0200**

**SE DC** - Furnished room in house, share bath/kitchen. Near metro & harbor. Prefer female. \$165/week includes utilities. Call **301-922-6393**

**ROOMMATES**

**SILVER SPRING, MD-** Walk to metro, prof F pref. BR & BA \$660 & \$550. N/S, N/P. Utlis incl. Wonderful. **301-593-2435**

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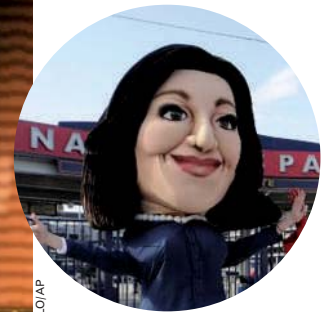
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# lookout online



▲  
 “There will come a time when [Dolph] Ziggler finally cashes in his Money in the Bank briefcase and the fans will not react the way the company had hoped they would have. WrestleMania was the perfect time, in front of fans from over fifty different countries, to create a legitimate new star to guide the company through the rest of the year.”

—ERIK BEASTON AT BLEACHERREPORT.COM thought Ziggler should have gotten a chance “to finally (maybe?) capture the World Heavyweight Championship” at WrestleMania 29, held in East Rutherford, N.J., on Sunday.

▲  
 “It will be a big hit at retirement and nursing homes for sure. As for the young of today, not so much.”

—COMMENTER MADFAM004 AT HUFFINGTON POST.COM/SOCIAL doesn't think that Old Spice's new line of bar soap will be very popular with its target audience.

▲  
 “While their cheesy delivery could use some work, the guys did manage a few chuckle-worthy lines.”

—GRADY SMITH AT MUSIC-MIX.EW.COM thought that Luke Bryan and Blake Shelton held their own as hosts of the Academy of Country Music Awards on Sunday night.

▲  
 “Yes, that's right, the Julia Louis-Dreyfus character from that HBO show [Veep] — or a presidentialized version of her, anyhow — will partner with Teddy against the team of Abe and Taft in a presidential relay race at Nats Park Tuesday night.”

—DAN STEINBERG AT WASHINGTONPOST.COM/BLOGS/DC-SPORTS-BOG reports that Tuesday will mark the first time a television character will appear in the Presidents Race.

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### Graduate Program Preview Night

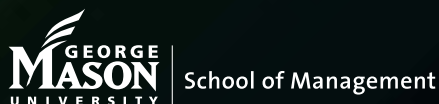
**April 24, 2013**

6:30 to 8:30 p.m.  
 Mason Inn, Fairfax, VA

Register at:  
[som.gmu.edu/join-us](http://som.gmu.edu/join-us)

### Programs

- MBA
- Executive MBA
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# puzzles lookout

## HOROSCOPE

**ARIES** (March 21-April 19) You may not be able to control your emotions; take care that you only speak when you know what you are talking about!

**TAURUS** (April 20-May 20) Once you make a start you will finish before the day is out — startling those who have been working against you.

**GEMINI** (May 21-June 20) You mustn't give up before you have done everything possible in support of your own cause. Now is no time for a crisis of confidence.

**CANCER** (June 21-July 22) You want those around you to understand both your methods and your motives — and today you'll have the opportunity to explain them clearly.

**LEO** (July 23-Aug. 22) You may find yourself engaged in a contest that begins in a friendly enough way but that soon evolves into something more contentious.

**VIRGO** (Aug. 23-Sept. 22) You don't want to go at things in a willy-nilly fashion today. Be sure to prepare thoroughly and take steps that make sense.

**LIBRA** (Sept. 23-Oct. 22) You may enjoy more freedom today, especially when it comes to speaking your mind. Now the only question is — will other people listen?

**SCORPIO** (Oct. 23-Nov. 21) You have been overlooking one key element again and again of late, and that's why your goals have remained elusive. Take a closer look!

**SAGITTARIUS** (Nov. 22-Dec. 21) You may be so careful to spot and analyze the small details today that you are unable to appreciate the big picture.

**CAPRICORN** (Dec. 22-Jan. 19) Your understanding of another's activities today will come in handy — now and in the foreseeable future. A partnership of sorts is forming.

**AQUARIUS** (Jan. 20-Feb. 18) The unusual is nothing to be afraid of today — and, in fact, in many cases, it is something to be sought and embraced!

