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Tuesday



Spidey and Mickey will join forces at Disney.

Marvel Deal: Disney to buy comics giant for \$4B | 12

Afghan Shift: Report calls for new Taliban strategy | 6



Sail Away: Livening up your staycation can be a breeze | FIT

lookout

Ten to Watch:

Courtney Cox's 'Cougar Town' and nine others give fall's TV lineup promise. Plus, Jason Mraz breaks records.

>> 25-31



Wildfire Continues March Toward Los Angeles



SCORCHED: A burned traffic sign sits on the Angeles Crest Highway as a devastating wildfire moved closer to Los Angeles on Monday. While firefighters battled the blaze at Angeles National Forest, Californians hoped the triple-digit heat would desist. ♦ **Burning Everywhere:** Evacuation urged | Page 3

Va. Dems Assail McDonnell

GOP gubernatorial candidate backs off views in '89 thesis

RICHMOND | The Virginia governor's race ignited Monday over the 20-year-old graduate thesis of Robert F. McDonnell, with Democrats assailing him in e-mail blasts, interviews and television appearances for his opposition to working women, homosexuals and "fornicators" — and McDonnell reaching out to crucial moderate and female voters to explain his views.

McDonnell's opponent, Democrat R.

Creigh Deeds bombarded state and national media with details from the thesis, first reported Sunday in The Washington Post, which McDonnell submitted in 1989 at Regent University in Virginia Beach.

In the thesis, McDonnell described working women as "detrimental" to the traditional family. He criticized a Supreme Court decision legalizing contraception for unmarried couples and decried the "purging" of religion

from schools. He also advocated character education programs in public schools to teach "traditional Judeo-Christian values."

McDonnell told reporters in a conference call Monday that his views have changed since he was a graduate student. He also criticized Deeds for his attacks. "During my years in the General Assembly, Sen. Deeds would suggest that I have this undue focus on social issues," said McDonnell. "That's just a flat misrepresentation." **AMY GARDNER, ROSALIND S. HELDERMAN AND ANITA KUMAR (THE WASHINGTON POST)**



IS IT FAIR TO CRITICIZE ROBERT MCDONNELL FOR VIEWS IN HIS 1989 THESIS? YES NO
VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR 'YES' OR B FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 28



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WEDNESDAY
80 | 62

fit



Eating these four foods will make you feel superhuman **E6**

It's not so hard to get good help these days, thanks to some cute cures in compostable cases **E3**



Why a shot of stress could actually help extend your life **E7**

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home free

WHY SPEND A TON OF DOUGH TO HEAD OUT OF TOWN FOR LABOR DAY WHEN THERE'S PLENTY TO DO IN YOUR OWN BACKYARD? **E4**

BODYTALK



STOCK

Take the Stairs to Get Stare-Worthy

There's a good reason the stair climber is a fixture in most gyms: It's not only a big-time calorie scorcher, but it also sculpts your hips, legs and butt without taking a toll on your body. But if you're using it wrong, you won't get that body you're after, says Amy Gantwerk, a certified personal trainer at The Sports Club/LA in Boston. Make the most of your time on the stepper with Gantwerk's tips.

THE WORKOUT: Begin with a five-minute warm-up at a low intensity — you should be able to carry on a conversation. Then increase the resistance by one level (or 2 percent) for one minute. Return to your warm-up pace for one minute. Then up the resistance two levels (4 percent) for another minute and recover at warm-up pace for one minute. Continue this pattern, increasing your resistance each time, until you reach an intensity at which you can no longer huff out words. Aim for six intervals. Then begin dropping your intervals the same way, minute by minute, until you're back where you started. Finish with a five-minute cool-down.

USE IT RIGHT: Keep your body upright, with your hips centered over your legs. Place your hands gently on the machine, elbows bent at 90 degrees. Avoid pushing the step all the way down or letting it come all the way up. This can make your pelvis sway up and down, which can lead to soreness and injury. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE)



MICHAEL LEACHINE/WP (LEFT); ISTOCK (RIGHT)

Sailing lessons in Alexandria are a heck of a lot more convenient than heading toward the Eastern Shore. And who needs Canyon Ranch when you can chill near home?



Home for the Holiday

Fake a vacation with activities in the D.C. area this weekend

For some reason, Americans like Labor Day to be a chore. Instead of just taking the day off, we feel inspired to spend cash we've labored to earn to travel in traffic, crash in unfamiliar beds and return to work on Tuesday more exhausted than before. This year, how about trying a closer-to-home celebration? Create that vacation sensation with one of these ideas.

Sail Away

The fanciest cars crowding the Bay Bridge this weekend are racing toward the boats of tony St. Michaels. But why not just make your way to Alexandria's **MARINER SAILING SCHOOL** at the Belle Haven Marina (6401 Mt. Vernon Memorial Hwy, Alexandria; 703-768-0018, Saildc.com), where you can rent a 19-foot Flying Scot for the day for \$155? If you don't know how to sail, a 34-foot C&C with a captain is \$90



DOMINIC BRACCOTI/WP

Each hole of mini-golf at H Street Country Club is inspired by a D.C. landmark.

per hour. Both crafts seat six, so if it's split among your pals, you're looking at a bargain getaway.

For a splurge, you can also sign up for the weekend adult basic class (\$300), which will teach you the ropes in two sessions from 10 a.m. to 4 p.m. Extend your staycation by taking advantage of free practice the next week and continuing to hone your skills until the season wraps in October. "There's lots of good sailing yet to come," promises Mariner Sailing School President and owner George Stevens.

Stretch Your Imagination

A spa resort would be the perfect antidote to these stressful economic times — except for the pesky price tag. So, keep your relaxation reasonable by cobbling together your own package. Start with a yoga class — they're free Sundays at **LULULEMON** in Logan Circle (10 a.m., 1461 P St. NW; Lululemon.com) and Georgetown (noon, 3265 M St. NW). And they're nearly that cheap at the three locations of **YOGA DISTRICT** (Yogadistrict.com), which offers new students a three-class pass for \$10.

Take a Hike

Thanks to the governor of South Carolina, now's not the best time to tell your wife and kids you want to explore the Appalachian Trail. But you can sign the whole family up for an "Introduction to Map and Compass" (\$65 each) this Saturday through the Outdoor School program at the **REI COLLEGE PARK** (9801 Rhode Island Ave.; 301-982-9681, Rei.com). From 9 a.m. to 4 p.m., participants will trek out to Patapsco Park to learn such skills as how to find true north and what those squiggly lines on maps mean.

Par for the Course

Unlike the president, you're probably not planning a golf vacation on Martha's Vineyard. But how about a trip to the **H STREET COUNTRY CLUB** (1335 H St. NE; 202-399-4722, Hstreetcountryclub.com), where you can conquer the nine-hole mini-golf course for \$7 a pop?

If you have kids, the booze served on the course means they can't come most of the time. So, take your brood to D.C.'s other miniature golf course, on **HAINS POINT** (Golfdc.com). Eighteen holes of slightly rundown fun costs \$6 for adults and \$5 for kids — and it's a fine way to stay putt for the weekend. VICKY HALLETT (EXPRESS)