**PISCES** (Feb. 19-March 20) Others may think you are wasting your time on something trivial, but you are confident that it can pay off in a big way very soon.

## Scrabble Grams

PAR SCORE 210-220, BEST SCORE 303

A <sub>1</sub>	I <sub>1</sub>	U <sub>1</sub>	T <sub>1</sub>	H <sub>4</sub>	S <sub>1</sub>	S <sub>1</sub>

--

RACK 1

A <sub>1</sub>	U <sub>1</sub>	Y <sub>4</sub>	P <sub>3</sub>	N <sub>1</sub>	P <sub>3</sub>	H <sub>4</sub>

--

RACK 2

E <sub>1</sub>	E <sub>1</sub>	K <sub>5</sub>	C <sub>3</sub>	L <sub>1</sub>	F <sub>4</sub>	B <sub>3</sub>

Triple Word Score

--

RACK 3

A <sub>1</sub>	I <sub>1</sub>	H <sub>4</sub>	M <sub>3</sub>	S <sub>1</sub>	K <sub>5</sub>	W <sub>4</sub>

1st Letter Double

--

RACK 4

### Yesterday's Solution

U <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	O <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	G <sub>2</sub>	RACK 1 =	59	
L <sub>1</sub>	I <sub>1</sub>	V <sub>4</sub>	A <sub>1</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 2 =	62	
C <sub>3</sub>	R <sub>1</sub>	O <sub>1</sub>	C <sub>3</sub>	U <sub>1</sub>	S <sub>1</sub>		RACK 3 =	16	
E <sub>1</sub>	M <sub>3</sub>	B <sub>3</sub>	A <sub>1</sub>	R <sub>1</sub>	G <sub>2</sub>	O <sub>1</sub>	RACK 4 =	74	
PAR SCORE 150-160								TOTAL	211

### 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. Seven-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

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

### Yesterday's Solution

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

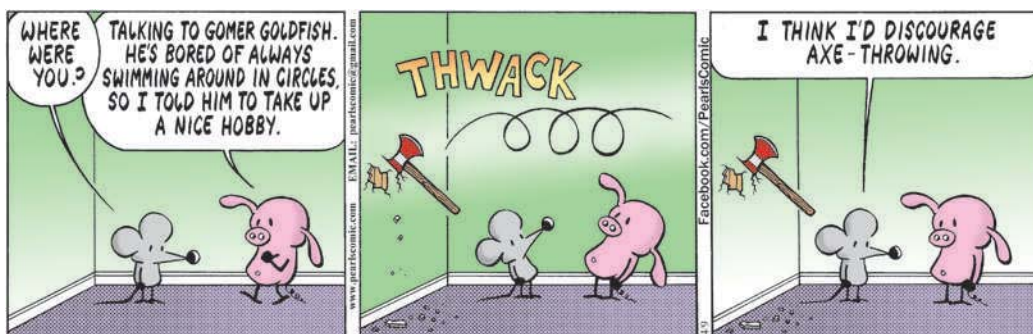
**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

## Comics

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**80** | **64**

**Today:** Very warm today with partial sunshine. Partly cloudy and mild tonight.

**84** | **63**

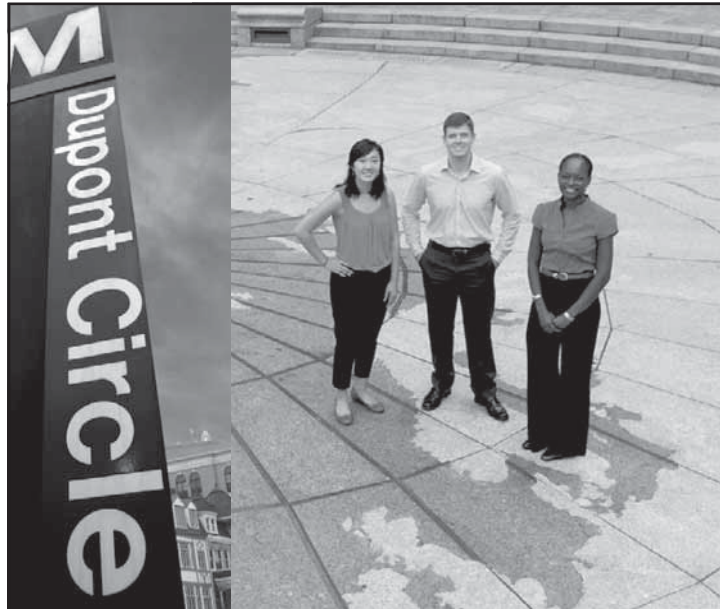
**Tomorrow:** Very warm tomorrow with clouds and sun. Partly cloudy tomorrow night.

### Looking Ahead

<b>THU</b>	<b>FRI</b>	<b>SAT</b>
<b>83</b>	<b>58</b>	<b>66</b>
<b>41</b>	<b>59</b>	<b>40</b>

<b>Sun and Moon</b>	<b>Almanac</b>
Sunrise today: 6:41 a.m.	Normal high: 64
Sunset today: 7:39 p.m.	Record high: 93
Moonrise today: 6:02 a.m.	Normal low: 45
Moonsset today: 7:14 p.m.	Record low: 29

FORECAST BY ACCUWEATHER.COM © 2013



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# lookout puzzles

## Crossword

## HEAD WARMERS

### ACROSS

- 1 Burst of thunder
- 5 TV's bilingual explorer
- 9 Act like a scaredy-cat
- 14 Part of Texas' nickname
- 15 Word often preceding "proportions"
- 16 Molding shape
- 17 Biographical beginning?
- 18 \_\_\_ the Hyena of "Li'l Abner"
- 19 "\_\_\_ Family" (Vicki Lawrence sitcom)
- 20 Government financial limit
- 23 Wake-up times, for short
- 24 Alternative to a station wagon or convertible
- 25 Store cremated remains
- 27 Stare open-mouthed
- 30 Certifies under oath
- 33 Your Majesty
- 36 Fingerprinting need
- 38 Kind of injection or weapon
- 39 \_\_\_ Annie ("Oklahoma!" character)
- 40 Proved to be quite a poser?
- 42 Wanted poster acronym
- 43 Supernatural creature
- 45 "That's neither here \_\_\_ there"
- 46 Burgoon or ragout
- 47 Property recipient, at law
- 49 "Hey, buddy, over here!"
- 51 Hard-\_\_\_ (tough)
- 52 Major vessel
- 56 "The Evil Dead" role
- 58 Citation's achievement
- 62 One with roses and chocolates
- 64 Photoshop special effect
- 65 Act as a henchman
- 66 By itself
- 67 Relay-race sections
- 68 Hood's thousands
- 69 Swiss warble
- 70 With the greatest of \_\_\_
- 71 Swirl in the stream

### DOWN

- 1 One may be easily dismissed
- 2 Watchmaker's eyepiece
- 3 Chipped in to get a hand
- 4 System of servitude
- 5 Place for hero worshipers?
- 6 Let customers in
- 7 Wedding necessity
- 8 Gum arabic-yielding tree
- 9 Made a mathematical calculation
- 10 Eggs, to a biologist
- 11 Cloche or bonnet, e.g.
- 12 Actor Jack of old Westerns
- 13 "Friends" character
- 21 Watson's code letters
- 22 Deer hunter's trophy
- 26 Like Gen. Powell
- 28 Trailblazer
- 29 Forster's "Howards \_\_\_"
- 31 Confiscate

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			

EDITED BY TIMOTHY E. PARKER

- 32 Cabbage side dish
- 33 Something to keep a teller busy?
- 34 Deity representation
- 35 Sherwood Forest outlaw
- 37 Barbie's male counterpart
- 40 Medieval strummer
- 41 Cut off, as a branch
- 44 MGM's lion
- 46 Warehouse's purpose
- 48 Good enough to eat
- 50 Cul-de-\_\_\_
- 53 Clad like an Apostle
- 54 Coarse woolen material
- 55 Full of nervous energy
- 56 Where the game is if not home
- 57 How a prima donna likes to sing
- 59 Courtroom entry
- 60 Carries around, as a set of clubs
- 61 Hebrides dialect
- 63 Toronto-to-Ottawa dir.

### Yesterday's Solution

1	G	A	I	T	S	6	C	A	S	A	10	F	E	A	14	T
2	A	B	O	U	T	11	A	N	O	N	15	L	I	M	E	
3	U	L	T	R	A	12	N	E	R	D	16	O	D	O	R	
4	L	E	A	F	B	13	L	O	W	E	R	17	W	E	N	S
5	M	O	R	S	E	L	14	Y	E	18	E	M	E	R	G	E
6	A	L	I	T	15	E	S	O	W	E	R					
7	R	E	B	E	16	N	I	D	19	S	P	L	I	T		
8	C	O	S	M	O	20	O	B	I	21	S	O	U	S	A	
9						22	Y	N	23	C	T	R	I	P		
10						24	W	H	25	E	L	26	S	E	S	S
11	R	E	G	I	O	N	27	E	M	28	U					
12	O	M	E	N	29	R	O	O	T	30	A	R	31	O	L	A
13	V	E	N	D	32	A	N	K	H	33	L	A	N	A	I	
14	E	R	I	E	34	P	U	R	E	35	A	T	T	A	R	
15	D	Y	E	R	36	T	S	A	R	37	P	H	O	N	E	

## TODAY IN HISTORY

**1865** Confederate Gen. Robert E. Lee surrenders his army to Union Gen. Ulysses S. Grant at Appomattox Court House in Virginia.

**1963** President John F. Kennedy proclaims U.K. statesman Winston Churchill an honorary U.S. citizen.

**1983** The space shuttle Challenger ends its first mission with a safe landing at Edwards Air Force Base in California.



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people **lookout**



CHRISTOPHER POLK/GETTY IMAGES

"But Blake, please don't say 'ass' during the wedding, OK?" Kelly said, giggling.

**CONTROL ENTHUSIAST**  
**Weird Puppet Master Orchestrates Woman's Every Romantic Moment**

Country singer Blake Shelton will perform at the upcoming wedding of Kelly Clarkson, and she revealed Sunday that he'll also be officiating the ceremony. Us Weekly reports that Shelton has said he advised her fiancé, Brandon Blackstock, to propose. "I told Brandon ... get your head out of your ass and ask that girl to marry you," he said. (EXPRESS)

**METAPHORS**

**Something Tells Us Taylor Failed Her Driving Test**

Taylor Swift revealed that she feels she has lost her sense of direction following her breakup with Harry Styles. "I have no idea where I'm going to be next year, or in six months, or in two months," she told Wonderland Magazine. "Relationships are like traffic lights. And I just have this theory that I can only exist in a relationship if it's a green light." (EXPRESS)



KEVORK DJANSEZIAN/GETTY IMAGES

"But I know at Christmas I'll be doing a concert at Willy Wonka's factory!"

**Dirtbag Digest**



**Anti-Bully Bullies, Universe Explodes**

Jon Gosselin stole his ex-wife Kate's hard drive, according to anti-bullying activist James McGibney. Radar Online reports that McGibney accuses Jon of colluding with author Robert Hoffman, who wrote an anti-Kate Gosselin book. McGibney says he has text messages from Jon to Hoffman about stealing Kate's information. (EXPRESS)



JASON MERRITT/GETTY IMAGES

Later, it was discovered that excess gold sequins can cause rage blackouts.

**'Own Recognizance,' i.e. Cops Knew Her Work**

Police say former adult film star Jenna Jameson was arrested after a report that she attacked someone at an Orange County, Calif., home. The alleged victim put Jameson under citizen's arrest until police arrived at the home on the upscale Balboa Peninsula on Saturday night. Jameson, 38, was given a court date to face a misdemeanor battery charge and released on her own recognizance. In May, Jameson was arrested for drunken driving after hitting a light pole. She was sentenced to three years' probation. (AP)



**BREAKDOWNS**

**She Misunderstood 'Hot Yoga' as 'Hot Mess Yoga'**

Amanda Bynes exhibited strange behavior at a New York gymnastics class, according to The New York Post. Witnesses said Bynes attended the class for a few weeks but that she would mumble to herself and spin in circles. At one point, they said, she tried to do a cartwheel and her wig fell off, after which she sat down and cried. Eventually, witnesses said, she was asked to leave. (EXPRESS)

**"I don't like jealous behavior. ... It's really unattractive because it shows a sort of insecurity."**



— SCARLETT JOHANSSON, IN AN INTERVIEW WITH MARIE CLAIRE, ON WHAT SHE LOOKS FOR (OR AVOIDS) IN RELATIONSHIPS. SHE ALSO MENTIONED THAT SOCIAL MEDIA "DRIVES [HER] CRAZY."

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